



UNION TERRITORY OF JAMMU & KASHMIR
J&K AIDS CONTROL SOCIETY
DEPARTMENT OF HEALTH & MEDICAL EDUCATION



Jammu & Kashmir AIDS Control Society

H. No. 395 Sector-4,
Charani Himmat, Jammu
Email: jksacs@gmail.com

Principal,

Islamia College of Science
and Commerce, Srinagar

No. JKACS/CAO/26/ 421-40

Dated: 07/09/2026

Sub: Conduction of Red Run Competition (Running Competition) at UT Level – 5 KM.

Sir / Madam,

This is to inform you that J&K AIDS Control Society, Health & Medical Education Department is organizing a Red Run Competition (Running Competition) at UT Level (5 KM) and Walkathon (2 KM) tentatively in the 4th week of September 2026.

In this connection you are requested to kindly direct the concerned Nodal Officer of Red Ribbon Club of your Institution to kindly share the details of 20 participants (10 for Red Run and 10 for Walkathon) as per format attached alongwith Consent Form and Fitness Certificate (preferably sports persons) by or before 19th September 2026 mandatorily, so that the distribution of Kit (T-Shirts and Caps) for both the categories can be provided timely.

Co-education colleges are requested to kindly share details of twenty participant's i.e. 10 Girls + 10 Boys (05 Male and 05 Female for **Red Run** & 05 Male and 05 Female for **Walkathon**). A copy of Rules is also attached for kind persual.

It is pertinent to mention here that only winners will participate at National Level i.e. 01 Girl + 01 Boy (First Position). It is mandatory that the Women participant for National Level is to be accompanied by their Nodal Officer (Female), Red Ribbon Club of the College.

For any information/query please contact on 7006306224 Mr. Nissar Ahmad Dar Deputy Director (Prevention) OR 9419156633 Mr. Rajesh Sharma, Assistant Director (Youth Affairs), JKACS, H&ME Department.

Sd/-
Project Director

Copy to the:

1. Director, Colleges, Higher Education Department, J&K for kind information.
2. Nodal Principals, Jammu Division Colleges, GCW, Parade, Jammu for kind information.
3. Nodal Principals, Kashmir Division Colleges, GCOE, Srinagar for kind information.
4. Private Secretary to Commissioner/Secretary to the Government, Health and Medical Education Department, J&K, for kind information of the Commissioner/Secretary.
5. Deputy Director (IEC), JKACS for information.
6. Administrative Officer, JKACS for information.
7. Supervisor / Committee Members, JKACS, Red Run 2026 for information & n/a please
8. Nodal Officer of Red Ribbon Club of Colleges for information & n/a please.

Encls: 04 leaves

Madan Lal
JKAS

Deputy Director (Finance)

Rules and Regulations for Participants of the UT Level Red Run Competition -2026

1. Reporting time at _____ AM sharp at _____ (Venue)
2. The UT Level Red Run Flag off will be at _____ AM sharp.
3. The Red Run finale will be followed by Prize Distribution Ceremony at _____.
4. The briefing of Rules and distribution of Chest Numbers will be provided at the time of the Red Run – 2026.
5. The name of the event will be Red Run 2026, for youth aged 17-25 years, including college students and Red Ribbon Club members. Categories include Male and Female (**Preferably Sports Persons**).
6. J&K AIDS Control Society, Health & Medical Education Department will not entertain any late arrivals.
7. Any individual who deviates from the Red Run route to shorten the path will be disqualified and who conducts in an unsportsmanlike manner or who exhibits offensive behavior or language to the fellow participants, volunteers and officials will be disqualified.
8. All the participants will receive the “Certificate of Participation” and a medal after the Red Run during the concluding Prize distribution ceremony.
9. JKACS will not be responsible for any untoward incident during the run.
10. The following cash prizes will be awarded:

UT Level Red Run Prize Money :

Prizes	Men	Women
1st	Rs. 10,000/-	Rs. 10,000/-
2nd	Rs. 7,000/-	Rs. 7,000/-
3rd	Rs. 5,000/-	Rs. 5,000/-

11. The participants shall compulsorily carry their valid College Identity Cards with them.

12. The **First winner of State /UT Level Red Run** – Male and Female (if any) (different category) will participate in the National Red Run from the below mentioned categories from State /UT:

Men	Women
1st winner	1st winner

13. Colleges must ensure all participants undergo a **medical fitness check-up and sign a consent form** for participation in the **UT Level Red Run 2026 (Original)**.
14. The **National Red Run 2026 competition will cover a 10 km route for all categories**.
15. It is **mandatory** that the **Women participants** for **UT / National Level** are to be accompanied by their **Nodal Officer (Female) of the College/ Institution**.
16. Prize money at National Red Run event- The prize money to the winning member will be given by the respective SACS (State from where the winner participated).

National Red Run Prize Money		
Prizes	Men	Women
1st	Rs. 50,000/-	Rs. 50,000/-
2nd	Rs. 35,000/-	Rs. 35,000/-
3rd	Rs. 25,000/-	Rs. 25,000/-

No consolation prize will be given to participants.

Important Note:

- Nodal Officers of the Red Ribbon Clubs of the respective colleges are requested to submit the Consent Forms along with the original Medical Fitness Certificates of all participants taking part in the Red Run & Walkathon to the JKACS Office during the meeting.
- It is pertinent to mention that no participant will be allowed to participate in the Red Run & Walkathon unless their Consent Form and original Medical Fitness Certificate have been submitted to their respective college on or before **19th September 2026**.
- All Nodal Officers of Red Ribbon Club are requested to ensure strict compliance with the above instructions within the stipulated time.

CONSENT LETTER – RED RUN COMPETITION

I parent of _____ (name of student) would like to inform you that I am allowing my son/daughter to participate in Red Run Competition at UT and National Level.

- National Level Red Run Competition (10 KM) which will be held in GOA/ Bihar / Any other State in the month of October 2026 (tentatively).
- In case my ward is not able to participate at National Level then the next in order should be considered for participation at National level.
- Decision of Jury Members will be final.

Name of Student
Year / Semester
Mobile No.
Email ID

Signature of Parent /Guardian
Name
Mobile No.

- It is mandatory for the Winners - Women participants to participate along-with their Nodal Officer (Female) of the College / Institution (Red Ribbon Club).
- Female Nodal Officer/Teacher has to accompany the Winners (Female) Mandatorily.

TA/DA will be provided as per government norms.

Counter sign by the :

Principal
Name
Mobile No.
Email ID
Seal & Stamp

Nodal Officer of Red Ribbon Club
Name
College Name
Mobile Number
Email ID ;

Note: Please attach photo copy of ID Card & Aadhaar Card of the Participant & Nodal Officer of Red Ribbon Club.

MEDICAL FITNESS CERTIFICATE

I Certified that I have examined Mr. / Ms.

S/o, D/o, W/o Sh. Residence of

.....

Post Office Tehsil

District, J&K. Whose specimen signature is

attested below “A” and found him free from any

communicable disease. He / She is fit physically and

mentally and take part any outdoor activity.

“A”



Seal & Signature

Registration Number

Place :

Dated :