



# RUN FOR LIFE

*AAI celebrated the International Day Against Drug Abuse with some innovative campaigns like a marathon and neighbourhood processions. Sharang Bhaskaran joined in*



AAI chairman Sudhir Raheja, member (HR) Anuj Aggarwal and other dignitaries, including Dr Sunita Godara, participated with around, 5000 people — both young and old

line....When you are hurting, you just say, I must keep moving forward, just this step, one more step. And you'll likely get to the finish line when you are mentally tough."

Fifty-year-old Tanmay Sinha has battled confidence issues in his lonesome life. "The runner learns to trust that the body will know what to do when it's race time. You trust in your training and your plan. You trust in your coach. You believe in yourself, even when there is no one close by to boost your confidence. You go with what you know, even when your support system is not present at the race. You stay mentally tough and keep moving forward, even when the finish line seems far away. You say, 'Every step brings me closer to my goal.' In a word, you truly become independent and take charge instead of giving in to easy options and distractions."

The marathon was organised by the Health Fitness Trust led by Dr Sunita Godara, Asian marathon champion since the last 14 years, in collaboration with three ministries on the International Day against Drug Abuse. The Airports Authority of India, which places a high premium on its CSR activities, co-sponsored the run for the second year in a row. It is because of AAI's commitment to fighting the drug menace that its collaborators were able to notch up the number of participants by 1,000 this year. Participants even included its employees and their families. The organisation believes that engaging children and the youth in physical exercise and fitness activities helps in developing good mental health. Also, children get a sound social environment to grow in during the process so that they do not fall prey to stress and mental health issues and resort to drugs