

Streetplay Report

Event Title : *Fight Obesity, Live Healthy*
Date : 11th October 2025 (Saturday)
Time : 2:00 PM
Venue : Millennium Center Courtyard
Duration : 10mins
Coordinator : Dr. Rosaline Varsangzuali
Script : Mr. Lalrinnggheta
Organized by : Women & Child Development, Social Welfare, Women & Child Development Department, Govt. of Mizoram In collaboration with Freedom Art Society (FAS) Govt. Hrangbana College.

Introduction:

On the 11th of October 2025, a thought-provoking and energetic streetplay titled '*Fight Obesity, Live Healthy*' was performed at the Millennium Center Courtyard in the heart of Mizoram. This streetplay was organized by the Women & Child Development Department in collaboration with Freedom Art Society (FAS) Govt. Hrangbana College, Mizoram, with the goal of raising awareness about the growing concerns surrounding obesity and encouraging healthy living practices among the general public.

The event aimed to shed light on the increasing prevalence of obesity, its impact on health, and how simple lifestyle changes can lead to a healthier life. Through artistic expression, the event successfully conveyed this vital message to the community.

Event Overview:

The streetplay began at 2:00 PM, attracting a large audience from the surrounding areas. The performance, consisting of a combination of dance, drama, and music, kept the audience engaged throughout. The performance featured a well-coordinated group of performers, including dancers, actors, and singers, each playing a significant role in delivering the message effectively.

Program Details:

Dancers:

The performance opened with an energetic dance routine by seven talented dancers. Their synchronized movements, coupled with lively music, set the tone for the event. The choreography was not only entertaining but also conveyed the theme of fighting obesity and promoting physical fitness in a captivating manner.

Play Performers:

Six actors performed a short yet impactful play that depicted the struggles of individuals affected by obesity. The play showcased the emotional and physical challenges faced by people living with obesity, emphasizing the importance of adopting healthy habits, balanced diets, and physical activity through the encouragements of peers and knowledgeable adult such as a doctor. The actors portrayed relatable scenarios that touched the hearts of the audience, making the message more powerful.

Singers:

The musical performance, with six singers, added an emotional layer yet an exciting tempo to the streetplay. The song which were written by the mentors, carefully choosing to highlight themes of health, fitness, and well-being, resonated deeply with the audience. The singers beautifully harmonised the song themselves with the help and directions of the mentors, enhancing the overall impact of the event.

Themes and Message:

The central theme of the streetplay was *'Fight Obesity, Live Healthy.'* It aimed to:

1. Raise awareness about the dangers of obesity and its related health complications, such as heart disease, diabetes, and other chronic illnesses.
2. Promote the idea that everyone can take control of their health through simple changes like regular exercise, balanced diets, and mindful living.
3. The performers used various forms of artistic expression- Dance, drama, songs, posters and free distribution of Fruits among the crowd to make these important messages more relatable, memorable, and impactful for the audience.
4. One of the placards also mention the importance of Breast feeding in accordance with the theme of Poshan Maah

Conclusion:

The streetplay, *'Fight Obesity, Live Healthy,'* was a successful event that brought attention to a crucial health issue affecting people worldwide. Through engaging performances, it effectively conveyed the message of living a healthier life by fighting obesity and adopting fitness-friendly habits. The collaborative efforts of the dancers, actors, and singers, along with the support from the Women & Child Development Department, made this event a memorable and educational experience for everyone who attended.

By organizing such street play, engaging the youth and collaborating with students, the Government of Mizoram continues to promote awareness of health issues among the people in general and the youth in particular as they are the future and encourages the citizens to take positive steps toward a healthier future.



