

No.F- 21-06/2019-TS.V
Government of India
Ministry of Human Resource Development
(Department of Higher Education)

New Delhi dated the 14th August, 2020.

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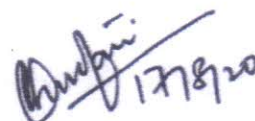
OFFICE MEMORANDUM

Subject- 'FIT India Freedom Run' under the aegis of FIT India Movement- reg

The undersigned is directed to forward here with a copy of the DO Letter No. K015017/7/2020-MDSD dated 11.08.2020 received from Department of Youth Affairs on the above mentioned subject.

2. Department of youth Affairs is introducing a new initiative under the aegis of Fit India Movement namely 'Fit India Freedom Run' starting from 15th August, 2020 and scheduled to run in continuum till 2nd October, 2020 and solicited mass participation of HEIs in the 'FIT India Freedom Run'.

3. All the Bureau Heads are requested to give wide publicity to the initiative by issuing suitable instructions to all HEIs under their control and making it a big hit. Further, HEIs may be requested to submit their detailed Action Plan and Action taken report in the University Activity Monitoring portal of UGC.



(Rakesh Bhutani)

Section Officer (Management)

Phone No. 011-23385387

To,

All the Bureau Heads,
Department of Higher Education.

रवि मित्तल, भा.प्र.से
सचिव

Ravi Mittal, IAS
Secretary



सचिव
भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय

Secretary
Government of India
Ministry of Youth Affairs & Sports
Department of Sports
August 11, 2020

D.O. No. K-15017/7/2020-MDSD

Dear *Sri Khare,*

This Ministry has planned to introduce a new initiative under the aegis of the Fit India Movement, namely, '**Fit India Freedom Run**', starting from 15th August and scheduled to run in continuum till 2nd October 2020.

2. Fit India Freedom Run is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing. The concept of a Freedom Run is one can run/walk along a route of his/her choice, at a time that suits him/her. One can even take breaks during such run/walk. Basically, one runs his own race and times his own pace.

3. To make this initiative successful, Fit India Mission solicits your kind support by encouraging a mass participation in Higher Education Institutes (HEIs) in the '**Fit India Freedom Run**' and committing to make themselves fit by taking this simple step.

4. I will be grateful for the support accorded by the D/o Higher Education (MoHRD) to promote '**Fit India Freedom Run**' and making it a big hit. An S.O.P. of the '**Fit India Freedom Run**' is attached herewith.

With regards,

Yours sincerely,

Amit

(Ravi Mittal)

11/8

Shri Amit Khare
Secretary
Department of Higher Education
Ministry of HRD
127-C, Shastri Bhawan
New Delhi - 110 001

How to Organize Fit India Freedom Run

1. Ministries/ Organisers to create an account for themselves on Fit India Website and subsequently register for the event as an organiser. (Details below)
2. Organiser will request participants to run/ walk on the days decided by the organiser for Fit India Freedom Run. The run may be arranged for one day or any number of days from 15th August to 2nd October. During the days of run, participants will run/walk and keep a track of cumulative distance covered. At the end of the event date as decided by the organiser, the details of cumulative distance have to be collected. Organiser will upload the data of total number of participants and cumulative distance covered on Fit India Portal.
3. Participants can
 - a. Run a route of their choice, at a time that suits them.
 - b. Break-up their runs.
 - c. Run their own race at their own pace
 - d. Track kms manually or by using any tracking app or GPS watch.

Registration details:

1. Organisers will have to register themselves as Ministries on Fit India website (www.fitindia.gov.in) by clicking on Login/Register at top right-hand corner of the website.

The screenshot shows the Fit India website header with the logo and navigation links. Below the header, there is a 'Register' section. The 'Register for' dropdown menu is set to 'Ministry of Home Affairs'. The form includes fields for Name, Email, State, District, and Pincode. There is a checkbox for 'I am a participant' and a 'Register' button at the bottom.

Fit India Freedom Run

Ministry of Home Affairs

Register

Register for

☐ Other ☒ Ministry

Ministry of Home Affairs

Name

Email

State

District

Pincode

☐ I am a participant

Please Enter the Captcha Text

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Register

2. Click organize an event and select FIT INDIA FREEDOM RUN.

- Download logo and guidelines provided at the end of the page.
- Details with regard to number of participants and distance covered can be submitted after completion of the event.
- Organizers may use the Fit India Logo for all promotional media.
- Upon providing the data of participants with their cumulative kms covered, organizers will be able to download the certificates.

The screenshot shows a web form titled "Organise an Event" for "FIT INDIA FREEDOM RUN". The form includes the following fields and elements:

- Event Category***: A dropdown menu with "FIT INDIA FREEDOM RUN" selected.
- Upload a poster image for Event***: A button labeled "Choose File" and the text "No file chosen".
- Event Date***: Two date pickers for "From Date" and "To Date", both showing "dd-mm-yyyy".
- Event Name***: A text input field.
- Organisation's Name***: A text input field.
- No of Participants***: A text input field.
- Cumulative KM Run Covered (All Participants)**: A text input field.
- Undertaking***: A checkbox with the text "I undertake to submit complete details of the number of participants, and the cumulative KM Run Covered after the event. I also undertake to follow the guidelines of Fit India logo if downloaded for the event."
- Please Enter the Captcha Text**: A captcha image showing "5A2UGR" and a text input field.
- SUBMIT**: A dark button.
- DOWNLOAD LOGO** and **GUIDELINES**: Two buttons at the bottom.

3. FIT INDIA mission advises organizers and individuals to organize their events following the social distancing norms and encourages the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.