



(A Project of Sri Marudhar Kesari Jain Trust) Recognized u/s 2(f) & 12(B) of UGC Act of 1956 Permanently Affiliated to Thiruvalluvar University Re-Accredited with "A" Grade by NAAC || An ISO 21001:2018 Certified Institution

### FIT INDIA FREEDOM ON 27.10.2022

## **COMMUNICATION**

Tele:0416- 2903386 Email:10tnbnncc@gmail.com 10 Tamilnadu Battalion NCC No.1, 8<sup>th</sup> East Main Road Gandhinagar, Vellore-632 006

2.5 Oct 2022

No.118/2/Trg

ANOs/CTs Concerned

#### FIT INDIA MISSION

 In order to promote fitness and creating awareness amongst the people, Fit India Freedom Run 3.0 by the cadets will be conducted on 27 Oct 2022.

 In view of the above, cadets from all the SD/SW Institutions may please detailed to participate in the Fit India Freedom Run 3.0.

Cadet will cover 03 kms run by individually or group of 4 members at their home station or institution.

 After completion of run, cadets will register and upload the photographs on this website <u>https://fitindia.gov.in/freedom-run-3.0</u>

 ANOs/CTs are requested to fwd the feedback along with photographs to this unit by 28 Oct 2022.

E waste (SK Sundaram) Lt Col Administrative Officer For CO

Copy to:-

Heads of the Institutions concerned

for your necessary action pl.

Trg JCO SM

Dr. M. INBAVALLI, M.S., M.C.A., M.Phil, Ph.D., PRINCIPAL Marudhar Kesari Jain College for Women Vaniyambadi-635 751.





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**INVITATION** 



Dr. M. INBAVALLI, M.Sc., M.C.A., M.Fnil, Ph.D., PRINCIPAL Marudhar Kesari Jain College for Women Vaniyambadi-635 751.

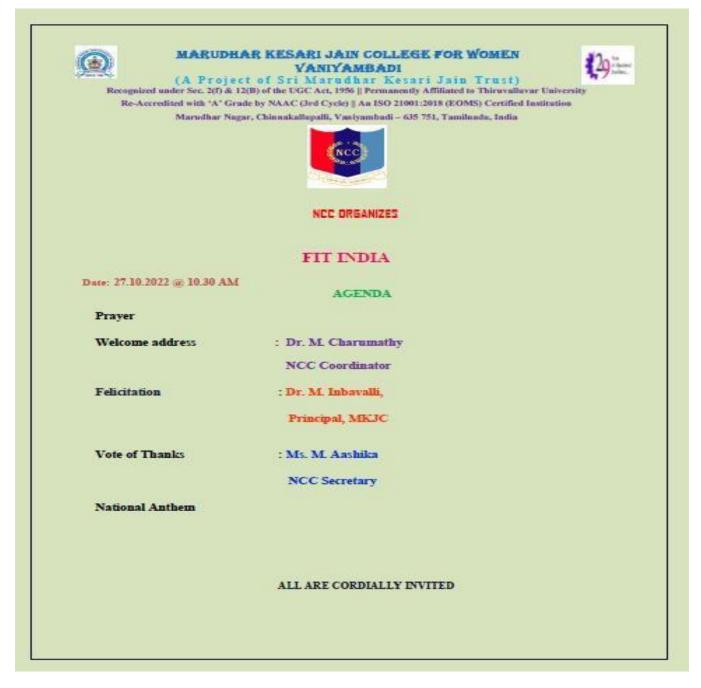




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#### REPORT

On 27.10.2022 around 60 cadets ran gleefully in the 3.0 km **FIT INDIA MISSION** Mini Marathon organized by National Cadet Corps, Marudhar Kesari Jain College for women Vaniyambadi. Fit India Mission **encourages people to become part of the Fit India Movement by inculcating 1hour of physical activities in their day-to-day lives**. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Principal Dr. M. Inbavalli, encourage the students and motivate them to do physical activities. C. B. Sumathi HOD PG & Research Department of Mathematics and Ms. A. Sumyirra HOD PG & Research Department of English,Vice Principals Started by waving the flag. The Marathon is started from the College campus to Jayam Nagar at Chinnaveppampattu at 10.30 am. The entire route was well managed by the college volunteers and the traffic control.

The Marathon touched the lives of the local people and ended with a note of respect to the womanhood.

NCC COORDINATOR

Dr. M. INBAVALLI, MSc., MCA., MPhil, PhD., PRINCIPAL Marudhar Kesari Jain College for Women Vaniyambadi-635 751.





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# PHOTOS



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