

## **Walkathon organised by Aggarwal College Ballabgarh**

The Sustainable Development Goals (SDG) Club of Aggarwal College Ballabgarh organized a Walkathon event, challenging participants to complete 10,000 steps within 90 minutes on 27.09.2024 in College Campus under the able guidance of Sh.Devender Kumar Gupta, President of Aggarwal College Ballabgarh, General Secretary Sh. Dinesh Gupta and Acting Principal Dr. Sanjeev Kumar Gupta. The event aimed to promote physical activity, health, and well-being among the college community, while aligning with Sustainable Development Goal 3 (Good Health and Well-being).

The Walkathon was officially inaugurated by the College Acting Principal, Dr. Sanjeev Kumar Gupta, who started the race by waving the flag to signal the beginning of the event. This symbolic gesture set the tone for the participants, inspiring them to embrace the challenge with energy and determination.

The event organizers carefully planned the Walkathon route, ensuring that it was well-marked and easy to navigate. Signage and labels were strategically placed throughout the designated path to guide the participants and provide them with clear direction. This attention to detail ensured that the participants could focus on their physical activity without any confusion or uncertainty regarding the route.

The Walkathon generated a palpable sense of excitement and camaraderie among the participants. Faculty members and students engaged in friendly competition, motivating each other to push their limits and achieve the 10,000-step goal. The Walkathon event witnessed enthusiastic participation from both students and faculty members. A total of 40 students and 14 faculty members took part in the challenge, demonstrating a strong commitment to the college's health and wellness initiatives.

The Walkathon organized by the Sustainable Development Goal (SDG) Club of Aggarwal College Ballabgarh was a resounding success, engaging both students and faculty members in a collective effort to promote physical activity and well-being. The event's strong alignment with Sustainable Development Goal 3 and the college's commitment to fostering a culture of health and wellness were clearly demonstrated. SDG Club's implementation of the recommended strategies will further enhance the impact of such initiatives, contributing to the overall holistic development of the college and community.