



*Mula Education Society's*  
**Arts, Commerce and Science College, Sonai**  
**Dept. of Physical Education & Sports**

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**Celebrating 75 Years of India's Independence "Azadi  
ka Amrit Mahotsav"  
RUN FOR FIT**

**Under the  
"Resolves@75" - Fit India Freedom Run 2.0**

Venue: Sonai

Date & Time: 13/08/2021, 9.00am.

Activities to be carried out, from 13th August to 23 August 2021

Mula Education Society's Arts, Commerce and Science College, Sonai organized 'Celebrating 75 Years of India's Independence' "Azadi ka Amrit Mahotsav" on 13th August 2021. It was organized in accordance with the inception initiated by Hon'ble. Minister of Youth and Affairs and Sports on 13th August 2021 with the aim to make a call by all citizens to include physical activity of at least 30 minutes daily in their lives i.e. **FITNESS KI DOSE AADHA GHANTA ROZ.**

The program started by walking down the distance of 2 KM beginning from the college gate to Yash Academy Campus.

Principal Dr. Shankar Laware flagged the green flag to start the program. Teachers, supporting staff and 15 students' total participants 80 walked down around 2 km in the college and Yash Academy Campus.

The college has created a google form to upload photos, Videos of walking down distance of 2.km. As well as the has appealed students, parents and any citizen at large to participate in the activity of walking and upload their photos, Videos.



Celebrating 75 Years of India's Independence 'Azadi ka Amrit Mahotsav'







**Mula Education Society's  
Arts, Commerce and Science College, Sonai**  
Tal. Newasa, Dist. Ahmednagar- 414105  
**Department of Physical Education, N.C.C. & N.S.S.**

"Celebrating 75 years of India's Independence 'Azadi ka Amrit Mahotsav'"

**RUN FOR FIT**  
Under the  
**"Resolves@75" - Fit India Freedom Run 2.0**  
Date: 13th August to 23 August 2021

- RUN FOR FIT starting from 13th August 2021 to 23rd August 2021. (1 Km/2 Km/ 3 Km).
- Run Individual or with your family, friends, Neighbour, Employees with Social Distancing.
- A Person any age & gender is eligible to participate in the RUN FOR FIT.
- Select any suitable date, time and route and run 2 km any where & anytime.
- Run your own race at your own place.
- You may track your race by GPS based device such as a Watch / Mobile Phone and syncing your workouts to apps etc.
- Upload your app screenshot in Google form.
- Join our Telegram Group <https://t.me/SonaiCollege> and follow us on facebook.

**Register For Fit India Freedom Run 2.0:- <https://forms.gle/G1bxjGv5ewFRsRn99>**

**Dr. R. B. Khandare**  
Director of Phy.Edu.

**Mr. B. G. Khedkar**  
P.O. NSS

**Dr. S. S. Jadhav**  
Capt. NCC

**Dr. D. E. Zine**  
Vice-Principal


**Dr. S. L. Laware**  
Principal

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**Dr. Shankar Laware**  
PRINCIPAL  
Mula Education Society's  
Arts, Commerce & Science College,  
Sonai, Tal. Newasa Dist. A' Nagar-414105