

## **FIT INDIA FREEDOM RUN 2.0**

### **MARG-BMS Society**

MARG the Management society of Ram Lal Anand College joined the initiative launched by the Government of India “Freedom Run 2.0”, under the guidance of Principal Prof. R.K. Gupta and Society Convener Dr. Deepti Gupta. Under Fit India Movement we conducted **Fit India Freedom Run 2.0** from **13<sup>th</sup> August-2<sup>nd</sup> October 2021** everyday from **7:00 am to 7:30 am** to encourage fitness and help the students of RLA College to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run was **“RUN YOUR OWN RACE AT YOUR PACE!”**

The event focused on outdoor exercise, especially running. The pandemic pushed us all into an indoor and sedentary lifestyle. With the situation coming under control and the restrictions being gradually lifted we wanted to encourage people to get on track again.

The post bearers, department heads and other members of the society encouraged their peers to step into their running shoes once again and take to the parks, as a result, many students of our college from various courses and fields got together and went to the parks in order to exercise, promoting a healthy lifestyle and exercise culture.

Running has many health benefits, not limited to better cardio vascular health, but also strengthening bones and muscles and maintaining a healthy weight. Keeping these benefits in mind MARG thought that this initiative was absolutely necessary in today’s time.

The event was a massive success; over 150 students not only joined but also helped us spread the word to even more students for such a great cause. Many students claim that this was the motivational push they needed to start exercising, a thought that they were sleeping on, and finally break the circle of sitting inside all day.