

INVITATION

Sub: Fit India Movement “Hum Fit to India Fit”.

PUC is MHRD letter no. 14-44/2019-CU. CDN on the subject cited above:

In this connection and on the occasion of **World Heart Day 29th Sep.** CUPB is going to organize **“Let’s Walk & Talk for Healthy Heart”** on 27-09-2019 to spread awareness about the need of physical activities for a healthy life.

Dear Students, Faculty & Staff members in the observance of world heart day you all are cordially invited to attend this Event and spare an hour for your own Heart.

Minute to Minute Program

- | | | |
|-----------------------------------|---|-----------|
| 1. Assembly at main sports ground | - | 4:30 p.m. |
| 2. Flag off | - | 4:35 p.m. |
| 3. Track Event (Walk for 1600m) | - | 4:35 p.m. |
| 4. Talk on Healthy Heart | - | 5:00 p.m. |
| 5. Refreshment | - | 5:30 p.m. |

Venue University Sports Ground



‘LET’S WALK & TALK FOR HEALTHY HEART’

A Simple promise....for MY HEART, for YOUR HEART, for ALL OUR HEARTS.