**REPORT (SESSION 2021-22)**

**DEPARTMENT OF PHYSICAL EDUCATION**

* ‘**FIT INDIA FREEDOM RUN 2.0’ TO CELEBRATE 75 YEARS OF NATION’S INDEPENDENCE**

Organised seven kilometres ‘Fit India Freedom Run 2.0’ for the students of Shivaji College to celebrate **Azadi Ka Amrit Mahotsav,** 75 Years of Nation’s Independence. The event took place on **13th August 2021** at Sports Complex of the college. The program started with a speech by Dr. Amita Handa, Assistant Professor, Department of Physical Education on the importance of including physical activity of atleast 30 minutes daily, i.e. FITNESS KI DOSE ADHA GHANTA ROZ. This was followed by National Anthem. The run commenced with the Command of ‘GO’, by Mr. Gaurav Goel, Accociate Professor, Department of Physical Education. The program concluded with triple shout of the slogan ‘Jai Hind’.