### S. M. Shetty College of Science, Commerce & Management Studies, Powai (Autonomous) NAAC Re-Accredited With A+ Grade, 2nd Cycle IMC RBNQ Certificate of Merit 2019 ISO 21001:2018 Certified

### <u>Approval Form –Run for Vivekananda 9th edition - Mumbai Sustainability</u> <u>Run.</u>

**Department:** NSS UNIT.

**Program:** Run for Vivekananda 9th edition - Mumbai Sustainability Run.

**Objectives:** To promote the teachings and philosophy of Swami Vivekananda while encouraging fitness and environmental sustainability.

**Need:** To spread awareness about Swami Vivekananda's ideals and promote sustainability through a fitness initiative.

**Content**: A marathon promoting physical fitness, Swami Vivekananda's teachings, and sustainable practices like eco-friendly running gear.

Judge: NA.

Date: 02<sup>nd</sup> January,2025.

Cost/Budget: NA.

**Proposed by:** Mr. Arya Dhokare.

Verified by: Dr. Vijay Vishwakarma.

**Date of Approval:** 26<sup>th</sup> December,2024.

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#### **Notice (WhatsApp):**

#### Jai Hind

The NSS UNIT of Bunts Sangha's S M Shetty College of Science, Commerce and Management Studies(Autonomous), Powai.

is Participating in

#### 9th Run for Vivekananda – Mumbai Sustainability Run

Date: 2nd February 2025

Time: 5:30am onwards

Location: Juhu Chowpatty, Mumbai

Categories: 10K | 5K | 2K Walkathon

Post-race, each runner will receive a tree sapling to plant at home or in the community!

Register here: https://www.townscript.com/e/copy-of-copy-of-run-for-vivekananda-mumbai-sustainability-run-304313

Let's run for a cause – fitness & sustainability together!

Interested Volunteers, join this group

https://chat.whatsapp.com/CuoUrAPFXqF3I5YqYgX8KE

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### Minutes of the Meeting: - Run for Vivekananda 9th edition - Mumbai Sustainability Run.

An online meeting was held on the Zoom Platform.

#### 1st Meeting on 01st January,2025.

- ➤ Volunteers were acknowledged about the location.
- ➤ Volunteers were told reporting time and some basic information about the activity.
- ➤ Volunteers were also acknowledged about their dedication in organizing a seamless and eco-friendly event while spreading Vivekananda's teachings.

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Report: Run for Vivekananda 9th edition - Mumbai Sustainability Run.

**Event:** Run for Vivekananda 9th edition - Mumbai Sustainability Run.

Date: 02<sup>nd</sup> January,2025.

**Objectives:** To promote the teachings and philosophy of Swami Vivekananda

while encouraging fitness and environmental sustainability.

Highlight: The NSS Unit participated in the 9th edition of the Run for

Vivekananda – Mumbai Sustainability Run was an inspiring event that brought

together fitness enthusiasts, environmentalists, and followers of Swami

Vivekananda's philosophy. The marathon kicked off with an energetic warm-up

session, followed by a brief address on Vivekananda's teachings and their

relevance in today's world. Participants were encouraged to run not just for

fitness but also as a commitment to sustainability and mindful living. The event

emphasized eco-friendly practices, with organizers ensuring minimal waste

generation by using biodegradable water cups and reusable bibs. Runners were

provided with sustainable merchandise, including organic t-shirts and plantable

seed medals. Volunteers actively promoted responsible running, ensuring waste

disposal bins were strategically placed along the route. The route covered scenic

and historically significant locations, further reinforcing the cultural aspect of the

event. Enthusiastic cheers and motivational messages from the crowd kept

runners engaged throughout the race.

**Total Number Of Volunteers – 03.** 

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#### **Photos:**









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#### **Participants list:**

	gha's S M Shetty College of Science Attenda	NSS Unce of NS	nit		
ame Of t	he Project Activity 9th Run fr	y vivek	Sana	nd Mumbai	Date 02-02 -202
enue_J	unu Chowpatty, mumb	bility R	cun	Time: From 5:3	Dam to 9:00am
	. 0				
				Female:- 00	Total: 03
Sr.no.	Male:- 03  Name of Volunteer	Class	Div	Female:- 00 Enrollment no	Total: 03 Signature
	Male:- 03 Name of Volunteer				The same of the sa
	Name of Volunteer Shubham Yodav	Class			The state of the s
Sr.no.	Male:- 03 Name of Volunteer	Class			The state of the s

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### Action Taken Report Of Run for Vivekananda 9th edition - Mumbai Sustainability Run.

Date	Feedback Received	Suggestions Provided
02 <sup>nd</sup> January,2025.	The feedback received was to participants appreciated the unique combination of fitness, philosophy, and sustainability.  The event successfully motivated individuals to adopt a healthier lifestyle while being environmentally conscious.	Future editions can include a tree-planting drive or a sustainability workshop post-run to further engage participants.

NSS Programme Officer



Principal