

(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 SHAIFTA AYOUB (ASTT PROF)
- MS MEHNAZ MANZOOR (ASTT PROF)
- MRS SABIA ZEHRA (ASTT PROF)
- MR SHABIR AHMAD (ASTT PROF)

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

INDIA

Bike/RUN For FIT INDIA

ABOUT

College
The Government College for Women. Nawakadal. situated on the Southern bank of river lehlum the only institution of Higher Education for Women ideally located in Shehre -Khas (Down Town area city). Srinagar institution is dedicated to excellence in the field of higher learninig &commited cause empowerment women the through instrument the education. It was established and Science subjects and a Teaching faculty of 19 members iust 50 students. Presently it is the only Women Institution Kashmir Vallev 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 activities Physical 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

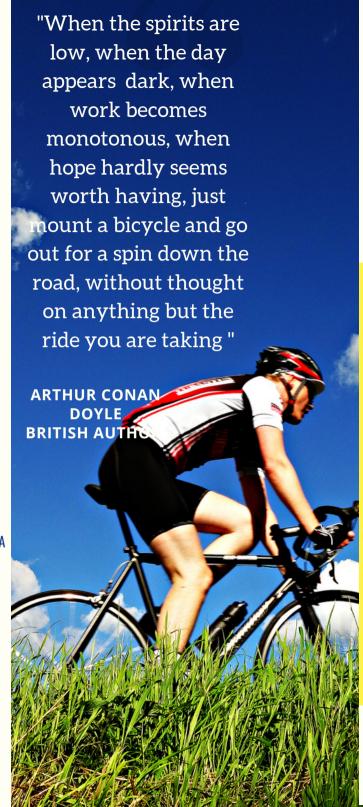
Register yourself on the link:

in 1961 with Arts https://forms.gle/KpWHVcffrnkNKmocA

Feedback:

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

https://forms.gle/6anNfgcYuzsaZyS3A



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/CwmJaZN8 p13EhT33AEncxv
- E-mail: nccevents.gdcnk1@gmail.com
- https://forms.gle/JjMPf8ws4fm1agpd6

