

Report on Fit India / Freedom Run, on 30th Oct, 2023

Oct 30, 2023: NSS Unit of Government Degree College Theog organized Fit India Freedom Run to celebrate Azadi Ka Amrut Mahotsav. Programme officer Dr Rajesh Kumar said that Fit India Freedom Run is a great initiative by the Government of India to inculcate the habit of Yoga, running and jogging among the Indians particularly the youth so that they remain active and healthy and also do not fall prey to drugs. The young, energetic and healthy Indians shall play an active role in the better growth and development of the country.

Brisk walking and running are the key indicators for a good health and everyone can get rid of obesity, laziness, stress, anxiety and various diseases by making use of brisk walking and running in the morning and evening hours. Dr. Kalpna Sharma NSS Programme Officer of the college also inspired them to take this message of Fitness Freedom Run to their homes and neighbours so that everybody gets used to the mantra of fitness through running, exercising and brisk walking.

The Freedom Run was organized by a large number of NSS Volunteers of the college who enjoyed the fitness programme and also motivated other students of the college to follow the fitness mantra for their better growth.



