



Activity No: 20  
Name of The Programme:  
**Fit India Run 4.0**



October 16, 2023  
CKB Commerce College NSS Unit



Description of the Activity:

The NSS Unit of CKB Commerce College successfully organized Fit India Run 4.0 on 16<sup>th</sup> October, 2023. The event aimed to promote physical fitness and a healthy lifestyle. It witnessed enthusiastic participation from students, faculty, and staff, totalling 126 participants. Activities included a dynamic warm-up, an 1 KM run and insightful talks on fitness. The event left a positive impact, encouraging participants to integrate fitness into their daily routines. The NSS Unit extends gratitude to all participants, volunteers, and sponsors for their invaluable contributions.

Total Participants	126
Total Distance	126 KM
Male Participant	55
Female participant	66
Teacher Participant	05

Video Link: [Video of Fit India Run 4.0](#)

Photos:



Poster and Social Media Campaign:



Certificate from Fit India Portal

