



BASTI, INDIA

OPEN GYM PROJECT



Improving Rural Health & Fitness



PROGRESS REPORT

Health • Fitness • Community Development



District Administration & Gramin Vikas Sewa Samiti



Location: Police Line Campus, Basti



Reporting Period: June 2021

Open Gym Brings Health Benefits to Rural Residents

The District Administration, in collaboration with **Gramin Vikas Sewa Samiti**, has jointly established an Open Gym in Police line campus Basti district.

The district's first Open-Air Gym was inaugurated by Hon'ble Member of Parliament **Harish Dwivedi** and District Magistrate **Ashutosh Niranjana** by cutting the ribbon.



The establishment of the Open Gym in **Basti district** has significantly increased health awareness among rural residents. Villagers are regularly using modern fitness equipment installed at the Open Gym, which has led to noticeable improvements in their physical fitness. Local residents have appreciated this initiative and described it as an important step toward improving rural health.

1. Objective

To provide free and easily accessible exercise facilities to rural citizens, youth, and women, and to encourage them to adopt a healthy lifestyle.

2. Progress Achieved So Far

- Selection of the project site and completion of all required approvals.
- Successful supply and installation of essential Open Gym exercise equipment.
- Cleaning and development of basic infrastructure to ensure safety and usability of the gym area.
- Formal inauguration of the Open Gym for local villagers.



3. Activities Undertaken

- Installation of modern Open Gym equipment.
- Orientation and guidance provided to villagers on the safe use of gym equipment.

- Organization of health and fitness awareness programs.
- Regular use of the Open Gym by local residents has commenced.

4. Beneficiary Details

- On average, **100-150 Police employee** are using the Open Gym daily.
- Beneficiaries include youth, elderly persons, and women.
- A positive change in attitudes toward exercise and health has been observed among villagers.

5. Impact

- Increased awareness regarding physical health and fitness among rural residents.
- Development of regular exercise habits.
- A positive initiative toward improving health at the grassroots (rural) level.



6. Challenges

- Lack of awareness among some citizens during the initial phase.
- Limited usage on certain days due to adverse weather conditions.

7. Future Action Plan

- Conducting awareness campaigns to engage more villagers.
- Regular monitoring and maintenance of gym equipment.
- Proposal to establish Open Gyms in other villages in the future.



8. Conclusion

The Open Gym Project is progressing successfully toward its objectives. Active participation from villagers clearly demonstrates that this initiative is playing a significant role in improving rural health and promoting a healthy lifestyle.





DISTRICT MAGISTRATE, BASTI

CERTIFICATE OF APPRECIATION

This is to place on record the sincere appreciation to

Gramin Vikas Sewa Samiti

for its commendable contribution and dedicated efforts in the establishment of the Open Gym at Police Line Campus, Basti.

The initiative has played a significant role in promoting i health, fitness and physical well-being among police personnel and local citizen. The successful instalation of modern open-air fitness equipment has encouraged regular physical activity and enhanced awareness about adopting a healthy lifestyle.

The efforts of **Gramin Vikas Sewa Samiti** in coordination with the district administration reflect a strong commitment towards community welfare and public health development.

The District Administration, Basti, extends its best wishes for the organization's continued success in future public welfare initiatives.

Place: Basti

Date: 21.06.2022

Ashutosh Niranjana

District Magistrate, Basti

