CIRCULAR

Fit India Movement is conducting Fit India Freedom Run from 15th August – 2nd 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.