



# **Gandhinagar Institute of Technology**

A Report on

“WALKATHON 2020”

(6<sup>th</sup> January 2020, Monday)

## **Objective:**

Walkathon focuses on fighting or curing pervasive diseases or ailments such as AIDS, Cancer, Diabetes, Lupus, and Arthritis and participation is also often promoted as a symbol of empowerment, remembrance, or awareness of sufferers and their relations. Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. Walking is free to do and easy to fit into your daily routine. All you need to start walking is a sturdy pair of walking shoes.

## **Walkathon:**

To inspire the citizen of the city for good health and fitness, Gandhinagar Institute of Technology had organized walkathon event called “Fit Gujarat Awareness Walkathon-2020” on 6th January 2020 from 7:00 am to 8:00 am at Riverfront (Sardar Bridge, Ahmedabad).

## **Overview:**

In this event, around 150 students along with Trustees, Principal Dr. H N Shah sir and Faculty Coordinators Prof. Himanshu Barot, Prof. Krishna Hingrajiya, Prof. Maitri Patel, Prof. Dhaval Vaja and Prof. Paresh Umredkar jointly walked for the noble cause. By doing so, they conveyed a very strong and noble message about walk to all resident people, pedestrians and people passing through vehicles near this area.

## Moments / Photo Gallery:







