

‘Rutu Kalyan Half Marathon’ Hosted to Promote Clean and Healthy Kalyan

*~ Fortis Hospital, Kalyan joins hands with Rutu Group as Health Partner ~
~ Over 3,500 Kalyanites come together to create awareness about healthy living ~*

Kalyan, 31st January 2016: Children, women and youngsters, all comprising of over 3,000 Kalyanites, on Sunday ran for the second edition of ‘Rutu Kalyan Marathon’. In its second consecutive year, the marathon was aimed at creating awareness about the need for cleaner and healthier Kalyan. Joining the marathon as the official health partners, Fortis Hospital, Kalyan had on standby two fully-equipped Fortis Hospital ambulances, five doctors and twelve members of the nursing staff, a Physiotherapist and first-aid facilities, to tackle any casualty during the marathon.

The marathon commenced at 6am in the morning and comprised of four participation categories - 21km Half Marathon with timing chip, 10km Health Run, 5km Rutu Run and 3km Future Run. The marathoners carried banners, posters and placards highlighting the importance of cleanliness and hygiene, at event that concluded at 10am. Prepared to tackle all medical emergencies at the marathon, one Fortis ambulance was stationed at the starting point and the second ambulance moved along with the marathoners through the course of the run, providing immediate medical aid. Fortis Hospital’s staff, management teams and Paramedical staff stationed at the water junctions across the course of the run, encouraged and motivated the marathoners towards the finish line.

Dr Sameer Kulkarni, Facility Director, Fortis Hospital, Kalyan, said, *“Urban lifestyles have become sedentary with increasing influence of electronic gadgets, making physical fitness a victim of this trend. Children are deprived of outdoor activities and sports that are essential for their healthy physical, mental and emotional growth. We feel it is also important that the citizens of the city get conscious about their health needs and engage in regular physical activity to maintain their fitness levels. The issue of cleanliness is also being addressed through this marathon as lack of cleanliness causes multiple health problems.”*

Dr Sudarshan Singh, Founder-Director, Joints n Motion & spokesperson, Rutu Group of Companies, said, *“Rutu Kalyan Half Marathon is aimed at addressing dual-concerns - rising obesity concerns among people and cleanliness levels in the city. With the tremendous support that we have garnered from the residents of Kalyan, this annual property, helped highlight key health and wellness related concerns”.*

The initiative helped enrich thousands of lives, and Fortis Hospital, Kalyan; the 1st and the only NABH accredited multi-specialty hospital in Kalyan-Dombivli area, will continue its endeavor to support and host community initiatives that will benefit the residents of Kalyan.

About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 306 diagnostic centres.

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