



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

5 PSP, Institutional Area, Madhuban Chowk Sector-14(Ext), Rohini, Delhi-110085

Fax: +91-11-27550013, Phone No: +91-11-27550013

E-mail: directorrehab@tecnia.in



FIT INDIA FREEDOM 2.0 (13th August 2021 - 2nd October 2021)

Event: Fit India Youth Freedom 2.0

Date: 13th August 2021 - 2nd October 2021

Time: 9:00 A.M. - 5:00 P.M.

Venue: Their Respective Homes

Convenor/In-charge: Mr. Puneet Kumar (Assistant Professor, ID Department)

No. of Students: 21

Purpose of the Event:

- The mission of this is to bring about behavioural changes and move towards a more physically active lifestyle to educate humans and create awareness among the students. To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Objective of the Event:

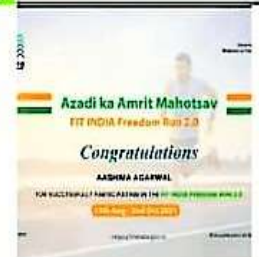
- To make India a great nation, the only way possible is to create healthy human resource. It is possible by making a healthy person, healthy family and healthy society.
- Importance of fitness is there in our scriptures. Fit India youth has zero investments and ultimate returns.
- Give a message of Health is wealth, don't be a brat...burn that fat
- Create awareness regarding active lifestyle among the students.

Report of the Event

Fit India Freedom Run was organized on 13th August 2021 – 2nd October 2021, by Ashtavakra Institute of Rehabilitation, Sciences and Research with great like every year. The idea was to provide insight and create awareness among the students. Due to the current scenario of Covid-19, the survey was organized virtually by taking part in this event from their home.

The event was facilitated by Assistant prof. Puneet Kumar. We received an overwhelming response from our students.. It was a great learning experience. There is a proverb; Healthy body has healthy Mind. As we have observed that we are getting more and busier in our daily life. We hardly have time to exercise or we hardly walk around even 500 meter in a single day. This human laziness is increasing many problems like heart attack, diabetes, fatigue, strain etc. So in order to remove this laziness and diseases, awareness was created among students on relevance of running and exercise by this virtual event. Small change in lifestyle can bring massive benefits to our body. Technology and development reduced physical activities. We should not make ourselves, slaves of technology. Sports are an integral part of our lives. Ignoring physical fitness is a tool on your mental fitness. A sound mind is always found in a healthy body. To get rid of lifestyle disorders, one needs to adopt healthy living activities and fitness strategies. The event tells about various topics such as importance and benefits of physical activities, intensity of physical activities, healthy food items for our body, various lifestyle diseases associated with unhealthy food habits and lack of physical activities such as heart attack, atherosclerosis, stroke, and high blood pressure. It also includes a case study to understand the concept better. Overall programme was very informative and the event was a great success in this hour of COVID-19 pandemic with the help of Google form.





Learning Outcome

- The students learnt to enhance their social interaction among students
- The event Empowered the Students
- The students Gained deeper awareness and attention of being fit
- The students developed routine of fitness and habit of cycling regularly
- The students became Familiar with Concept of Cycling regularly