

Event Name :
FIT INDIA RUN 2.0

Training Activities (NCC)

Session : 2021-22

2021-08-13

Organized by:
NCC

Duration:
50 day(s)

Attendance:
30

Objective:

Fit India Mission in its endeavour to promote fitness and creating awareness amongst countrymen keeps coming with innovating fitness campaigns to indulge people in fitness activities. Fit India Mission converges with Swachh Bharat Abhiyan with Fit India Plog Run where fitness meets Swatchhta in a form of engaging fun-loving exercise is now entailed in Fit India Freedom Run culminating where we discover a litter free clean surroundings while running.

Brief Description:

Fit India Freedom Run was conceived in 2020 when the entire nation started following social distancing in a 'new normal' lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. The campaign's objective is to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The Fit India Freedom Run is yet another endeavour to strengthen the Fit Indian Movement and involve citizens to embrace fitness as a way of life. Participants will be allowed to run at their own place and at their own pace at a time convenient to them during campaign period. The concept behind this run is that "It can be run at anytime and anywhere!"

Outcome:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach the community through NCC cadets
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of

personal fitness stories.

Resource Person(s):

DGNCC

Version 1.0.0

Serampore Girls College