

ANNA UNIVERSITY
REGIONAL CAMPUS, COIMBATORE - 641046



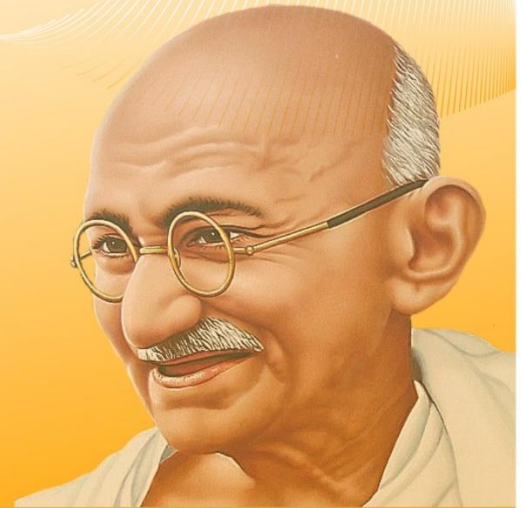
DEPARTMENT OF PHYSICAL EDUCATION

Organizes

Fit India Freedom Run 2.0

(15.08.2021 - 30.09.2021)

#AzadikaAmritMahotsav & #Run4india



Azadi ka Amrit Mahotsav
Fit India Freedom Run 2.0

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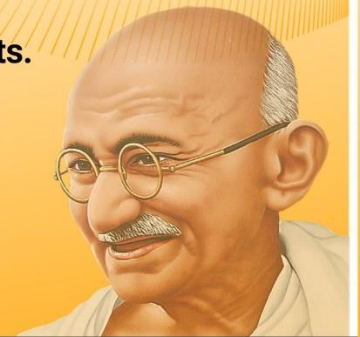
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FIT India Mission has conceptualized "FIT INDIA FREEDOM RUN 2.0" to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign will be open the concept of "Physical/Virtual Run" in continuum from 13th August to 2nd October 2021 to encourage fitness and help us all to get freedom from the obesity, laziness, stress, anxiety, disease etc. The concept behind this run is that "It can be run anywhere, anytime".

Instructions:

- 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 kilometres manually or by using any tracking app or GPS Watch.
- Follow the COVID 19 Protocol.
- Ensure your health condition.
- E Certificate will be provided to all the registered participants.
- Register through: <https://forms.gle/Xf7mv5mPPxBj3ytS9>



Azadi ka Amrit Mahotsav
Fit India Freedom Run 2.0

For Details:

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