

# Greater Kashmir

## Swasth Bharat Yatra Cyclothon held at Sonamarg

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**E-paper**

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A cyclothon titled 'Swasth Bharat Yatra -2018' as part of Healthy India Campaign was held at Sonamarg on Sunday. A good number of cyclists including a few from civil and police administration participated in the event.

The Yatra is part of the nation-wide campaign called ‘Swasth Bharat Abhyaan’-Healthy India Campaign which includes inculcating long-term and fruitful lifestyle with healthy eating habits, physical activities, good personal hygiene, weight management, stress management, avoiding tobacco, drugs, and the harmful use of alcohol.

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The officials said that the Yatra that started from main market Leh at 10.00 AM on 16 October 2018, will pass through various locations in Jammu & Kashmir covering 12 districts viz Leh, Ganderbal, Baramulla, Kupwara, Srinagar, Pulwama, Anantnag, Ramban, Udhampur, Jammu, Samba and Kathua.

During the Yatra, the services of Food Safety on Wheels (Mobile Food Testing Vans) and 25 cyclists are being utilized. Besides, two swastha melas are being organized at Srinagar and Jammu on 11 November 2018 and 27 January 2019 respectively.

The event at Sonamarg was coordinated by the food safety officer Kangan, Fayaz Ahmed. Station house officer (SHO) Sonamarg, Manzoor Ahmed distributed certificates among the participants.