

NATIONAL SANSKRIT UNIVERSITY
Tirupati – 517 507

F. No. NSU/R/Cir./Run 2.O/2021

15th September 2021

CIRCULAR No. 42

Sub: National Sanskrit University – Administration – AZADI KA AMRIT
MAHOSTAV – FIT INDIA FREEDOM RUN 2.O - Regarding

As a part of the celebration of 75 years of India's Independence, it is hereby informed that the Department of Physical Education, National Sanskrit University, Tirupati is organizing AZADI KA AMRIT MAHOSTAV "FITNESS KI DOSE, AADHA GHANTA ROZ" from 17th September, 2021 to 1st October, 2021. In this connection, the Hon'ble Vice-Chancellor, National Sanskrit University, Tirupati will start the "FIT INDIA FREEDOM RUN 2.O" event on 17th September 2021 at 10.30 AM at Bharatha Matha Statue, Academic Building.

All the participants are requested to register their names and join in telegram group "National Sanskrit University Fit India Freedom Run 2.O" with the following link "<https://forms.gle/XG2tuXz3uhPwEPBH7>".

In this regard, all the Teaching/Non-Teaching staff/students are hereby requested to participate in the event without fail by maintaining COVID-19 appropriate behavior.


REGISTRAR

To

1. Be Circulated among all Teaching and Non-Teaching staff.
2. ICTRC – for media coverage/arrangements.
3. PRO – for suitable publicity



राष्ट्रीयसंस्कृतविश्वविद्यालयः, तिरुपतिः
NATIONAL SANSKRIT UNIVERSITY, TIRUPATI



Department of Physical Education
Celebrating 75 years of India's Independence

AZADI KA AMRIT MAHOSAV
"FITNESS KI DOSE, AADHA GHANTA ROZ"

Activities

"Walk Your Way To Fitness" 75,000 Steps Challenge (15 Days):

- ➔ All the Students, Teaching & Non-Teaching Staff of National Sanskrit University, Tirupati can register for this challenge.
- ➔ For registration please click on the link provided and fill the registration form.
Registration Link: Google Form <https://forms.gle/XG2tuXz3uhPwEPBH7>
- ➔ To monitor your daily step count and submit your performance report participants will have to use any app which provides such information. For example : Google Fit, Samsung Health, etc.,
- ➔ Registered participants will have to complete 75,000 steps between 17th September to 1st October, 2021 (15 days) and share final performance report to the organizers for which link will be shared on Telegram Group.

75 Km Run For Life (15 Days):

- ➔ Run individual or with your family, friends, neighbours, employees with social distancing, any age, gender, eligible to participate in the run for life.
- ➔ Select any suitable date, time and route and run anywhere & anytime.
- ➔ You have to track run by GPS based device.

ORGANIZERS DETAILS:

1. Mr. Sethuram V
8919887601
2. Dr. C. Girikumar
9440195027



Fitness ki Dose Aadha Ghanta Roz

दिनाङ्क: - १७.०९.२०२१



स्वातन्त्र्योत्तरामृतोत्सवसन्दर्भे सशक्तभारतोपक्रमान्तर्गतत्वेन माननीयानां कुलपतीनाम् आचार्याणां वि.म. रलीधरशर्ममहोदयानां नेतृत्वे कुलसचिवानां कमाण्डर् चल्ला वेङ्कटेश्वरमहोदयानामुपस्थितौ केन्द्रसर्वकारस्य सूचनानुसारं विश्वविद्यालयानुदानायोगस्य निर्देशानुसारं "फिटनेस् कि डोस् आधा घण्टा रोज " इति कार्यक्रमः १७.०९.२०२१ दिनाङ्के विश्वविद्यालयस्य परिसरे आयोजितः। अस्मिन् कार्यक्रमे अध्यापकाः शोधच्छात्राः छात्राः कर्मकराश्च धावनेन स्वसहभागम् अगृह्णन् । सर्वे देशवासिनः शारीरिकमानसिकस्वास्थ्येन सशक्ताः नीरोगाश्च भवेयुः इति अस्य कार्यक्रमस्य

उपक्रमे उद्देश्यमस्ति । शरीरमाद्यं खलु धर्मसाधनमिति कालिदासवचनम् एतादृशकार्यकारणेन सम्भवति । येन सर्वे भवन्तु सुखिनः इति वाक्यस्यापि सार्थक्यं सिध्यति ।

