

## **Report on Fit India Freedom Run 3.0 held on 21<sup>st</sup> October 2022**

A Fit India Freedom Run 3.0 –part of the celebration of the AKAM organized at Tropical Forest Research Institute, Jabalpur on 21<sup>st</sup> October, 2022 as per the directives of Department of Sports, Ministry of Youth Affairs & Sports, Govt. of India. The aim of the event is to develop the habit of walking and running people in the quest for better health and fitness on the theme “आजादी के ७५ साल, फिटनेसरहेबेमिसाल”.

Group Coordinator (Research), All head of the divisions and employees of TFRI participated in the event enthusiastically. The program was organized by Dr.Nanita Berry, Head, and Shri Manish Kumar Vijay, Scientist B, Forest Extension Division, TFRI. The event was successfully organized with the assistance of Shri Alfred Francis, Senior Technical Officer, Shri Manoj Joshi, Technical Officer, Shri RaghvendraMehra, MTS, Shri Arvindra Pal, JPF and Ku. RinkyPateriya, PA.

<b>Name of activities performed</b>	<b>Walk and Run</b>
<b>Total number of participants</b>	<b>80</b>
<b>Total kilometer covered</b>	<b>2 kms</b>
<b>Photograph</b>	<b>Attached</b>
<b>Any other details</b>	<b>-</b>

Glimpses of Fit India Freedom Run3.0at TFRI, Jabalpur (M.P.) on 21<sup>st</sup> Oct, 2022



