



## ARYABHATTA COLLEGE

University of Delhi

3KM Run for Health organized by Department of Physical Education in collaboration with NSS Unit, Aryabhata College

Date: 3<sup>rd</sup> November 2023

Venue: Sports Ground, Aryabhata College

The poster features logos for Aryabhata College, FIT India, Khelo India, and the University of Delhi. It includes details about the event date, time, location, and dress code. It also lists the Guest of Honor, Amrish Kumar Adhana, and the Principal, Prof. Manoj Sinha, along with the Sports President and Director of Physical Education.

**ARYABHATTA COLLEGE**  
**UNIVERSITY OF DELHI**

**DEPARTMENT OF PHYSICAL EDUCATION**  
**IN COLLABORATION WITH NSS UNIT**

*is organising*

**3KM RUN FOR HEALTH**

**3rd November 2023**  
**8:00 AM**  
**SPORTS GROUND**  
**DRESS CODE: White t-shirt & lower,**  
**Sports shoes**

**GUEST OF HONOR**  
**AMRISH KUMAR ADHANA**  
*Olympian & South Asian  
Games Gold Medalist  
3000M Steeplechase*

**For Registration -  
fill google form**

**CASH PRIZES**  
**No entry fee**  
**Open for all  
boys & girls**

**PROF. MANOJ SINHA**  
*Principal,  
Aryabhata College*

**MR. SHANTANU**  
*SPORTS PRESIDENT (8882421785)*

**DR. ANUJ KUMAR**  
*DIRECTOR OF PHYSICAL EDUCATION*

The 3KM Run for Health, held on 3<sup>rd</sup> November 2023, brought together a diverse group of passionate runners, fitness enthusiasts, and community members for a spirited event promoting health, wellness, and camaraderie. The race, spanning through scenic routes within the city, showcased the determination and resilience of participants as they embarked on a 3-kilometer journey to the finish line.



The event was honored by the presence of Olympian and South Asian Games Gold Medalist in 3000M Steeplechase Mr. Amrish Kumar Adhana as Guest of Honor. Several other dignitaries like Prof. Manoj Sinha Principal, Aryabhatta College, Dr. Anuj Kumar Director of Physical Education, Aryabhatta College also marked their presence in the event.





The race commenced at 8am by flagging off by Guest of Honor. The race was open to all including the teaching, non-teaching staff and the students. The Race had an astonishing number of over 260 participants who ran in the race. The race also had cash prizes for all the winners.

After the Race all the winners were rewarded with cash prize and medals by the dignitaries.





The 3KM Run for Health was a resounding success, bringing together the community in a celebration of fitness, health, and unity. Participants left the event with a sense of achievement, having conquered the 3-kilometer challenge and experienced the joy of college support. The race not only showcased physical prowess but also underscored the importance of well-being and a healthy lifestyle in the fabric of the community. As the sun set on the event, it left behind a trail of memories and inspiration for future editions, solidifying its place as a staple in the college's annual calendar of fitness and sporting events.

