



Department of Physical Education Government College Theog

Report on Student Participation in District Level Half Marathon “RED RUN”

Organized by Red Cross Department, Government of Himachal Pradesh

The Red Cross Department, Government of Himachal Pradesh, organized the **District Level Half Marathon “RED RUN”** on **11 August 2024** at **Chaura Maidan, Shimla**, as part of the **International Youth Day** celebrations. The event aimed to inspire youth towards health, fitness, and responsible social behaviour, while also spreading awareness about **HIV/AIDS prevention** and promoting **safe sexual practices**.

The marathon route extended from **Chaura Maidan to Summer Hill and back**, covering a total distance of **5 kilometers**. The scenic and vibrant surroundings provided an encouraging atmosphere for both participants and spectators. A total of **150 students from 18 colleges across Himachal Pradesh** took part in this district-level event.

Participation from Government College Theog

Government College Theog actively participated in the marathon with **six students** representing the institution. The participants were:

- **Umesh**
- **Varun**
- **Aashish**
- **Riya Chauhan**
- **Nirmala**
- **Priyanka Chandel**

The group included students from the **Physical Education Department**, whose training, motivation, and fitness helped strengthen the college’s representation and bring competitive spirit to the event. Their participation reflected both enthusiasm and commitment to community-driven activities.

The team was accompanied and guided by:

- **Dr. Nidhi Dhatwalia**, Convenor, Red Ribbon Club
- **Dr. Vikrant Gautam**, Assistant Professor, Physical Education

Their support ensured smooth participation and boosted the morale of the students throughout the event.

Highlights of Participation

1. Display of Team Spirit



Department of Physical Education Government College Theog

The participants exhibited outstanding team spirit and supported one another throughout the race. Their mutual encouragement stood out as a symbol of unity and sportsmanship.

2. Notable Achievements

Three students from Government College Theog—

- **Ashish**
- **Riya Chauhan**
- **Priyanka Chandel**
performed exceptionally well and were **selected to participate in the State-Level Marathon Competition**, bringing pride to the college.

3. Community Engagement

The marathon attracted local residents, families, and youth who lined the route to cheer the participants. This created a vibrant environment and strengthened community involvement in health-oriented initiatives.

Feedback from Participants

The post-event reflections from students highlighted:

- A positive experience regarding the smooth organization and management of the event.
- Requests for **more systematic training sessions** in the future to prepare for similar competitions.
- Strong interest in making participation in the RED RUN an **annual tradition** for the college.

Conclusion

The participation of students from Government College Theog in the District Level “RED RUN” Half Marathon was highly successful. The event not only encouraged **physical fitness and endurance** but also promoted **awareness, social responsibility, and community bonding**. The contribution of the Physical Education Department played a key role in motivating students and enhancing the overall performance of the team.

The college looks forward to continued participation in such events and hopes to nurture a culture of wellness, awareness, and active citizenship among its students.

Government Degree College Theog (H.P.)



**Department of Physical Education
Government College Theog**





**Department of Physical Education
Government College Theog**

