



97 Years

Indraprastha College For Women

University of Delhi

Department of Physical Education

Celebrates

AZADI KA AMRIT MAHOTSAV

On the occasion of

75 years of India's Independence

Join us in a 75km walk/run (Virtual)

On the theme

'Fitness Ki Dose, Aadha Ghanta Roz'

- Registration Window- 18 August to 31 August 2021.
- Registration will be conducted through Google Forms.
- Duration for completing this event- 18 August to 30 September 2021.
- Register on any one of these fitness apps to track your progress:
 1. Google Fit
 2. Pedometer
 3. Step Walker
 4. Walking App
 5. Strava
 6. Fitbit
- The progress report needs to be submitted after completion of 25km, 50km, 75km, through screenshots at sports@ip.du.ac.in
- E certificate will be issued to those who will complete the distance till 30 September 2021.

The link for registration is [Sports Freedom75](#)

*Kindly follow all SOPs related to Covid19 during run/walk.

*This event is open for IP College community only.

*Participate at your own risk, in case of any injury or mishap, college authorities will not be responsible.

Dr. Seema Singh
93104 07100

Agrima Nath
8368049551