



Tokyo Olympian Lalremsiami: 'Meet The Champions' programme is more of a responsibility than just an event

“We can form a Fit India only when we learn to choose nutritious food over junk food.”

Kolasib, Mizoram; 21 May 2022: “I used to be an avid junk-food lover and Instant Noodles was something hard to turn down for me but it was Hockey that made me choose nutritious food over junk food and today I believe in leading a fit & healthy life.” This was told by Lalremsiami Hmar, the first female hockey player from Mizoram representing India in the Olympics, while interacting with school students during Meet the Champions programme at her hometown Kolasib in Mizoram today.

Meanwhile, the 21-year-old hockey player was given a rousing welcome by nearly 200 school students gathered at St. Maria Goretti School, which hosted this unique campaign on ‘Santulit Aahar’ (balanced diet) initiated by Hon’ble Prime Minister Shri Narendra Modi. Hailing the noble idea of Prime Minister she said, “I feel ‘Meet The Champions’ is more of a responsibility than just an event and since I belong to this part of the country, so I decided to start this unique initiative here in my native town with the hope of motivating the children towards a healthier life.

“And we can form a Fit India only when we choose nutritious food over junk food,” the Mizo Hockey Star expressed while requesting the students to eat healthy.

From sharing her food habits as a child till growing up as an athlete, the Indian Hockey player talked about how her coaches and teammates helped her in understanding the benefits of balanced diet. Not only this, she also talked about her journey from a small town of Kolasib till cementing her position in the Indian Olympics Team. She told the students, “When I was picked up for the Olympics team, it was the biggest achievement of my life as it helped me to fulfil my late father’s dream. Never think I am different from you all. I am a very ordinary girl with a simple family background but it’s just that I pursued hockey as my goal of life and I believe each one of you can similarly meet your goal when you take care of your both health & mind.

Apart from the talks on ‘Santulit Aahar’, sharing her journey to the Olympics, Quiz Session with students etc., the young Indian Hockey Player also played Volleyball with the students during the programme. Such segments created a lot of zeal among the students. “The programme was very interesting and since she is from our own town, it was a moment of pride to interact with her so



closely. I love playing volleyball and after this programme, I understood that we should try to avoid fast food,” said Martin Lalnuntluanga, a student of VI standard from St. Maria Goretti School.

Notably, this unique initiative is being organized jointly by the Ministry of Youth Affairs and Sports and the Ministry of Education and is part of the government’s ‘Azaadi ka Amrit Mahotsav’.

EOM