



Govt of Jammu & Kashmir
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Subject: Implementation of Fit India Initiative in Colleges.

Reference: DC-HE/K/2025/537, Dated: 18-03-2025.

NOTICE

As part of the Fit India Movement, Department of Physical Education & Sports of Amar Singh College is going to organise the following fitness-related activities in the college campus on 27-03-2025. In this regard all the staff members, students, NSS volunteers and NCC cadets are informed to participate in the said activities as per the given schedule.

S. No	Name of the activity	Venue	Time
01.	Fit India Run	From College Main Gate	10:30 AM
02.	Yoga Sessions	Basement of New Science Block	11:30 AM

Amrinder
Principal
26.03.25