NOTIFICATION

Fit India Freedom Run from 15th August to 2nd October 2020

CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of our stakeholders especially the school students.

With the motto "RUNNING: The human body's most raw form of FREEDOM", Fit India Movement is conducting Fit India Freedom Run from 15th August – 2nd October 2020 to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run anywhere, anytime!"

Participants

- Run a route of their choice, at a time that suits them.
- Break-up your runs.
- Run their own race at their own pace.
- Track kms manually or by using any tracking app or GPS watch.
- Post their pictures on their social media with #Run4India

Please Note that:

- School will upload the data of total number of participation and cumulative distance covered by the participants on the Fit India Portal. www.fitindia.gov.in
- CBSE and FIT INDIA Mission advise the Schools and individuals to follow the social distancing norms and encourage the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.

All Schools affiliated to CBSE are therefore, requested to share the information about the event with all students, teachers & staff, so that maximum number of students, teachers, staff and their families can run/walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).

For any query and feedback, the schools may visit https://fitindia.gov.in/fit-india-freedom-run/

(Dr. Biswajit Saha)
Director (Training and Skill Education)
Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
9. The Additional Director General of Army Education, A–Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
11. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions for compliance.
12. All Director/Heads/In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. EO to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Director (Information Technology), CBSE
19. SPS to Director (Academics) CBSE.
20. SPS to Controller of Examinations, CBSE
21. SPS to Director (Skill Education), CBSE
22. SPS to Director (Professional Exam), CBSE

Director (Training and Skill Education)
SOP (Standard Operating Procedure)
For Schools for FIT INDIA FREEDOM RUN Event

1. School will request students, their families, staff to run/ walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).

2. Participants
   a. run a route of their choice, at a time that suits them;
   b. run their own race at their own pace;
   c. track kms manually or by using any tracking app or GPS watch;
   d. post their pictures on their social media with #Run4India

3. School will upload the data of total number of participants and cumulative distance covered by the participants on Fit India Portal.

How to register and upload the data on Fit India portal-

Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/google) and on the top address bar please type www.fitindia.gov.in once you open the website below screen will appear.
Step 2: Please click on the banner for Fit India freedom Run where it says **Click Here** below screen will appear

![Image of the Fit India Freedom Run banner](https://fitindia.gov.in/fit-india-freedom-run/)

**Fit India Freedom Run**

*RUNNING: The human body’s most raw form of FREEDOM*

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- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own pace at your pace.
- Track your km's manually or by using any tracking app or GPS watch.

**Mode of participation:**

- Participation can be done through the Fit India Website either via
  - Organiser’s platform or
  - Those who have undertaken their own run can individually submit their data and download the certificate.

**Note:**

1. Organisers will have to register their run/marathons on Fit India portal (www.fitindia.gov.in). They will use the Fit India Logo for all promotional media and provide the data of participants with their cumulative km’s covered.

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Step 3: Tick the disclaimer and Click on **Organise/Participate**

![Image of the Fit India Freedom Run registration page](https://fitindia.gov.in/fit-india-freedom-run/)

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Step-4: Once you click below screen will appear, please click on Register as an organiser.

Step-5: If you are already registered user with us you can click on login or if you are new user please register yourself as School.
Step-6: One you have logged in below screen will appear for organising the **Fit India Freedom Run Event**.

Step-7: Please enter the details of the event and click on **submit** to download the **certificate**.
Congratulations to

Shubham

FOR SUCCESSFULLY PARTICIPATING IN
FIT INDIA FREEDOM RUN

From 15th August - 2nd October

www.fitindia.gov.in