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Assistant Principal's epic walking challenge raises hundreds of pounds for charity



An Assistant Principal at Harrow, Richmond and Uxbridge Colleges (HRUC) has raised more than £700 for charity by taking on an epic walking challenge.

Asif Khan, Assistant Principal for Engineering, Technologies, Higher Education and the West London Institute of Technology, took part in the One Million Step Challenge, walking an average of 10,900 steps a day throughout June, July and August in support of Hand on Heart.

Hertfordshire-based Hand on Heart provides essential items and vital services to vulnerable people across England, including providing winter warmer packs to rough sleepers.

Explaining why he decided to support the charity, Asif said: “Homelessness is something I feel strongly about. It can be very easy to walk past someone on the street without knowing anything about what has happened in their life or the circumstances that have brought them there. I wanted the challenge to help raise both money and awareness for people who need support.”

Asif, who is also a Watford borough councillor and previously served as a Hertfordshire county councillor, added that he had a personal reason for taking part, having made some significant changes to his own health and lifestyle over the last few years.

He said: “When the opportunity came to challenge myself to complete one million steps, I thought it would be a good way of pushing myself further while doing something worthwhile for others.

“No single walk gets you to a million; it is thousands of small steps gradually adding together. That is also how I see the fundraising side of the challenge. One person making a donation might feel that their contribution is small, but when everybody contributes what they can, it adds up and can make a genuine difference to somebody else’s life.

“One of the biggest highlights of the whole challenge was going to Snowdon. It was physically challenging, but it was also a fantastic experience.”

Asif also hopes that his challenge will inspire the young people he works with every day.

He said: “I spend a lot of my working life encouraging young people to challenge themselves, develop resilience and make a positive contribution to society. I think as leaders we should also be prepared to challenge ourselves and demonstrate those values.”

Asif quickly smashed his fundraising target of £500, and so far has raised £750 for Hand on Heart.

He added: “I am very thankful to everyone who encouraged me and donated. The steps were my challenge, but helping others was the reason for doing it.”

To donate, please visit [Asif Khan is fundraising for Hand on Heart \(HoH\)](#)

Note to editors: Following a merger in 2023, HRUC (Harrow, Richmond and Uxbridge Colleges) has rapidly evolved into a thriving educational hub with three colleges and a strong apprenticeship provision. The diverse and aspiring college group now serves nearly 15,000 learners across west and south London, offering a range of courses, including A-Levels, vocational programmes, T-Levels, higher education courses and apprenticeships. The College group also proudly supports over 850 learners with special educational needs and/or disabilities (SEND), providing tailored programmes and internships to help them thrive.