

GET-ER-RUN
(FIT INDIA FREEDOM RUN 2.0)

"Take care of your Body its the only place you have to live "Parivartan, The NSS unit of Mata Sundri College for Women celebrated Fit India Freedom Run 2.0 from 18th of August to 2nd of October 2021. Fitness freedom run states to run for their health with full freedom. Volunteers were said to send a video of them running. The occasion started and is going to end in few weeks. Volunteers are asked to get a record of how much the have walked till 2nd October. They have to run at least 1 KM everyday as online classes affects the health of the volunteers so to be physically fit and mentally freshen up they are asked to run with following the Covid Protocols. Fitness is the most important thing that has to be maintained to keep diseases away. This Event will Create habit to walk daily and it will result in the fitness of NSS volunteers. It will be a great end and we hope everyone will get benefits. Volunteers participated very enthusiastically and actively in this event and made it a huge success. 41 Volunteers participated in this event.