

Under Azadi Ka Amrit Mahotsav, Extension Division, FRI, Dehradun organized “Fit India Freedom Run-3.0” today on 20th October, 2022 from 7:15am to 8.30am in FRI campus for employees of the institute. Dr. Renu Singh, IFS, Director, FRI, Dehradun inaugurated the event and addressed the participants.

Name of the Activity performed: Fit India Freedom Run-3.0

Total number of participants: 27

Total Kilometers covered: 4.0Km

Rout Chart: Start from Main Building, FRI- Brandis Road-Wilmot Road- Ribben Road-Chaturvedi Road-Pearson Road- Hill Road- Golf Road-Clutterbuck Road-Hart Road- Brandis Road- End/ in front of FRI main building

**List of Participants in Fit India Freedom Run 3.0 under AKAM at Forest Research
Institute, Dehradun
On 20th Oct 2022**

S.No.	Name of Participants	Total KMs covered
01.	Dr. Renu Singh, IFS, Director, FRI	4
02.	Ms. Richa Misra, IFS, Head, Extension Division	4
03.	Dr. H.S. Ginwal, Scientist G, Genetics & Tree Improvement Division	4
04.	Dr. Charan Singh, Scientist F, Extension Division	4
05.	Dr. Santan Barthwal, Scientist F, Genetics & Tree Improvement Division	4
06.	Dr. Devendra Kumar, Scientist E, Extension Division	4
07.	Dr. Manish S. Bhandari, Scientist E, Genetics & Tree Improvement Division	4
08.	Ms. Vijaya Ratre, IFS, Silviculture and Forest Management Division	4
09.	Mr. R. Ezhumalai, Scientist D, Forest Product Division	4
10.	Dr. P.K. Verma, Scientist C, Botany Division	4
11.	Dr. Shruti Godhara, Scientist B, Genetics & Tree Improvement Division	4
12.	Dr. K. Murli, Scientist B, Chemistry and Bio prospecting Division	4
13.	Dr. Balaganesh G., Scientist B, Silviculture and Forest Management Division	4
14.	Dr. Dheeraj Kumar, Scientist B, Botany Division	4
15.	Dr. G.S. Uma, Scientist B, Forest Protection Division	4
16.	Dr. L.R. Laxmikanta Panda, Scientist B, Silviculture and Forest Management Division	4
17.	Dr. Ashutosh Pathak, Scientist B,	4
18.	Mr. Vijay Kumar, ACF, Extension Division	4
19.	Mr. S.S. Rawat, Control Room	4
20.	Dr. V.P. Pandey, CTO, Forest Protection Division	4
21.	Mr. Amol K. Raut, Designer, Botany Division	4
22.	Mr. Virendra Singh Rawat, Photographer, O/o PLO	4
23.	Mr. Kheema Nanad, Store Keeper, Extension Division	4
24.	Mr. Uma Shankar, MTS, Botany Division	4
25.	Mr. Rudra Dev Sharma Technician,	4
26.	Mr. Gaurav Pal, Technician,	4
27.	Mr. Tarun Pal, Technician, Extension Division	4
28.	other	4