



مولانا آزاد نیشنل اردو یونیورسٹی  
MAULANA AZAD NATIONAL URDU UNIVERSITY  
(A Central University established by an Act of Parliament in 1998)  
(Accredited with Grade "A" by NAAC)

COLLEGE OF TEACHER EDUCATION, Bhopal

کالج آف ٹیچر ایجوکیشن، بھوپال

**REPORT**

on

**FIT INDIA MOVEMENT**

**FREEDOM RUN**

**1<sup>st</sup> October 2021**



## Fit India Freedom Run

“If you really want to do it, you do it. There are no excuses.” —*Bruce Nauman*)

**College of Teacher Education, Bhopal (MANUU)** successfully organized the **FIT INDIA - FIT CTE MANUU- Virtual Run/Fitness Session** for the students and staff.

The event was organized on 1<sup>st</sup> October 2021 and was inaugurated by the Principal of the college, Mr. Naushad Hussain.

Academic Coordinator Dr. Indrajeet Dutta started the session to introduce the Fit India Freedom run program and workshop leader Mr. Faheem Mohd Khan.

The concept behind this run/session is "You can run or exercise anytime, anywhere to get fit and strong!"

The fitness session was led by Mr. Faheem Mohd Khan (International Hockey Official and Physical and Health Education Specialist). In the session Mr. Faheem discussed about the importance of exercise, balanced diet/nutritious diet, cleanliness and the value of rest in our life.



He also shared health awareness tips and the ways to warm up/workout practically without playground and sports resources. The session was light, interactive and fun, with lots of competitive activities along with fitness tips.

This fitness awareness program/ run is under the FIT India Mission (By Ministry of youth affairs and sports Government of India) has conceptualized **FIT INDIA FREEDOM RUN 2.0** to commemorate the 75th Independence Day - "**Azadi Ka Amrit Mahotsav**".



Prof. Abdul Rahim Senior Faculty CTE Bhopal concluded the session with motivational words and mentioning the importance of fitness in life.  
The vote of thanks was given by Dr. Neeti Dutta.

The participating staff and students were very excited as it was time to enjoy classes and beyond other workloads.

**Certificates were issued to all the participants by the FIT India program.** (By Ministry of Youth Affairs and Sports, Government of India).

Health and Physical Education Committee CTE Bhopal took initiative to organize fitness awareness sessions for all staff and students to spread awareness and understand the importance of fitness in everyone's life.

“A one hour workout is 4% of your day. No excuses.

Mr. Faheem Mohd Khan  
Asst. Professor  
Health and Physical education  
MANUU-CTE, Bhopal

Prof. Noushad Husain  
Principal  
MANUU-CTE, Bhopal

Designed by  
Dr. Tarannum Khan  
Assistant Professor  
MANUU-CTE, Bhopal