# OFFICE OF THE ASSIATANT DIRECTOR PHYSICAL EDUCATION AND SPORTS

**UNIVERSITY OF KASHMIR, ZAKURA CAMPUS**

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Sports wing of Institute of Technology is contemplating to organize **"Fit youth Fitness Run"** from 18th November – 20th November 2020 for the students of IOT Zakura Campus to Encourage Fitness and help all to get freedom from Obesity, Laziness, Stress, Anxiety, 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 crowed in this pandemic. So **“Fit Youth Fitness Run”** is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing.

# Instructions/Rules for Run:

1. The concept of a Freedom Run is that students can run/walk along a route of their own choice, at a time that suits him/ her, basically Students runs their own race and times their own pace.
2. The run/walk may be arranged for one day or any number of days from 22 Nov-24 Nov- 2020.During the days of run/walk, participants will keep a track of cumulative distance covered.
3. The Events will be 2kms, 3kms, & 5kms Run (students can participate in any one or more events on any day from 22th Nov-24th Nov-2020.
4. Track your kms manually or by using any tracking app or GPS watch. Students can Run/walk at their place and at their own pace.
5. Students can even take breaks during such run/walk.

# Students will upload the tracking image/screenshot on the link or mail I’d (will be provided later) after completion of the race. Google forms will be provided and students will submit their bio-data and entries online.

1. All the participants who submit their running data will be provided e-certificates by IOT zakura campus.
2. All the participants will receive an e-certificate on their respective emails.

Assistant Director Phy. Edu & Sports, IOT

1. **Registration is open on following link**

<https://forms.app/form/5fb2ac48d42afb6de5d5f31c>

1. **Evaluation link for uploading the data and records**

<https://forms.app/form/5fb2b139d42afb6de5d60802>

1. **Join WhatsApp group on the link below**

<https://chat.whatsapp.com/LOBPDAWaCMCGYU0HvWZnlR>