

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



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No. NSS/ECD/2021-2022/143.
Date: 11.08.2021

To,
The Principal of Colleges having NSS Unit.

Sub:- Celebration of Azadi ka Amrit Mahotsav- planned Fit India Freedom Run from 13th August to 2nd October 2021 reg..

Dear Sir/Madam,

The Ministry of Youth Affairs & Sports has planned 'Fit India Freedom Run 2.0' to commemorate "Azadi ka Amrit Mahotsav" from 13th August to 2nd October 2021. Citizen will be given a call to make a resolve to include physical activity of at least 30 minutes daily in their lives, i.e. FITNESS KI DOSE AADHA GHANTA ROSE.

Fit India Freedom Run 2.0 is based on the theme "Jan Bhagidari se Jan Andolan" which aims at encouraging more & more participation in fitness run. People may participate in the run either by assembling at a particular place observing covid-19 protocols or through Virtual Run. In Virtual Run, one can run/walk a route of his/her choice, at a time that suits him/her. One can even take breaks during such run/walks.

To make this initiative successful, we solicit your support by encoring mass participation from students/ NSS Volunteers, fheir family, friends and relatives in the Fit India Freedom Run 2.0. the SOP of the Fit India Freedom Run 2.0 is attached herewith.

In this regard, I am to request you to upload the photographs in Social Media using the hashtags #AzadiKaAmritMahotsav and #Run4India and also in the Official WhatsApp group of NSS Maharashtra for consolidation and further uploading in the Ministry's website. Please submit the data and photos immediately after completion of each day activities.

Yours sincerely,

Mr. Sudhir S. Puranik
Director, NSS

C.C. to 1) The Regional Director NSS, NSS Regional Directorate, Pune.
2) The State NSS Officer, NSS, Govt. of Maharashtra.