

Pedalling to peddle 'eat healthy' message

7,500 NCC volunteers participate in cycle rally under 'Swasth Bharat Yatra'

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ADC (General) Iqbal Singh Sandhu flags off the cycle rally in Ludhiana on Monday. photo: Inderjeet Verma

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Additional Deputy Commissioner (General) Iqbal Singh Sandhu on Monday flagged off a cycle rally promoting the 'Eat Right India' movement under the 'Swasth Bharat Yatra'.

The rally was organised by the Food Safety and Standards Authority of India under the Ministry of Health and Family Welfare in collaboration with Mission Tandrust Punjab.

The cyclists passed through the city spreading the message of 'Eat safe, eat healthy and eat fortified'. District Health Officer Andesh Kang was also present on the occasion.

Iqbal Singh Sandhu said the idea behind the programme was to make the nation free from diseases by spreading the message of eating right in every corner of the country. He said in Ludhiana district, the rally was started from Dehlon on December 22 and on Monday, it will proceed towards Mohali. The participating cyclists comprised NCC volunteers from different colleges of the city.

Andesh Kang said the cycle rally started from Leh and will culminate in Delhi on January 26. She said several awareness sessions for vendors selling eatables, hotel and restaurant owners and residents were organised in different parts of the city. The volunteers educated the masses about food intake safety measures which could keep them healthy.

To promote the consumption of right quality and quantity of food that should contain less salt, sugar and oil, the Food Safety and Standards Authority of India had launched the 'Eat Right India' movement across the country.

Kang said the Swasth Bharat Yatra was a rally where cyclists will travel with health messages from six locations of the country. Over 7,500 cyclists will travel a distance of 18,000 km, covering almost all regions of the country to spread the message of healthy food habits.

Later, the cyclists also met Civil Surgeon Parvinderpal Singh Sidhu as the rally reached his office from the District Administrative Complex.