



Govt. College For Women Nawakadal Srinagar

(CGPA-3.10)

(NAAC Re-Accredited Grade A)

www.gcwnk.ac.in



BIKE/RUN TO DISCOVER YOUR SELF

"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them"

Ernest Hemingway

PATRON

DR TABASUM RAFIQ
(PRINCIPAL)

ORGANISING COMMITTEE

- MRS SHAKEELA NAZIR (ASTT PROF)
(NCC PROGRAMME OFFICER)
- MRS SAKEENA BASHIR (PTI)
- DR SHAIPTA AYOUB (ASTT PROF)
- MS MEHNAZ MANZOOR (ASTT PROF)
- MRS SABIA ZEHRRA (ASTT PROF)
- MR SHABIR AHMAD (ASTT PROF)

NATIONAL LEVEL CAMPAIGN FOR FIT INDIA

NCC wing in collaboration with Physical Education Department of Govt. College for Women Nawakadal, Srinagar is organizing a National Level campaign for fit India. It is a week long event to promote fitness among public starting w.e.f 6th September 2020 to 12th September 2020.

The campaign for
FIT INDIA MOVEMENT

BIKE/RUN TO FIGHT CORONA

Bike/RUN For FIT INDIA

ABOUT

College

The Government College for Women, Nawakadal, situated on the Southern bank of river Jehlum is the only institution of Higher Education for Women ideally located in Shehr-e-Khas (Down Town area of Srinagar city). The institution is dedicated to excellence in the field of higher learning & committed to the cause of empowerment of women through the instrument of the education. It was established in 1961 with Arts and Science subjects and a Teaching faculty of 19 members with just 50 students. Presently it is the only Women Institution in Kashmir Valley offering Commerce & management Courses.

FIT INDIA CAMPAIGN

Fit India Movement is a Nation Wide Movement in India encouraging people to remain healthy and fit by including Physical activities and Sports in their daily live. It was launched by Prime Minister Mr. Narendra Modi at Indira Gandhi stadium New Delhi on 29th August 2019.

Register yourself on the link:

<https://forms.gle/KpWHVcfrnkNKMocA>

Feedback:

certificate will be awarded only after submitting the feedback form at the end of the event on the link:

<https://forms.gle/6anNfgcYuzsaZyS3A>

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking "

ARTHUR CONAN
DOYLE
BRITISH AUTHOR



FITNESS PLEDGE

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation

INSTRUCTIONS

1. Every Indian citizen can participate in the event.
2. It is a 7 day event to promote fitness among public, starting from 6th September, 2020 and will continue till 12th September, 2020.
3. Participants may bike/run as per convenient timings.
4. Participants need to share atleast one photo/ video clip of their run/bike activity and upload the track details either manually or by using any tracking App or GPS watch on our Whatsapp group on:

- <https://chat.whatsapp.com/CwmJaZN8p13EhT33AEncxv>
- E-mail: nccevents.gdcnk1@gmail.com
- <https://forms.gle/JjMPf8ws4fm1agpd6>

