

Bharati sets 3000M steeplechase mark

MUMBAI, PTI: B L Bharati of Karnataka set a new meet record in the women's 3000 metres steeplechase event on the second day of the Standard Chartered Open National athletics championship at the Priyadarshini Park here on Saturday.

The 21-year-old Bharati, who reached the city only at 5.30 am on Saturday after winning the All-India Inter-Universities cross country title in Gulbarga, clocked 11:07.13 minutes to win the gold on a day where the Indian Railways athletes cornered glory winning as many as eight gold medals, including the men's 4x100 metres relay.

Vinita Thakur of Punjab, who clocked 11:18.98 minutes, finished second while S Shanthi of Tamil Nadu, with a timing of 11:19.67, had to be con-

tent with the third place. Reigning champion Arun D'Souza of Indian Railways won the men's 3000 metres steeplechase gold with a timing of 9:10.57 while Ranjeeth Kumar of Services and C D Basuraj of Maharashtra followed him home.

Despite a slippery surface due to continuous drizzle, Gajanan Upadhyaya of Indian Railways managed to win the men's pole vault gold with a jump of 4.70 metres. P P Jayakumar of Services and Jagbir Singh of Indian Railways bagged silver and bronze respectively.

The fastest man of the meet, Piyush Kumar, anchored Indian Railways to victory in the men's 4x100M relay in 40.63 seconds.

Results: Men: Discus throw: Sukhveer Singh (Pnj) 1; Gursewak



B L Bharati

Singh (Pnj) 2; Amritpal Singh (Pnj) 3; D: 55.14M.

20km walk: Vijay Kumar Gehlot (Rlys) 1; Sitaram Mangi Lal (Ser) 2; Sree Ram (Rlys) 3. T: One hour 33.01.

Pole vault: Gajanan Upadhyaya (Rlys) 1; P P Jayakumar (Ser) 2; Jagbir Singh (Rlys) 3. D: 4.70M.

110M hurdles: Krishna Mohan

(Ser) 1; P V Augustin (Rlys) 2; R Mathew (Ser) 3. T: 14.83 sec.

400M hurdles: Sarish Paul (Ser) 1; P Shankar (AP) 2; P S Sreejith (Ker) 3. T: 47.82 sec.

3000M steeplechase: Arun D'Souza (Rlys) 1; Ranjeeth Kumar (Ser) 2; C D Basuraj (Mah) 3. T: 9:10:57sec.

800M: Joshmon Mathew (Ser) 1; P S Primesh (LIC) 2; S J Soresh (Ser) 3. T: 1:50.74sec.

4x100M relay: Indian Railways 1; Services 2; All India Police 3. T: 40.63sec.

Women: 5000M: Preeja Sreedhyan (Rlys) 1; Madhuri Gurnule (LIC) 2; Rupinder Kaur (Pnj) 3. T: 17:43.72sec.

100M hurdles: Soma Biswas (Rlys) 1; Amita Sethi (Orissa) 2; G G Pramila (Rlys) 3. T: 14.24sec.

400M: Satti Geetha (Rlys) 1; Rupinder Kaur (Rlys) 2; Bindu Rani (Ktk) 3. T: 53.81sec.

Triple jump: Tincy Philip (Ker) 1; Tessymol Joseph (Rlys) 2; Lekha Roy (LIC) 3. D: 12.68M.

3000M steeplechase: B L Bharati (Ktk) 1; Vinita Thakur (Pnj) 2; S Shanthi (TN) 3. T: 11:07.13sec. (NMR).

800M: Sunita Kumari (Rlys) 1; Tejinder Kaur (Pnj) 2; Pinki Parmanik (Rlys) 3. T: 2:12.46sec.



L. Bharathi of Bangalore South leaps to the girls high jump gold in the state-level PUC athletics meet at the Sree Rameswara stadium in Bangalore on Monday. CH photo

ATHLETICS / State-level PUC meet

Bharathi signs off in style

CH News Service

BANGALORE, Dec 11

L. Bharathi rounded off three memorable days at the State-level PUC athletic meet with her fourth gold medal, triumphing in the high jump on the final day today.

Bharathi, who had claimed the 600M, cross-country and the 100M titles, won the high jump with a leap of 1.50M, two centimetres less than the second-placed Shyla D'Silva from Udupi.

C Shashidhar, another dominant figure on the Sree Rameswara Sports track, won his third gold medal today, winning the 400M in

58.2 seconds. He had won the 100 and 200M earlier. Mushtaq Ahmed of Dharwad topped in the 1500M event clocking 4:14.05 sec.

The results:

Boys: 400M: S. C. Shashidhar (Bangalore South) 58.2, 1; Nagish Kumar (Bangalore South) 58.8, 2; Krishna J C (Dharwad) 1:18, 3. 1000M: Mushtaq Ahmed (Dharwad) 4:14.05, 1; H. S. Pojari (Belgaum) 4:55.05, 2; Manjuresh (Udupi) 4:55.05, 3. 2000M: M. S. Ramesh (Dharwad) 9:22.05, 1; Gopala Krishna (Dakshina Kannada) 9:32.05, 2; Laksh K D (Kadapa) 9:42.05, 3. 4000M relay: Bangalore South 41.4, 1; Mangalore 41.9, 2; Udupi 46.1, 3. 4000M relay: Bangalore South 9:21.05, 1; Dharwad 9:34.05, 2; Mangalore 9:37.05, 3.

Girls: 800M: Manisha B. Bharale (Gadgaon) 2:30.05, 1; Krupali Rai (Dakshina Kannada) 2:35.05, 2; Shwetha (Mandya) 2:55. Individual champion: B. C. Shashidhar.

Girls: 400M: M. L. Udagari (Belgaum) 58.8, 1; Jyotsna Sreenivas (Belgaum) 59.7, 2; Nisha Mathew (Mangalore) 1:01.8, 3. 1000M: Anshika S (Bangalore South) 3:04.8, 1; Thangai H S (Kadapa) 3:18.3, 2; M. Radha (Mysore) 3:21.5, 3. 2000M: M. Radha (Mysore) 6:46.8, 1; Savitha K S (Kannur) 7:02.05, 2; Chethana (Udupi) 7:03.05, 3. High jump: B. L. Bharathi (Bangalore South) 1.50M, 1; Shyla D'Silva (Udupi) 1.48M, 2; Shara C G (Dakshina Kannada) 1.45M, 3.

Individual champion: B. L. Bharathi. Team champion: Bangalore South.

Steeple chase for gold ends

Cross-country champ clinches first gold at National Meet

By Sudheendra Tripathi
sports@mid-day.com

CROSS-Country terrain is barren of golds, she realised. And switching to steeplechase just two weeks prior to the Standard Chartered Open National Athletics Championship 2004 gifted her a second gold just 24 hours after her first.

Bangalore's Laxman Bharthi landed in Mumbai on Friday morning and walked wearily into the Priyadarshini Park, limbs aching from her gold-winning effort at the cross-country at the All-India Inter-University championship at Gulbarga in Karnataka on Thursday. Then, she pulled out of her bag a meet record-setting run to take home the honours in the steeplechase... and a successful chase for gold.

"I have always finished second," admitted the 21-year-old Bangalorean. "This is my



Photo/ANIL K. SAI

L. Bharthi surges ahead of the field in the women's steeplechase during the Standard Chartered Open National Athletics Championship hip 2004 at the Priyadarshini Park on Saturday. Bharthi created a new meet record

first gold-winning performance at any meet. And believe me, I am really surprised," she said.

Bharthi, who as a child, started off as a cross-country runner under the tutelage of her father, Laxman, a former

decathlon champion himself, joined Sports Authority of India, Bangalore.

Though she participated in the steeplechase event during the Inter-State Athletics Meet in Chennai in July this year, it was

only after she joined SAI, she took up steeplechase seriously. "I am tall and have big strides (according her coaches) that is why they (coaches) thought I would be successful in this particular event. Luckily for me, the switch paid off," she said.

Incidentally, Bharthi had finished second behind national record holder L. Marjula at Chennai. "I will look to improve my timings now," she said. "I won a gold without any training. In fact, I got to know about the finer points of the sport only after I joined SAI. I can break the national record," she said confidently.

Another athlete to impress on the day was Preetja Sridharan of Indian Railways. The 22-year-old senior clerk with Southern Railway at Pollackad wasn't satisfied with her gold-winning effort. "I will have to improve on my timings. I am still about two minutes behind the national mark," she said.

RESULTS:

Men POLE VAULT: Gajanan Updhyay, (Indian Railways) 4.70; 2 Jayakumar P (Services) 4.50; 3 Jagbir Singh, (Indian Railways) 4.40; 4 Ranjith Kumar (Tamil Nadu) 4.40

DISCUS THROW: Subhakar Singh

(Punjab) 55.14; 2 Gurneet Singh (Punjab) 54.50; 3 Anirpal Singh (sr) (Punjab) 54.04

20 km walk: Vijaykumar Sehlot, (Indian Railways) 1:33:00; 2 Sharan Mangi Lal (Services) 1:33:14; 3 Siva Ram (Indian Railways) 1:35:37

100M HURDLES: Krishna Mohan (Services) 14.83; 2 P V Asgurun (Indian Railways) 14.94; 3 R Manohar (Services) 15.06

400M: Sarith Paul (Services) 47.62; 2 P Shankar (Andhra Pradesh) 48.30; 3 Sreejith P S (Kerala) 48.44

3000M STEEPLCHASE: Arun O'Souza (Indian Railways) 9:10.57; 2 Ranjith Kumar (Services) 9:15; 18 S Basura C D (Maharashtra) 9:28.14

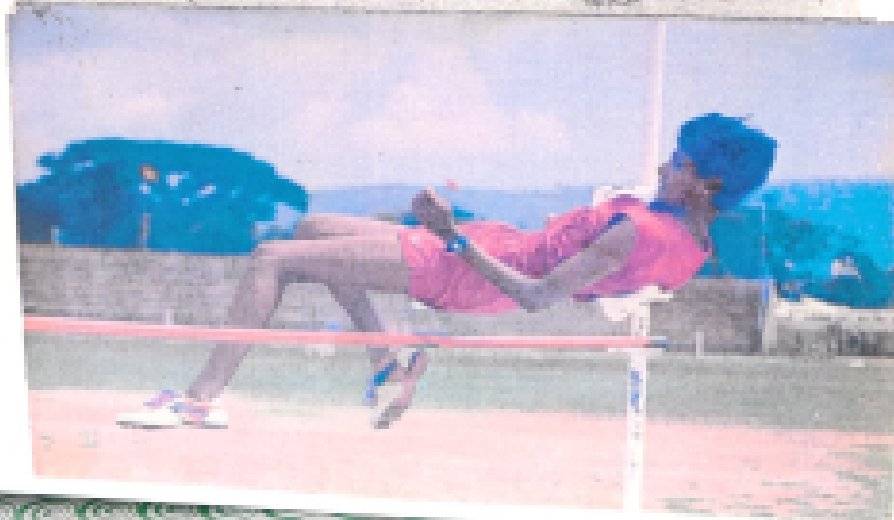
Women: DISCUS THROW: Neelam Singh (Indian Railways) 57.21 metres; 2 Krishna Puriya (Indian Railways) 55.24 metres; 3 Manmeet Bains (Indian Railways) 48.48 metres.

5000M RUN: Preetja Sreedharan (Indian Railways) 17:43.72; 2 Madhuri Gamsale, (LIC) 17:56.88; 3 Rupinder Kaur (Punjab) 18:12.24

100M HURDLES: Soma Birwan (Indian Railways) 14.24; 2 Ansha Sarti (Orissa) 14.44; 3 G.G. Pranita (Indian Railways) 14.70

400M: Sati Soetha (Indian Railways) 53.89; 2 Rupinder Kaur (Indian Railways) 56.14; 3 Bindu Rani (Karnataka) 56.94
3000M STEEPLCHASE: 91 Bharathi (Karnataka) 11:07.19 (new); 2 Vinita Thakur (Punjab) 11:18.50; 3 S Shanthi (Tamil Nadu) 11:19.57

"We need better coaches"



ATHLETICS / State-level PUC meet

Bharathi bags golden treble, Shashidhar triumphs in 200

DH News Service

BANGALORE, Dec 10
B L Bharathi of Bangalore South claimed two more gold medals on the second day of the State-level Pre-University athletic meet today taking her tally to three while B C Shashidhar smashed the meet record in the 200M en route to a sprint double.

Bharathi, champion in the 800M yesterday, won the six-km cross country race in the morning and then triumphed in the 100M hurdles late in the evening.

The 1985 college student timed 8 minutes 13 seconds in the cross country race, rebuffing the challenge of Mysore's M Radha, who clocked 20 minutes 41 seconds.

Bharathi won the hurdles with ease, timing 15.8 seconds to finish well ahead of Prasanna K Uppe, who timed 16 seconds.

Shashidhar, who had won the 100M yesterday, was in total command in the 200M as well. Shashidhar timed 22.7 seconds to cross the meet mark of 25.2. Srikanth of Gadag, the silver-winner in the 100M yesterday finished second best again, clocking 23.6 seconds.

In the boys 110M hurdles, Rohith Havela of Belgaum triumphed in 21.8 seconds. Rohith, who had won the silver in long jump, was hardly challenged but he knocked over a few hurdles on his way.

Boys:
200M: B C Shashidhar (Bangalore South) 22.7 seconds, 1. Srikanth (Gadag) 23.6, 2. Narash Kumar (Bangalore South) 24.2, 3.

110M hurdles: Rohith Havela (Belgaum) 21.8 seconds, 1. Manjunath (Belgaum) 24.8, 2. Thimmasai M C (Bangalore South) 26.2, 3.

400M hurdles: Deepak B C (Bangalore South) 24.8, 1. Thimmasai



B L Bharathi of Bangalore South on route to victory in the cross country race event of the State-level PUC athletic meet in Bangalore on Sunday. DH photo

100M: Bangalore South 18.1, 2. Jyotsna S M (Channarayana) 19.2, 3.

Long jump: Navin B (Chikabhalasa Kanakur) 4.22M, 1. Rohit Havela (Belgaum) 4.10M, 2. Sandeep K V (Mandya) 4.08M, 3.

Shot: Jai Santosh H S (Mysore) 10.4, 1. Vinay T G (Tandur) 11.80M, 2. Shashidhar B S (Mandya) 11.80M, 3.

Cross country 8K: M S Shashidhar (Channarayana) 21:00, 1. Thirupathi Murali (Bangalore) 24:27, 2. B S Sankarsh Kumar (Chikmagalur) 24:29, 3.

Girls:
100M: Jayashree Aravind (Belgaum) 16.4 seconds, 1. Lakshmi C J (Bangalore South) 18.8, 2. Sudhansu Baruah (Bangalore South) 19.4, 3.

100M hurdles: B L Bharathi (Bangalore South) 15.8 seconds, 1. Prasanna K Uppe (Mysore) 16.0, 2. Supriya (Bangalore South) 16.5, 3.

400M hurdles: Sudhansu Baruah (Bangalore South) 1:04.0, 1. Supriya (Bangalore South) 1:11.8, 2. Divya M Hegde (Chikmagalur) 1:17.7, 3.

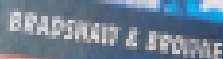
Javelin throw: Vidhika K P (Kodagu) 28.70M, 1. Praveetha H P (Mysore) 26.10M, 2. Manisha G (Chikabhalasa Kanakur) 24.8M, 3.

Cross country race (5 km): B L Bharathi (Bangalore South) 23 minutes 13 seconds, 1. M Radha (Mysore) 23:44, 2. K S Saravitha (Chikmagalur) 24:18, 3.

Kulkarni stars in SDM

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A group of male basketball players in red jerseys are celebrating. One player in the center holds a trophy. They are surrounded by flags, including the Chinese flag and the flag of the United States. The players are smiling and looking towards the camera.

THE man with which Bharrat won the All India Inter-Varsity Cross Country women's championship proved that she is a good prospect for long-distance running. It was a start to finish race for Bharrat, who hails from a village in Tinsukari and represents Manipal University. Incidentally, Bharrat was the lone runner from Bangalore, after her leave notice expired on the race day to a mile up to catching the train for Coimbatore.

Overnight rain gave a perfect setting for the three-grassland run for more than 100 runners from 64 Universities. Mithran, who had finished fourth in the last championship at Kottayam, gave a vastly improved performance in the home state this time winning to 21:44.55 sec. Gireesh of the University of Delhi finished second in 21:47.63 sec while Jayashree of the Malabar (Gandhi) University timed 21:51.35 sec to take the bronze.

The men's event went to Tejinder Singh of the Gurukul Desh University, Amritsar, who clocked 40.51.17s. He was followed by Manohar Singh and

Despite the poor showing in the individual events, the girls from Michiana Christian University (127 points) retained the Overall championship in the women's event with Jayna, Judy Joseph (captain), Stacy George, Mist, Rapsa, and Sherida combining well. Michiana Christian University has been winning the Overall title for the last 17 years. The University which scores lowest points based on its team members placing in the overall positions is declared the winner.

University of Calicut (54 points) and Nagpur University (78 points) bagged the second and third positions respectively. CMU, Amritsar, Shivaji University, Kolhapur, and Punjabi University, Patiala followed.

In the men's section, Shivaji University emerged champions with 199 points and the holders Chauranmal Dev finished a poor third with 116 points. Karmaveer University topped the silver with 208 points. Shivaji University completed Neelganga Sanket, Keshavnagar Rajwade, Surger Lingappa, Vokhar Rawand, Keshavnagar Khimrasm, Gokuldas Rajwade, Kadam Thakur, Chhapra Sambal and Amit Mani.

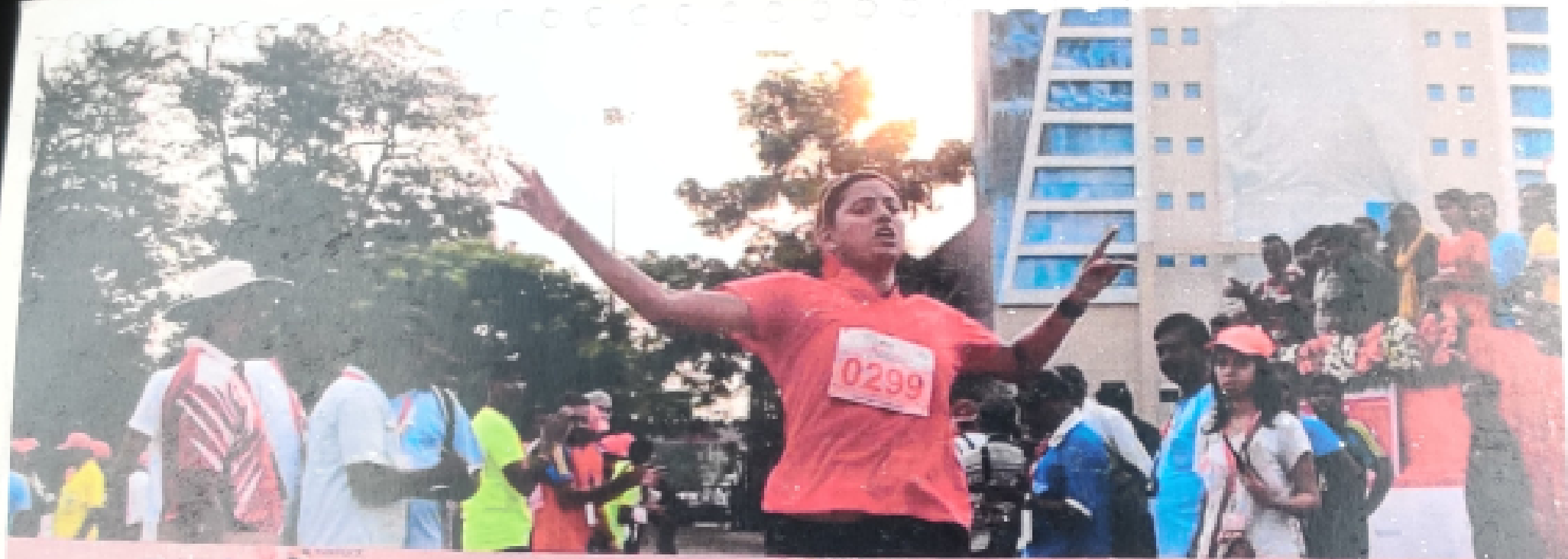
Except for the Overall championship for men, no other winners were given any trophies or certificates. The organizers had no explanation for not awarding the trophies. The Manager of the Melbourne Caulfield University, Miss Joseph and Coach Polcy were interested in this as their women's team had created a record in the championships. — F. K. Stevenson



Tajinder Singh ... the world's individual champion



Abstract. The release of the manuscript is expected



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INTERNATIONAL WOMEN'S RUN

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X PINKATHON
INTERNATIONAL WOMEN'S RUN

THE UNIVERSITY OF THE WEST INDIES
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Weekend Studio

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■ **Volume 2017, Issue 1**

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എല്ലാ മനുഷ്യർക്കും അനുയോജനപരമായ ഒരു നല്ല ജീവിതം നൽകിത്തന്നിട്ടുള്ളതാണ് ക്രൈസ്തവ മതം. അതിനാൽ നല്ല ജീവിതം നയിക്കാനായിട്ടുള്ളതാണ് ക്രൈസ്തവ മതം. അതിനാൽ നല്ല ജീവിതം നയിക്കാനായിട്ടുള്ളതാണ് ക്രൈസ്തവ മതം.

They're not necessarily
convinced that a change
will make things any
better. They're not
necessarily convinced
that it's worth the
cost.

1. செய்து கொடுக்கப்பட்ட
 2. கேள்விகளுக்கு
 3. தகுந்த
 4. விடையளிப்பதே
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ಕೂಡೆ ಸಿದ್ಧಿ ಸಾಧ್ಯವಾಗುವ ಸಂದರ್ಭ
ರಾಜ್ಯದಾದ್ಯಂತ ಉಪಸ್ಥಿತರಿದ್ದು, ಸಿ.ಎಂ.ಎಸ್.
ಪ್ರಾಂಶುಪಾಲರು ರಾಜ್ಯದಾದ್ಯಂತ
ಮಾನ್ಯರಾದ ಸ್ವಾಮಿಗಳ ಸ್ವಾಮಿ ಸಿದ್ಧಿ
ಪ್ರಾಂಶುಪಾಲರುಗಳ ಸ್ವಾಮಿ
ಸಿದ್ಧಿ. 1990 ರಿಂದ 1995 ರವರೆಗೆ
ಪ್ರಾಂಶುಪಾಲರು, 1995, 1996, 1997
ಮಾನ್ಯರಾದ ಸ್ವಾಮಿಗಳ ಸ್ವಾಮಿ ಸಿದ್ಧಿ
ಪ್ರಾಂಶುಪಾಲರು.

They took to their work
 Rejoicing that they were
 about to drop their burdens
 and stand at last.
 But their work was not
 done yet.

1. **Содержание** 2. **Введение** 3. **Основы** 4. **Заключение** 5. **Список литературы**

ಮಿನುಗಿದ ನಕ್ಷತ್ರ 'ಭಾರತಿ'

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These were the first steps taken by the Government of India in the direction of the development of the country. The Government of India has since then taken many more steps in the same direction. The Government of India has since then taken many more steps in the same direction.

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Abstract

[illegible]

2009-10 ൽ കോളേജ് അതിർത്തിയിൽ
മുൻപ് 'സ്കൂൾ' ആയി പ്രവർത്തിച്ചിരുന്ന സ്ഥലം
അടച്ചു. ഈ സ്കൂളിന്റെ അടിസ്ഥാന
സംരംഭ (Don't ask) എന്നാണ്.

Page 11 of 11

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20-9-2004



ಪ್ರೀಡಾ ಪುರವಣಿ

ಗಡ್ಡೆ ವನಿತೆಯರ ಮುಖದಲ್ಲಿ ವಿಶ್ವಾದರ ಗೆರೆ



ಗಡ್ಡೆ ವನಿತೆ ಸುಮಾರು 10000 ಮಂದಿಯು ಈ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿ ಸುಮಾರು 100 ಕಿಲೋಮೀಟರ್ ದೂರವನ್ನು ಓಡಿ ಪೂರ್ಣಗೊಳಿಸಿದರು. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.



ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

ವಿವರಣೆ
ಈ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಸುಮಾರು 10000 ಮಂದಿಯು ಭಾಗವಹಿಸಿ ಸುಮಾರು 100 ಕಿಲೋಮೀಟರ್ ದೂರವನ್ನು ಓಡಿ ಪೂರ್ಣಗೊಳಿಸಿದರು. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದವರ ಪೈಕಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

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ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದವರ ಪೈಕಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ. ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.



ಇವರಲ್ಲಿ ಸುಮಾರು 5000 ಮಂದಿ ಸ್ವಯಂಸೇವಕರಾಗಿ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದಾರೆ.

DNA CITY LIFE & LIVING

AN INCREASING NUMBER OF PROFESSIONALS ARE JOINING RUN CLUBS TO KEEP FIT AND BURN OFF STEAM

The running revolution begins

Elizabeth Sastry, BANGALORE

A running revolution has hit the concrete jungle. Get out of your cluttered cubicles and leap into the open outdoors. That's exactly what many professionals in the city enjoy doing. And what's more? Teams from corporate companies in the city will be at the Urban Stampede with each other at the Urban Stampede. At what will be a relay race, company teams will face off against each other in five lanes of hard running.

Siddhi Ram Mohan, from Runners for Life (RFL), the organizer of Urban Stampede and India's largest running club with 5000 runners, says that the point of having such an event for corporate companies has a purpose. Ram Mohan explains that people are growing more health conscious in the cities. "The running movement in India is huge and running is not a solo sport. Most people don't like to run by themselves. More and more people are getting into gyming and maintaining fit." But why does the event focus on corporate companies? He tackles the question: "Running brings a sense of togetherness in the companies. That's where the energy to run comes from. We also wanted professionals who have a sedentary working style to get more active." He continues, "We want people to get out of their air conditioned offices and gyms and enjoy the fresh outdoors."

Arvind Bharti from RFL, who is also helping organize the event says that a lot of runners fall between the 30 and 50 age bracket and many members of already existing running groups happened to be from corporate companies. That's perhaps the reason for a corporate competition, he explains. He then gives a few details on the scale of this year's event: "There will be 50 teams with four runners each. So we already have 200 members from various companies who have registered with us and the registrations haven't closed yet. Last year we had 75 groups."

Anita Rao was egged on to take up running by her friends two years ago. A part of RFL today, she will be participating in her first Urban Stampede competition. Rao says that the reason she could-



TIPS TO KEEP YOUR RUNNING HEALTHY AND FUN

Find a committed running partner. It is much harder to skip a run when you have someone

route where there's a store that you can use as a pit stop to pick up your water and snacks

The industry oppo

Dr S Thomas on tourism industry's role in the city

Tourism is the maximum in a huge demand for tourism industry's passion to excel in right attitude and the students to give

Tourism opens a window for a student travel agencies, as well as the government or well as the central tourism officers to the different state

A person must have peak travel period skills as they have

Many institute post graduate degree offers courses in

Any graduate 50 per cent marks apply for a post graduate degree in that. The selection process may vary according to the institutes. There is an entrance test and personal interview to get admission to these courses. There are undergraduate, post graduate courses available

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ಮಹೇಶ್ ಭಟ್ಟರ್

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ಬಿ.ಎಲ್. ಭಾರತಿ:

ರಾಜ್ಯದ ಭರವಸೆಯ ಅಧೀಶ



ಭಾರತದ ಅತ್ಯಂತ
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Hangzhou 2022 Asian Para Games

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Team India Wins Big

 **ASIAN PARA GAMES 2022**