

Women's Cell Government College Theog

Activity 3.7 Fitness Rally

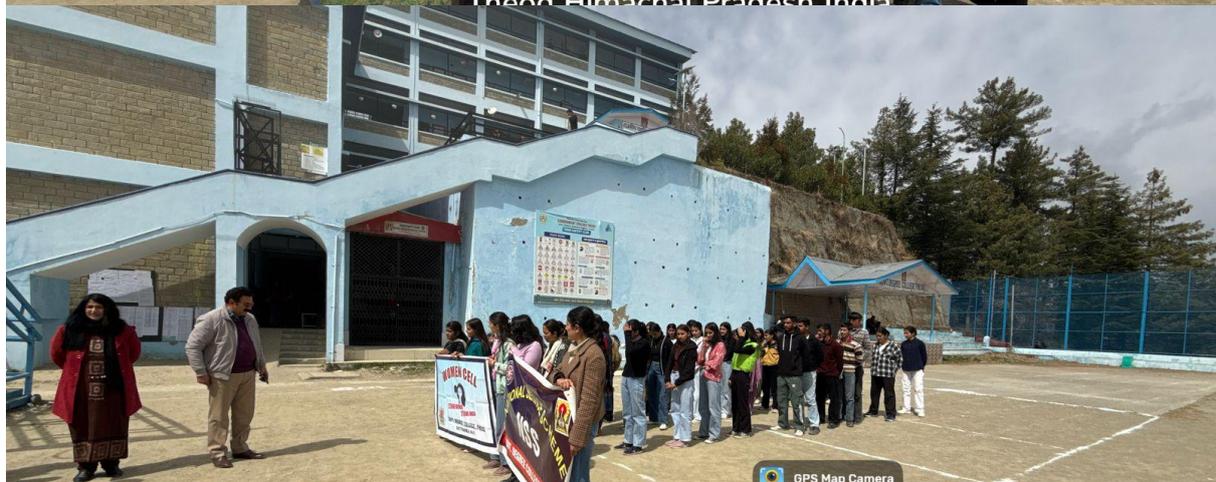
Celebration of International Women's Day, 2025

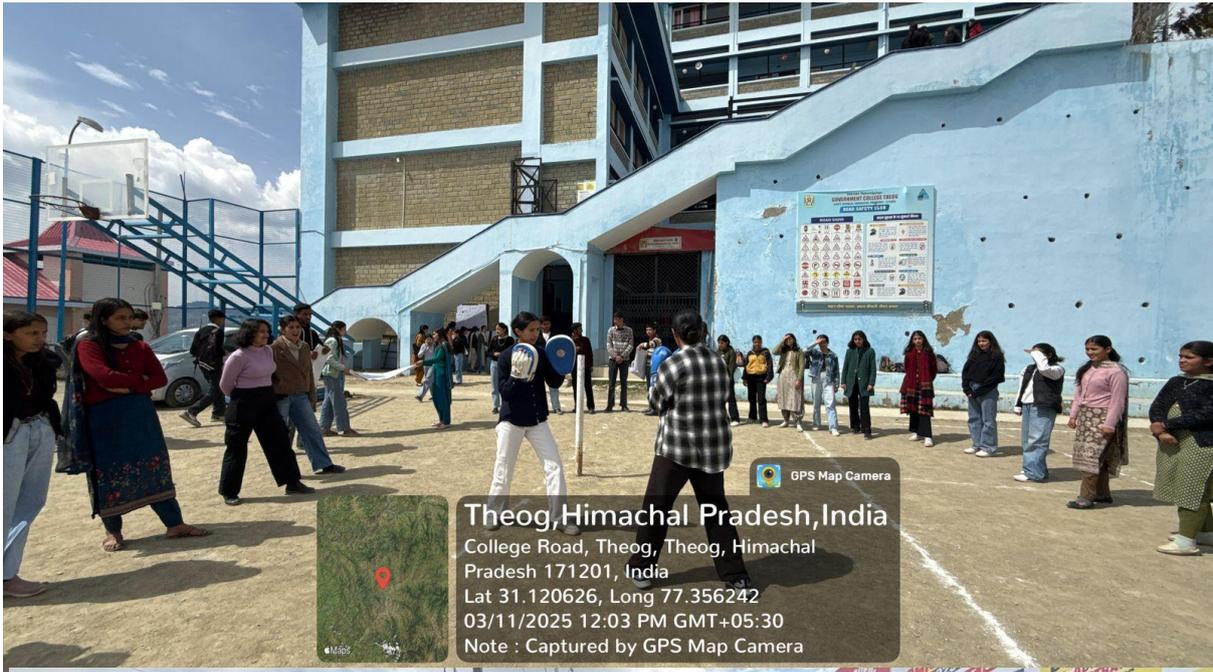
Date: 11/03/2025

A session on **Physical Fitness** was conducted, where the esteemed Principal, **Dr. Bhupinder Singh Thakur**, interacted with the students. He emphasized the significance of maintaining a healthy lifestyle and encouraged students to adopt regular exercise and balanced nutrition as part of their daily routine. His interaction motivated students to prioritize their physical well-being alongside academic excellence.

As part of the Women's Day celebrations, a **rally** was also organized, in which more than **50 students** participated enthusiastically. The students raised slogans promoting physical fitness and women's rights, drawing attention to crucial social issues. They also engaged with the local community, spreading awareness about the importance of women's empowerment and overall well-being. The rally served as a significant step toward sensitizing society about gender equality and women's safety.

The Women's Day celebration at Government College Theog was a resounding success, leaving a lasting impact on the students and community members. The event reinforced the message of strength, resilience, and empowerment among young women while promoting a healthier and safer society for all.





GPS Map Camera
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College Road, Theog, Theog, Himachal Pradesh 171201, India
Lat 31.120626, Long 77.356242
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Note : Captured by GPS Map Camera



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Theog Bypass Road, Theog, Theog, Himachal Pradesh 171201, India
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