



**icmr**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH  
Serving the nation since 1911

भारतीय आयुर्विज्ञान अनुसंधान परिषद  
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार  
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research  
Department of Health Research, Ministry of Health  
and Family Welfare, Government of India

No.18/2021-Admn-II

Dated: 11.08.2021

To,

The Directors/Directors-in-Charge of  
permanent Institutes/Centres of ICMR.

Subject: India Freedom Run 2.0 – Fit India Mission.

Sir/Madam,

I am directed to refer email dated 05.08.2021 received from Joint Secretary, Ministry of Health & Family Welfare New Delhi on the subject mentioned above.

It is requested to all Directors/Directors-in-Charge to arrange a run by ICMR staff/students and send the report alongwith photos of this event for onward submission to Dr. Enna Dogra, Scientist-E, ICMR Hqr. Office, New Delhi for compilation.

Yours faithfully,

(Jagdish Rajesh)  
Asstt. Director General (Admn.)

Encl: As above

Copy to:-

1. PS to DG/ Sr. DDG /Sr. FA
2. All Divisional Heads
3. DDG (A)
4. ADG (A)/ADG(F)
5. Dr. L.K.Sharma, Scientist 'E' – soft copy of the same has been mailed at your email ID([sharma.lk@icmr.gov.in](mailto:sharma.lk@icmr.gov.in)) for website upload.

Email

Prof. Balram Bhargava

Fwd: India Freedom Run 2.0- FIT India Mission

**From :** Prof. Balram Bhargava  
<balram.bhargava@gov.in>

Thu, Aug 05, 2021 04:15 PM

**Subject :** Fwd: India Freedom Run 2.0- FIT India  
Mission

1 attachment

**To :** rajeev roy <rajeev.roy@gov.in>

Secretary (DHR) Office

FTS No. 2281621

Date : 6.8.21

**From:** "Prof. Balram Bhargava" <balram.bhargava@gov.in>

**To:** "Balram Bhargava" <balrambhargava@yahoo.com>, "Anu Nagar"  
<anu.nagar1@gov.in>, "geetan" <geetan@nic.in>

**Cc:** "Secretary DHR" <dg@icmr.org.in>

**Sent:** Thursday, August 5, 2021 3:38:29 PM

**Subject:** Fwd: India Freedom Run 2.0- FIT India Mission

JS(GN) (JS(AN)) /

BB 205 (Adm) (21)

**From:** "Mrs Padmaja Singh" <padmaja.singh@nic.in>

**To:** "Prof. Balram Bhargava" <balram.bhargava@gov.in>, "Dr(Mr) Sunil Kumar"  
<dghs@nic.in>, "Mr Nilambuj Sharan" <nilambuj.sharan@nic.in>, "Nipun Vinayak"  
<vinayaknipun@nic.in>, "js memohfw" <js.memohfw@gov.in>, "Ms Gayatri Mishra"  
<g.mishra@nic.in>, "Dr. (Mr.) P. Ashok Babu" <jsrch-mohfw@gov.in>, "jsncdmohfw@gov.in", "Ms Rekha Shukla" <rekha.shukla@nic.in>, "Mr Lav Agarwal"  
<alav@ias.nic.in>, "Dr(Mr) Dr Mandeep Kumar Bhandari" <mandeep@ias.nic.in>, "Dr. (Mr.) P. Ashok Babu" <jsrch-mohfw@gov.in>, "Arun Kumar"  
<arun\_kumar@nic.in>, "Ms Preeti Pant" <p.preeti@nic.in>, "jsuh mohfw"  
<jsuh.mohfw@gov.in>, "Rajiv Manjhi" <rajiv.manjhi@nic.in>

**Cc:** "alok saxena" <Js@naco.gov.in>, "alok saxena02"  
<alok.saxena02@gmail.com>, ash-mhfw@nic.in, "Smt. Arti Ahuja"  
<artiahuja@nic.in>, "Ms Vandana Gurnani" <vandana.g@ias.nic.in>, "Office of Dr.  
Manohar Agnani" <as-agnani@gov.in>, "Mr Vikas Sheel" <sheelv@ias.nic.in>, "Mr  
Vikas Sheel" <sheelv@nic.in>

**Sent:** Thursday, August 5, 2021 3:17:18 PM

**Subject:** India Freedom Run 2.0- FIT India Mission

Madam/Sir,

As you are aware Hon'ble Prime Minister launched the FIT India Mission on 29.08.2019 to take India on a path of wellness and fitness. This year Department of Sports has planned the **FIT India Freedom Run 2.0** to coincide with Independence Day Celebrations. The salient points of the Run are as follows:

To ICMR for n/a

All 9/8/21

Nawal, SA

- (i) The Run can be organized on any day from 13.08.2021 to 02.10.2021.
- (ii) It can be both a **Virtual Run** (Run anywhere, anytime, individually or in company and hash-tagged #Run4India) or an **Organized Event**.
- (iii) Runners may register for the Freedom Run on FIT India portal.
- (iv) Covid protocols to be followed.
- (v) The Run can be organized around iconic locations in your city. (Attached).
- (vi) For details please contact Ms. Ekta Bishnoi, Ph - 7588181543 or at [fitindia@gov.in](mailto:fitindia@gov.in)

You are requested to kindly arrange to inform the institutions under your charge to organize for the Run and hashtag appropriately.

Please join in to make the event a success and remember to share your experience on Social Media using the hashtag **#Run4India**

**Padmaja Singh**  
**Joint Secretary (SNA,VI,MT)**  
**Ministry of Health and Family Welfare**  
**Government of India**  
**Nirman Bhawan**  
**New Delhi**  
**Tel-23061656**

---

 **Final @ 75 (1).pdf**  
9 MB

---