



ASSAM UNIVERSITY

FIT INDIA FREEDOM RUN 2.0 TO COMMEMORATE 75 YEARS OF INDIA'S INDEPENDENCE

13th August to 2nd October 2021

In connection with the celebration of 75 years of India's Independence – "Azadi Ka Amrit Mahotsav", Fit India Mission has conceptualized **Fit India Freedom Run 2.0** as one of the pillars to commemorate the occasion. "Fit India Freedom Run" campaign will be on the concept of virtual run in continuum from 13th August to 2nd October 2021 to keep the imperative need of active fitness even while following the social distancing norms and help us all to get freedom from obesity, laziness, stress, anxiety, diseases, etc. The concept behind this run is that *'It can be run anywhere, anytime. You run a route of your choice, at a time that suits you. Basically, you run your own race and time your own pace'*. **In this regard, the students, research scholars, teaching and non-teaching staff members of the University and their families are requested to register themselves on Fit India Portal (fitindia.gov.in) using the link given below:**

<https://fitindia.gov.in/freedom-run-2.0>

To ensure the momentum of the campaign from 13th August to 2nd October 2021, the University fraternity is requested to make a resolve to include physical activities of at least 30 minutes daily in their lives i.e. FITNESS KI DOSE AADHA GHANTA ROZ.

As per notification issued by the Registrar vide No. AU/ES/OBS-47/2011 dtd 11th August 2021, a Run 4 India is arranged on the occasion of Pre-independence Day Celebration at 12.00 noon on 13th August 2021. All employees are requested to assemble at Administrative Building and participate in the Run 4 India from Administrative Building to Main Gate.

Further activities to be organized by the University to commemorate the occasion will be notified in due time.

Dy. Director (S & PE) and
Secretary, AU Sports Board
Date 12 – 08 -2021

No. AU/SPE/224/21

Copy for kind information and wide circulation to:

1. PS to VC for kind information of the Hon'ble Vice Chancellor
2. All Deans
3. Registrar / Finance Officer/COE /Librarian
4. HODs of Academic Deptts
5. Director, CDC /Director, Sports Board / Director, IQAC / Director, Computer Centre / NSS Cell Programme Co-ordinator
6. All other officers
7. DSW / Proctor
8. President & Secretary, AUTA / AUNTEA
9. All Students and Research Scholars

Dy. Director (S & PE) and
Secretary, AU Sports Board