



Symbiosis Law School, Nagpur

Report

“Virtual Run/Walk - Fit India freedom Run 2.0 #Azadi Ka Amrit Mahotsav #Run4India”

26th September, 2021

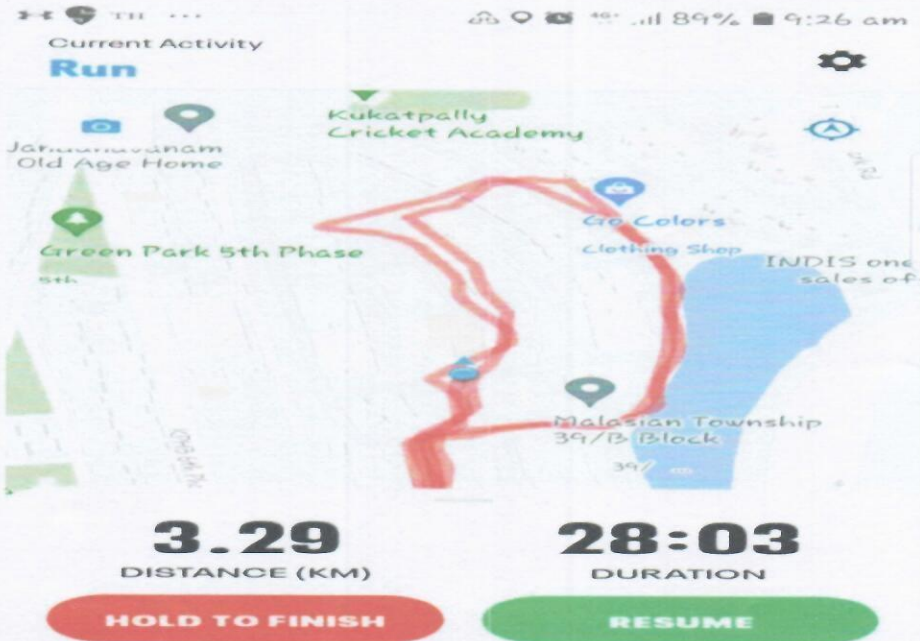
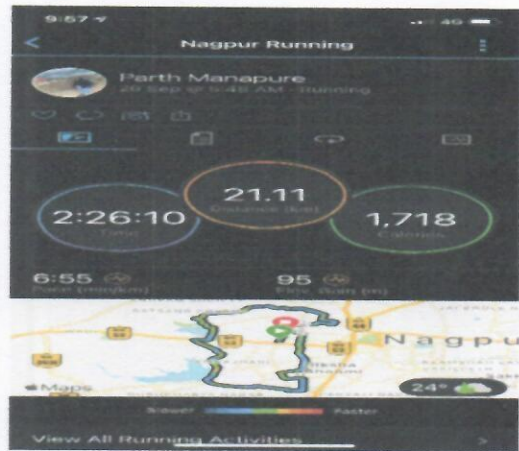
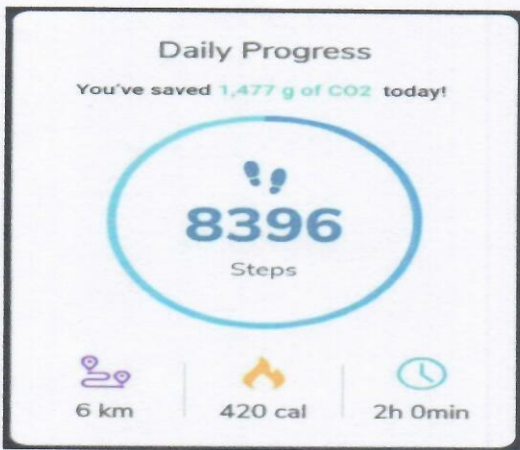
The Covid-19 Pandemic has increased student, faculty and staff stress and anxiety levels to record highs and with no cure in sight, it is further adding to the student pressure of academic performance, worries of future. Lifestyle changes during the Pandemic have reduced our physical movements and increased mental stress. Running and Walking is a sustainable practice and a holistic health option that everyone could access and help improve mental health, Vitality and boost immunity naturally.

Hence, the Government of India has taken an initiative to keep feet, healthy, to celebrate and commemorate 75 years of independence of progressive India and the glorious history of its people, culture and achievements. Also, the Prime Minister, Shri Narendra Modi inaugurated the ‘Azadi Ka Amrit Mahotsav’ by flagging off ‘Dandi March (Padyatra)’ on the Dandi Path - the route taken by Mahatma Gandhi during his Dandi March, from Sabarmati Ashram, Ahmedabad on 12th March, 2021 which will concluded on 5th April, 2021. March 12th marks the anniversary of Mahatma Gandhi’s Dandi March (Padyatra) for Salt Satyagraha in 1930. The celebrations started 75 weeks before our 75th anniversary of Independence and will end on 15th August, 2022.

To support the initiative of the Government of India, Sports Council of Symbiosis Law School, Nagpur has organized on 26th September 2021, a event “**Virtual Run/Walk under Fit India freedom Run 2.0 #AzadiKaAmritMahotsav #Run4India**”. The virtual event was organized for the students and staff of Symbiosis Law School, Nagpur.

Sports Council of Symbiosis Law School, Nagpur always focuses to keep active students, faculty and staff during the Pandemic. The virtual event received an overwhelming response. A good number of Students, Faculties and staff took the participation in the Virtual event with the spirit of Azadi Ka Amrit Mahotsav. The Council Member worked hard and made the event Successful.

Screen Shot of Virtual Run/Walk of Participants



[Signature]
Director