

ADGP Force One participated in FitRise75 in Mumbai with more than 1000 participants



Mumbai, Maharashtra Oct 31, 2023 ([Issuewire.com](https://www.issuewire.com)) - In celebration of the 75th anniversary of the Sardar Vallabhbhai Patel National Police Academy, police officials from various police organizations across the country united to organize an exceptional 5 km run marathon under the banner of "FitRise75." As part of the nationwide event FitRise 75, various police units from Mumbai city participated and virtually connected SRPF (State Reserve Police Force) group no. 8 Parade Ground, Goregaon East, Mumbai on 27/10/2023 at 9:30 am., served as a platform to champion a healthier lifestyle, with a particular emphasis on physical fitness as the cornerstone of mental alertness.

From 75 units of Maharashtra Police, more than 35,000 policemen participated all over Maharashtra from their respective locations, whereas more than 7,000 participants from 21 police units of 5 locations i.e., Mumbai, Pune, Chhatrapati Sambhaji Nagar, Nasik, and Nagpur were virtually connected with the main program at SVPNPA Hyderabad. It was addressed and flagged off by Union Home Minister Hon'ble Shri Amit Shah from Hyderabad on a virtual platform. Additional Director General of Police Force One, Shri Krishna Prakash was coordinating under the able leadership of Shri. Rajneesh Seth, IPS, Hon'ble DGP Maharashtra State.

FitRise75 is an exclusive program designed to meet the needs of esteemed police personnel and their families across the nation. This is an opportunity provided by Sardar Vallabhbhai Patel National Police Academy (SVPNPA), Hyderabad to participate in the 75-day fitness program.

It provides a self-paced program tailored to accommodate their busy schedules, offering access to

participants from anywhere through a dedicated virtual platform, thus, offering them a transformative journey through a state-of-the-art virtual platform culminating in a 5 km. run. This run is a testament to enhanced fitness, featuring a real-time leaderboard to track participants' progress and fostering a spirit of camaraderie and healthy competition.

In Mumbai, this 5 km. marathon drew participation from various police units, including Force One, Mumbai Police, State Reserve Police Force Gr. 8, and PTS Marol. To cater to diverse fitness levels, the event featured three categories - Beginner, Intermediate, and Advanced.

Shri. Krishna Prakash, Additional Director General of Police (ADGP), Force One, emphasized, "FitRise75 transcends the conventional concept of a marathon; it embodies a deep-seated commitment to the holistic well-being of our police personnel. They, along with their families, work tirelessly to ensure our safety, and it is our duty to support their physical and mental fitness. We are truly delighted to witness the enthusiastic participation of various police units."

He further elaborated, "In this grand endeavor, we have seen over 2.5 lakh participants across India join the marathon. Participants can anticipate different daily fitness targets over the next 75 days. Upon completing this unique fitness journey, we will organize a culminating weekend marathon open to both the police force and the general public in Mumbai. The categories for the final marathon will include 5km, 10km, 16km, and 21km races."

ADGP Krishna Prakash energized the crowd with slogans like "Vande Mataram" before officially kicking off the 5 km. run. The event witnessed over 1,000 enthusiastic participants at the Mumbai location.

The "FitRise75", a 75-day fitness program, underscores the importance of promoting physical fitness and mental alertness among law enforcement personnel and their families, underscoring their unwavering dedication to upholding public safety.

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