



Brief Report on Fit India Freedom Run 2.0

Title of Event	: Fit India Freedom Run 2.0
Date	: 04th September 2021
Jointly Organized by	: SVKM's Institute of Pharmacy, Dhule & SVKM's Institute of Technology, Dhule
Theme	: "Fitness ka Dose! Aadha Ghanta Har Roj"
Venue	: SVKM Campus / Samata Nagar
No. of Participants	: 158

As a part of the celebration of 75 years of India's Independence i.e. "Azadi Ka Amrit Mohatsav", SVKM's Institute of Pharmacy, Dhule has organized "Fit India Freedom Ran 2.0" in the campus with the aim to make a call by all Staff and Students to include Physical Activity of at least 30 minutes daily in their lives. i.e. FITNESS KA DOSE AADHA GHANTA ROZ. On 4th September 2021 as per given schedule of Government of India, Ministry of Youth Affairs & Sports.

Dr. Sameer Goyal, Principal SVKM's Institute of Pharmacy, Dhule inaugurated the event with explaining the importance of fitness and regular physical exercise. All staff, faculty and non-teaching of IoP, IoT and local residents from Samata Nagar and Mohadi, Dhule together participated in this run with great Enthusiasm. The run started from the College Entrance to the Samata nagar, Kolawale nagar and ended back to SVKM Campus Entrance covering the total distance of around 5.0 km. More than 150 participant participated in the Run as it was common event organized for SVKM's Dhule Campus Staff.

The mission of the Movement is to promote importance of running in maintaining physically active lifestyle. Further, Fit India also proposes to undertake various initiatives and conduct events to achieve the following objectives:

- 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 every school, college/university, panchayat/village, etc.



Shri Vile Parle Kelavani Mandal's
INSTITUTE OF PHARMACY, DHULE
Behind Gurudwara, Mumbai-Agra Highway, Dhule (MS)

- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

The Event was organized by NSS and Physical Education Department of the college under the observation of Mr. Parvez Shaikh (NSS Program Officer & Physical Education Instructor).

Event Photograph:



Parvez Shaikh

Mr. Parvez Shaikh
Coordinator

Dr. Sameer N. Goyal
Principal