

WGSHA cycle rally creates awareness on zero hunger

SPECIAL CORRESPONDENT

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A cycle rally was organised to create awareness on zero hunger in Manipal on Wednesday.

The WelcomGroup Graduate School of Hotel Administration (WGSHA) organised a cycle rally on the Manipal Academy of Higher Education (MAHE) campus on the occasion of World Food Day here on Wednesday.

The rally was flagged off by Pro Vice-Chancellor, MAHE, Poornima Baliga, from the main building of the university and the cyclists went around the campus to create awareness on this year's theme: "Healthy diets for a #zerohungerworld".

The event was also to promote an awareness programme launched by the Food Safety and Standards Authority of India (FSSAI), "The Eat Right Movement". Over 100 students and faculty of WGSHA took part in the rally.

Addressing the cyclists before the start, Dr. Baliga said that most children now-a-days have the wrong diet plans to lose weight, not knowing what is right or wrong. It can be balanced with good exercise, she said.

“Malnutrition is seen commonly in pregnant women. Even schoolchildren need proper nutrition. Everyone needs to have a balanced food and along with that, exercise can keep everything right for a fit India,” she said.

“The theme for today is zero hunger. The idea is to create awareness among friends, family and local communities. We have affiliated with FSSAI for the promotion of Fit India,” said Principal of WGSMA Thirugnanasambantham.