



Runners club/Cycling club

Kasturba Medical College, Manipal



Vision & Mission

- To promote running/cycling as one of the pillars of a healthier lifestyle among staff and students of KMC, Manipal

***“Build a healthy faculty and student community in KMC,
Manipal”***

Aims: Encourage faculty, staff and students to adopt a healthy lifestyle and promote health

Objectives

1. To provide a platform for faculty, staff and students of our institution to engage in regular physical activity
2. To introduce interested students and faculty to the joys of running and cycling
3. To informally bring together students and staff from different departments of KMC and inculcate team spirit
4. To give guidance to beginners interested in running/cycling

Plan of action

- Create awareness and publicize the group
- Weekly group runs/cycling trips (10 -35) around and across Manipal
- Buddy Run concept
 - Experienced runners/cyclists alongside beginners/first-timers
 - Keeps them motivated
 - Have someone to learn from/look up to
- Hosting contests
- Theme runs/cycling trips (eg: Drug abuse awareness, road safety)

Outcome

- Ensure that at least 10% of our students and faculty are members of either running/cycling teams
- Ensure regular participation of KMC students/faculty in competitive events
- Ensure a better life style for staff and students
- Encourage Bonhomie between students and faculty
- Enable a Healthy and productive organization

Organizational structure

3 faculty and two students coordinators for each

Responsibilities

- Route planning
- Logistics
- Refreshments
- Support during and post-runs
- Pre- and post-run publicity
- Design and upkeep of blog and other online activities
- Encourage membership

Coordinators

1. Dr. Girish Menon
2. Dr. Shwethapriya R.
3. Dr. Mohan Babu
4. Dr. Sharun Kurien
5. Dr. Anshu Shettigar
6. Dr. Vaideki B
7. Dr. Muralidhar M Kulkarni
8. Student members (to be finalized once the college reopens)