



राष्ट्रीय प्रौद्योगिकी संस्थान जमशेदपुर
NATIONAL INSTITUTE OF TECHNOLOGY JAMSHEDPUR

(An Institution of National Importance under MoE, Government of India)

कुलसचिव का कार्यालय

OFFICE OF THE REGISTRAR

Ref. No. NITJSR/REG/CD/2021-22/544.

Date: - 12/8/2021

NOTICE - 215/2021

FREEDOM RUN EVENTS

In connection with 75th Independence Day as "Resolves@75", Fit India Freedom Run 2.0 will be launched on 13th August 2021 by the Ministry of Youth & Sports. All the 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 AADHE GHANTA ROZ. All stakeholder's cooperation is expected to make it success.

The institute will organize **Freedom Run events** on **13/08/2021**. All the NIT JSR family is cordially invited to participate in this event.

The details of the program are listed below:

Date: **13/08/2021** (Friday)

Time: **6.00 AM**

Venue: **Children Park in front of Guest House**

Categories:

1. Men Micro Marathon (5 kms): below 50 years
 2. Men Walkathon / Micro Marathon (5 kms): 50 years 1 day and above
 3. Ladies Walkathon / Micro Marathon (Distance as decided by lady participants)
 - a. More than 60 years will be given 3 minutes advantage
 - b. More than 50 years will be given 2 minutes advantage
 4. Children above 5 feet
- Route chart will be as per previous events.
 - P/I Sports and Athletics Activities will coordinate the event.
 - Chairman HKGC is requested to ensure cleanliness of the Venue.
 - Chairman, Security Services is requested to ensure traffic control through supervisors, to reposition security guards at required locations on the entire route, detail Gypsy and motorcycles for traffic control and help in other administrative arrangements.
 - Chairman Medical Services is required to ensure attendance of Nursing Assistant/Medical Officer.
 - P/I Vehicle Section is requested to detail Ambulance.
 - The event will be organized keeping COVID-19 safety precautions in view. All are requested to strictly follow the extant guidelines.

Col (Dr) N.K.Rai (Retd)
Registrar

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