



**NATIONAL SERVICE SCHEME
COLLEGE OF AGRICULTURAL INFORMATION
TECHNOLOGY
ANAND AGRICULTURAL UNIVERSITY
ANAND-388110**



**Fit India Freedom Run organized
at CAIT, AAU, Anand**

FIT INDIA Movement was launched on 29th August, 2019 by Honorable Prime Minister with a view to make fitness an integral part of our daily lives. FIT India Mission has conceptualized FIT INDIA FREEDOM RUN 2.0 to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign will be on the concept of "Physical/Virtual Run" in continuum from 13th August to 2nd October 2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run anywhere, anytime!". By keeping above concept in mind a Fit India Freedom Run organized on 30/09/2021 at CAIT, AAU, Anand campus to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases, etc.

In this program, the Director Student Welfare of Anand Agricultural University, Dr. Dinesh H. Patel was a special guest. NSS Program Officer Dr. D. K. Parmar delivered a welcome address. Then the principal of the institute, Dr. D. R. Kathiria, Director Student Welfare and NSS Program Officer started the run by waving flags. The run was from AIT College to RRS Farm and back. The students and staff participated in the program with great joy and enthusiasm.

GLIMPSES OF FIT INDIA FREEDOM RUN

