National Service Scheme (NSS) Unit
Govt. Degree College, Kulgam
Email: nss.gdckulgam@gmail.com **Tel. No:** 01931-260177
Website: *http://gdckulgam.edu.in* **Fax No:** 01931-260177

No. GDCK/NSS/21/31 Date: 22/09/2021

Report of the Freedom Run 2.0 conducted on 21st September, 2021

Under the aegis of *Azadi ka Amrit Mahotsav* National Service Scheme (NSS) Unit of the College organised Freedom Run 2.0 on 21st September, 2021 under the theme, '**Healthy Youth for a Healthy India**'. The event was held in two phases and saw the participation of around 100 NSS volunteers, students and faculty members of the College. The events were flagged off by Dr. Nazir Ahmad Simnani, Principal of the College at 8:30 in the morning. In his address to the students he deliberated on the importance of maintaining a healthy lifestyle and stressed that everyone should make it a habit to run at least for half an hour every day to remain fit, '*Fitness ka dose, Aadha ghanta roze'*. In the first phase, the male students and faculty members made seven rounds of the College Playground which had been specifically prepared for the event, each participant covering a distance of around 4 kms. In the second phase, the Run for girl students was flagged off by the Principal and the participants made two rounds of the College Playground. All the participants enjoyed the Run. The Event concluded with a Fitness Pledge taken by all the participants that, 'I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation'.

Dr. Safeer Ahmad Bhat

NSS Programme Officer

Copy to:

1. Worthy Principal for information
2. Coordinator IQAC
3. Incharge College Website
4. Office records

GOVT. DEGREE COLLEGE KULGAM
Organizes
FREEDOM RUN 2.0
Under the Theme
"Healthy Youth for a Healthy India"
UNDER AAZADI KA AMRIT MAHOTSAV

EGREE COLLEGE KULGA
FREEDOM RUN 2.0
"Healthy Youth for a Healthy India"
UNDER AAZADI KA AMRIT MAHOTSAV
21/09/2021 09:07

FIT INDIA FREEDOM RUN 2.0
Azadi Ka Amrit Mahotsav
Government of India
Ministry of Youth Affairs and Sports
FIT INDIA Freedom Run 2.0
Congratulations
GOVERNMENT DEGREE COLLEGE KULGAM
FOR SUCCESSFULLY ORGANIZING THE FIT INDIA FREEDOM RUN 2.0
13th Aug - 2nd Oct 2021
#Run4India
#AzadikaAmritMahotsav
https://fitindia.gov.in