

TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED 'A' GRADE INSTITUTE

Ref. No.: TIAS/2020-21/FITNESS-CLUB/004

DATED: 19.09.2020

Notice

Kind Attention: MCA, BBA, BA (J&MC), BCA

Subject: FIT India Freedom Run under the aegis of FIT India Movement.

With reference to the department of Sports D.O. letter No. Ko15017/7/2020-MDSD, dated 11th August 2020, the "FIT India Freedom Run" under the aegis of FIT India Movement has been started by the Department of Youth Affairs from 15th August 2020 and scheduled under continuum till 2nd Oct, 2020.

Fit India Freedom Run is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing. The concept of a Freedom Run is one can run/walk along a route of his/her choice, at a time that suits him/ her. One can even take breaks during such run/walk. Basically, one runs his own race and times his own pace.

In order to make the initiative successful and in view of the above cited subject TIAS is going to organize "Fit India Freedom Run" in which the students and faculty members are required to run/walk on 26.09.2020 and 27.09.2020. Any of the day according to the feasibility and Convenience of the participants. During the day of run, participants will run or walk and will keep the record of distance covered and will inform to their class incharges through their live or geotag photos and the distance covered.

Participants can:

- a. Run a route of their choice, at a time that suits them.
- b. Break-up their runs.
- c. Run their own race at their own pace
- d. Track kms manually or by using any tracking app or GPS watch

All the respected HODs and Class Incharges of the respective programmes requested to encourage and motivate their students and faculty members for the same.

Details of the session are listed below:

Date & Day: 26.09.2020 and 27.09.2020, SATURDAY and SUNDAY

Time: According to your Convenience



Dr. Rohtash Kumar
Incharge (Fitness Club)



Director, TIAS

CC to:

1. HOD - MCA, BCA, BBA, BJMC, Dean and Head IQAC
2. IT Dept. For uploading on the website.