

PRESS RELEASE

For Immediate Release

Fortis felicitates ‘Bharathon Man’ Raj Vadgama for successfully completing an epic 10,000 kms run across India

- *10,000 kms run, across 19 states, 165 days*
- *Raj undergoes full medical check-up by Fortis doctors*
- *Run to promote a sustainable running culture across India*

Mumbai, 28th, January, 2015: Fortis Healthcare, India’s leading healthcare solution provider, today facilitated Bharathon man Raj Vadgama upon successful completion of his 10,000 kms, 5 and a half month long ultra-marathon at Gateway of India, Mumbai. The run organized and promoted by the Bharathon Organizing Team, was flagged off on 15th August 2014 and successfully ended on 26th of January, 2015 at the Gateway of India, Mumbai. Within this time span, Raj covered 19 states in 165 days across the length & breadth of the country. Towards the final kilometre of this epic run, hundreds of running enthusiasts from Mumbai and Pune accompanied Raj and brought his landmark effort to a roaring success.

Two Fortis personnel, a doctor and a physiotherapist accompanied Raj throughout the Bharathon run, providing him medical assistance and ensuring his vital parameters were functioning at the optimum as he passed through locations where Fortis Hospitals have a presence. Raj was offered medical checkups at the Fortis network of hospitals across the country at regular intervals to monitor the changes he faced due to altitude and changes in the environment. In tough remote terrain like the high altitude Manali - Ladakh stretch, Fortis also provided a mobile ambulance to trail Raj.

Bharathon was an effort by Raj and the Bharathon Organizing Team to promote a sustainable running culture across India and encourage people to stay healthy. It is with this objective that Raj started his 10,000 kms long marathon on 15th August, 2014, running through more than 19 states for a span of almost five and a half months. The run started off from Mumbai and then went through some major Indian states of Gujarat, Rajasthan, Delhi, Haryana, Himachal Pradesh, Punjab, J&K, UP, Uttaranchal, Bihar, West Bengal, Uttaranchal, Orissa, Telangana, Andhra Pradesh, Tamil Nadu, Kerala, Karnataka, Goa and Maharashtra. Along the way, he was welcomed and supported and many times hosted by running clubs and running enthusiasts across the cities that lay on the route. Many of these running enthusiasts ran along with Raj in their respective states as expression of support to him to help him accomplish his dream and mission. Many who never ran before took to running inspired by him and those who ran regularly did an ultra-marathon distance (more than 50 kms) for the first time with Raj during this run.

At the end of this successful run, an ebullient **Raj Vadgama** said, “The whole experience of running across the country was beautiful as our country itself is worth watching. Along the way I met people who offered us food & refreshments and other kinds of support and encouragement. I thank everybody who contributed to this run and dedicate this run to the nation. I am thankful to Fortis

doctors who took care of my health throughout the run. I hope we can all contribute to make India a fit country.”

Dr. Vijay Lahoty, Registrar- Cardiology, **Fortis Mulund Ltd** who also ran with Raj in the initial phase of the run said, “Raj is in good shape. He has not only set new benchmarks in running, but will also prove to be an inspiration to lead a healthy life to several thousand people, including me, whom he touched during the course of his run. This run will create awareness on benefits of running and staying fit across the nook and corner of the country.”

Sukhmeet Sandhu, **Regional Director West & East, Fortis Healthcare Ltd.** said, “We congratulate Raj for successfully completing this mammoth journey. Raj’s effort through Bharathon is a great example for everyone one of us to emulate running and work towards a healthier life. We are glad that we have been able to provide the necessary medical support to Raj to endure physical and climatic extremes that this run demanded.”

Raj Vadgama, a 47-year-old interior designer by profession who also owns a marathon training company ‘Xtreme Sports’ has always been an ultra-marathon runner. He was the 1st Indian runner to complete the 100kms Zendurance Ladakh run at the highest altitude and 1500 kms Delhi to Mumbai, Greenathon in 2012 for which he was felicitated by the Limca Book of Records.

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, Singapore, Dubai, Mauritius and Sri Lanka with 55 healthcare facilities (including projects under development), approximately 10,000 potential beds and 270 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute’ (FMRI), was ranked No.2, by ‘topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

About Bharathon:

Bharathon 10,000- One India One run is a cross country 10,000 kms epic run spanning five and a half months. Raj has attempted this feat not only as a personal benchmark but also to popularize long distance running as a sport in the country. Ultimately, he aims to set up a running academy where top running talent especially in the age group 12-18 years, are trained to win laurels for India on the world stage especially Olympics.

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