



National Service Scheme

Report on

“Mission Walkathon”

10th-19th October, 2022

The National Service Scheme (NSS), Shyam Lal College, University of Delhi organized a Fitness Drive under the Fit India Freedom Run 3.0 (Azadi ke 75 Saal, Fitness rahe bemisaal) under the aegis of Fit India Freedom Movement to promote fitness across the Country from 10th-19th October, 2022.

This Programme was Launched by Hon,ble Minister, MOYAS GOI, Shri Anurag Thakur. This Programme includes setting up of target of complete 30 Minutes per day of Physical Fitness by Running or in any form to celebrate achievements of active lifestyle and make a resolve to remain fit on the Grand occasion of India's 75th Independence year completion.

The Programme is launched with an aim of creating awareness of FITNESS in between Youth, Senior Citizens, etc.

The Programme started from 10th October & end on 19th October, 2022 with Mr. Varun Panwar who guided and motivated the volunteers regarding the need and importance of Fitness in our daily life routine. Everyday maximum number of active and enthusiastic volunteers of NSS taken participate in this programme at a given Time 8:30 AM.

The Programme was a success as all the students got a chance to learn and understand this initiative which needs to be addressed to the youth of this country.

The main objective of Fit India Freedom Run 3.0 is to inculcate the habit of walking and running in people with the quest for better health and Fitness.

Run at outside College Campus

Held at Outside College Campus, Shahdara on 10th October, 2022 in which more than 7 Students has been participated.



Run at Outside College Campus

Held at Shyam Lal College on 11th October, 2022 in which 21 Students has been participated.



Run at Shyam Lal College

Held at Shyam Lal College Campus on 12th October, 2022 in which 11 Students has been participated.



Run at Outside College Campus

Held at Outside College Campus Area on 13th October, 2022 in which 12 Students has been participated enthusiastically.



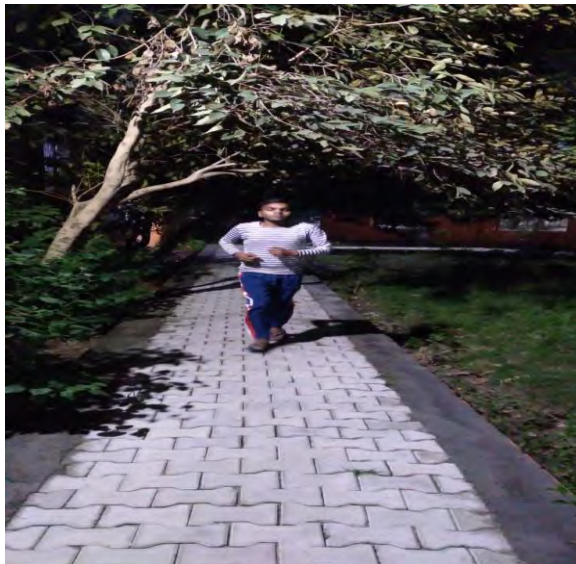
Run at College Campus Ground

Held at College Campus Ground on 14th October, 2022 in which 12 Students has been participated.



Run at their local Areas

Held at Students' Local Areas on 15th & 16th October in which more than 10 Students has been participated.



Run at Shyam Lal College

Held at Shyam Lal College Campus Ground on 17th October, 2022 in which 11 Students has been participated.



Run at Outside College Campus

Held at Outside College Campus on 19th October, 2022 in which 14 Students has been participated enthusiastically.





Delhi, Delhi, India

M7FJ+8PJ, Dwarkapuri, Shahdara, Delhi, 110032, India

Lat 28.67336°

Long 77.282065°

19/10/22 11:30 AM GMT +05:30



75
Azadi Ka
Amrit Mahotsav

FIT
INDIA
FREEDOM
RUN 3.0

FROM 2nd OCTOBER TO 31st OCTOBER 2022



SHRI NARENDRA MODI
PRIME MINISTER