

THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE
(Workshop & Maintenance Section)

No. NIHFW/WS/20-19/1/2019

Dated: September 10, 2020

CIRCULAR

Sub: Organizing the 'Fit India Freedom Run' in the NIHFW on 15 September, 2020.

As per the scheme of the Ministry of Youth Affairs and Sports, Department of Sports, Government of India, the NIHFW has planned to introduce a new initiative under the aegis of the Fit India Movement, namely "**Fit India Freedom Run**" started from 15.08.2020 to 02.10.2020.

The 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 any 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.

With the approval of Director, NIHFW, the fit India Freedom Run is planned to be held on **15.09.2020 (Tuesday)**. The Run will be held in following manner:

1. Assembly and starting point will be **Annual Day Park** of Institute at **12.00 Noon**. Director will address the gathering of Faculty/Staff/students (organized with Social distancing norms) about the **Fit India Freedom Run**.
2. The Run will be started at **12.15 PM** and the end point will be parking space of the International Hostel. There could be no specific routes, as per the spirit of the Run, participants may follow any route up to the International Hostel to reassemble at the designated place at **12.45 PM**.
3. Director will dedicate the "**Fitness Path - स्वास्थ्य पथ**" (in line with PM House's naturopathy health pathway* created in the Institute behind International Hostel premises) for promoting **Fit India Movement**. (*to watch, please click link > <https://www.youtube.com/watch?v=YBJUXyzTH1g>)
4. The participants will be served soft drink for health.
5. A digital certificate will also be provided to the participants enrolling on the digital platform link given in our website.
6. All the photos & reports shall be uploaded on 'Fit India portal' and forwarded to Ministry as well.

To make this event successful, all the faculty/staff/MD/DHA/Ph.D. students/ Project staff/contractual employees in the Institute/family members of the employees etc. are requested to participate and registered themselves on portal link: <http://14.192.19.135/nihfw/fitindia/> or by applying in attached form and send it to dineshkumarsaini@nihfw.org by **14-09-2020**. **All participants must ensure social distancing norms of 2 Guzz and wear mask or face covers while participating in the event, else they will not be allowed to participate.**

This issues with the approval of Director, NIHFW.

Sd/-

(Anil Kumar)

Dy. Director (Admn.)

Copy to:

1. All HoDs/Faculty/Sectional Heads/Nodal Officers of various projects.
2. RWA, NIHFW – with a request to bring it to the notice of all the residents.
3. Faculty Incharge, WMS.
4. SPA to Director, NIHFW.
5. PA to D.D.(A.)/Dean, NIHFW.
6. In charge Communication – to prepare a digital Certificate for the Participants with the help of CHI.
7. Incharge Canteen – to arrange soft drink for the participants.
8. Mr. A.A.A. Khan – for Photography arrangements on the event
9. Mr. B.K. Sharma – to arrange PA System at the designated venues

--- " खेलेगा भारत, तो खिलेगा भारत " ---

Performa for Participation in "Fit India Freedom Run" to be held on 15-09-2020

Name of the Officials	Designation/ Section/Deptt	Contact Details Mobile /Emails	Address

(Sign of the Official)