

REPORT ON RUN FOR HUMANITY

Name of the Event : Run for Humanity
Date of Event : 10th – 16th September, 2020
Participants : Classes VI-XII
Organized by : Department of Physical Education

ITL Public School, under the aegis of the Fit India Movement of the Government of India, organized a **Run for Humanity** from 10th-16th September, 2020. Run for Humanity was organized to encourage the importance of fitness among students and freedom from stress, anxiety, obesity and various other diseases. The idea behind this fitness event was that one can run anywhere and at any time. The event was an extremely important one as the students are at their homes due to the lockdown and many of them might not be able to exercise. The students participated in this run with great fervour.

They had to upload their videos of running at their pace, outdoors as well as indoors, on the spot, on the terrace, in a garden, on a route and at a suitable time of their choice. **Students had to run their own race at their own pace.**

