Dwarka Health Run

International Institute of Health Management Research, a Premier Health Management Institute in Partnership with Transcorp International, Aakash Healthcare and Dwarka City - a leading Media House of Dwarka organized Dwarka Health Run on Saturday, September 15. This initiative was to promote physical activity in Subcity. The Central Theme of the Dwarka Health Run was “Be healthy Be active”. The Race passed by Sector 17 police station and National Law University and back followed by prize distribution to the winners at Institute Convention Hall. Director, Dr. Sanjiv Kumar said the urgent need of the hour is a Healthy Mind Body and soul and that can only be achieved by means of physical activity. Every individual can be empowered to feel better, healthier and ready to take on 2018 with a more positive mind set.