

## **Fit India Movement 'Hum Fit to India Fit'.**

Central University of Punjab, Bathinda is going to organize "**Walkathon**" on 14-09-2019 and 28-09-2019 to inculcate the culture of physical fitness among the Students, Teaching & Non-Teaching Staff of the University and to create positive vibes and harmony in the University Campus.

All are cordially invited to attend the Walkathon and spare an hour for your own health.

It is further advised that relaxed/sports cloths be worn during the Walkathon for their own comfort.

### **Minute to Minute Program**

- |                                |   |           |
|--------------------------------|---|-----------|
| 1. Assembly on the main gate   | - | 6:30 a.m. |
| 2. Flag off                    | - | 6:35 a.m. |
| 3. Completion of the Walkathon | - | 7:30 a.m. |
| 4. Refreshment                 | - | 7:35 a.m. |

**Note:** Route for Walkathon – University to main gate ITI near **Over-bridged** and return.