



FIT INDIA FREEDOM RUN 3.0

#Run4India

As part of **AZADI KA AMRIT MAHOTSAV**

@ Indian Institute of Science Education and Research Tirupati

Everyone can participate

RUNNING/WALKING OR CYCLING @ ANY TIME & ANYWHERE

21st October 2022 to 31st October 2022

Jointly organized by
FIT INDIA CAMPAIGNING COMMITTEE
&

**Indian Institute of Science Education and Research,
Tirupati**

under the aegis of Ministry of Youth Affairs and Sports, Government of India.

"Azadi ke 75 saal, fitness rahe bemisaal"



Free Registration

E - Certificates will be provided

Registration Link: <https://forms.gle/9XKaNFNjXvYYAA2b9>

FIT INDIA FREEDOM RUN 3.0

This year, Fit India Mission has decided to organize the 3rd edition of Fit India Freedom Run 3.0 from 2nd October to 31st October 2022 under Azadi Ka Amrit Mahotsav (AKAM) initiative. Citizens will be urged to inculcate 30 minutes of physical fitness in any form, celebrate achievements of an active lifestyle, and make a resolve to remain fit on the grand occasion of India's 75th Independence year completion i.e. "Azadi ke 75 saal, fitness rahe bemisaal".

As a Part of Fit India Movement, the Fit India Campaign Committee Fit India Club, and IISER Tirupati are organizing "Fit India Freedom Run" Campaign from 21st October 2022 to 31st October 2022 under the aegis of Ministry of Youth Affairs and Sports, Government of India. During the campaign, participants have to submit one- action photograph or cycling and a one-minute video on running/walking.

E-certificate will be provided to all the registered participants after the campaign is over. The campaign is to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. This campaign is related to promoting fitness across the country. The Fit India Freedom Run is yet another endeavor to strengthen the fit Indian Movement envisaged and involve our citizens to embrace fitness as a way of life. Participants will be allowed to run at their own place and at their own pace at a time convenient to them during campaign period. The concept behind this run is that "It can be run at anytime and anywhere!" You can-

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

Mode of participation:

- Registration Free.
- Participation register link <https://forms.gle/9XKaNFNjXvYYAA2b9>
- Participant participants have to submit one action photograph and a one-minute video on walking running or cycling.
- E-Certificate will be provided to the registered participants after campaign is over