



Government of India  
Ministry of Youth Affairs and Sports

# FIT INDIA FREEDOM RUN CAMPAIGN

Campaign flag off on 29<sup>th</sup> August 2020 @ 10.00 am

@ , Sri Padmavati Mahila Visvavidyalayam (Women's University), Tirupati

**Everyone can participate**  
**RUNNING/WALKING /CYCLING @ ANY TIME & ANYWHERE**

*Jointly organised by*

**FIT INDIA CAMPAIGNING COMMITTEE, FIT INDIA CLUB**  
&

**SRI PADMAVATI MAHILA VISVAVIDYALAYAM**  
**(Women's University), TIRUPATI**

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



29<sup>th</sup> August to 15<sup>th</sup> September **2020**

**Registration Link:**

<https://forms.gle/dRmtLBbt8C8ZFgjN8>

**E – Certificate will be provided**

For more details contact

**Dr. G.Sarah Sarojini**

Head, Department of Physical Education,  
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(Women's University) Accredited by NAAC with "A" Grade

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# **FIT INDIA FREEDOM RUN CAMPAIGN**

As a Part of Fit India Movement the Fit India Campaign Committee, Fit India Club and Sri Padmavati Mahila Visvavidyalayam (Women's University), organise "Fit India Freedom Run" Campaign held on 29th August 2020 at Sri Padmavati Mahila Visvavidyalayam at 10:00 AM and it will continue till 15th September 2020 under the aegis of Ministry of Youth Affairs and Sports, Government of India. During the campaign, participants have to submit action photograph on running/walking /cycling. E-certificate will be provided to all the registered participants after 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 endeavour 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/dRmtLBbt8C8ZFgjN8>
- Participants have to submit one action photograph on running / walking/ cycling.
- E-Certificate will be provided to the registered participants after campaign is over

For more details contact

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