

**FIT
INDIA**



**INSTITUTE OF TECHNOLOGY UNIVERSITY OF KASHMIR
ZAKURA CAMPUS SRINAGAR
NAAC ACCREDITED "A"**



ORGANIZES
"FREEDOM RUN FOR WOMEN"
FROM 5th DEC. TO 7th DEC. 2020
The concept behind this run is that "It can be run anywhere, anytime"

**ASSISTANT DIRECTOR
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**SPORTS
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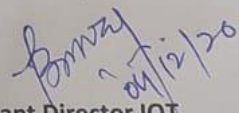
Sports wing of Institute of Technology is contemplating to organize "**FREEDOM RUN for women**" Under the aegis of FIT INDIA MOVEMENT - from 5th December to 7th December 2020 for the female students/ staff of IOT Zakura Campus to encourage fitness and help all to get freedom from obesity, laziness, stress, anxiety, depression and diseases etc.

Due the COVID-19 it is not possible to conduct the road race and other sports activities at IOT Zakura Campus, because there is a need to maintain the social distancing and avoid the crowd in this pandemic.

So "**FREEDOM RUN for Women**" is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing.

Instructions/Rules for the Run.

1. The concept of a Freedom Run is that the participants run/walk along a route of their own choice, at a time that suits her.
2. The run/walk may be arranged for one day or any number of days from 5th December to 7th December 2020. During the days of run/walk, participants will keep a track of cumulative distance Covered.
3. The events will be 1kms, 2kms, & 3kms Run (participants can participate in any one or more events)
- 4 participants can even take breaks during such run/walk and track the kms by using any tracking app or GPS watch and will upload the tracking image/screenshot on the link or mail Id (to be Provided later) after completion of the race. Google forms will be provided and the participants will submit their bio-data and entries through online mode.
7. All the participants who submit their running data will be provided e-certificates by IOT Zakura Campus.
8. All the participants will receive an e-certificate on their respective emails.


Assistant Director IOT