



REPORT ON FREEDOM RUN 2.0

Name of the Event	:	Freedom Run 2.0
Date of Event	:	25th – 29th August, 2021
Participants	:	Classes I-XII
Organised By	:	Sports Department

Freedom Run was organised by Sports Department under Fit India Movement. This event was organised from 25 – 29 August, 2021. Students of Classes I-XII participated in this run. This run was organised to encourage fitness and freedom from stress, anxiety, obesity and various other diseases. The idea behind this fitness event is that one can run anywhere, anytime, outdoors as well as indoors. The choice was given to the participants to run on the spot, on the terrace, in the garden or go out for a stroll, run on a route at a suitable time of their choice and run their own race at their own pace. Pictures of enthusiastic participants were uploaded on Fit India site and the proud participants took out their participation certificates. Running statistics was submitted daily for 5 days.