

# Greater Kashmir

## Swasth Bharat Yatra flagged off in Kupwara

The event was organized by the Food Safety Department Handwara under the aegis of the Ministry of Health and Family Welfare, Government of India.

**GKNN**

Srinagar, Publish Date: Nov 1 2018



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A Swasth Bharat Yatra rally was flagged off by Commissioner Food Safety Dr Abdul Kabir Dar here on Wednesday.

The rally comprising student from various educational institutions of Handwara, prominent citizens, cycling enthusiasts, civil society members and other people passed through various markets of the town to sensitize people about food safety measures.

The event was organized by the Food Safety Department Handwara under the aegis of the Ministry of Health and Family Welfare, Government of India.

On the occasion, Commissioner said that the need of the hour is to create awareness about healthy food choices among people, particularly youth to avoid non-communicable diseases.

He emphasized that food safety has now emerged a national concern, making it imperative to follow the advice of experts and also disseminate the message of food safety across the villages.

Dr Kabir said that lifestyle has changed rapidly owing to the economic affluence of people, with the result “we have to change our eating habits for healthy living.”

He asked students to cultivate the habit of consuming fresh and dry fruits as part of a balanced diet for proper mental health thereby helping themselves achieve better results in terms of increased concentration and better temperament.

The function was also attended by ADC Handwara, Gulzar Ahmad Bhat, officers of subdivision, officials of ACFS Handwara, students and other concerned.