



**KAMARAJ IAS ACADEMY**  
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# National Museum of Natural History

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**Why is in news?** Fit India Freedom run 3.0 organized by National Museum of Natural History

As part of Azadi Ka Amrit Mahotsav, National Museum of Natural History, New Delhi and its Regional Centers at Mysuru, Bhopal, Bhubaneswar and Sawai Madhopur is organizing the **Fit India Freedom Run 3.0**.

The theme: **Azadi ke 75 years, Fitness Rahe Bemisal**

Staff of the museum and school children enthusiastically participated in this run which aims to inculcate the habit of walking and running in people in the quest for better health and fitness.

Fit India Freedom Run 3.0 campaign started on 2nd October, 2022 to mark Gandhi Jayanti and will culminate with the unity run on 31st October 2022 at Kevadia, Gujarat.

National Museum of Natural History, New Delhi a subordinate office of Ministry of Environment, Forest and Climate Change is an institution dedicated to create Environmental Awareness among masses with special focus on children.

## Fit India Freedom Run:

The aim of 'Fit India Freedom Run' is **to encourage people to take up fitness activities** such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases etc.

It was **conceived in 2020 in the wake of COVID-19 Pandemic** when social distancing became new normal lifestyle, so as to keep the imperative need of fitness active even while following the social distancing norms.

Fit India Freedom Run was launched on the **concept of virtual run** i.e., 'it can be run anywhere, anytime! You run a route of your choice, at a time that suits you. Basically, you run your own race and time your own pace'.

## National Museum of Natural History:

The National Museum of Natural History (NMNH) was a museum **focusing on nature**, located in New Delhi, India.

Established in 1972 and opened in 1978, the museum functioned **under the Ministry of Environment and Forests** of the government of India.

On 26 April 2016, the museum building and its entire collection were destroyed by a fire.

The NMNH's mission was to **promote environmental education**, both at NMNH in the capital and at Regional Museums of Natural History in other parts of the country; to provide resources such as school loan kits for schools to use in environmental education; to co-ordinate natural history projects with other agencies and organisations, both nationally and internationally; and to conduct natural history research.

## **Kamaraj IAS Academy**

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