

Title of the Activity/Event/Practice: Fit India Run

Objectives:

1. To promote physical activity and encourage people to adopt a healthy lifestyle.
2. To raise awareness about the importance of physical activity and its benefits for overall health and well-being.
3. To encourage people of all ages, genders, and fitness levels to participate in physical activity and sports.

Context:

The Fit India Run is a part of the Fit India Movement, which was launched by the Government of India in August 2019 to encourage people to incorporate physical activity and sports into their daily lives. The campaign was launched to promote a culture of fitness and encourage people to prioritize physical activity and sports as an essential component of their daily routine.

Practice:

Sonopant Dandekar College NCC unit organized a Fit India Run on 2nd October, and NCC cadets participated in the event with enthusiasm and zeal.

Participating in physical activities like the Fit India Run is an excellent way to promote fitness, health, and well-being. Physical activity not only helps in building physical strength and stamina but also helps in developing mental toughness and resilience.

Moreover, as the event was organized on 2nd October, it also provided an opportunity to commemorate the birth anniversary of Mahatma Gandhi, who

advocated the importance of physical fitness and emphasized the need for a healthy lifestyle.

Organizing such events, is playing an active role in promoting the Fit India Movement and inspiring people to lead healthy, active lives. The participation of NCC cadets in the Fit India Run is also an excellent example of the role that youth can play in promoting fitness and contributing to the development of a fitter and healthier India.

Outcomes:

1. The Fit India Run brought several positive outcomes, like-
2. Promoting physical activity: The event encouraged more people to engage in physical activity and promoted a healthier lifestyle. Regular physical activity can improve overall health, reduce the risk of chronic diseases, and improve mental well-being.
3. Creating awareness: The Fit India Run raised awareness about the importance of physical activity, healthy eating habits, and the benefits of adopting a healthy lifestyle.
4. Fostering community spirit: The event brought people together from different communities and encouraged them to participate in a shared activity that promotes fitness and health.
5. Celebrating fitness: The Fit India Run celebrated the achievements of individuals and communities who have made significant efforts to promote physical activity and sports.



Lt. Anagha A. Padhye
Associate NCC Officer

LIST OF CADETS

SR.NO	CADETS NAME
1	Suo Sreelakshmi Rajan
2	Juo Shristy Manoj Tiwari
3	Juo Akanksha Amrut Patil
4	Juo Priya Magar
5	Cdt Nirma Parmar
6	Cqms Esha Prakash Patil
7	Csm Manasi Gharat
8	Lcpl yuga Anil Churi
9	Cdt Srushti Kalpesh Raut
10	Cdt Mariyam Naseem Khan
11	Cdt Shweta Pramod Pathak
12	Cdt Sanika Ashok Mandhare
13	Cdt Mamata Ramdarsh Chauhan
14	Cdt Siddhi Rajesh Raut
15	Cdt Pragati Santosh Bhoir
16	Cdt Anshu Narshing Gupta
17	Cdt Akshata Suresh Dhodi
18	Cdt Prachi Jaywant Lade
19	Cdt Kajal Mahesh Singh
20	Cdt Tanuja Laxman Naik
21	Cdt Sonali Jaywant Parab
22	Cdt Ahlaam Sarjil Shaikh
23	Cdt Arati Rajendra Yadav
24	Cdt Bhargavi Raisingh Padhiyar
25	Cdt Janhavi Gurudev Jaiswal
26	Cdt Pooja Pradipsingh Thakur
27	Cdt Poonam Santosh Baraskar
28	Cdt Priyanka Indar Maurya
29	Cdt Shraddha Vaibhav Pawar
30	Cdt Sudha Shivshankar Sharma



Sonopant Dandekar Shikshan Mandali's
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE
AND M. H. MEHTA SCIENCE COLLEGE, PALGHAR**
Palghar, Dist-Palghar, Pin- 401 404. E-mail: sdscollege@yahoo.com

ATTENDANCE RECORD

Name of the Event: Fit India Run 2021-22

Department/Committee: _____

Date: _____ Time: _____ Venue: _____

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	S/O Sreelakshmi rajan				<u>Sreelakshmi</u>
2	J/O Shrishky manoj tiwari				<u>Shrishky</u>
3	J/O Akanksha Amrutpatil				<u>Patil</u>
4	J/O Priya mayekar				<u>Priya</u>
5	CDT poonam Bahaskar				<u>POONAM.B</u>
6	CDMS esha Prakashpatil				<u>esha</u>
7	CDT Aarti Yadav				<u>Rit</u>
8	LCPL Yuga Anil Churi				<u>Y.A.CHURI</u>
9	CDT Grushti kalpesh Raut				<u>Raut</u>
10	CDT. Sudha sharma				<u>Sharma</u>
11	CDT Shweta Prasad Patil				<u>Shweta</u>
12	CDT. Shradha pawar				<u>Shradha</u>
13	CDT Mamata Ramchandra Chauhan				<u>mchauban</u>
14	CDT Sidolhi Rajesh Raut				<u>Raut</u>
15	CDT Pragati Santosh Bhai				<u>P.S.Bhai</u>
16	CDT. Priyanka Maurya				<u>Priyanka</u>
17	CDT. Mamata Chauhan				<u>mchauban</u>
18	CDT Prachi Jayant Lade				<u>Prachi</u>
19	CDT. Mariyam Khan				<u>Mariyam</u>
20	CDT Tanuja Laxman Naik				<u>Naik</u>
21	CDT Sonali Jayant Prabh				<u>Sonali</u>
22	CDT Pooja Thakur				<u>Thakur</u>
23	CDT. Sanika Manohare				<u>Sanika</u>
24	CDT. Janhavi Tailwal				<u>Janhavi</u>
25	CSM. mansi ghawat				<u>M.H.Ghawar</u>

M. Ghawat
HOD/Chairman/Event Co-ordinator



Sonopant Dandekar Shikshan Mandal's
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE
AND M. H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist-Palghar, Pin- 401 404. E-mail: sdscollege@yahoo.com

Fit India Run 2021-22

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
26	CDT Pooja Pradip Thakur				
27	CDT Poojanam Santosh Borade				Poojanam B.
28	CDT Priyanka Indar Mawrya				Priyanka
29	CDT Shradha Vaibhav Patil				Shradha
30	CDT. Sadha Shishankar Sharma				
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HOD/Chairman/Event Co-ordinator



Fit India Run
2021-22

SR.N O	CADETS NAME	SIGN
1	Suo sreelakshmi rajan	Sreelakshmi
2	Juo shristy manoj tiwari	shristy
3	Juo Akanksha Amrut patil	Akanksha
4	Juo priya magar	Priya
5	Nirma parmar	Nirma
6	CQMS esha prakash patil	esha
7	Csm manasi gharat	M. H. Gharat
8	LCPLYuga Anil Churi	Y. A. CHURI
9	CDTSrushti Kalpesh Raut	Raut
10	CDTMariyam Naseem Khan	mariyam
11	CDTShweta Pramod Pathak	Shweta
12	CdtSanika Ashok Mandhare	Sanika
13	CDTMamata Ramdarsh Chauhan	Mamata Chauhan
14	CDTSiddhi Rajesh Raut	Siddhi Raut
15	CDTPragati Santosh Bhoir	P. S. Bhoir
16	CDTAnshu Narshing Gupta	Anshu
17	CDTAKshata Suresh Dhodi	Akshata
18	CDTPrachi Jaywant Lade	Prachi
19	CDTKajal Mahesh Singh	Kajal
20	CDTTanuja Laxman Naik	Tanuja
21	CDTSonali Jaywant Parab	Sonali
22	CDTAhlaam Sarjil Shaikh	Ahlaam
23	CDTArati Rajendra yadav	Arati
24	CDTBhargavi Raisingh Padhiyar	Bhargavi
25	CDTJanhavi Gurudev jaiswal	Janhavi
26	CDTPooja Pradip thakur	Pooja
27	CDTPoonam Santosh Baraskar	Poonam
28	CDTPriyanka Indar Maurya	Priyanka
29	CDTShraddha Vaibhav Pawar	Shraddha
30	CDTSudha Shivshankar Sharma	Sudha

Glimpse of the event

Promoting physical activity after all the time spent at home during lockdown.



ANO of both girls and boys NCC unit motivating cadets

