

**Report on
Fit India Freedom Run 3.0
October 30th 2022
Institute of Forest Genetics & Tree Breeding, Coimbatore**

IFGTB organized the “Fit India Freedom Run” 3.0 for its employees on the 30th October, 2022. The officers, scientists, staff and research scholars of IFGTB participated. Dr. S. Saravanan, Head, Extension welcomed the participants of Fit India Freedom Run 3.0 and invited Dr. C.Kunhikannan, Director, IFGTB for addressing the gathering. Director, IFGTB briefed the objective this activity which is to spread awareness towards importance of physical fitness amongst the officials and public at large on the occasion of 'Azadi Ka Amrit Mahotsav'.

The movement started from IFGTB Main building and a total of 30 participants covered a range of 6.0kms during the occasion which comprised walking, running and jogging activities.







