

CEC Motup flags off 'Eat Right India' movement

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LEH: Chief Executive Councillor (CEC) LAHDC, Dorjey Motup on Tuesday flagged off a rally of students as a part of two-day programme of 'Eat Right India' movement under 'Swasth Bharat Yatra' at Leh Main Market.

The programme is being 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. This programme has been conducted under the directions of Commissioner Food Safety J&K, Dr Abdul Kabir Dar. CEC Motup flagged off about 150 students of NCC and Nehru Yuva Kendra Sangathan Leh that covered a distance of 2 kms by chanting slogans of Eat Right India. While Dr A.C Mishra read out the pledge of Eat Right India movement.

Expressing concern over changing food habit of people of Ladakh in particular, Motup urged the general populace to maintain healthy life for a successful and stress free life. Leveraging 150th Birth Anniversary of Mahatma Gandhi, he encouraged everyone to participate in all the activities under the 'Eat Right India' movement.

“150 volunteer-cyclists will travel across the country with three messages of ‘Eat Right, Eat Healthy and Eat Safe’ which after covering almost all states/UTs will culminate at New Delhi on January 27, 2019,” added Motup.

Giving highlights of the programme of ‘Eat Right India’, Dr A.C Mishra, Joint Director FSSAI GoI said that the Swasth Bharat Yatra is a relay where cyclists will travel with health message from six places starting from Leh followed by Panjim, Trivandrum, Pondicherry, Ranchi and Agartala. 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.

Earlier, Assistant Controller Food, FSSAI Leh Tamchos Gyurmet gave the welcome speech.