

## **DDC Leh flags-off 'Eat Right India' movement cycle rally**

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**E-paper**

Deputy Commissioner, Leh Avny Lavasa flagged off a cycle rally today from NDS Stadium on the second day of 'Eat Right India' movement under 'Swasth Bharat Yatra' organised by Food Safety and Standards Authority of India under the Ministry of Health and Family Welfare. Tsamthrul Rinpoche, Commanding Officer NCC Col. A.M. Shinde and other dignitaries were also present during the function.

DC Avny Lavasa administered the oath of healthy food eating habits. She later, handed over the 'Swasth Bharat Yatra' baton to the cyclists and flagged off 25 monk-cyclists of Hemis Monastery. The cyclists made a journey from NDS Stadium upto Hall of Fame spreading the messages of 'eat safe, eat healthy, and eat fortified'.

Speaking on the occasion, DC said that as compared to other places, where the fast-moving world binges on packaged, processed and junk food, Ladakh still have a healthy way of food eating where the use of chemical fertilizers is minimal and people stress on organic products and farming.

Joint Director FSSAI, GoI Dr A C Mishra, said that the Swasth Bharat Yatra is a cycle rally where cyclists will travel with health messages from 6 different locations of the country. More than 7,500 volunteer-cyclists will cover about 18,000 kms covering almost all regions of the country to spread the message of healthy food habits. They will conduct various programmes under the 'Eat Right India' during the programme, added Mishra.