



## **CIRCULAR**

# **Fit India Freedom Run under Ministry of Youth Affairs and Sports**



**Date: 18/09/2020 (Friday)**



**Time: 11 AM**

### **About Program:**

Fit India Movement is conducting Fit India Freedom Run under Ministry of Youth Affairs and Sports from 15th August to 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept of run is that “It can be run anywhere, anytime”.

### **Participants can:-**

Run a route of your choice, at a time that suits you.  
Break-up your runs.  
Run your own race at you space.  
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 Platform or Those who have undertaken their own run can individually submit their data and download their certificate from Fit India Portal.

Those who are interested may register their names latest by 15th September, 2020  
**Registration Link:**

[https://docs.google.com/forms/d/e/1FAIpQLSeRrlgxyPZ1dRx\\_qgNly69\\_xED7jZ2vgZdyMUxbCXcQsjRSGw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeRrlgxyPZ1dRx_qgNly69_xED7jZ2vgZdyMUxbCXcQsjRSGw/viewform?usp=sf_link)

### **Organized By:**

**Indian Pharmacopoeia Commission**

Ministry of Health & Family Welfare  
Government of India

📍 Sector-23, Raj Nagar, Ghaziabad, UP

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