

Run:)

Keep Smiling:)

Run:)

# TvaRun

*If you can dream it, you can do it*

Life at IIM Bangalore is hectic not just for the students, but for the faculty, staff, guards, mess workers and every other stakeholder of this prestigious institute. Not considering the odd lecture here and there, Sundays are generally a time to unwind. On most Sundays, students usually go to sleep after sunrise and a sumptuous breakfast, both of which will happen again only the next Sunday.

But the Sunday of February the 17<sup>th</sup>, 2013 was unlike any other. The IIMB community was up early much before the sun was up, waiting eagerly before the start line. The air around was filled with nervous energy and excitement. The runners would be running the first ever 10 km 'run' across IIMB which is arguably one of the most scenic campuses in the country. As the



Director waved the checkered flag, runners from across the IIMB community sprinted out. Thus began TvaRun 2013, IIMB's first-ever community run which aimed to bring together everyone at IIMB to support 'running'.



There were two categories for the run, the 10 Km was flagged off at 7:00 a.m. & the 5 Km started at 8:30 a.m. It was indeed a memorable experience when children as young as 8 years, ran their heart out. Not only were the runners provided with adequate refreshments, they were also provided with a lot of enthusiasm by our 'Jemba' team. With the help of 'spotters' and bands, the organizers demonstrated the commitment to conducting a run of the highest quality. The roads were neatly done with marking despite the sudden rain the night before. It was indeed heartening to see guards, professors, children, alumni, students, mess workers, staff and everyone who was a part of the IIMB fraternity taking part in the run. With such a support from everyone in the community, TvaRun 2014 will be bigger and better.



"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments towards organizational objectives .It is the fuel that allows common people to attain uncommon results."

- Andrew Carnegie

## *TvaRun*

*The credit for naming the run goes to Prashanth Gangwar IITGSE (2010-2013) who suggested 'tvaran'. It means acceleration. With a simple play of letters by Prof. Manaswini Balla, came the name TvaRun. We hope we stay true to the name TvaRun and bring about continuous improvement to the quality and the experience that we provide to the runners.*

## Story behind TvaRun

It all started with the evening runs in the campus initiated by Mr. Ravi Yadav, Secretary, Sports Council (2012-13) along with some enthusiastic runners in June 2013. What began as a small jog started attracting more runners from the IIMB Community. The facebook page was created in 6<sup>th</sup> July 2012. Slowly, the activity on the facebook page started increasing. The support for this group came from all quarters including students, professors and staff. From the beginning till TvaRun, the running club was characterized by a complete team effort. The idea was to introduce running to more students who could take up a healthier lifestyle. The 'Foundation Day 2012' run saw a total of 44 runners participate, which was far greater than the 18 it saw in 2011. With significant support from the 'exchange' students the number of runners slowly started increasing. Then came the 'Running Camp' which motivated students to take up running more seriously. As Victor Hugo said, "Nothing is as powerful as an idea whose time has come". After the strong foundation that was laid, TvaRun 2013 just had to happen.

## Running Camp

A 10 day running camp was organized in the IIMB campus by the Sports Council and the runners, led by Prof. Sourav Mukherjee. This camp focused on grooming the runners from the IIMB community by training them with severe drills. More than 50 runners gained confidence from this camp and almost all of them felt that this was the motivator for their run in TvaRun. With the success of this camp we are sure to conduct more camps in near future to identify and coach the best runners from the IIMB family.



## Vision of TvaRun

Inclusion of all people, across the globe, connected with IIM Bangalore in the past or present for running for a healthy life.

## TvaRun's success

TvaRun 2013 owes its success to a lot of students who have sustained the motivation to run amidst the academic pressures at IIMB. We strongly believe that everyone in the organizing contributed equally in making this effort successful under the leadership of Mr. Ravi Yadav, Sport Secretary, 2012-13. It wouldn't have been such a successful event without the support of Prof. Sourav Mukherjee and Prof. Manaswini Balla who closely worked with the team and extended their full support in making this event a huge hit. Heartiest thanks to our beloved director Prof. Pankaj Chandra and our dean Prof. S. Ragu Nath for encouraging us to conduct this

event. All the organizers of TvaRun deserve a special mention who worked hard in making this event a grand success. The entire running community from IIM Bangalore thanks Runners for Life (RFL), for extending their support to the inaugural edition of 'TvaRun 2013'. It was indeed a pleasure to have Mr.Arvind (A2) and Mr.Dhirender with us to distribute prizes to the winners. The New Sports Council 2013-14 (Akhilesh Chander & team) is all set out to make TvaRun 2014 a much bigger event across the globe.

*Clicks from TvaRun*

*Credits : DressCircle*



## Testimonials

**"The organization of the event was very thoughtful and great... So keep up the good work"- Prof Haritha Saranga:**

**"My daughter, Ria (who won second price in 5k) wants to take up running seriously. The whole family enjoyed the run.**

**Congratulations and good job" - Prof Rakul De**

**"I ran for the first time, it was a good experience" – Basvaraj – Men's 5K first**

**"Super Organisation. Thanks a ton- my kids are thrilled :)" - Prof. Shankar Venkatgiri**

**"Good planning and a wonderful execution - and the JJMB campus which made the run a great pleasure and a lot less tiring!" - Arvind Sainath**

**"I did the 10 km TvaRun. I enjoyed the drum beats, i danced and joked with people. I enjoyed the wholesome glucose water at the end. I enjoyed the rubberband pickup...:) ..I enjoyed the cheering crowds and the green roads.. I felt pampered ...Thanks TvaRun Team for the excellent arrangements." - Nagaraju**

**"The event was very well-organized. It was a good fun, health and networking pack!"- Srinivas Pannala**

**"It was amazing to see a truly JJMB event by Sports Council!! I've never seen so many alums in college for a single event" – an Alum**

**"...standing 4th among women in the 10K run gives me a real sense of a finisher. I will cherish these memories for a lifetime."-Shalitha Hegde**

**"...Felt like a student once again, though my age is 52 yrs complete felt like 25 years..." – G.Purandaran**