

## Fitness for Freedom Run – 2015



The fitness for freedom run was held on the 69<sup>th</sup> Independence Day of our great country India on 15<sup>th</sup> August, 2015.

The course of the run was 5 km, from the Hilltop campus of Symbiosis International University to the Hill base campus.

There was a demonstration of “Anti – Gravity Yoga” for all those participating and present there at the starts point. Those who tried it said it was an amazing experience and really helped them loosen up before the run.

Prior to the flag off there was a wonderful and power punched performance from the students of some of the institutes of SIU. It really motivated the runners and got the overall feel of the day to a soaring high.

The energy levels at the start line were incomparable, the runners were enthusiastic and more than ready to start. Not even the heat could dampen the spirits there.

Most of the participants were first time runners but that did not stop them from completing the run. Some participants even fell down at the beginning of the race but that didn't stop them from running and walking their way through the course.

Even though most of the participants were not among the top 30 rankers everyone was a winner in their own merit. For the amateur runners, just completing the course left them with a huge sense of accomplishment and developed a huge sense of pride while representing their institute.

The management of the entire day was handled wonderfully by the students of MBA HMM from SIHS and everything from the registration at the start to the refreshments at the finish went smoothly and without a hitch.

Overall it was a wonderful experience and I am sure that those who participated this year will be back and all the more enthusiastic next year.



Participants at the FFR 2015

