

भारत सरकार/GOVERNMENT OF INDIA
रेल मंत्रालय /MINISTRY OF RAILWAYS
रेलवे बोर्ड/RAILWAY BOARD

No. E(G)2021/CL-4/1 Pt.I

New Delhi, Dated: 11.08.2021

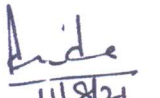
**The General Managers,
All Zonal Railways, PUs/PSUs
All Centralised Training Institute,
RDSO, METRO & CORE.**

Sub: 'Fit India Freedom Run 2.0' to commemorate "Azadi ka Amrit Mahotsav" on one of the pillars of the celebrations, i.e., Resolves@75 from 13th August, 2021 till 2nd October, 2021.

A copy of the D.O. letter dated 05.08.2021 along with its enclosure from Shri Atul Singh, Joint Secretary, Ministry of Youth Affairs & Sports, Department of Sports on the above noted subject is sent herewith for information and compliance.

2. It is desired that all possible steps be taken at your end to make this initiative '**Fit India Freedom Run 2.0**' successful and a big hit by encouraging a mass participation from among the Indian Railways' employees, their families and relatives. An SOP of the Fit India Freedom Run 2.0 is attached herewith. All precautionary measures related to COVID-19 may be taken while organizing activities related to this campaign.

DA: As above.


11/8/21
**(Anita Gautam)
Director Estt.(General)
Railway Board**

अतुल सिंह
संयुक्त सचिव
ATUL SINGH
Joint Secretary



सत्यमेव जयते

Chairman, Railway Board
e-office No. 942182
Date 9.8.2021

भारत सरकार
युवा कार्यक्रम और खेल मंत्रालय
खेल विभाग

GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
DEPARTMENT OF SPORTS
TEL. : 91-11-23384152
TEL. : 91-11-23070830
5th August, 2021

D.O. No.

Respected Sir,

This Ministry has planned 'Fit India Freedom Run 2.0' to commemorate "Azadi ka Amrit Mahotsav" on one of the pillars of the celebrations, i.e., Resolves@75, from 13th August, 2021 till 2nd October, 2021. Our citizens will be given a call to make a resolve to include physical activity of at least 30 minutes daily in their lives, i.e., FITNESS KI DOSE AADHA GHANTA ROZ.

2. In this edition, 'Fit India Freedom Run 2.0', "Jan Bhagidari se Jan Andolan" is the theme aiming at encouraging more and more participation. People may participate in the Run either by assembling at a particular place observing Covid-19 protocols or through Virtual Run. In Virtual Run, 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 one's own race and times one's own pace.

3. To make this initiative successful, this Ministry solicits your kind support by encouraging a mass participation from among the Indian Railways' employees, their families and relatives in the 'Fit India Freedom Run 2.0'. I will be grateful for the support accorded by Railways to promote 'Fit India Freedom Run 2.0' and making it a big hit. An S.O.P of the Fit India Freedom Run 2.0 is attached herewith. Ms. Ekta Vishnoi, Mission Director- Fit India (+91 75881 81543) is the Nodal Officer from this Ministry. This has been approved by Secretary, Department of Sports, MYAS.

With regards,

Yours sincerely,

(Atul Singh)
Joint Secretary

Enclosed: As mentioned

To,
Shri Suneet Sharma
Chairperson, Railways Board
256-A, Raisina Road, Rajpath Area,
Central Secretariat, New Delhi 110001

6/8/2021

Am/HR

Atul Singh
11-8-2021
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DE (W)

Atul Singh
11/8/21

Ekta Vishnoi
10/8/2021
9/8



सूचना का
अधिकार

