

GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD-15

Report On

FIT INDIA FREEDOM RUN 2.0

Date of program: 13/08/2021

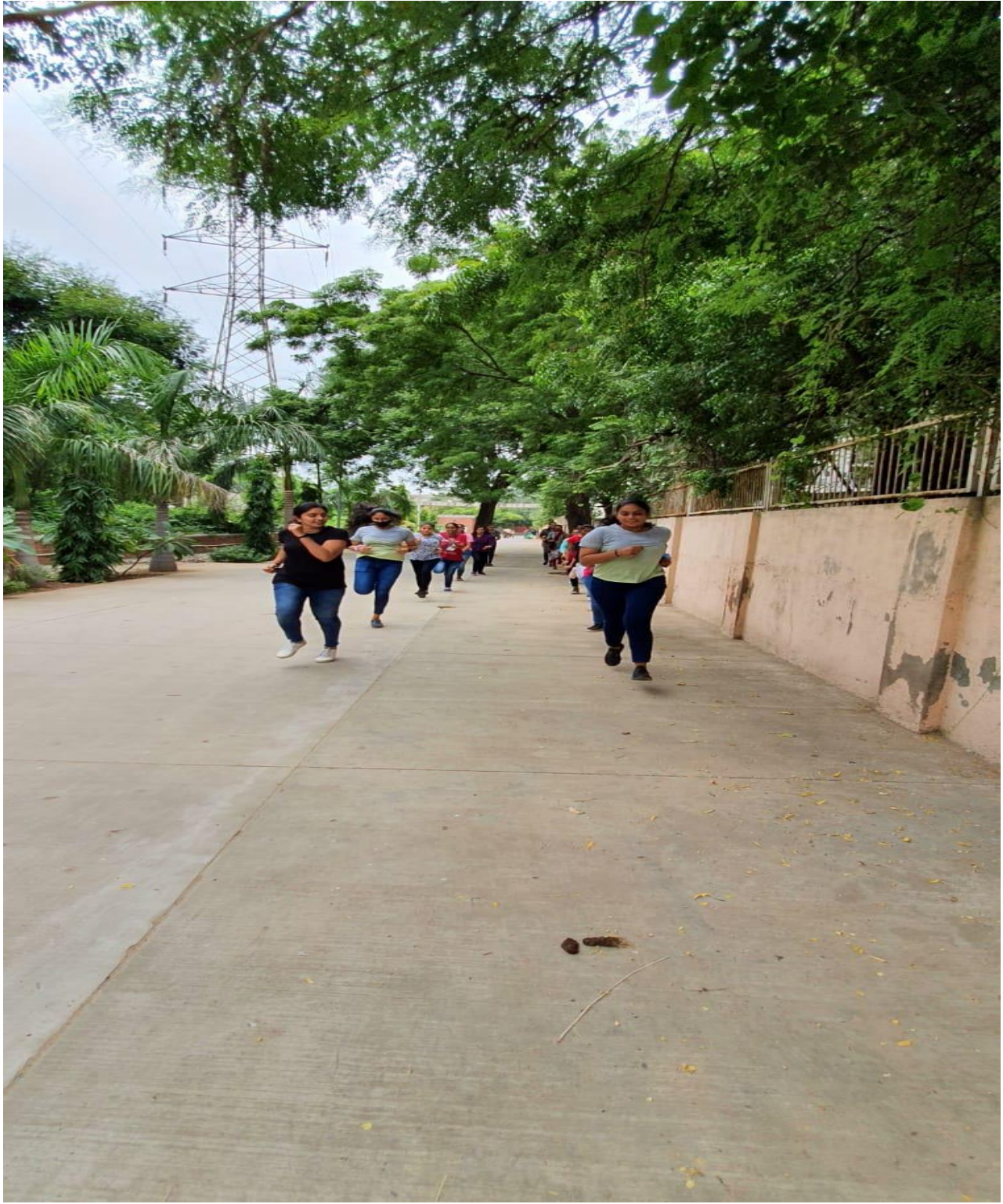
Time: 10:30 AM onwards

No of Participants: Around 10 faculties and around 50 Students

Summary of program:

FIT INDIA FREEDOM RUN 2.0 program started at around 10:30 AM in our college premises. Around 50 Students participated in FIT INDIA FREEDOM RUN 2.0. Physical activity and exercise can have long-term health benefits and can improve our quality of life. With this motive we started our program with warm up session in which many asana and body stretching exercise was included. After that we told students to do jogging and walking. And at last we told students to run for atleast few kilometres by taking some rest in between. It is very well said "If you don't make time for exercise, you'll probably have to make time for illness." So it is very much necessary to spare time to do regular exercise for our better health







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