Report on

Fit India Freedom Run 3.0 organized at Forest Research Institute, Dehradun

"Azadi ke 75 saal, fitness rehe bemisaal"

"Fit India Freedom Run" 3.0 campaign is now in its third year with the earlier additions being conducted in the years 2020 and 2021 respectively. The aim of the campaign is to promote fitness and create awareness about health and fitness among the people.

Forest Research Institute (FRI) organized the **"Fit India Freedom Run"** 3.0 for its employees on the 20th of October, 2022. The officers, scientists and staff of FRI gathered in front of the FRI main building. Ms. Richa Misra, IFS Head, Extension Division, FRI welcomed the participants of Fit India Freedom Run 3.0 and invited Dr. Renu Singh, IFS, Director, FRI for addressing the gathering. Director FRI spoke about how people are leading a very sedentary lifestyle and they need to take initiatives to improve their fitness. She stressed that walking and even light running is one activity which can be easily be taken up by people according to their physical capacity. This should be developed into a habit which would help people improve their fitness levels and their work related productivity also. She then flagged off the run formally prior to which Dr. Devendra Kumar, Scientist E, Extension Division, FRI explained the route to be followed in Fit India Freedom Run 3.0. The total run/walk was for about 3.5km. All the participants enthusiastically participated in the run/walk. They again reassembled in front of main building of FRI where a formal vote of thanks was delivered by Head, Extension, Division FRI who also exhorted the participants to maintain their fitness levels through regular running and walking.

 The entire team of Extension Division Dr. Charan Singh, Scientist F, C3oordinator Dr. Devendra Kumar, Scientist E, Mr. Rambir Singh, Scientist –E, Mr. Vijay Kumar, ACF, Ms. Poonam Pant, Section Officer and Mr. Kheema Nand and other staff of Extension Division, FRI contributed a lot towards making the programme successful.

 The glimpses are given below: