



**Commissioner Food Safety flags off 'Swasth Bharat Yatra' from Sonamarg**

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**E-paper**

'Eat Right India', a national campaign started by Food Safety & Standards Authority of India (FSSAI) in collaboration with State Food Safety Authority under 'Swasth Bharat Yatra' was flagged off by Commissioner Food Safety J&K Dr Abdul Kabir Dar from Sonamarg. Dr Kabir said food safety and healthy diets are critical in the context of country's high burden of food borne diseases, under-nutrition, micro-nutrient deficiencies and growing incidence of obesity and non-communicable diseases (NCDs). "It is in this context that 'Eat Right India' movement has been launched by FSSAI under the Ministry of Health and Family Welfare.



We must eat healthy, eat safe and eat fortified food to decrease the level of deaths caused by these diseases," he said. The Commissioner Food Safety sought active cooperation of all stakeholders to achieve the goals of food safety.

On the occasion, a pledge was taken by all the participants to consume less sugar, salt and fat to remain healthy. A rally was organised in the town of Sonamarg to propagate the message of Swasth Bharat Yatra.

Various programs are also being organised for general public which will continue throughout the state up to 27 December to commemorate the occasion. The baton of the drive will be passed on to food safety authority of Punjab at Lakhapur on 27 December and the drive will culminate at New Delhi on 27 January after passing through all the states of the country. Among others, Nazir Ahmad Baba, Additional District Development Commissioner, Ganderbal, Dr. Mishra, Joint Director, FSSAI, Social Activists, Officers and Officials of Food Safety Authority, Govt of India and J&K Government, event partners, training partners, Officers from Youth Services and Sports, Health and Education Departments, NCC, Food Business Operators and large number of public were also present on the occasion.