

Fit India Freedom Run 3.0



Under the **Azadi Ka Amrit Mahotsav (AKAM)**



As per the directives of Department of Sports, Ministry of Youth Affairs & Sports, Govt. of India, **Fit India Freedom Run 3.0** event was organised under Azadi Ka Amrit Mahotsava at **Arid Forest Research Institute, Jodhpur** on the theme, “**Azadi Ke 75 Saal, Fitness Rahe Bemisaal**” as an Endeavour to promote fitness and creating awareness amongst the staff/Scholars/workers etc. of AFRI & their family members. Two days event was performed separately for men & women on 18 & 19 Oct, 2022. In the two days event of 2 km run, 84 participants (Male) participated on **18.10.2022** and 30 participants (Female) participated on **19.10.2022**. The event was organized by Sh. Deepak Kumar, Sci. B, Sh. Dhanaram, STO & Sh. Jugal Kishore Gaur, Forest Guard. Sh. R. K. Gupta, Nodal Officer, AFRI for Fit India Freedom Run 3.0 coordinated the event.

- Name of the Activity performed: 2 Km Run for male & female
- Total Number of Participants: 114 (84 Male+30 female)
- Total Kilometer Covered: 228 km
- After completion of the event all the participants gathered at a place and slogan “**Azadi Ke 75 Saal, Fitness Rahe Bemisaal**” was spoken by everybody three times.



