



## PRESS RELEASE



### **Nari Shakti Fitness Run Pre-Event** **issued by Nehru Yuva Kendra, Shillong**

To promote sports culture, sportsmanship, fitness and competitive spirit among women **Nehru Yuva Kendra, Shillong, Nongstoin, Nongpoh and Jowai** Ministry of Youth Affairs & Sports, Govt. of India) is all set to conduct **Nari Shakti Fitness Run** in all blocks of the Districts on **09<sup>th</sup> March 2024**. These Runs are sequel to the observance of International Women's Day and to reiterate the role of healthy and fit women in the development of our nation.

This event will be a testament to the power and potential of women in India and will spread the message to enhance regular physical activity participation among women, empower women through fitness, leading to improved health, confidence, and overall well-being of women folk. Besides, it will also foster an environment conducive to women's growth and success.

As a part of this Fitness Run, **in each block of the District, twenty-five women** will participate in each Nari Shakti Fitness Run on a track of half km. Dignitaries like Hon'ble MPs/MLAs, District Level Officials, Block level PRIs/ Municipal Authorities, Local Youth/Sports Icons have been extended invitation to flag-off the runs in each Block of the District.

For the successful organizations of these block level Nari Fitness runs, NYK is collaborating and partnering with NSS, NCC, (insert partnering agencies here), District administration and other organization to conduct the run in a befitting manner. Interested women can register themselves through MYBharat portal, Link: <https://mybharat.gov.in> . At the end of the run, the winners at 1st ,2nd and 3rd position will be given MYBharat kit.

District NYK would like to appeal to womenfolk to come forward and motivate a large number of women to register themselves for the Nari Shakti Fitness Run and express your solidarity and commitment to women empowerment.