HEADS OF STATE INVITE PUBLIC TO PRACTISE HEALTHY REGIMEN DURING LOCKDOWN

Mizoram Governor Pu PS Sreedharan Pillai, Chief Minister Pu Zoramthanga, Sports & Youth Services Minister Pu Robert Romawia Royte as well as other state dignitaries have invited the general public to take good care of their health and maintain good physical shape by exercising regularly at home.

Leading by example, the heads of state are themselves avidly following fitness regimens at their residences and have urged all to give priority to maintaining good health and shape during this trying time of lockdown and social distancing. National players hailing from the state seconded the VIPs by saying that they themselves have been maintaining their physical health by exercising at home.

Written by: Mina Zoliani, MIS, Deputy Director Dated: 5th Apr 20 8:33 PM

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