



## “FIT RUN INDIA”

FIT RUN INDIA is a nation-wide event to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Running’s benefits include a longer life, better sleep, improved immunity, mood and more – it’s even good for knees and lower back. As a part of **“Amrut mahotsav par yuva sankalp – Shrestha Bharat ke Panch Prakalp”**, NSS Unit of Uka Tarsadia University had organized **“Fit Run India”** activity for 1 km on 14/9/2021. We had started from 11:00 o’clock. Total 41 students of **C. G. Bhakta Institute of Biotechnology, Uka Tarsadia University** have actively participated. This activity was managed by NSS unit of CGBIBT (Coordinators – Dr. Hemant Borse and Ms. Vrutika Lad) and Volunteers.

