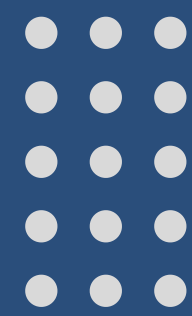


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PC KUSHWAHA

(Founder-Thrill Zone)

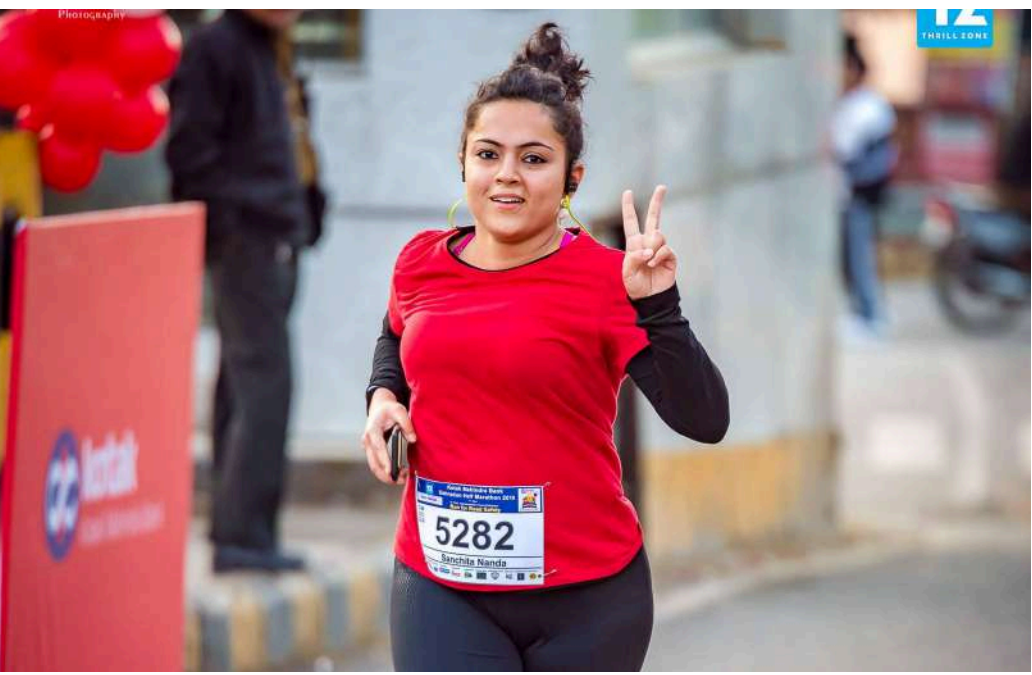


About :

P.C. Kushwaha is a social entrepreneur and passionate about physical fitness and wellness. He established his first entrepreneurial venture Thrill Zone at the age of 24, which aims to promote the importance of leading a healthy and fit lifestyle. Kushwaha is an accomplished long-distance runner, having participated in over 30 events across India. He founded Thrill Zone 8 years back in 2015, to motivate people to adopt a healthier lifestyle, and has organized over 100+ events across multiple cities in India. Kushwaha is also a certified Yoga practitioner (postgraduate in Yoga) and has completed the mountaineering Adventure course offered by the Nehru Institute of Mountaineering in Uttarkashi.

Milestones:-

- Operating since 2015 and Organized 100 fitness events in the last 8 years.
- Partnered with the government organizations like Uttarakhand Police, Chandigarh Police, Punjab Police, Tourism Department, Health Department, Income-tax Department, etc.
- 1.2 Lakh Participants ran in our event organized/managed by us at Thrill Zone since 2015
- Specialized in organizing the Fitness events like Running, Cycling, Yoga, etc.
- We are sponsored by 120+ big organizations like Jio, Tata, Paytm, Kotak Mahindra Bank, Sbi Bank, Syndicate Bank, Indian Oil, Swiggy, Tupperware, Blackberrys, GoPro, Ficci Flo, Patanjali, etc

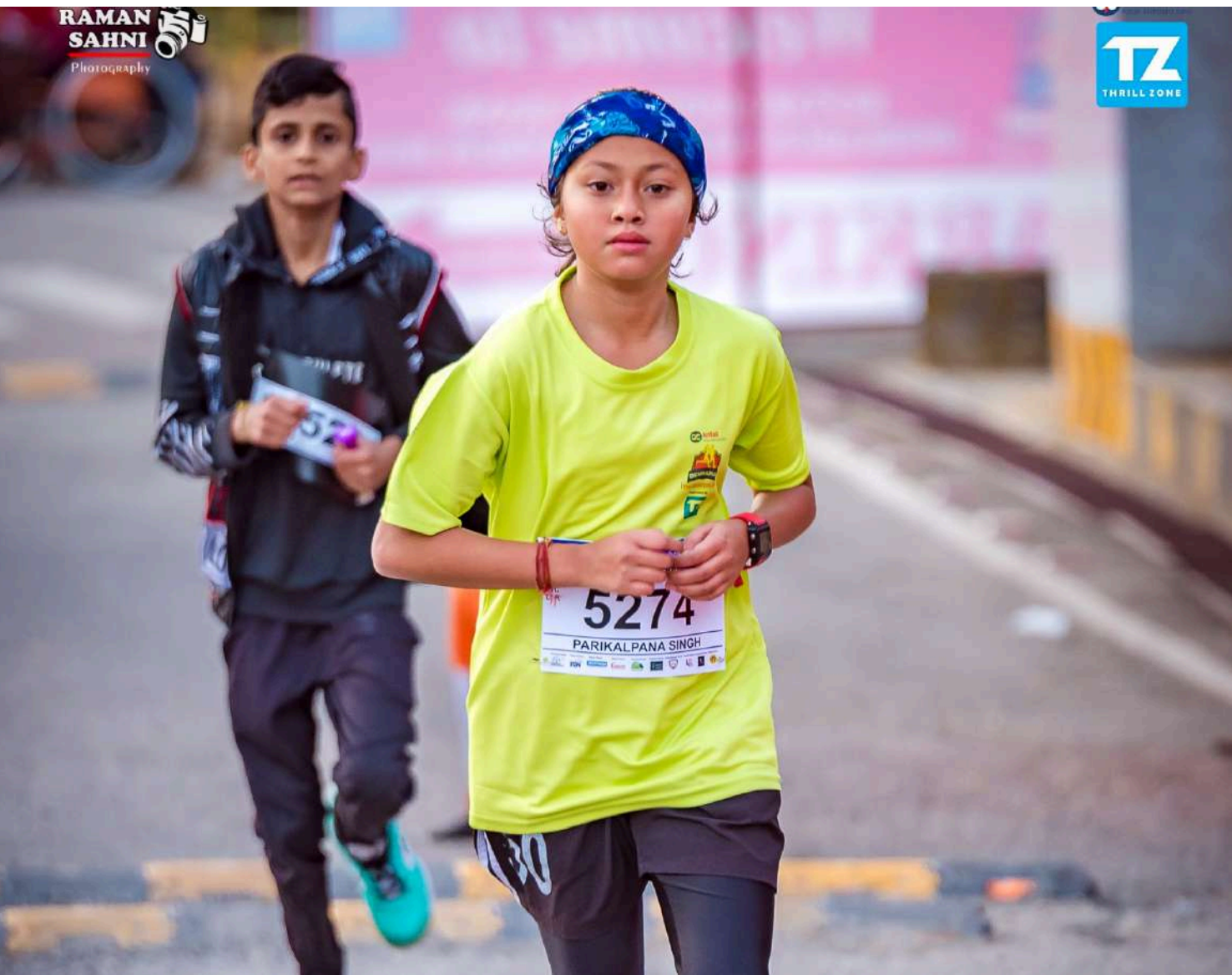


Wheel chair Runner



Para Athlete

@Raman.Sahni



THRILL ZONE EVENT CAPTURES



FICCI HALF MARATHON
14th JAN 2019

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Blind Runner





**CYCLISTS
AND
RUNNERS
ON THE
TRACK**









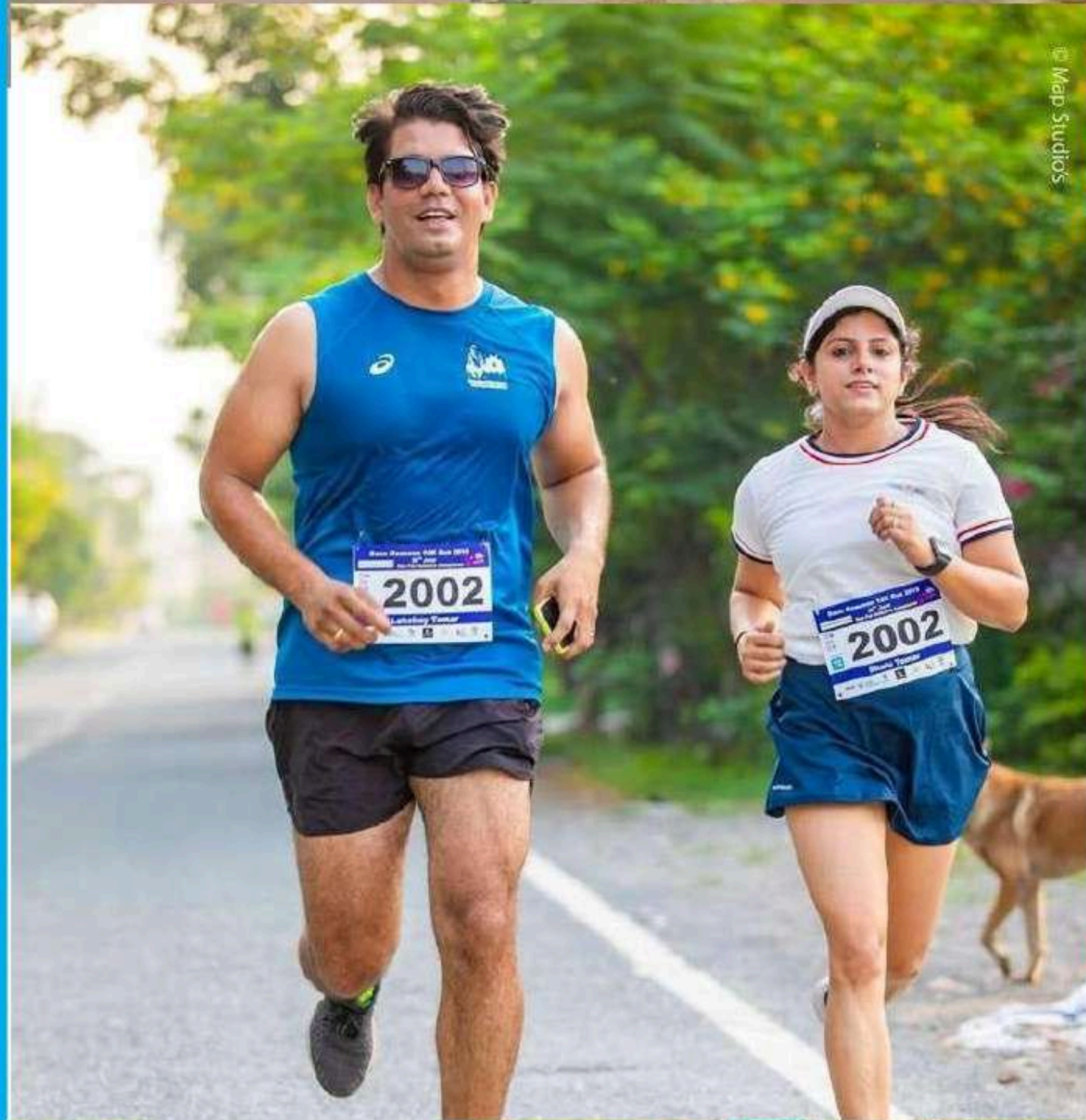
YOGA

By Thrill Zone

@thethrillzone







Ashwani, Trikuti clinch top honours

CHANDIGARH: Ashwani Kumar won the men's 18-25 age group 21km run in the fourth edition of Punjab half-marathon against drug abuse organised by Thrill Zone Trust in city on Sunday.

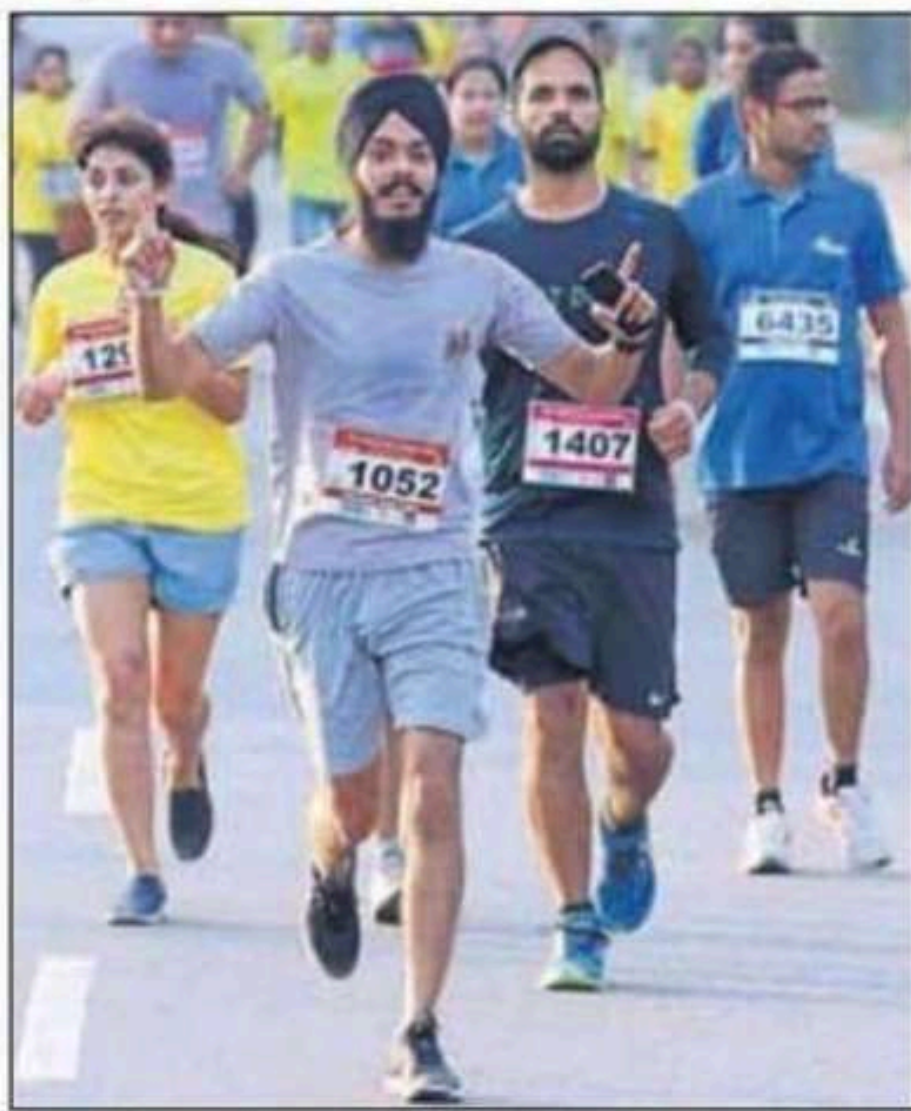
The run was open to all and residents of any age group.

Amarjeet Singh Chawla, visually impaired runner was the chief guest and also took part in the 21km run. There were three categories for the run - 21km, 10km and 5km.

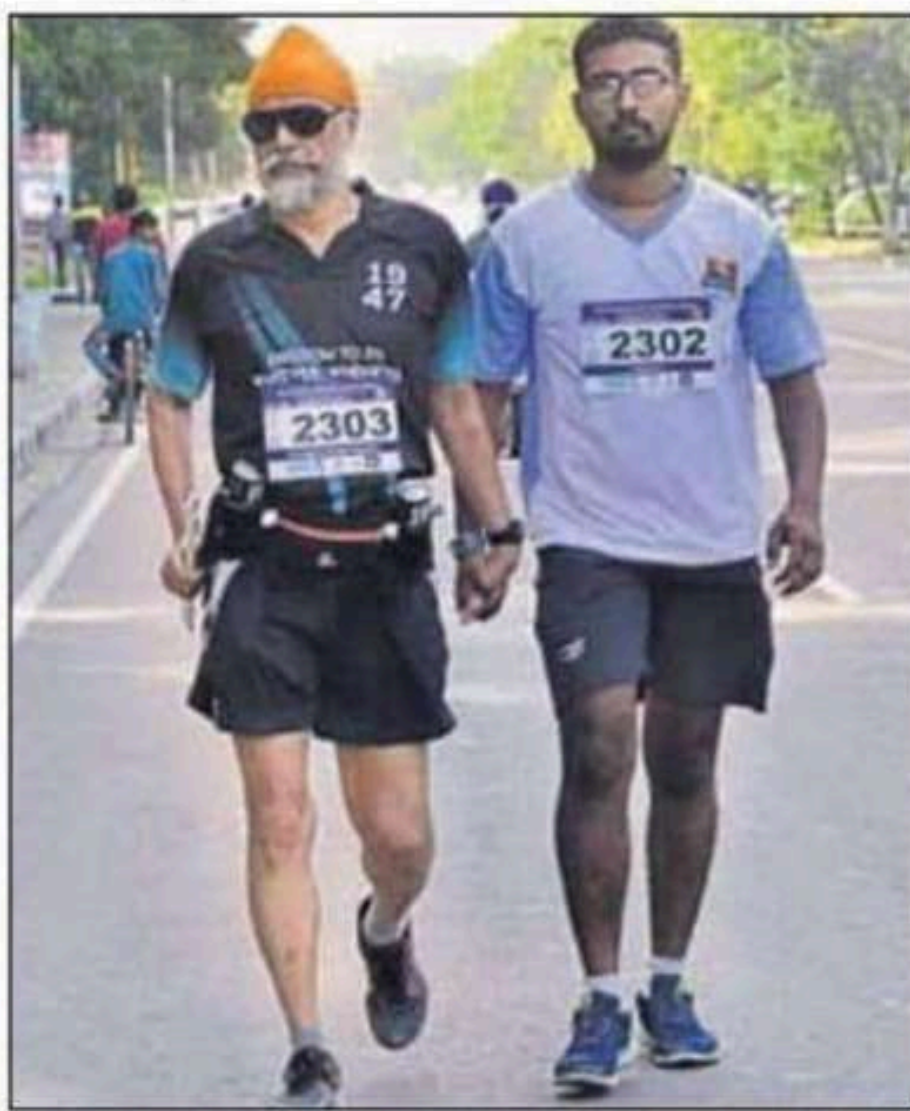
Sandeep Pandey came second in 21km 18 to 25 years, while Amit Kumar finished third.

In 21km 25 to 35 age group, Jagdish Shinde, Surinder Singh and Amit Rana clinched top three positions. In 50 to 60 years 21km run, Naresh Dahiya, Sabodh Saggi and Parvinder Singh came first, second and third, respectively. In the 21km women 18 to 25 years run, Trikuti Sharma came first, followed by Muskaan Pathania in second position.

The 5km women run was won by Sukhvir Gill, while Monika Vija came second. Khushkismat Singh came third.



Participants during the fourth edition of Punjab half-marathon against drug abuse in Chandigarh on Sunday; and (right) Amarjeet Singh Chawla, a visually impaired runner, during the event.



HT PHOTO

Thousands run against drug abuse



DW BUREAU/CHANDIGARH

THE 5TH edition of Punjab half marathon was held here on Sunday. The event was organised to raise awareness about the long ongoing issue in the society - Run Against Drug Abuse. Sanjay Tandon, President of BJP, Chandigarh was the chief guest and initiated the prize distribution ceremony.

There were 20 plus handicapped people on the track, running with full power. Around 10 participants from these countries, France, Canada, Germany and the United States participated in the marathon.

All the participants were given a t-shirts, medals, certificates, refreshments, energy drinks, bibs with timing chips. There were different distances depending on the interest and age of the participants i.e., 21 km (Half Marathon), 10 km, 5 km (with timing chip) and 5 km (Fun Run, without timing chip). The flag Off timings for 21 km, 10 km and 5 km respectively were 6:00 am, 6:15 am and 6:20 am.

The following were the winners for the half marathon in each category.

RESULTS
In the 21 KM half marathon, Men's (18-40 years Category), Gopal bagged the first position, while in women category Kavlea Brase secured the first position. In Men's (40 to 50 years category) Sebastian Wilk came first, while from women category, Sajny Roshan secured the first position. Sabodh Saggi secured the first position in Male 50-60 years category in 21 KM half marathon, while Amar Chauhan bagged the first position in 60 plus category in 21 km half marathon.

In 10 km half marathon, Under 18 Male category, Abhishek secured the first position, while from female category, Payal Singh secured first position. In 18-45 Years Male category, Sanjay secured first position, while from female category, Naina won the first position. In 45 plus category, 10km half marathon, Amarjit Singh bagged the first position, while from female Gaganpreet Samra won the first position.

रनिंग से शरीर को जो फायदे मिलते हैं, वो बोनस की तरह

Social Cause

पीसी कुशवाहा लोगों को स्वास्थ्य के प्रति जागरूक करने के लिए मुंबई, पटियाला, दिल्ली, चंडीगढ़ में तीस से अधिक कार्यक्रम आयोजित कर चुके हैं।

सिटी रिपोर्टर | चंडीगढ़

26 साल की उम्र में युवा नौकरी की जिम्मेदारियां समझने में व्यस्त होते हैं, लेकिन पीसी कुशवाहा ने आगे बढ़ने के लिए एक अलग राह चुनी। उन्होंने 22 साल में अपने पहले व्यावसायिक उपक्रम- थ्रिल जोन की शुरुआत की,



प्रेरित कर सके। उन्होंने बताया कि वह लोगों को स्वास्थ्य के प्रति जागरूक करने के लिए मुंबई, पटियाला, देहरादून, काठगोदाम, दिल्ली और चंडीगढ़ में तीस से अधिक कार्यक्रम

में सबसे युवा मल्टी-सिटी मैराथन आयोजक हैं। इसके अलावा उन्होंने देश के विभिन्न हिस्सों में कई भावक और साइक्लिंग ग्रुप्स का गठन किया है। उन्होंने बताया- मैंने शिक्षा पूरी करने के बाद कुछ वर्षों तक अमेरिकी कंपनी में नौकरी की। इसके बाद कुशवाहा ने दौड़ना छोड़ दिया था, लेकिन इस खेल ने उन्हें नहीं छोड़ा। उन्हें अहसास हुआ कि दौड़ने में अपना ही मजा है और इसके साथ जो फायदे शरीर को मिलते हैं, वो बोनस की तरह हैं। सात साल बाद उन्होंने फिर दौड़ना शुरू किया और कुछ ही समय में वो लगभग हर प्रतिस्पर्धा में हिस्सा लेने लगे।

कुशवाहा ने साल 2013 से अनगिनत देशव्यापी मैराथंस और हॉल्फ-मैराथंस में हिस्सा लिया। 2015 में उन्होंने नौकरी छोड़ दी। इसके बाद उन्होंने प्रतिष्ठित

(एनआईएम), उत्तरकाशी, उत्तराखंड से पर्वतारोहण का कोर्स पूरा किया। उन्होंने जेएलएन स्टेडियम नई दिल्ली में व्यापक एथलेटिक प्रशिक्षण प्राप्त किया है। उन्होंने लद्दाख, नैनीताल, जिम काबेट इत्यादि और देश के अन्य हिस्सों में हॉल्फ मैराथंस, 10 किमी, 5 किमी जैसी तीस से ज्यादा प्रतियोगिताओं में हिस्सा लेकर अपनी पहचान बनाई। वो पूरे भारतवर्ष में घूमें, यहां तक ऐसी जगहों भी जहां उन्होंने कभी सपने में भी नहीं सोचा होगा। दौड़ते वक़्त वो आज़ाद महसूस करते थे और वो देशभर के उनके साथी नागरिकों के साथ अपना ये अनुभव बांटना चाहते थे। उनकी सिर्फ एक ही इच्छा है, वो ये कि उनका एनजीओ- थ्रिल जोन ट्रस्ट ज्यादा से ज्यादा लोगों को दौड़ने के लिए प्रेरित कर सके ताकि

Half-marathon for road safety to be held in city



Founder of the ArriveSafe NGO Harman Sidhu and PC Kushwaha, founder of the Thrill Zone, talking about the upcoming marathon in Chandigarh on Wednesday, June 15th

EXPRESS NEWS SERVICE

CHANDIGARH, FEBRUARY 8

A PUNJAB Half-Marathon will be held in Chandigarh on February 12 to raise awareness about road safety.

The marathon will start from Chandigarh Club at 6:30 on Sunday. Participants will cross the Rock Garden, Sukhna Lake, Kishangarh and IT Park, and then return to the club.

There will be three age categories for runners. For men the categories are 18-45, 45-55 and 55 and above. The categories for women are 18-40, 40-50 and 50 and above. A ten-kilometre marathon will also be held on the same day, which will be open to all. In a first, timing chips will be given to the participants which will automatically track their movements and measure the distance covered. They will also calculate their running speed and measure the number of laps. This will be the 16th such marathon organised by the Thrill Zone Trust. We have previously organised them in cities like Mumbai, Dehradun, Kathgodam and Delhi. This marathon is aimed at spreading the message that human life is precious and the choices we make on the road can destroy or preserve lives," said PC Kushwaha, Founder of Thrill Zone.

The Indian EXPRESS | 05 February 2017 | www.indianexpress.com | 18724296

Thousands come forward for run against drug abuse

MANOKRITI BEDI
Chandigarh, October 7

Thousands of city residents on Sunday came forward to run for a cause, by taking part in a half marathon against drug abuse which was organised in the city. The run was open to residents of all age groups.

The 21-km half marathon run was flagged off from Chandigarh Club in Sector 1 at 5:30 am, while the 10-km run was flagged off at 5:45 am. The 5 km run was flagged off at 6 am.



Amarjeet Singh Chawla, a visually impaired runner was the chief guest and also took part in the 21-km half marathon. The youngest participant in the half marathon was a 7-year-old. The run was in sync

with the recent announcement made by the Punjab Chief Minister, Capt. Amarinder Singh on Independence Day calling for "freedom from drugs". the CM had launched a programme to take the war against drugs to schools and colleges. Narcotics Control Bureau Zonal Office in Chandigarh supported the event.

All participants were given medals, certificates, T Shirts and refreshments. Winners in different categories were awarded trophies.

WINNERS

In the 21-km half marathon, Male (18-25 years category), Ashwani Kumar was the winner.

In 25-35 years category, Jagdish Shinde came first. In 35 to 45 years category, Raminder Singh Bhatia was the winner. In 45 - 50 years category, Stephen Van Der Merwe was first, while in 50 to 60 years category, Naresh Dahiya was first, and in the 60 plus category, Amar Chauhan came first.

Among the females in 21-km half marathon, Trikuti Sharma was first in 18-25 years category.

Reena Kapoor was first in 25-35 years category, while Simran Kochhar was first in 35-45 years

category, Neeru Kakkar was first in 45-50 years category, Harmanjit Bhangal was first in 50-60 years category while Binla Sangwan was first in 60 plus category.

In 5-km Female Open, Sukhvir Gill came first while in 5-km Male Open, Sumit Kumar was the winner.

In 1-km Female, Payal Singh was first in upto 18 years category, Naina was first in 18-50 years category, while Anuradha Dhingra was first in 50 plus Female category. In 10 KM Male, Manish was first in up to 18 years category, while Harvinder Singh came first in 18-50 category, while Subhash Kamboj was first in 50 plus category.

DOON IS TALKING ABOUT

A Doon cyclathon for a green Uttarakhand



Sivani Pantel bagged the first position in 18 to 40 category in the 25km route

Cycling enthusiasts recently took part in the MTB Dehradun 2017, organised jointly by Thrill Zone and Trikon Society. The theme of the event was 'Ride for Green Uttarakhand'. With over 100 cyclists from Uttarakhand, Lucknow, Delhi and Aizawl, the event was held in two categories: 25km and 50km.

While the 25km stretch commenced and concluded at Madhya Farms, the 50km route was flagged off at Madhya Farms and culminated at Dhansari. Before the start, the cyclists rode through Kharna Datta Temple, Surkanda Devi Temple up till the Forest Department Post House in Dhansari.

"It's a great way to raise awareness about the environment and to promote cycling as a sport," said Anshu Kumar, the chief guest, felicitated with a memento and certificate. He said, "Aasha lagao hai jiska sapna hai ek green land for a sustainable future."

In 40 to 50 category (female), Roopa Devi came first while the second position went to Sachita Parichhi. In 00 plus category (female), the first position went to Himanshi Saxena and the second position to Shakti Marudra. In the same category (male), Aksh Chhetri was first while Vijay Kumar Goyal and Shabendra Saxena were second and third respectively.

Himanshi Saxena who won the first position in 50 plus category (female) said, "My husband and I participate in various cycle rallies with different cycling groups. It's a great way to meet new people." Naman Kharura, 1X who had come all the way from Delhi was the youngest rider. He said, "I've been taking part in the MTB Dehradun since 2013. This was a thrilling experience."

The winners in 'Men category' were felicitated by an honourable guest. In the under 20 category (male), the first prize went to Anshu Kumar while the second prize went to Saurav Sharma. In 20-40 category (male), the first prize went to Anshu Kumar while the second and third prize went to Mohit Jain and Lakshay Tansari respectively.



Naman Kharura, 1X who had come all the way from Delhi was the youngest participant of the event



Sanjay Kumar, the winner in 40-50 category in 25km route



Nikita Jain who came second in the 18 to 40 category being felicitated by Alakshanda Kumar

MY HUSBAND AND I TAKE PART IN CYCLE RALLIES TOGETHER, BUT THIS TIME HE COULDN'T JOIN ME FOR US, AGE IS JUST A NUMBER

Nikita Jain

PC Khushnaba, one of the organizers and founder of Thrill Zone said, "Every fitness activity that we've organized till date had a social message. Thankyou Doon for such a heartwarming response."

Fareeh Dutt

Doon Times

Doon's all-inclusive marathon celebrated the onset of monsoon



The marathon saw participation by the visually impaired, who were helped across the route by their guide runners

To celebrate the onset of monsoon in Uttarakhand, Doon Times recently participated in a marathon. Third time, in association with National Institute for the Empowerment of Persons with Visual Disability (NIEPVD), organised the Doon Marathon 10K Run 2017. The run, flagged off by the Director of NIEPVD, Harshdeep Singh, and Anshu Kumar, DG Uttarakhand Police Law and Order as the chief guest.

It commenced at NIEPVD and the runners had to pass through Chini Road and Indira Park, Government Enclave, before returning through the same route. Divided into three categories - Men, Women and visually impaired run - the marathon witnessed over 200 participants participating for the cause. Run for Inclusive Awareness.

Winners in the various categories were awarded by Anshu Kumar who also told the gathering, "It always makes me proud to see Doonites passionately taking part in physical activities like marathons and cycling."

The marathon run also saw great participation by the visually impaired from NIEPVD, who were helped across the route by their guide runners.

Gabriel, a visually impaired participant from

Doon who took part in the run with his guide runner, said, "It was an ultimate experience for me to run and complete the 10K Run. This was my first marathon and I'm grateful to my guide, Gansher, for assisting me."

Nidhi Saxena, who runs a pre-school and lives near Bahadurganj, said, "I, along with my husband, son and daughter ran the entire course of the marathon today and it was such a wonderful experience for us!"

THIS HAPPENED TO BE MY FIRST MARATHON. I'M GRATEFUL TO MY GUIDE RUNNER, GANESHER, FOR ASSISTING ME IN THE RUN

Gabriel, a participant from Doon

CM awards winners of Half-Marathon

By OUR STAFF REPORTER DEHRADUN, 17 Sep: Thrill Zone Trust and 'Swaratmika' organised a Half-Marathon here, today, to raise awareness on drug abuse. It was held in various categories. The winners were Ravindra Kumar and Monika Chaudhary.

The half-marathon was 21 kilometres long for those in the 18-40 years age category. It began from the Pavilion Ground, here. In this category, the winners were Ravindra Kumar, Rajesh Kumar and Lal Singh, respectively. In the 10 kilometres male category, Pradeep Kumar was first, while Karik Kumar was second. In the 18-20 years women category, Ujjala



was first, Kiran Chauhan, second, and Amandeep Kaur, third. In the 21 kilometres category, Monika Chaudhary was first, Anita Chaudhary was second and Babita Nishad, third.

Earlier the half-marathon was flagged off by Education Minister Arvind Pandey and TV actor, Kavita Kaushik. The latter also made youth aware of the dangers of drug abuse.

The winners were awarded their medals and cash prizes by Chief Minister TS Rawat. Also present were Mussoorie MLA Gensh Joshi, MLA Khajan Das, UPCL MD BCK Mishra, Sotyalpal Singh of the Hans Foundation, and others.

Chinda, Sthephan win gold in Punjab half-marathon



Participants during the 21km event in the Punjab Half-Marathon in Chandigarh on Sunday. TRIBUNE PHOTO: S. CHANDAN

CHANDIGARH, FEBRUARY 12 Chinda Singh won the 21-km marathon in the men's (18 to 45 years) category to claim the Punjab Half-Marathon-2017 title. Chinda won the marathon in 1 hour and 23 minutes and 20 seconds which was flagged off from the Chandigarh Club, Sector 1.

Sanjay Kumar secured the second position in

1:24:20s while Tharur Hapur claimed the third spot (1:25:17s). In the 45 to 55 years category, Stephan Van stood first by finishing the race in 1:26:48s, Angrez Singh stood second in 1:29:25s and Naresh Kumar finished third in 1:31:04s. In the above 50 years age group, Amar Chauhan stood first in 1:48:38s, SP Bangarh second 1:53:31s

and Darshan Singh third in 2:04:57s. In the women's 18 to 40 years category, Veronika Jakovbkova stood first by finishing the race in 1:28:29s, Jaya stood second (1:33:49s) and Renu Mathpal won the third position in 1:50:43s.

In 40 to 50 years category, Minakshi Tewari stood first (02:01:03s), Archana Jain second (02:13:46s) and Ritu

Batra claimed the third position in 02:14:50s.

In the 10 km race category, Rahul (00:35:01s), Saurav Sharma (00:35:52s) and Amarjeet Singh (00:37:11s) claimed the top three positions. In women's category, Anshika Alva (00:56:19), Aswin Kaur (01:02:41s) and Mona Sodhi (01:03:05s) won the top honours. — TNS

दुबई में खेलेगा दून का आशीष

देहरादून। पैरालंपिक खिलाड़ी आशीष सिंह नेगी दुबई में होने वाली फैजा इंटरनेशनल मीट में भारतीय टीम का प्रतिनिधित्व करेगा।



टीम आठ मार्च को दुबई के लिए रवाना होगी। नेत्रहीन आशीष गोला और चक्का फेंक में शानदार प्रदर्शन कर चुके हैं। उनके नाम इंटरनेशनल ब्लाइंड स्पोर्ट्स एसोसिएशन में गोला फेंक का रिकॉर्ड भी है। पिछले साल पीसीआई के तत्वावधान में हुए ट्रेनिंग कैंप में नेगी ने 10.78 मी गोला फेंका था, जिसके बाद दुबई के लिए उनका चयन हुआ। आशीष के लिए प्रतियोगिता का जरूरी सामान थ्रिल जोन ट्रस्ट ने उपलब्ध कराया है। साथ ही प्रतियोगिता के लिए आने-जाने का खर्च भी जुटाने का भरोसा दिलाया है। ट्रस्ट के संस्थापक पीसी कुशवाहा ने बेहतर प्रदर्शन की उम्मीद जताई है। ब्यूरो



ट्राईसिटी में 'वर्ल्ड हार्ट डे' पर समारोह आयोजित, चिकित्सकों व विद्यार्थियों ने लिया भाग

वर्ल्ड हार्ट डे पर निकाली 'वॉकथॉन' रैली

आज समाज नेटवर्क

चंडीगढ़। वर्ल्ड हार्ट डे के अवसर पर चिकित्सकों के बीच एक कार्यक्रम आयोजित किया गया। इस दौरान चिकित्सकों के बीच एक रैली निकाली गई।



आइवी हॉस्पिटल ने दी मेडिकल सहायता

मेडिकल। आइवी हॉस्पिटल, मोहाली ने चंडीगढ़ में आयोजित वर्ल्ड हार्ट डे पर मेडिकल सहायता दी।

डॉक्टरों ने वॉकथॉन में लोगों को किया जागरूक किया। डॉक्टरों ने लोगों को बताया कि कैसे वर्ल्ड हार्ट डे का आयोजन किया जाता है।

'वॉकथॉन' में डॉक्टरों ने लिया भाग

पंजाब। डॉक्टरों ने वर्ल्ड हार्ट डे के अवसर पर चंडीगढ़ में एक वॉकथॉन रैली निकाली।

Participants in action during the flag off of 5km run in the 6th edition Kotak Mahindra Bank Punjab Half Marathon held in Chandigarh on Sunday. HT PHOTO

21km half marathon: Yogesh, Monica grab top honours

HT Correspondent
chdsportsdesk@hindustantimes.com

CHANDIGARH: Yogesh Saini with timing of 1:18 hours while Monica with a timing of 1:47 hours won the 21km half marathon titles in men and women categories in the 6th edition Kotak Mahindra Bank Punjab Half Marathon on Sunday.

The event was organised by Thrill Zone with a theme—Run Against Drug Abuse. Apart from Saini, Surender Singh (1:25 hours) and Karan (1:28 hours) finished second and third, respectively.

IN WOMEN'S CATEGORY, DR AMBIKA SAHU (1:53 HOURS) AND SIMRAN KOCHHAR (1:54 HOURS) CAME SECOND AND THIRD, RESPECTIVELY.

In women's category, Dr Ambika Sahu (1:53 hours) and Simran Kochhar (1:54 hours) came second and third, respectively.

Top three winners in men's 10km race were Manish Singh

(41:03 minutes), Vinod Deswal (40:05 minutes) and Ajay Saini (47:52 minutes). The top three female winners in 10km event were Payal Singh (53:12 minutes), Priyanka Sharma (53:43 minutes), and Neha Chetal (54:13 minutes).

Top three winners in men's 5km run were Lalit Prajapati (21:52 minutes), Ankush Singh (24:07 minutes) and Jatin Saini (24:21 minutes). The top three women winners in 5km run were Omisa Kamath (53:12 minutes), Monika Vij (53:43 minutes) and Manpreet Bhamral (54:13 minutes).

पंजाब हॉफ मैराथन

बारिश में भी नशों के विरुद्ध मैराथन में दौड़े हज़ारों लोग



बारिश में भी हजारों लोगों ने पंजाब हॉफ मैराथन में भाग लिया।

6:15 बजे और 6:20 बजे था। हजारों लोगों ने भाग लिया।

दौड़ में दिव्यांगों के साथ फ्रांस, कनाडा, जर्मनी और अमरीका के निवासी भी हुए शामिल

फ्रांस, कनाडा, जर्मनी और अमरीका के निवासी भी शामिल हुए।

अजीत समाचार 30-Sept-2019 Page 5

तेज बरसात के बावजूद नशे के खिलाफ मैराथन में दौड़े हज़ारों लोग

चंडीगढ़ क्लब से शुरू हुई पंजाब हाफ मैराथन, छठे एडीशन का अच्छा रिस्पांस, 20 दिव्यांगों ने लिया भाग

चंडीगढ़, 29 सितम्बर (पल): थ्रिल जोन ने की ओर से रविवार को 6वां एडीशन कोटक महिंद्रा बैंक पंजाब हाफ मैराथन का आयोजन किया गया। इसका समापन चंडीगढ़ क्लब में हुआ।

मैराथन का मकसद नशों की समस्या को लेकर जागरूकता बढ़ाने के लिए किया गया और इसे-रन अगेinst ड्रग एब्यूज, का नाम दिया गया।



सुबह बारिश ने पंजाब हाफ मैराथन में बारिश ने खलल डाला, मगर इसके बावजूद बड़ी संख्या में लोगों ने भाग लिया। संजय कुल



विदेशियों ने भी लिया हिस्सा

फ्रांस, कनाडा, जर्मनी और संयुक्त राज्य अमरीका निवासी 10 लोगों ने भी भाग लिया।

आमर उजाला



दून मानसून रन में हिस्सा लेते प्रतिभागी। आमर उजाला

प्रदीप, पूनम ने जीता दून मानसून रन का खिताब

देहरादून। आजादी के अमृत महोत्सव के उपलक्ष्य में रविवार को दून मानसून रन 10 किमी श्रेणी में प्रदीप यादव और पूनम यादव ने पहला स्थान प्राप्त किया, जबकि दूसरे स्थान पर मनीष शर्मा और रीता शर्मा रहे। प्रांजल और अमनदीप कौर ने तीसरा स्थान हासिल किया। दौड़ का शुभारंभ एडीजी अमित सिन्हा ने किया। पांच किमी सोलमेट रन श्रेणी में तारा थापा और प्रणव ने पहला स्थान हासिल किया, जबकि नेहा गुप्ता और ओजस्वी दूसरे स्थान पर रहे। अंडर 18 पुरुष-महिला वर्ग में शिवम गौतम व जिग्मेट पाल्मो ने

पहला स्थान हासिल किया, जबकि अंडर 30 पुरुष व महिला वर्ग में विकास यादव और खुशी शर्मा प्रथम आए। अंडर 40 श्रेणी में पंकज जोशी ने पहला, अंडर 50 में शशि मेहता और सबल सिंह ने पहला स्थान हासिल किया।

अंडर 60 में शशि दिवाकर और सुमन नैथानी ने पहला, अंडर 70 में मनजीत शर्मा और सतेंद्र कुमार ने पहला स्थान हासिल किया। 70 से अधिक आयु वर्ग में गुरफूल सिंह प्रथम स्थान पर रहे। आईटी पार्क से शुरू हुई दौड़ किरसाली चौक, कालागांव से होकर निकली। संवाद

दैनिक जागरण

कपल रन में प्रदीप व पूनम को पहला स्थान

जागरण संवाददाता, देहरादून: दून मानसून 10 किलोमीटर रन के दूसरे संस्करण में कपल रन में प्रदीप यादव और पूनम यादव ने पहला स्थान हासिल किया। दूसरे स्थान पर मनीष शर्मा व रीता शर्मा और तीसरे स्थान पर प्रांजल सिंह व अमनदीप कौर रहे। मानसून रन आईटी पार्क से शुरू हुई और कालागांव जाकर

वापस समाप्त हुई। दौड़ का शुभारंभ एडीजी अमित सिन्हा ने हरी झंडी दिखा कर किया। पांच किलोमीटर दौड़ को रेडियो जाकी देवांगना चौहान ने हरी झंडी दिखाई। पांच किलोमीटर दौड़ में तारा थापा और प्रणव ने पहला स्थान हासिल किया। नेहा गुप्ता व ओजस्वी ने दूसरा स्थान हासिल किया।

हिन्दुस्तान

तरक्की को चाहिए नया नजरिया

कपल रन में प्रदीप और पूनम रहे विजेता

देहरादून। दून मानसून 10 किलोमीटर रन के दूसरे संस्करण में हुई प्रतियोगिता के कपल रन में प्रदीप यादव और पूनम यादव ने पहला स्थान हासिल किया। जबकि, दूसरा स्थान मनीष शर्मा, रीता शर्मा और तीसरा स्थान प्रांजल सिंह, अमनदीप कौर ने हासिल किया। दौड़ का शुभारंभ एडीजी उत्तराखंड पुलिस, डायरेक्टर आईटीडीए अमित सिन्हा ने किया। 5 किलोमीटर दौड़ को रेडियो जाँकी देवांगना चौहान ने हरी झंडी दिखाई।

The Hawk

2nd Edition Of Doon Monsoon 10k Run Held
Pradeep & Poonam Yadav Win Couple Run



Dehradun (TheHawk): The 2nd edition of the Doon Monsoon 10k Run was held today to celebrate the monsoon season and to mark the 75th Independence Day. The 10K run was flagged-off by ADG Uttarakhand Police and Director ITDA Amit Sinha, while the 5K run was flagged-off by renowned Radio Jockey Devangana Chauhan.

In the SKM Soulmate run, Tara Thapa & Pranav bagged the first position, while Neha Gupta & Ojavi scored the second position. In the 10KM Couple run, Pradeep Yadav & Poonam Yadav bagged the first prize. The second prize was presented to Manish Sharma & Reeta Sharma, while the third prize was awarded to Pranjal Singh &

category, Shashi Diwaker and Suman Naithani stood first while in the under 70 category, Manjeet Sharma and Sateendra Kumar bagged the first position. Gurpreet Singh was awarded first place in the 70+ age category. The monsoon run commenced from STPI IT Park, and passed through Kirsali Chowk and Kalagon before returning via the same route. The run was divided into three categories, viz. 10kms, 5kms, and Couple & Soulmate runs. The Doon Monsoon 10K run was also joined by wheelchair athletes from all over the country. The run concluded with a prize distribution ceremony. The prizes were presented by the Organiser Thrill Zone PC Kushwaha

Inder

वर्षों से राष्ट्र की सेवा में समर्पित

वीर अर्जुन

दून मानसून 10 किलोमीटर रन का दूसरा संस्करण आयोजित

वीर अर्जुन संवाददाता देहरादून, । दून मानसून 10 रन का दूसरा संस्करण आज मानसून का जश्न मनाने और 75वें स्वतंत्रता दिवस को चिह्नित करने के लिए आयोजित किया गया। 10 किलोमीटर दौड़ को एडीजी उत्तराखंड पुलिस और डायरेक्टर आईटीडीए अमित सिन्हा ने हरी झंडी दिखा कर रवाना किया, जबकि 5 किलोमीटर दौड़ को लोकप्रिय रेडियो जाँकी देवांगना चौहान ने हरी झंडी दिखा कर रवाना किया। 5 किलोमीटर सोलमेट रन श्रेणी में तारा थापा और प्रणव ने पहला स्थान हासिल किया जबकि नेहा गुप्ता और ओजस्वी ने दूसरा स्थान हासिल किया। 10 किलोमीटर कपल रन में प्रदीप यादव और पूनम यादव ने



पुरुष और महिला वर्ग में विकास यादव और खुशी शर्मा ने पहला पुरस्कार हासिल किया। अंडर 40 किया। 70 आयु वर्ग में गुरफूल सिंह को प्रथम स्थान दिया गया। मानसून रन एसटीपीआई, आईटी भर से व्हीलचेयर एथलीट भी शामिल हुए। कार्यक्रम का समापन पुरस्कार वितरण समारोह के साथ

The Himachal Times

2nd edition of Doon Monsoon 10K Run held

Pradeep & Poonam Yadav win Couple Run



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Inder

वीर अर्जुन

दून मानसून 10 किलोमीटर रन का दूसरा संस्करण आयोजित

वीर अर्जुन संवाददाता देहरादून, । दून मानसून 10 रन का दूसरा संस्करण आज मानसून का जश्न मनाने और 75वें स्वतंत्रता दिवस को चिह्नित करने के लिए आयोजित किया गया। 10 किलोमीटर दौड़ को एडीजी उत्तराखंड पुलिस और डायरेक्टर आईटीडीए अमित सिन्हा ने हरी झंडी दिखा कर रवाना किया, जबकि 5 किलोमीटर दौड़ को लोकप्रिय रेडियो जाँकी देवांगना चौहान ने हरी झंडी दिखा कर रवाना किया। 5 किलोमीटर सोलमेट रन श्रेणी में तारा थापा और प्रणव ने पहला स्थान हासिल किया जबकि नेहा गुप्ता और ओजस्वी ने दूसरा स्थान हासिल किया। 10 किलोमीटर कपल रन में प्रदीप यादव और पूनम यादव ने



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(Fitness Events)

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- ✓ Cycling
- ✓ Yoga Event

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FAMOUS PERSONALITIES WHO ATTENDED OR SUPPORTED OUR EVENTS



Sh. Ashok Kumar, IPS
DG - Uttarakhand Police



Anu Malik
Indian Music Director



Hon'ble Baby Rani Maurya
Ex-Governor - Uttarakhand



Jubin Nautiyal
Singer



Dr. Kaustubh Sharma
IGP Ludhiana Range



Mr. Manoj Tiwari
Actor



Ms. Kavita Kaushik
Actor



Milkha Singh
The Flying Sikh



Udit Handa
CEO-Cynoteck



Vishal Singh
Founder-Bharat Beard Club



Mr. Harman Singh Sidhu
Founder - Arrivesafe India



Sh. Trivendra Singh Rawat
Ex. Chief Minister, Uttarakhand



Sh. Sanjay Tandon
BJP President, Chandigarh



Dr. Sunita Godara
1992 Asian Marathon Champion



Tony Kakkar
Singer



Gippy Grewal
Actor

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June

2

Chandigarh 10K Run 2024

10 km, 5 KM

June

9

Ludhiana City Half Marathon 2024

21.097 km, 10 km & 3 KM

October

6

Dehradun Half Marathon 2024 (11th Edition)

21.097 KM, 10KM, 5 KM

24th Nov

24

Prayagraj Marathon 2024

42.195 km (Full Marathon),
21.097 KM (Half Marathon), 10KM & 5 KM

December

1

Lucknow Half Marathon 2024 (4th Edition)

21.097 KM, 10KM, 5 KM & 3 km



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