



Savitribai Phule Pune University

Department of Sports & Physical Education

Celebrating 75 years of India's Independence

AZADI KA AMRIT MAHOSAV

and National Sports Day

"RESOLVES@75"-Fit India Freedom Run 2.0"

Fitness ki Dose, Aadha Ghanta Roz

(29th August to
2nd October, 2021)



Activities

75,000 Steps Challenge (within 35 days)

- All the Students, Teaching & Non-Teaching Staff from all the affiliated Colleges and University Departments of Savitribai Phule Pune University can register for this challenge.
- For registration please click on the link provided and fill the registration form.
- **Registration Link: Google Form Link:** <https://forms.gle/KtkfZ7BS37usiGSm8>
- 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 29th August to 02nd October, 2021 (35 days)** and share final performance report to the organizers for which link will be shared on Telegram Group.

75 Km Run For Life (within 35 days)

- Run for Life starting from 29th August to 02nd October, 2021.
- 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.
- For registration please click on the link provided and fill the registration form.
- **Registration Link:- Google Form Link:-** <https://forms.gle/KtkfZ7BS37usiGSm8>
- Registered participants will have to complete **75 Km Run between 29th August to 02nd October, 2021 (35 days)** and share final performance report to the organizers for which link will be shared on Telegram Group.

Fitness Challenge

- Departmental activity - Only for Department of Sports & Physical Education students & faculty.

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