

3KM VIRTUAL RUN (FIT INDIA FREEDOM RUN)



"Running is one of the best ways to boost both physical and mental health. It helps in all aspects of health, provides an outlet for stress relief, and improves mood and overall happiness.

CBSE in association with Fit India had conducted 'Fit India Freedom Run' from 15th August – 2nd October 2020. The run aimed to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases, etc.

Our school had successfully organized "**3KM VIRTUAL RUN**", under 'Fit India Freedom Run' to encourage the practice of exercise with family members on 27th September 2020 for the students and their parents of classes VI to IX. The concept behind this run was "One can run anywhere, anytime!" The motto to organize the run was to encourage students to run at their own pace – anywhere and at any time of their convenience to keep up with the current pandemic situation and social distancing norms. The students were instructed to track the total distance covered by using a Global Positioning System (GPS) watch or manually.

It was a unique and exciting opportunity to work towards a healthier self.
