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LEGENDARY MOUNTAINEER BACHENDRI PAL URGES CITIZENS TO KEEP FIT

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CHANGLANG, Mar 13: Legendary mountaineer Bachendri Pal, the first Indian woman to scale Mt. Everest urged citizens to indulge in activities with good purpose and simultaneously keep oneself fit.

She was speaking at a de-addiction addiction campaign at Nampong on Saturday conducted by the Changlang District Administration under Nasha Mukht Abhiyaan in collaboration with 19 Assam Rifles and 'Fit @50+ Women's Trans Himalayan expedition'22 led by Pal. The campaign was attended by the Panchayat leaders, students, women Self Help Groups, and the youths who have undergone de-addiction treatment under the District Administration's initiative. The objective of the campaign was to connect fitness as one of the de-addiction treatments. As the District Administration believes not just in the treatment but also in rehabilitation, following which futsal grounds, badminton clubs, flood lights in general ground, are being installed for promoting sports amongst the youths and prevent them from getting distracted to the path of darkness.

Pal, 68 stated, 'Khali Dimaag, Shaitan ka Ghar, hence we should keep ourselves indulged in activities with good purpose and simultaneously keep ourselves fit'. She also stated that we

shouldn't bow down to challenges in life , and make excuses , rather we should create opportunities for ourselves.

The other team members, Gangotri Indumati and Shushma Bissan encouraged the audience stating 'Sapne dekhne ki koi umr nahi hoti and its never too late for a positive change'. The circle officer Jairampur , Atu Yekar stressed on the role of mother and the active women groups in society to combat social evils. Since , the issue of drug addiction is not just a disease for that individual but for the whole society. Therefore to combat this disease, there has be to a team effort of everyone starting from the very basic unit , the family. The ZPM Rima Putok, Khimsong Mossang and District BJP President K.N.Tikhak also appealed the youths for restraining themselves from consuming drugs or any kind of narcotics. The programme ended on a positive note with interactive session of questions from the enthusiastic audience and reponse from the Expedition team.



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