

**MIZORAM POLICE PRESS RELEASE**

**No.F.14018/1/19-SMC/291**

**Dated Aizawl, the 5<sup>th</sup> August, 2024**

State-wide launching programme of **“45 Minutes for all ranks of Mizoram Police”**, a fitness routine, an initiative by Home Minister and Senior Officers at PHQ to bolster the physical and mental fitness of servicing officers in the Police Department under the slogan of **“Train to Excel”** was held today at 1st Bn. MAP Playground, Armed Veng, Aizawl, all Armed Battalion headquarters and district capitals throughout Mizoram.

The launching programme in Aizawl was graced by Hon'ble Home Minister Pu K.Sapdanga as Chief Guest, DGP Mizoram Pu Anil Shukla, IPS and other senior police officers. More than 500 police personnel attended the launching parade.

Home Minister in his speech addressed the importance of fitness for police personnel and stressed on the importance of healthy diet and intake. He also prompted the attendees that the launching parade is the beginning of fitness revival in the department and urged the senior officers to come forward and lead the resurgence.

DGP Mizoram, Pu Anil Shukla, IPS expressed his gratitude to the Home Minister for his initiative and concern over the overall health and fitness of the policemen. DGP urged the policemen to stay fit in order to carry out duties and responsibilities which need strength and resilience mentally and physically and assured the Home Minister that the initiative will be kept forward.

Pu Lalbiakthanga Khiangte, IGP (L&O) concluded the launching function with vote of thanks and 45 minutes of PT parade follows.

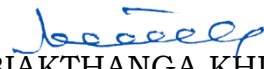
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ISSUED BY MIZORAM POLICE MEDIA CELL, PHQ

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- 3) President, MJA for kind information and necessary action please.
- 4) SO to DGP(M) for kind information of DGP(M).

  
(LALBIAKTHANGA KHIANGTE) IPS  
Inspector General of Police (L&O)  
&  
Chief Public Relation Officer (CPRO)  
Mizoram Police Media Cell

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Home Minister leh PHQ hotute'n Police mi leh sate fitness leh hriselna kawnga intuaitharna atana an ruahman **"45 Minutes for all ranks of Mizoram Police"** programme, **"Train to Excel"** thupuia hmanga ram puma hman tura ruahman chu tukin khan 1st Bn. MAP Playground, Armed Veng, Aizawl-ah te, Battalion headquarters zawng zawng leh Mizoram chhunga District khawpui hrang hrangah te a hawnna hun hman a ni.

A hawnna hun pui ber Aizawla neihah Pu K. Sapdanga, Home Minister chuan khuallian niin a hmanpui a, DGP Mizoram, Pu Anil Shula, IPS bakah Police hotu dangte an tel bawk. He a hawnna parade-ah hian Mizoram Police mi leh sa 500 chuang an tel bawk a ni.

Home Minister chuan Police mi leh sa tana fitness leh hriselna ngaih pawimawh tul a tih zia sawiin, ei leh in uluk a ngaih zia a sawi bawk. He **"Train to Excel"** hawnna programme hi Police Department chhunga fitness lama harh tharna intanna a nih thu sawiin, Officer te chu hma hruaitu nia pen chhuak turin a chah a ni.

DGP Mizoram, Pu Anil Shukla, IPS chuan Police te fitness leh hriselna kawnga a hmalakna avangin Home Minister chungah lawmthu a sawi a. Police mi leh sate chu an mawhpurhna hlen chhuak thei tura taksa leh rilru hriselna kawnga tan la thar turin a chah a, he thil hi kenkawh leh kalpui chhunzawm zel a nih tur thu a sawi bawk a ni.

Pu Lalbiakthanga Khiangte, IGP (L&O) chuan lawmthu sawiin hun a khar a, hemi hnu hian minute 45 chung PT Parade neih chhunzawm a ni.


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