



OFFICE OF THE PRINCIPAL



Govt. College for Women Nawakadal, Srinagar

(NAAC Re-Accredited Grade A)

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REPORT

Fit India Freedom Run 2.0 starts from August 13th as a part of "Azadi Ka Amrit Mahoutsav" conceptualized by ministry of youth Affairs and Sports with following broad objectives:

- To promote fitness as easy, fun and free.
- To spread awareness of fitness.
- To encourage indigenous sports.
- To make fitness reach every School, College, University and other institution.
- To create platform for citizens of India to share information about fitness

With the above backdrop, the NSS wing and Department of Physical Education made a special campaign to encourage people to take up fitness activities such as running and sports in their daily lives and to get freedom from obesity as many people of India got obesity due to Covid-19 as most of the activities were restricted to home only. Besides obesity, laziness, stress, anxiety diseases etc are common problems in India. Through this campaign common people alongwith students were motivated to conduct physical activities for at least one hour daily like exercises, run, jogging, yoga, outdoor games, indoor games etc. Volunteers also raise slogans and displayed sign boards as "Fitness Ka Dose Ek Ghanta Roz". The key activities under this programme include pledge by volunteers, rendering a national anthem, freedom run, cultural activities in the college, awareness among the youth volunteers to participate and organize similar events at village level also. Fit India Freedom Run was also launched on the concept of virtual run i.e; it can be run anywhere anytime, you run a route of your choice at the time that suits you. Basically you run your own race at your own pace.

In the event, professors of the college, NSS officers, Physical Training Instructor, NSS Volunteers, NCC Students participated to grace the event. To make the campaign people driven, efforts are being made by NSS students to encourage school going children, uneducated youth, friends, family members and senior citizens etc to participate in the event to make India a fit country.



Patron

Prof. (Dr.) Tabasum Rafiq

Organizers

- ✓ NSS Programme Officers
- ✓ Physical training instructor