



Fit India Freedom Run-2.0 organized at CAET, AAU, Godhra

FIT INDIA Movement was launched on 29th August, 2019 by Honourable 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-2.0 organized on 25/09/2021 at CAET, AAU, Godhra 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.

GLIMPSES OF FIT INDIA FREEDOM RUN-2.0



