

Fit India Campaign – 2020

Dear Learners,

Greetings from IGNOU Regional Centre, Noida!

You will be glad to know that IGNOU Regional Centre, Noida is organizing **Fit India Freedom Run under the aegis of Fit India Movement from 11th September to 30th September, 2020** to encourage fitness amongst its learners. The concept behind this run is that **"It can be run anywhere, anytime!"**

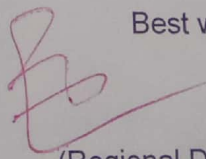
You may:

- Run a route of your choice, at a time and date that suits you between **11th September and 30th September, 2020** (choose any day between these dates).
- Break-up your runs.
- Run your own race at your own pace (Walk/Jog/Run).
- Track km (as many km as you want within your physical capacity) manually or by using any tracking app or GPS watch.
- Upload your 2 best photographs (while walking/jogging/running) with **"Freedom Run"** clearly and visibly written on at least A-4 size paper and pasted on the shirt/t-shirt at the front. The link for uploading the photograph is <https://forms.gle/RQeXjYVhm9zpvhqT9>
- Short videos of upto 30 seconds may also be uploaded.
- e-Certificates will be provided to all the learners who participate in this event.

You are suggested to follow the social distancing norms during the event.

Stay Safe Stay Healthy!

Best wishes,


(Regional Director)
IGNOU Regional Centre
Noida