

FIT INDIA - Freedom Run 2020

(AN INITIATIVE BY MINISTRY OF SPORTS AND YOUTH AFFAIRS, GOVT. OF INDIA UNDER THE FIT INDIA PROGRAM)

Fit India Movement is conducting the Fit India Freedom Run to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases, etc.

PERIOD: 14th – 27th SEPTEMBER
DURATION: 2 WEEKS
CUMULATIVE TARGET: 20,000 KM
NUMBER OF PARTICIPANTS: UNLIMITED

INSTRUCTIONS TO PARTICIPANTS:

- Run / walk a route of your choice, at a time that suits you.
- Break-up your runs / walk
- Run / walk at your own pace.
- Track your distance covered using any distance tracking app or GPS watch.
- Few distance tracking apps include Google Fit, StrideKick, Strava and Nike Run
- Please send the data to your department Head



500 SRIHERIANS X RUN/WALK FOR 4 KM/DAY X 10 DAYS = 20,000KM

For queries and assistance, please contact Mr. Anandram,
Assistant Manager, CSS, Extn. 3919,
email - anandram@csstrucoach.in Or call / whatsapp CSS Mobile : 9840999830

Fit India - Freedom Run 2020

(An initiative by Ministry of Sports and Youth Affairs, Govt. of India under the Fit India Program)

Fit India Movement is conducting the **Fit India Freedom Run** to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases, etc.

- SRIHER Fitness Club will be registering Sri Ramachandra Institute of Higher Education and Research (SRIHER) as an organizer for the Freedom Run 2020.
- Our target will be to cover a cumulative distance of **20,000 km** in two weeks during this event.
- All the staff and students of SRIHER are encouraged to participate in this initiative.
- The target would be achieved even if 500 staff/students run/walk for a distance of 4 km in a day for 10 days during this 2 weeks. It would be great if we overshoot the target.

500 SRIHERians X Run/walk for 4 km/day X 10 days = 20,000km

Period: 14th – 27th September

Duration: 2 Weeks

Cumulative Target: 20,000 km

Number of participants: Unlimited

Details of Implementation:

All the departments of SRIHER shall be encouraged to take part in the competition by a circular from university office

Responsibilities of Department Heads:

- Encourage all its faculty and staff to participate in the Run.
- Appoint a staff in-charge and student in-charge to record and monitor daily data.
- Arrange to send the collated data report weekly (in the format sent) and forward it by email to Dr. K. A. Thiagarajan, Secretary, SRIHER Fitness club drthiagarajan@sriramachandra.edu.in

Instructions to Participants:

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- Track your distance covered using any distance tracking app or GPS watch.
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At the end of this 2 weeks challenge period, all data will be combined and authorised by Chairman of the SRIHER Fitness Club for uploading into the Fit India Portal.

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Thank you