

IIT Bhubaneswar holds mini-marathon, walkathon to mark Fit India Movement anniversary

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Bhubaneswar, Sep 26: The Indian Institute of Technology (IIT), Bhubaneswar conducted a mini-marathon and a walkathon as part of the Fit India Freedom Run programme today.

The freedom run is a new initiative under the aegis of the Fit India Movement and is conceived with a vision to keep ourselves fit while maintaining social distancing.

Inaugurating the event, IIT Bhubaneswar Director Prof RV Raja Kumar said physical and mental fitness and wellbeing is very essential for every citizen for leading a quality life. In times of Covid-19, fitness has become an even more important aspect of life.

IIT Bhubaneswar as an institution of national importance believes in creating an environment for its members to pursue fitness and wellbeing by giving importance to sports and practice of Yoga, he added.

The Institute celebrates events such as the Freedom run or the International Yoga Day too. He also credited Prime Minister Narendra Modi for coming up with an initiative like “Fit India Movement” as a People’s Movement to involve citizens of the country to make India a Fit Nation.

Prof Kumar urged the students, faculty and staff members to incorporate exercise and physical activities in their daily routine from now on.

About 100 members from the faculty, officers, staff and student community of the institute participated adhering social distancing norms

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