

# NEIGRIHMS

North Eastern Indira Gandhi Regional Institute of Health & Medical Sciences, Shillong

(An Autonomous Institute, Ministry of Health and Family Welfare, Government of India)

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**No. GAD-MISCOINC (CIRC)/1/2024-GAD**

**Dated Shillong the December, 2025**

## CIRCULAR

This is for general information to all the Faculty, Nursing Faculty, Officers and Staff (Both permanent & outsource) of the Institute that Assam Rifles, Laitkor is inviting the Institute to participate in the Assam Rifles Half Marathon (ARHM) 5.0 as part of the National Initiative, the 'Fit India Movement' launched by the Government of India scheduled to be held on the 14<sup>th</sup> December, 2025 at HQ DGAR, Laitkor, Shillong in Assam Rifles.

In this regard, it may be mentioned that the event features three categories catering to all fitness levels as detailed below:

1. **Half Marathon** (Chase the Cloud) - 21 Km: Open to male and female runners across three age groups. Participants will receive medals, T-Shirts, breakfast, timing certificates and nutrition support along with prizes for top performers in each category.

2. **10 Km Run** (Pine Path): For male and female participants in four age categories, offering similar benefits and prizes as half marathon.

3. **5 Km Fun Run** (Crystal Stream): A lively run primarily for women and children, but open to all, including participation medals, T-Shirts and certificates for all finishers.

In view of the above, the details and registration for the Assam Rifles Half Marathon (ARHM) 5.0 are as follows:

1. Registration is open on official portal [www.townscript.com/e/assam-rifles-half-marathon-421022](http://www.townscript.com/e/assam-rifles-half-marathon-421022) (Poster along with QR Code for registration is enclosed with this circular).
2. For queries the staff may contact :

Event Coordinator: Maj L S Rana (Mob- 9587474111)  
Email Address: [arhalfmarathon5.0@gmail.com](mailto:arhalfmarathon5.0@gmail.com)

This is issued with the approval of the 'Competent Authority'.

Digitally signed by  
LIZA DONDOR LAMARE  
Date: 03-12-2025  
13:13:51  
Assistant Registrar  
General Administration

**Contd/-**

**No. GAD-MISCOINC (CIRC)/1/2024-GAD**  
**Copy for information and necessary action to:**

**Dated Shillong the      December, 2025**

1. All Section/Unit Heads/ All HODs/ HODs Incharge- , Superintending Engineer, Executive Engineering (Civil), Chief Security Officer, Chief Nursing Officer, Senior Store Officer, Administration – Accounts Section, Nursing Section, Librarian Section, Examination Cell, Legal Cell, GAD/ Establishment – I/II/III etc, Director's Section, etc.
2. Sanitation Officer, NEIGRIHMS, Shillong for kind information.
3. Programmer, IT Cell, for uploading in the Institute's website.
4. P.T. Instructor, NEIGRIHMS, Shillong for kind information.
5. PA to the Director, NEIGRIHMS, Shillong for kind information of the Director.
6. PS to the DD (Admn.), NEIGRIHMS, Shillong for kind information of the DD (A).
7. PS to FA, NEIGRIHMS, Shillong for kind information of the FA.
8. Office copy.





**14 DEC  
2025**



**LAITKOR  
GOLF COURSE  
HQ DGAR SHILLONG**



**DISTANCE  
5, 10, 21 Km.**

# ASSAM RIFLES

**HALF MARATHON 5.0**

**20 LAKHS+  
PRIZE MONEY**

**REGISTER  
NOW**

SCAN ME



Event Managed and Marketed by



**ARHM HELPLINE- +91 9953729692**