

**DATE :- 29 AUGUST 2021**  
**TIME :- ALL DAY**

## **NATIONAL SPORTS DAY WITH VIRTUAL RUN ANYWHERE - ANYTIME**

### **FIT INDIA FREEDOM RUN 2.0**

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On the occasion of the birth anniversary of hockey player Major Dhyan Chand i.e. 29th of August, National Sports day is celebrated. Major Dhyan Chand was a legendary figure in Indian and world hockey. He played a very significant role in helping India complete their first hat-trick of Olympic gold medals with victories at the 1928, 1932 and 1936 Summer Olympics.

To celebrate this glory, the Sports Department of the Mata Sundri College organized a Fit India Freedom Run 2.0 . Fit India Movement was launched on 29th August, 2019 by the Honorable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. This proposes to undertake various initiatives and conduct events to promote fitness as easy, fun and free. Also it spreads awareness on fitness and various physical activities that promote fitness through focused campaigns, encourages indigenous sports and creates a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

With an aim of serving the same purpose, a google form was generated wherein the participants had to upload their video of maximum 30 seconds. There were more than 100 participants including the respected principal Prof. Harpreet Kaur, faculty members and the students. The Ministry of Youth Affairs and Sports awarded the college with an appreciation for successfully conducting this virtual event. In short, this was a triumph.

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**COORDINATOR :- Dr. GURSHARAN KAUR**

**CONVENOR :- Ms. CHARANJEET KAUR**

**PRINCIPAL :- Prof. HARPREET KAUR**