



भारत सरकार/  
GOVERNMENT OF INDIA  
लक्षद्वीप संघ राज्य क्षेत्र प्रशास/  
ADMINISTRATION OF THE UNION TERRITORY OF LAKSHADWEEP  
खेल-कूद एवं यौवन मामले निदेशाल/  
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**Dated: 26.08.2020**

**CIRCULAR**

**Fit India Movement** is conducting **Fit India Freedom Run** from 15<sup>th</sup> August – 2<sup>nd</sup> October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “it can be run anywhere, anytime!”.

In this regard the Department of Sports & Youth Affairs solicits your support by requesting a mass participation from employees, their families and relatives under various departments / organizations in the U.T. in Fit India Freedom Run (.)

**PARTICIPANTS CAN:-**

- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or gps watch.

**MODE OF PARTICIPATION:**

- Participation can be done through Fit India website either on
- Organizer's platform or
- Those who have undertaken their own run can individually submit their data and download the certificate from Fit India Portal (.)

Therefore those who are interested may register their names in the Department of Sports & Youth Affairs and also hand over the data such as date, cumulative distance covered, etc. for uploading in the Fit India Portal along with photographs before 10.09. 2020.

**(LEKH RAJ, DANICS)**  
**DIRECTOR, SPORTS & YOUTH AFFAIRS**

**Copy to all Department Heads with a request to circulate among the staff.**