

**7.1.3 Quality audits on environment and energy regularly undertaken by the Institution. The institutional environment and energy initiatives are confirmed through the following**

- 1. Green audit / Environment audit**
- 2. Energy audit**
- 3. Clean and green campus initiatives**
- 4. Beyond the campus environmental promotion activities**

**Clarification for**

**3. Please provide Report on environmental promotional activities conducted beyond the campus with geo tagged photographs with caption and date.**



**RNSIT**  
BENGALURU



WE PROUDLY PRESENT TO YOU

**5K RUN**  
**STEP UP** 4.0  
ಬೆಂಗಳೂರು 2022

**#YOU RUN WE PLANT**

**INR 350**

T SHIRT

MEDAL

REFRESHMENTS

VOUCHERS

**INR 300**

MEDAL

REFRESHMENTS

VOUCHERS

**SCAN TO  
REGISTER!**



7022650620kotak@ybl

**CATEGORIES**

**BELOW 30 - MEN & WOMEN**

**ABOVE 30 - MEN & WOMEN**



7022650620  
9353790484

**PRIZES WORTH UPTO ₹75,000**

**JUNE 12, 2022 | STARTS AT 6 A.M.**

**RNSIT CHANNASANDRA**

Join us on the 12th of June, 6am onwards and contribute towards the greater and greener good, that is Step Up 4.0.

Come one, come all and support #YOURUNWEPLANT

Learn more about this fundraising event at @rnsit\_sports\_club. You may also contact us at rsc.rnsit@gmail.com.



*An Institute with a Difference*

# RNS INSTITUTE OF TECHNOLOGY



**STEP UP** 4.0  
ಬೆಂಗಳೂರು

**12TH JUNE 2022**

**REPORT**

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# **INTRODUCTION**



## **ORGANISATION**

A group of members comprising of core members and various sub committees of RSC, organized the event under the direction of the RNSIT Physical Education Department. All the members invested a great deal of time into carefully planning the event into a successful one, with constant support from our beloved principal. The event's organizing crew did a good job of handling all of its duties. Throughout the course of the event, we had the chance to pick up new skills and overcome obstacles in the real world. The work was distributed fairly among the committee's subgroups, with various tasks being allocated to each group. Additionally, runners from various sports groups were invited to take part in Step up 4.0. The 5K run was open to RNS Institute of Technology alumni, faculty, parents, and students as well. All of the participants received medals as an incentive and a remembrance of their participation. The Step up 4.0 logo appeared on the medal and T-shirts, coupled with the RNS INSTITUTE OF TECHNOLOGY emblem.



## CAUSE AND OBJECTIVE

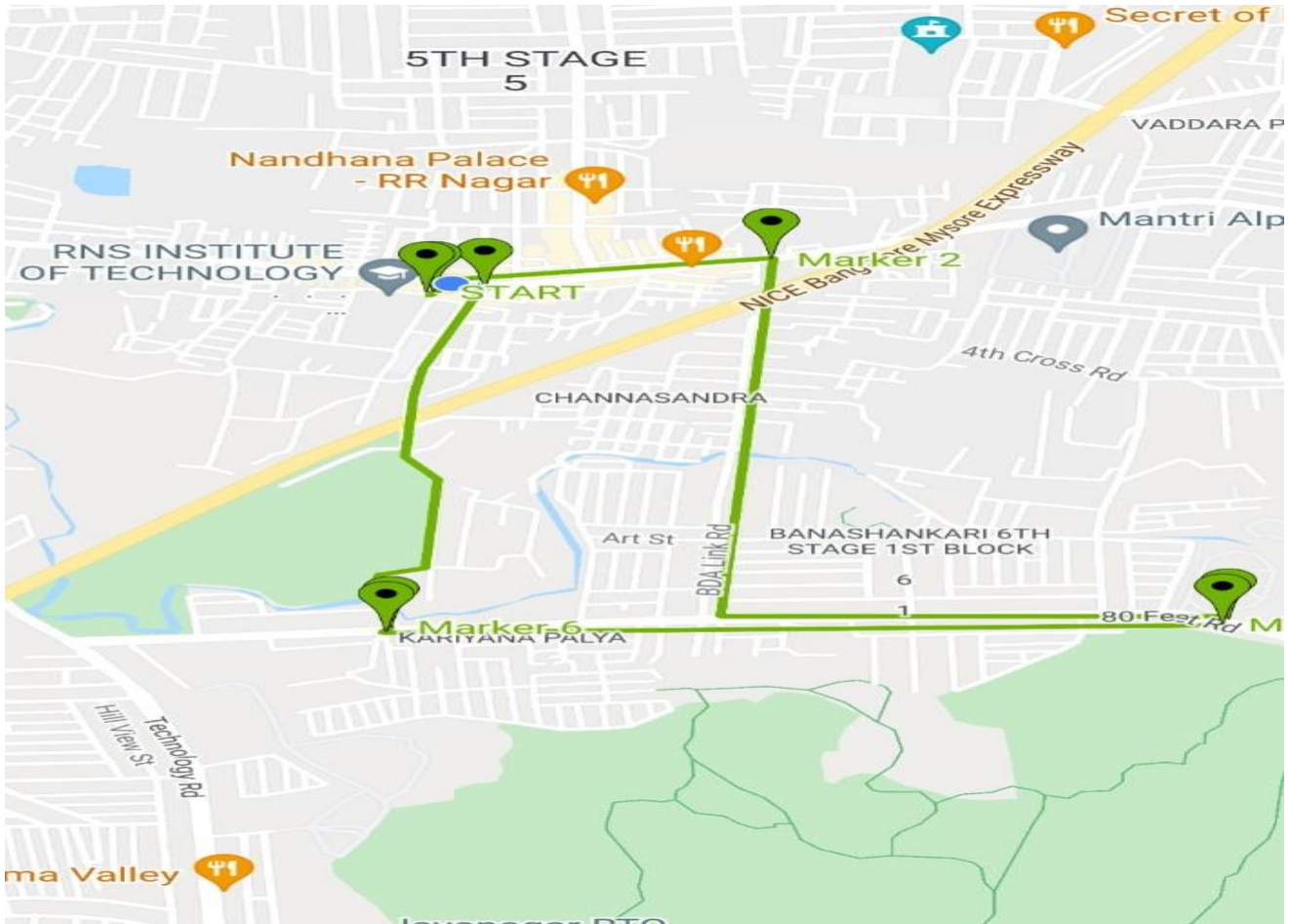
The main objective behind organizing the **Step up 4.0,5k run** is promoting afforestation and help promote awareness about the increasing environmental problems. The event was organized by the students of **RNS Institute of Technology**. Increasing environment problems include rising global warming, adverse soil erosion and many more. Hereby the members of RSC organized this run and plant a sapling for each registration.

This was the organization's second 5-kilometer run. Raja Rajeshwari Nagar and the outlying neighborhoods served as the event's primary marketing and sponsorship targets. The RNSIT Family, which comprises of the Principal, Faculty, Students, Alumni, and Parents, provided tremendous support.

The primary objective of the 5K run was to plant the saplings. The saplings will be potted using the funds raised by this event. The tagline for the event was, **“YOU RUN, WE PLANT”**.



# ROUTE MAP



The committee members and the director of physical education at the college examined the 5K run's route map. It was done with the traffic police's and BBMP's approval and assistance. It was meticulously planned to have numerous water stations, checkpoints, and scoring points. The various checkpoints and water stations were staffed by volunteers by the members of the RSC club and assisted the run.



# SPONSORSHIP

<b>ZF</b>	<b>50000/-</b>
<b>BSNL</b>	<b>35000/-</b>
<b>POTFULL</b>	<b>30000/-</b>
<b>DatatanC</b>	<b>10000/-</b>
<b>Bigbites</b>	<b>500 water bottles</b>
<b>KSSF</b>	<b>600 water bottles</b>
<b>Mycafe</b>	<b>500 water bottles and coupons</b>
<b>Polarbear</b>	<b>coupons</b>
<b>ibaco</b>	<b>coupons</b>
<b>Pathway</b>	<b>Ambulance</b>





# EVENT



## PRE – RUN Event

As an eye catcher and for increased publicity for the event, a Flash mob was organized on 10<sup>th</sup> June. Encouraging sportsmanship and active participation all the members of RSC took part in Flash Mob and the poster was revealed.





## **EVENT DAY**

Members of the committee, including Core and Sub-Core members of RSC groups, were divided into sub-groups on May 29, 2022. RSC groups took on the duty of controlling the runners and bystanders. Assigned to their respective water stations, checkpoints, and scoring points were members of RSC.



## **REGISTRATIONS**

Over 800 people took part in the event. The registration committee organized the gathering and gave each participant a T-shirt and a chest number. Two groups of people participated. The Under 30 years of age category is the first, and the above 30 of age category is the second.



## **ZUMBA**

The event began with a warm session for all the runners. Professional Zumba teachers provided the necessary warm up

session to get the runners ready for the run. The warm-up session lasted for around 45 minutes, and then Principal M. K. Venkatesha addressed the audience.



## **THE RUN**

The concentration of the competitors shifted to the run as the warm-up phase drew to a close. For all participants, the starting gun went off at precisely 7:15 am. RSC crews were prepared to supervise the runners as soon as the run got underway. The assistance of the neighbourhoods traffic police allowed for the most coordinated traffic management. All participants enthusiastic spirit and supportiveness helped in successful completion of the run. After the competition breakfast and refreshments were provided to all the runners.



## PRIZE DISTRIBUTION

The chief guest for prize distribution was MR. Vishwas KS. This is the inspiring story of Vishwas K.S., a 26-year-old swimmer who lost both his hands in a tragic accident when he was 10 years old. This young man recently won three medals at the 2016 Speedo Can Am Para-swimming Championships held in Canada. Vishwas had earlier won three silver medals at the para-swimming competition held in Belagavi, 2015. He was assisted by our principal ad registrar in giving away the prizes.



# MEMORY LANE









# WINNERS

## ● Under-30 Men

- 1) UB-0441 Rahul Shukla 15.58 Minutes
- 2) UB-0445 Vaibhav Patil 16.31 Minutes

## ● Under-30 Women

- 1) UB-0001 Gagana S 18.46 Minutes
- 2) UB-0485 Manjula 18.48 Minutes

## ● Above-30 Men

- 1) SA-0055 Ermiyaro Yamata 16.19 Minutes
- 2) SA-0185 Bharath K 17.28 Minutes

## ● Above-30 Women

- 1) SA-0035 Priyanka 20.34 Minutes
- 2) SA-0061 Memesa Mani 22.07 Minutes

**Young Achiever (Special Category) : Ishita Aradhya 7 years**

# **FACULTY INCHARGE**

**Chairman: Dr. Kiran P, Associate Professor, CSE. Dept.**

**Mr. Shrinivas V Biradar - CSE Dept.**

**Mrs. Kusuma S - ISE Dept.**

**Mrs. Rashmy Deepak - EEE Dept.**

**Dr. Mallikarjun H M - EIE Dept.**

**Mrs. Nirmala M S - ECE Dept.**

**Mr. Chinni Krishna - Maths Dept.**

**Mr. Nagesh B.S-CSE Dept.**

**Mr. Rakesh R - Mech Dept**

# RSC TEAM



## CORE COMMITTEE MEMBERS

- **Prathap N - Director**
- **Manav Chappia- Head**
- **Kota Kaustubha - Advisory**
- **Dhanush. S- Manager**
- **Rishabh Rao- Secretary**



## SUB CORE COMMITTEE MEMBERS

- **Shubhankar Srivastava**
- **Rakshith Raj**
- **Pavan Reddy**
- **Krishna Sai Sumanth**
- **Aarabhi Dutta**
- **Shreya Shetty**
- **Aarjun C Patil**
- **Chaitrika M Bhat**
- **Hemanth Kumar M**
- **Jeeva Shetty**





# FEEDBACK

The participants' remarks were as regards: "The quality of the run was no less than a corporate marathon run". One participant remarked, "For the first time, it was a wonderful work. Another attendee exclaimed, "The organization was absolutely SUPERB - well done to all and thank you for a fantastic experience!" "I thought the event was really well organized, and everyone put out a lot of work to make it a great day, right from those staffing the registration desks to the students assisting with the water stops along the course, and all of the volunteers along the course and at the finish line. The path was lovely."

Just a little note of gratitude to all of the Step up 4.0's organizers and volunteers. " You all did fantastic! The support was exactly what was required and was tremendously appreciated!" " Wow, what a fantastic event! The course, the aid stations, the serenity on the trail, and the volunteers were all excellent. Since it was my first marathon, I sincerely hope that Step Up continues. It was fantastic!" These were some of the responses from our participants. We will view this as encouraging feedback and keep working toward our objective of successfully organizing the event and fully contributing the event's proceeds to the planting of the saplings.

# PLANTATION

Plantation was done through few NGOs in govt schools, Parks and also our college







