



College of Engineering and Technology

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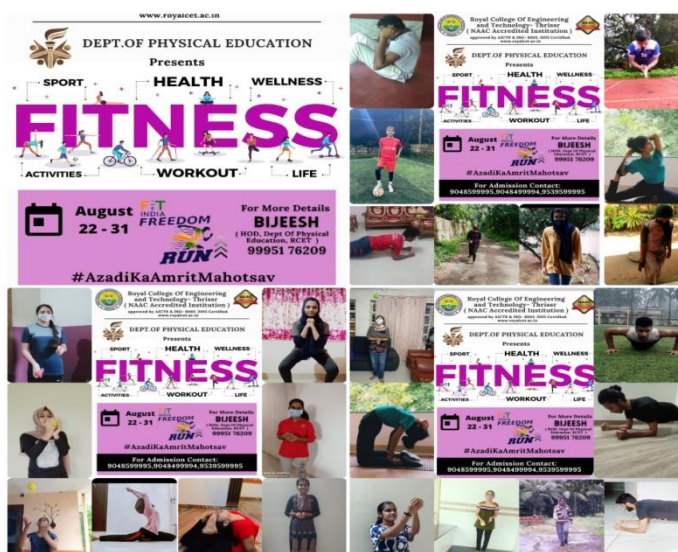


## DEPARTMENT OF PHYSICAL EDUCATION

### FIT INDIA FREEDOM RUN REPORT

Physical activity increases metabolism and is good for health. Playing a sports activity regularly keep us fit forever. During the CIVID-19 pandemic, where most we were reluctant to walk out of our house, we realised the necessity of having sports more than ever. Rcet physical education department was part of virtual program 'FIT INDIA FREEDOM RUN'. We conduct the program in a span of 10 days from 22 to August 31 2021.

Whole college was actively part of the program making it grand success. We had a total count of 65 participants in different events. We had promoted physical activity in this acute condition of the pandemic disease. We had provided all the participants with certificates of appreciation. Our dedication and coordination for the program made it a wonderful success



Physical Education

Principal