

N. S. S.
Hindu Kanya Mahavidyalaya, Jind
Event: 'Fit India Freedom Run 6.0' under the theme 'Cleanliness and Health'
30th October, 2025

On October 30th, 2025 Hindu Kanya Mahavidyalaya, Jind hosted the 'Fit India Freedom Run 6.0,' an initiative designed to underscore the paramount importance of 'Cleanliness and Health.' The central aim of this event was to cultivate heightened awareness regarding health and fitness among the students and the broader societal demographic. Dr. Punam Mor, the Principal of the college, formally inaugurated the run. In her address, Dr. Mor articulated that sound health and hygiene constitute the foundational pillars of a fulfilling and successful life, emphasizing the critical imperative in volunteers to internalize these values. This program was conceptualized not merely to encourage physical activity but also to furnish students with avenues for developing crucial community service and leadership competencies. The orchestration of this event managed by Mrs. Kranti, the Program Officer of the college's National Service Scheme (NSS) unit. Under her leadership, all NSS volunteers were instrumental in ensuring the successful execution of the program. The 'Fit India Run' witnessed enthusiastic participation from students, with Ms. Tamanna, B. A. 2nd year securing the first position, Ms. Reena from B. A. 1st year achieving second place and Ms. Bhateri from B. A. 3rd year attaining the third position. The principal conferred awards upon these students in recognition of their achievements. Through their engagement, the 71 volunteers gained practical experience in teamwork, leadership, and social responsibility, thereby comprehending the efficacy of collaborative endeavors in catalyzing positive societal transformations. The 'Fit India Freedom Run 6.0' serves as a potent catalyst, motivating individuals to embrace consistent physical exercise and hygienic practices, which collectively contribute to the enhancement of both individual well-being and public health metrics.

Glimpses & Media Coverage of the Event

