



## **SYMBIOSIS LAW SCHOOL, NAGPUR**

Constituent of Symbiosis International (DEEMED UNIVERSITY), Pune

Re-accredited by NAAC with "A" Grade (3.85/4) – Awarded Category – I by UGC

Founder: Dr. S.B. Mujumdar, M.Sc. Ph.D. (Awarded Padma Bhushan and Padma Shri by President of India)

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### **Report**

**“Virtual Run/Walk - Fit India freedom Run 3.0 #Azadi Ka Amrit Mahotsav  
#Run4India”**

**12<sup>th</sup> to 17<sup>th</sup> October, 2022**

This year, Fit India Mission has decided to organize the 3<sup>rd</sup> edition i.e. Fit India Freedom Run 3.0, from 2nd October to 31<sup>st</sup> October 2022 under Azadi Ka Amrit Mahotsav (AKAM) initiative. Till date, two editions of the campaign have been held in 2020 and 2021 respectively. Fit India Mission in its endeavor to promote fitness and create awareness amongst countrymen keeps coming up with innovative fitness campaigns to indulge people in fitness activities. Fit India Mission converges with Swachh Bharat Abhiyan with Fit India Plog Run where fitness meets Swachhta in a form of engaging fun-loving exercise is now entailed in Fit India Freedom Run culminating where we discover litter-free clean surroundings while running.

Fit India Freedom Run was conceived in 2020 when the entire nation started following social distancing in a ‘new normal’ lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms. The campaign’s objective is to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases, etc. The Fit India Freedom Run is yet another endeavor to strengthen the Fit Indian Movement and involve citizens to embrace fitness as a way of life to remain fit on the grand occasion of India’s 75th Independence year completion i.e. **“Azadi ke 75 saal, fitness rahe bemisaal”**.

In continuation with the Fit India Freedom Run 2.0 edition to support the 3<sup>rd</sup> edition i.e. Fit India Freedom Run 3.0 initiative of the Government of India, Sports Council of Symbiosis Law School, Nagpur has organized 5 kilometers Run/Walk from 12<sup>th</sup> October to 17<sup>th</sup> October 2022, a **“Virtual Run/Walk under Fit India Freedom Run 3.0 #Azadi Ka AmritMahotsav & #Run4India”**. Running and Walking is a sustainable practice and a holistic health option that everyone could

access and help improve mental health, Vitality and boost immunity naturally. The virtual event was organized for the students and staff of Symbiosis Law School, Nagpur.

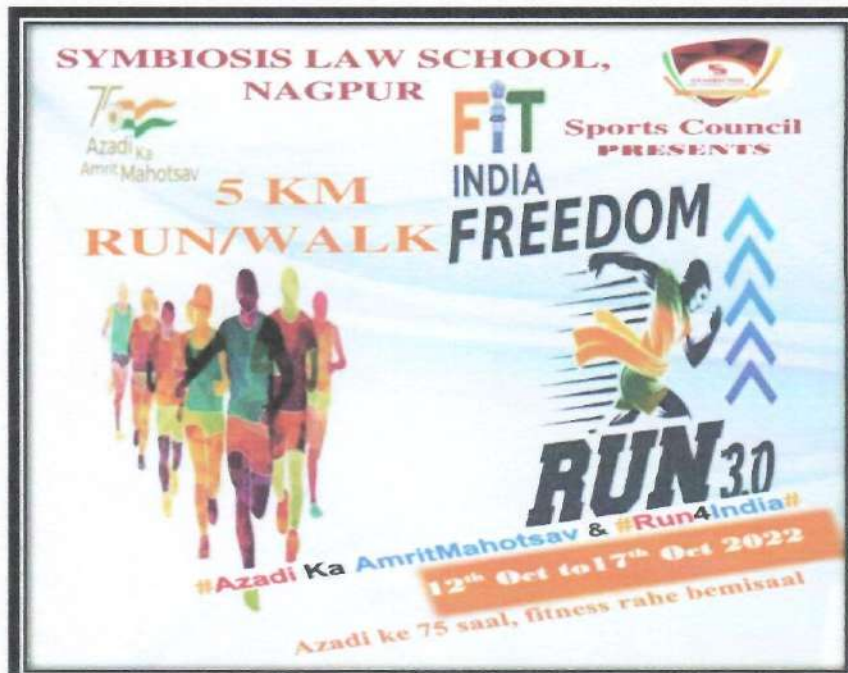
Participants will be allowed to run at their own place and at their own pace at a time convenient to them during the campaign period. The concept behind this run/walk is that, it can be run/walked at anytime and anywhere!

The students, Faculties and staff took the participation in the Virtual event with the spirit of India's 75th Independence year completion i.e. **"Azadi ke 75 saal, fitness rahe bemisaal"** and completed the 371 kilometers during the period.

The Council Members worked hard and made the event Successful.

### Screen Shot of Virtual Run/Walk of Participant





**Certificate of Organizing the Fit India Freedom Run/Walk 3.0**



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**Director**  
**Symbiosis Law School**  
**Nagpur**