



## Centre of Excellence

**GOVERNMENT COLLEGE SANJAULI**  
**SHIMLA-06, H.P.**

**{NATIONAL SERVICE SCHEME}**

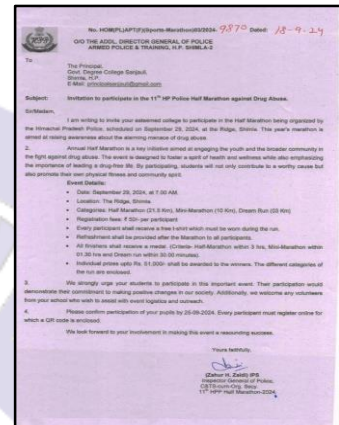
### A Report

**11<sup>th</sup> HP POLICE HALF  
MARATHON**

Date: 29/09/2024

## Introduction:

The NSS Unit of Government College Sanjauli actively participated in the 11<sup>th</sup> half marathon organised by H.P. POLICE on 29th September, 2024 at The Ridge, Shimla against the “**DRUG ABUSE**” under the theme “**स्वस्थ हिमाचल, नशामुक्त हिमाचल**”. This marathon aimed at spreading awareness among people and promoting a healthy and addiction free life. The unit encouraged the volunteers and other students to participate in different categories of the marathon. More than 20 volunteers showed their active participation.



## Objectives:

The primary objectives of the NSS Unit’s participation in the 11<sup>th</sup> HP Police Half Marathon were:

- To fight against the DRUG ABUSE
- To address the rise in drug use and promote healthy lifestyle.
- To run together for healthy and drug free Himachal.
- To engage youth in activities involving physical and mental fitness

## About the Marathon

The 11<sup>th</sup> HP Police Half marathon was organised on September 29, 2024 at 7:00A.M. at The Ridge, Shimla under the theme “**स्वस्थ हिमाचल, नशामुक्त हिमाचल**”. This annual half marathon aimed at engaging the youth and the broader community in the fight against drug abuse. The event was designed to foster a spirit of health and wellness while also emphasising the importance of leading a drug free life. Our unit enthusiastically contributed to the worthy cause and promoted the physical fitness activities and community spirit.



The governor of Himachal Pradesh Sh. Shiv Pratap Shukla flagged off the different categories of the marathon which were as follows:

- I. Half Marathon (21.5 km) from Ridge-to-HIPA and back to The Ridge.
- II. The Mini Marathon (10km) from The Ridge-to-Navbhar and back to The Ridge.
- III. The Dream run (03km) from The Ridge to Oakover (CM Residence) and back to Ridge.

There was a category made for physically challenged people and this promoted more inclusivity and promoted “physical fitness for all”. As many as 3,000 participants, including children, youth, senior citizens as well as physically challenged persons, participated and more than 20 Volunteers of our unit actively participated in the different categories and every participant received a T-Shirt and refreshment. All the participants received a medal on completion of the half marathon within 3 hrs. and mini marathon within 1:30 hrs. and dream run within 30 minutes.



### Conclusion:

The NSS Unit's participation in the 11<sup>th</sup> H.P. Police Half marathon was challenging yet highly rewarding experience, and is not just a testament to physical endurance but also an achievement of mental resilience and determination. Running this marathon was more than just a race, we were somewhat successful in contributing to the society by creating awareness and encouraging people and youth especially to live a drug-free and healthy lifestyle.



### Acknowledgments:

We express our gratitude to the HP Police for giving us this opportunity, and all the NSS volunteers who joined in with gusto to participate in this marathon. Special thanks to the college administration, NSS Program Officers and HP Police for boosting our morale and promoting physical fitness.



Important Links	
Facebook	<ul style="list-style-type: none"> <li>• <a href="http://tiny.cc/vc4yzz">http://tiny.cc/vc4yzz</a></li> <li>• <a href="http://tiny.cc/ib4yzz">http://tiny.cc/ib4yzz</a></li> </ul>
Instagram	<ul style="list-style-type: none"> <li>• <a href="http://tiny.cc/xc4yzz">http://tiny.cc/xc4yzz</a></li> <li>• <a href="http://tiny.cc/8b4yzz">http://tiny.cc/8b4yzz</a></li> </ul>
Twitter	<ul style="list-style-type: none"> <li>• <a href="http://tiny.cc/tc4yzz">http://tiny.cc/tc4yzz</a></li> <li>• <a href="http://tiny.cc/xa4yzz">http://tiny.cc/xa4yzz</a></li> </ul>

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B.Sc. 2<sup>nd</sup> year (23451024)