Report on Participation of Students of Theog College in District Level Marathon "RED RUN"

The district level marathon" RED **RUN"** was organized on 27th July 2025, coinciding with the celebration of International Youth Day. The event aimed to promote health, fitness, and community engagement among the youth, encouraging them to lead active lifestyles. The RED RUN was an exampolary event that significantly contributed to raising awareness about HIV/AIDS and promoting safe sexual behaviour. The marathon took place in Shimla and started from Chaura Maidan to Summer Hill and back. The 5 km run provided a scenic route for participants and ample space for spectators. A total of 150 students from 18 colleges of HP registered for the marathon. Four students from Theog College namely Riya Chauhan, Shalini Verma, Arpit Bekta and Arun Kashyap participated in the marathon, showing a strong interest in participating in community events. The participants included both male and female students from various colleges, reflecting a diverse representation of the college community. Dr. Nidhi Dhatwalia Convenor Red Ribbon Club and Dr Vikrant Gautam accompanied the participants from our college.

Participation Highlights:

Team Spirit: The students displayed remarkable enthusiasm and cheered each other during the race.

Achievements: All the students performed exceptionally well and completed the marathon, Riya Chauhan of our college was selected to participate in State level Marathon competition.

Community Engagement: The event attracted local families and residents, fostering a sense of community spirit.

Feedback:

Post-event feedback from participants indicated

- A positive experience regarding organization and execution.
- Suggestions for more training sessions in the future.
- Interest in making this an annual event.

Conclusion:

The participation of Theog College students in the district level marathon was a resounding success. It not only promoted physical fitness but also strengthened community ties and encouraged youth involvement in healthy activities. The college looks forward to participating in future events and continuing to foster a culture of health and wellness among its students.







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