



## **PLOGGING RUN**

BY: NCC (AIR & ARMY WING)

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A Plogging Run was organized on 02 Oct 2019, with the aim of spreading awareness about the importance of cleanliness and promoting a healthy lifestyle. The event, which took participants from the College Campus to Dhalpur Ground and back, served as a platform to engage individuals in both physical activity and environmental stewardship. The Plogging Run attracted participation from 40 NCC Cadets, other students, teaching and non teaching staff of the college, demonstrating a shared commitment to cleanliness and well-being. The participants engaged in the unique activity of "plogging," which involves jogging or running while picking up litter along the route with a motive to raise awareness about the importance of cleanliness, waste management, and adopting healthy lifestyle habits.



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