

**OFFICE OF THE SENIOR SUPERINTENDENT OF POLICE (L&O)
PUDUCHERRY**

No. A29/SSP(L&O)-RD/2023- 259

Dated: 13.09.2023

N O T E

Sub: 75th anniversary of SVP National Police Academy-Virtual Fitness Programme "FitRise75" – Registration of Police personnel and family members – Reg.

Ref: 1. D.O.No.PA/DD(OD)/RNS/75-AN Fitness, dated 12.09.2023 of SVPNPA, Hyderabad.
2. No.40/SR/SP(PTS)/2023-436, dt. 18.08.2023 of O/o SP(PTS), Puducherry.

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Sardar Vallabai Patel National Police Academy, Hyderabad is celebrating its 75th anniversary on 15.09.2023. As part of this celebration, Academy is introducing a **75-day Fitness Programme** named **FitRise75** through online mode. The aim of this programme is to equip participants with the ability to complete a 5km run, a symbolic achievement of enhanced fitness after 75 days schedule to be provided online. This programme is designed exclusively for Police Personnel and their families across the nation with the aim to embrace a healthier lifestyle, where physical fitness is the cornerstone of an alert mind.

2. Therefore, all SPs are requested to register maximum number of Police Personnel working under them and their family members to join this virtual programme. For this purpose two separate registration forms (in excel format) for Police Personnel and family members are enclosed herewith (shared through email). The details are to be filled in and forwarded to the Office of the undersigned in excel sheet format through e-mail (ssplo@py.gov.in) before 16.09.2023 without fail.



(NARRA CHAITANYA, IPS)
Senior Supdt. of Police (L&O)
Puducherry

To
All SPs of U.T. of Puducherry.

Copy to :

The Secretary to DGP and Readers to SSP(C&I / KKL).