

## **PRESS RELEASE**

### **TWELFTH SENIOR CITIZENS' WALK-FOR-FUN**

Sukhna lake will come alive on Friday, 20th September as over 1000 senior citizens assemble at 6 am for the their Twelfth Annual Walk-For-Fun event being organized jointly by Chandigarh Police and Chandigarh Senior Citizens' Association (CSCA).

As CSCA President Daljit Singh Grewal explained at a Press Conference held at Police HQ this afternoon "This is not a competition and there is no distance or time stipulation. As such, there is no need to produce a medical certificate. All participants will, however, have to register at one of the several tables at the venue". He further explained that till 2009 there was an element of competition in which men and women in different age groups had to cover different distances. This practice was discontinued since there were cases of over-exertion. Since the underlying aim was to get people out to enjoy the environment and breathe fresh air in the tranquil atmosphere of the Lake rather than testing their stamina, it was felt that a non-competitive event would do just as well. This had greatly improved participation. "We expect senior citizens in maximum numbers to assemble at the start point to demonstrate our solidarity. We shall specially welcome persons with physical disabilities".

Chandigarh Police have made elaborate arrangements for conducting the event including First Aid, water, refreshments and seating for Interaction with IG Police, which will follow the Walk. They have also made Pick-up and Drop arrangements for senior citizens who cannot reach the Lake on their own. Such senior citizens must contact their respective Police Stations.

The Association, registered in 1996, has nearly 1700 active and around 3500 affiliated members as on date but its facilities and services are available to ALL senior citizens, whether or not they are members of the Association.

Chandigarh  
18<sup>th</sup> September 2013

Col Sukhdev Singh  
Secretary General