

***VIRTUAL
FITNESS FOR FREEDOM
RUN***

AUGUST 2021

Introduction

The 75th Independence Day (Azadi ka Amrit Mahotsav) was celebrated at Symbiosis with 3 different events.

The events were as follows:

- 1. Virtual Inter-Collegiate Fitness for Freedom Run (FFR) 2021 conducted on the 5th August 2021**
- 2. National Integration walk for leaders @ Symbiosis conducted on the 14th August 2021**
- 3. Virtual Fitness for Freedom Run 22021 for SIU students and Staff conducted on 15th August 2021**

Virtual Inter-collegiate Fitness for Freedom Run 5th Aug 2021

The Department of Sports, Recreation & Wellness (DSRW) conducted the first-ever Virtual Inter-Collegiate Fitness for Freedom Run (FFR) 2021 on the 5th Aug 2021 where students of Pune city colleges participated to foster the spirit of unity and fraternity and to motivate everyone along the path of fitness. This was the first-ever virtual Inter collegiate race hosted by SIU where more than 700 students participated. The virtual FFR was hosted on the Fitket app.

To participate and register in the race, the participants had to download the Fitket app, register with their mail id, enter the password, join the race category and complete the race from their remote locations anytime between 6:00 am to 11:00 pm. After completion, the participants were able to see their ranking on the leader board. All finishers were awarded an e-certificate. Top 20 participants from each of the categories (Male/Female) qualified for the live race to be held at the Lavale campus.

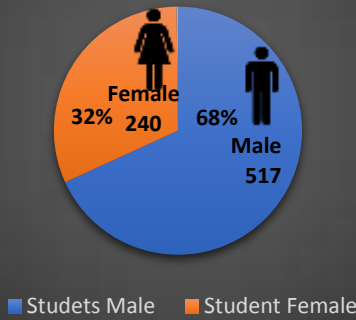
Participation

Participants from 50 different colleges within Pune city and 27 constituent institutes of Symbiosis University participated in this event

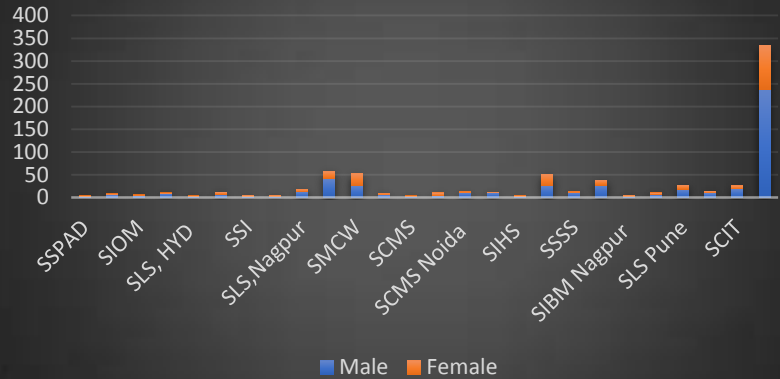
Registration and Participation details

Total Participation

757



Institute Wise Participation



Fitness for Freedom Run 2021

List of Top 20 Participants for Live Race

Top 20 in the Male Category			Top 20 in the Female Category		
Sr. No	Name	Time	Sr. No	Name	Time
1	Ankit Singh	20.00	1.	Krishna Jena	30.20
2	Jalaj Arora	31.90	2.	Mrinalini Chauhan	41.08
3	Ajay Kujur	38.77	3.	SANJANA NAGANE	48.60
4	Ashwin Narayanan	39.43	4.	Rakshita R	48.95
5	Sumitkumar Thakare	40.33	5.	MAHIMA choudhary	50.07
6	Kunal Gusain	40.42	6.	Srishti Deopa	50.18
7	Vaibhav Jadhav	40.78	7.	Gracey Sachdeva	50.78
8	Dhruv Gohel	41.18	8.	ADISHRI GOYAL	51.27
9	Kiran Subhash	41.58	9.	MANASVI VASHISHTHA	51.58
10	Prateek Kumar Nanda	42.42	10.	DIKSHA DIKSHA	52.62
11	Jalaj Arora	42.72	11.	Achala dabral	52.77
12	Aviraj Vijaykumar Hasabe	42.83	12.	Sakshi Sharma	54.88
13	Shreyas Gaidhani	43.10	13.	GEETHU SACHITHANAND	55.65
14	Mc Iver Majaw	43.52	14.	NEHA MUMBAIKAR	55.65
15	himanshu chaudhary	43.60	15.	Vaishnavi Kishor Hurde	56.82
16	bharath karni	44.00	16.	Pragya Shaklya	56.95
17	Gaurav Patil	44.32	17.	AKSHITA CHATURVEDI	57.25
18	Harsh Singh	44.40	18.	Nishtha gupta	57.82
19	Yash Gupta	44.48	19.	Simran Madan	59.30
20	Spandan Swarnakar	44.98	20.	HARSHITA SANJAYKUMAR	60.38

The Live Race which was to be conducted at Symbiosis Lavale Campus on 15th August 2021 was postponed due to the uncertainty of the spread of COVID-19 (Delta Variant) till further notice

National Integration Walk for Leadership @ Symbiosis 14th Aug 2021

The Pre-Independence day National Integration Walk for Leadership @ Symbiosis was conducted on the 14th August at the Hill top campus, Lavale from 9:45 am to 10:30 am, for all the Leaders, Deans, Directors and Heads to foster the spirit of fitness and to motivate everyone along the path of wellness. The leaders walked “1 Mile” from SIU to Sandipani. For the first time, 58 directors and Heads from the constituents of Symbiosis University participated in this event. Dr. S. B. Mujumdar Sir, Chancellor Symbiosis International (Deemed University) flagged off the walk.

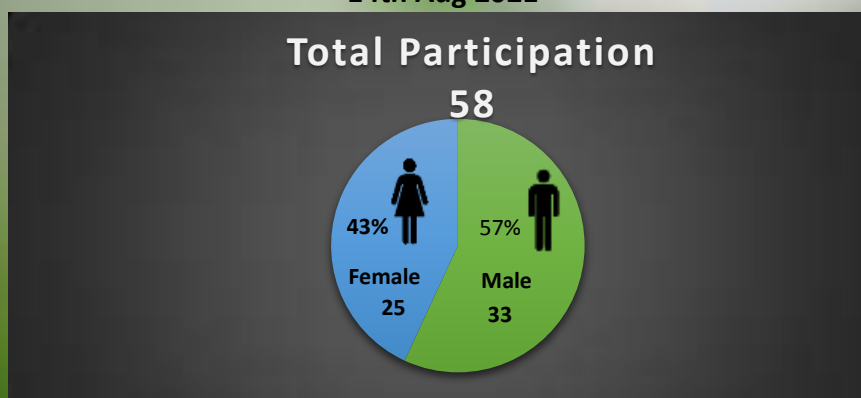
The program started with group photographs, and as the leaders walked they sung patriotic songs and shouted patriotic slogans as a group of flagbearers marched along with the tri colors.

A glimpse of “National Integration Walk with Leaders”



“Azadi ka Amrit Mahotsav”

**PARTICIPATION STATISTICS of National Integration Walk for Leadership @ Symbiosis
14th Aug 2021**



**Glimpses of the event of National Integration Walk for Leadership @ Symbiosis
14th Aug 2021**



Starting point



**Flag off by
Dr. S.B Mujumdar Sir**



Walk of Leaders



**Flag March by Team
DSRW**



**National Integration
Walk by Leaders**

Virtual Fitness for Freedom Run (FFR) 15th Aug 2021 for SIU students and Staff

An exclusive virtual race was organized for the students and staff of the Symbiosis on 15th Aug 2021. To participate in the race, the participants had to download the Fitket app, register with their official Symbiosis mail id, enter the password, join the race category and complete the race from their remote locations anytime between 6:00 am to 11:00 pm. After completion, the participants were able to see their ranking on the leaderboard. All participants and finishers in all categories were awarded an e-certificate.

Categories were:

Students (Male and Female)

40 and below staff (Male and Female)

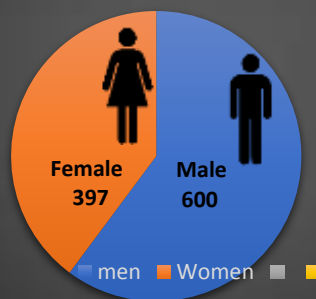
Above 40 Staff (Male and Female)

PARTICIPATION STATISTICS

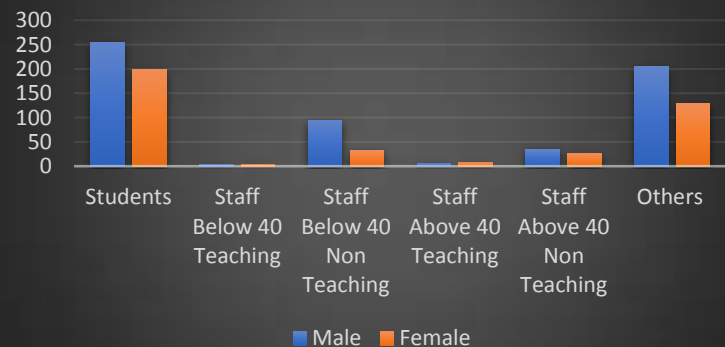
Virtual Fitness for Freedom Run (FFR) 15th Aug 2021 for SIU Students and Staff

Total Participation

997



Category wise Participation



Regards

Dr. Nayana Nimkar
Director, DSRW