



## Commissioner espouses healthy eating

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**ITANAGAR, Nov 15:** Health & Family Welfare Commissioner AC Verma advised students to become “ambassadors of eating healthy and fortified food, and create awareness among all.”

Verma was addressing students and NCC cadets after administering the ‘Eat Right India’ pledge at the IG Park tennis court here on Thursday as part of the Centre’s ‘Swasth Bharat Yatra’.

Swasth Bharat Yatra, a pan-India cyclothon, is aimed at spreading the message of eating right to every corner of the country. The Eat Right India movement has been launched by the Food Safety and Standards Authority of India as a collective effort of key stakeholders and citizens, aligned with the government’s recent focus on public health through its three key programmes – Ayushman Bharat, Swachh Bharat Mission and Poshan Abhiyan. Verma also flagged off a rally.

Highlighting the importance of eating healthy food, the commissioner said, “Arunachal is a place of clean environment, and the tribal foods are nutritious and healthy, but the advent of fast foods, which are tasty but not healthy, is giving rise to various diseases.” He said India was becoming “the hub of many lifestyle diseases like diabetes, cardiovascular diseases, etc, many of which are caused by eating wrong.”

Verma expressed hope that the Eat Right India mission would help in bringing a change towards eating right.

A quiz competition and a demonstration on quick adulteration detection techniques/ test were also organised on the occasion. (DIPR)