

“CRPF - Fit India Freedom Run”

(01st Sep to 02nd Oct., 2020)

ISA, CRPF, Mount Abu organized one month long CRPF Fit India Freedom Run for its Officers and men and their families. All officers, SOs and Jawans of ISA and their families participated in this mega event of CRPF with full zeal and enthusiasm and everyday took part in running, jogging and walking. During the month, personnel of ISA covered a total of 29,342 kms by running, jogging and walking. All the participants of the CRPF fit India Freedom Run have lost about 4 to 6 Kg body weight and gained fitness. The jawans are feeling happy after successfully completing the Freedom Run and they are now mentally and physically better than before.

The CRPF Fit India Freedom Run was a part of the ambitious mega event of the Government of India Fit India Freedom Run launched on 14th of August, 2020 by Shri Kiren Rijiju, Minister of Sports, Government of India on the first anniversary of Fit India Movement launched by the Honourable P.M. of India Sh. Narendra Modi on 29th August 2019 (National Sports Day). The mission of the Fit India Freedom Run was the overall wellbeing of the country. In the current scenario, with the COVID-19 pandemic creating havoc across the country, participants were allowed to run at their own place and pace at a time convenient to them between August 15 and October 2.

“I am delighted to see such enthusiasm to participate in the Fit India Freedom Run. If we can galvanise all employees, their families and the larger community to participate in the run, it will be a fitting tribute to the spirit of Independence,” Rijiju said in his inaugural address on 14th August, 2020.

“It is the vision of the Honourable Prime Minister that the Fit India Movement should be a people’s movement. It is clear now that the vision has indeed turned to reality,” he added.

By choosing the dates of this mega event, i.e., 15th August (73rd Independence Day) to 2 October, (151st Birth Anniversary of Mahatma Gandhi), the country paid a tribute to the Father of the Nation by giving the message of fitness.

Under the nationwide Fit India Freedom Run, CRPF launched its CRPF Fit India Freedom Run on 1st September, 2020 and it continued till

02 October, 2020.

“Every CRPF jawaan is happy they are getting involved in this run along with their families. The participation is expected to reach over 12 lakh. The jawaans will also promote the run in their nearby community. The CRPF Jawans have set a target of covering at least 1 crore km during the Fit India Freedom Run. This is a testament of their courage,” said Shri Anand Prakash Maheshwari, Director General, CRPF.

CRPF Fit India Freedom Run received massive participation of jawans and families of ISA, Mount Abu. 280 participants including the families of ISA participated in the Virtual Run and a total of 29,342 kms were completed during the entire month. Along with their own fitness, the personnel of ISA, Mount Abu, also conveyed a message to the general public about holistic wellbeing and fitness.

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