

'Fit India Freedom Run 2.0'

As a Part of Fit India Movement, the Fit India Campaign Committee of Mahatma Gandhi Central University organise "Fit India Freedom Run 2.0" Campaign starts from 13th August 2021 till continue 02nd October 2021 under the aegis of Ministry of Youth Affairs and Sports, Government of India. During the campaign, participants have to submit one running or cycling activity action photograph. 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 your choice, at a time that suits you.
 - Break-up your runs.
 - Run your own race at your pace.
 - Track your kms manually or by using any tracking app.
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Mode of Participation-

- Participants have to submit one action photograph on running or cycling activity.
 - E-Certificate will be provided to the registered participants after campaign is over.
 - Participation activity submission link: <https://forms.gle/kKNeCa9pwwdq5B278>
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Professor Anand Prakash
Chairman
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Mahatma Gandhi Central University, Bihar

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75th आजादी का
अमृत महोत्सव
YEARS OF INDIA'S INDEPENDENCE



सत्यमेव जयते
MINISTRY OF YOUTH AFFAIRS &
SPORTS
Government of India

FIT
INDIA

FIT INDIA FREEDOM RUN 2.0

13 August to 2 October 2021



.....**FITNESS KI DOSE**
AADHA GHANTA ROZ.....

It can be run anywhere, anytime

- ★ **Run a route of your choice, at a time that suits you.**
- ★ **Break-up your runs.**
- ★ **Run your own race at your pace.**



Organized by

Fit India Campaign Committee

MAHATMA GANDHI CENTRAL UNIVERSITY, BIHAR