



**DEPARTMENT OF PHYSICAL EDUCATION**

**FIT INDIA CAMPAIGN – DECEMBER 2020**  
**Report on Fit India Cyclothon**

**(Pedal your way to Fitness)**  
**From 7<sup>th</sup>-31<sup>st</sup> December**

As directed by Ministry of Education and Ministry of Youth Affairs and Sports, Department of Physical Education, KCG College of Technology, Chennai organised 'Fit India Cyclothon' for the students and staff from 7<sup>th</sup> to 31<sup>st</sup> December 2020 .

The Cyclothon was inaugurated on 7<sup>th</sup> December 2020 at 4.30 pm by Dr. G.Prabhakaran, the principal of the college.

The staff and students who participated in Fit India Cyclothon,

- pedaled away on isolated road or location
- followed all social distancing rules, wore mask and ensured safety procedures
- carried enough fluids to stay hydrated
- followed Standard Operational Procedures (SOP)
- took a route of their choice, at a time that suited them
- participated in the race at their own pace
- tracked ride kilometer manually by using tracking app on mobile / GPS watch
- carried out warm-up exercise of their choice.
- motivated their parents and children to do exercises
- sent the photos and videos of their participation to the Department of Physical

Education through email or whatsapp

Those staff and students who were on campus took part in Cyclothon on all days of the event from 4.30 to 5.00pm. A total of 200 participants that include both students and staff participated in the cyclothon organized by the college. The participants made their entries in the register kept at the registration point, sanitized their hands and followed social distancing rules and safety precautions during their stay on the campus.





