



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/DIR./SE&T/Fit India/2020

14.08.2020
Notification No: 72/2020

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)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002

