



# K.S. INSTITUTE OF TECHNOLOGY National Service Scheme ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ

# 14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109.



**Date of conduction:** 20.10.2024

**Time:** 6:30AM

**Distance:** 5K / 10K

**Venue:** DHEE Hospitals, Kanakapura road, Bangalore

**Participants:** NSS Volunteers of KSIT, Faculty members-KSIT, Participants from surrounding region.

## Objectives:

1. To raise awareness about arthritis and educate the public on its impact and preventive measures.
2. To promote physical activity as a means to maintain healthy joints and overall well-being.
3. To create a community-driven environment for individuals of all ages to engage in health-positive activities.
4. To provide a platform for participants to learn more about arthritis and the importance of early diagnosis.
5. To encourage preventive healthcare through free health checkups and counseling on joint health.
6. To foster a collaborative effort between DHEE Hospital and KSIT in promoting community health.

## Scope of the Event:

The World Arthritis Day Movathon 2024 aimed to bring the community together to support arthritis awareness and advocate for joint health. Organized by DHEE Hospital in partnership with KSIT, the event encouraged participants of all ages and fitness levels to join a 5K or 10K walk/run.

The event also highlighted the importance of an active lifestyle in preventing arthritis and offered participants health-related benefits, such as a free health check coupon. Through this initiative, the hospital hoped to inspire ongoing health awareness and empower individuals to take proactive steps for joint care.

## Highlights of the Event:

On 20<sup>th</sup> October 2024, DHEE Hospital, in collaboration with KSIT, organized a highly anticipated Movathon event to commemorate World Arthritis Day. The 5K and 10K walk/run aimed to raise awareness about arthritis and inspire participants to prioritize joint health through an active lifestyle. This community-driven event emphasized the value of staying physically active to manage and prevent arthritis, creating a supportive space for individuals to learn about joint health and connect with others. The event kicked off precisely at 7:00 AM from DHEE Hospital on Kanakapura Road, Bangalore, with an impressive turnout of participants spanning various age groups and fitness levels, all enthusiastic to contribute to a cause that impacts many lives.

The Movathon offered both 5K and 10K distance options, allowing participants to choose a path aligned with their comfort and stamina. As they crossed the finish line, each participant was celebrated with a commemorative medal, a symbol of their dedication and achievement. Additionally, exclusive event T-shirts were distributed to all, enhancing the collective spirit and creating a sense of unity among attendees. Further reinforcing the event's health-focused mission, each participant received a free health check coupon, encouraging them to continue their commitment to preventive healthcare. Refreshments were provided to ensure everyone stayed hydrated and energized, adding to the positive atmosphere. The event's success was made possible by the coordinated efforts of DHEE Hospital staff and KSIT volunteers, who worked tirelessly to manage logistics and support participants throughout, ensuring a safe, organized, and inspiring experience for all involved.







#### PROGRAM OUTCOMES:

At the end of the programme, the following PO's are attained.

NSS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO 11	PO 12
NSS PROGRAMME						2	3		3			3

#### Justification of PO mapping:

- *Students can able to assess societal, health, safety, legal and cultural issues and the consequent responsibilities .*
- *Students can able to Understand the impact of the professional engineering solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development .*
- *Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.*
- *Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change*



NSS COORDINATOR

NSS Programme Officer  
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