



OFFICE OF THE ASSISTANT DIRECTOR PHYSICAL EDUCATION AND  
SPORTS

UNIVERSITY OF KASHMIR, ZAKURA CAMPUS

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Sports wing of Institute of Technology is contemplating to organize "Fit youth Fitness Run" from 18th November – 20th November 2020 for the students of IOT Zakura Campus to Encourage Fitness and help all to get freedom from Obesity, Laziness, Stress, Anxiety, Diseases etc.

Due the COVID-19 it is not possible to conduct the Road Race and other sports activities at IOT Zakura Campus, because there is a need to maintain the social distancing and avoid the crowd in this pandemic. So "Fit Youth Fitness Run" is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing.

**Instructions/Rules for Run:**

1. The concept of a Freedom Run is that students can run/walk along a route of their own choice, at a time that suits him/ her, basically Students runs their own race and times their own pace.
2. The run/walk may be arranged for one day or any number of days from 22 Nov- 24 Nov- 2020. During the days of run/walk, participants will keep a track of cumulative distance covered.
3. The Events will be 2kms, 3kms, & 5kms Run (students can participate in any one or more events on any day from 22th Nov-24th Nov-2020).
4. Track your kms manually or by using any tracking app or GPS watch.  
Students can Run/walk at their place and at their own pace.
5. Students can even take breaks during such run/walk.
6. **Students will upload the tracking image/screenshot on the link or mail I'd (will be provided later) after completion of the race. Google forms will be provided and students will submit their bio-data and entries online.**
7. All the participants who submit their running data will be provided e-certificates by IOT zakura campus.
8. All the participants will receive an e-certificate on their respective emails.

Assistant Director  
Phy. Edu & Sports,

1. **Registration is open on following link**

<https://forms.app/form/5fb2ac48d42afb6de5d5f31c>

2. **Evaluation link for uploading the data and records**

<https://forms.app/form/5fb2b139d42afb6de5d60802>

3. **Join WhatsApp group on the link below**

<https://chat.whatsapp.com/LOBPDAWaCMCGYU0HvWZnIR>

WPS Office