



# GOVT. DEGREE COLLEGE SOPORE

Web: [www.gdc.sopore.ac.in](http://www.gdc.sopore.ac.in)

NAAC Accredited Grade B

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## Press Release

Sub: - Freedom Run

On 25<sup>th</sup> August 2021, as part of Fit India Movement, NSS wing, conducted **FIT INDIA FREEDOM RUN 2.0** under the aegis of "Ministry of Youth Affairs & Sports, Govt. of India". Nationwide campaign on the concept of "Physical/virtual Run" to encourage fitness and help us all to get freedom from obesity, Laziness, Stress, Anxiety, Diseases etc. This Campaign is related to promoting fitness across the country. The campaign is based on the concept that one can run anywhere, anytime, and will continue till 2<sup>nd</sup> Oct. 2021.

The Run was flagged off by the Principal Govt. Degree College Sopore, Prof. Tariq Ahmad Wani, at 9:00 AM from college campus. Principal spoke to the participants about physical actives and fitness, he motivated participants to make the physical activates like games, yoga and physical exercise as the daily routine to keep oneself fit and healthy.

Later the Participants were moved to the nearest Tourist destination Gulmarg, were they run about 6kms and assembled in the park, were NSS officers received and encouraged the participants to take part in different sports and physical activates. Participants were provide with refreshment and moved back to college.

Finally Prof. Shamsul Din NSS officer concluded the event by presenting vote of thanks.



Media secretary

Prof. shamsul Din Sheikh