



# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program** : Fit India Freedom Run

2. **Name of the Coordinator/s** : Dr. RESMI V C and VIPIN KD (NSS Programme Officers)

3. **Organizing Department/Cell** :NSS, Red cross and Nehru Yuva Kendra

4. **Date** : 20/09/2021

5. **Number of participants**: 25

6. **Venue**: Moothakunnam

7. **Resource Person/Inauguration** : HMDP Sabha President Sri. B Rajeev, Secretary Sri. T S BijilKumar, Manager Sri. M R Bose, College Principal Dr. T H Jitha.

8. **Objective of the Program** : To promote fitness and encourage people to participate in physical activities, fostering a culture of active living and well-being across India.

9. **Detailed description of the event**: In association with NEHRU YUVA KENDRA, RED CROSS, NSS UNIT conducted FIT INDIA FREEDOM RUN on 20th September at Moothakunnam. National volley ball player Sri. Akhil B inaugurated the program by flag off. HMDP Sabha President Sri. B Rajeev, Secretary Sri. T S BijilKumar, Manager Sri. M R Bose, College Principal Dr. T H Jitha. NSS Programme officer Dr. V C Resmi, Sri. K D Vipin, Red cross programme officer Smt. Saipriya sudarshan, Nehru yuva Kendra volunteer Manju sudheeshkumar took initiative to the program and about 25 students participated in this program. This programme is conducted on the bases of AAZADI KA AMRUTH MAHOLSAV.This Marathon was started from Moothakunnam to Labour junction and returned to Moothakunnam.NSS Secretary Shahir Mohamed presented the vote of thanks.After Reaching back to Moothakunnam refreshment to the students were provided by the coordinators.

10. **Outcome of the event/Evaluation by Program Coordinator**:

Volunteers participated in this programme with their own will. Many of them are encouraged to continue this running practice to maintain their fitness. This programme and narration about the purpose of such a programme is expected to motivate students and public to maintain a healthy lifestyle.

11. Photos



12. Newspaper Report photo

