

Eat Right India-Swasth Bharat Mela held

November 6, 2018

Kohima, November 5 (MExN): Proceeding to Local Ground, (Khouchiezie) Kohima, a Swasth Bharat Mela was held on November 5. The rally was being organised on the theme 'Eat Right India' by Food Safety and Standards Authority of India (FSSAI), Ministry of Health & Family Welfare, in association with Health & Family Welfare Department (Food Safety Wing), Government of Nagaland.

Master Ceremony (MC), Chandrika highlighted on the importance of Swasth Bharat Yatra, a Pan India Cycle rally, inspired by Mahatma Gandhi's Dandi March and 'Salt Satyagraha' of 1930. Through his tireless yatras, Mahatma Gandhi led the nation towards freedom from Colonial Rule. The yatra would also lead the nation towards freedom from diseases by cascading the message of Eat Right India to every corner of the country.

Administrator KMC, Kovi Meyase in his short speech said that although we are being informed with the latest technology about our health and living issues yet, we tend to be ignorant, he is optimistic that this programme will awaken and remind us about our food and living habits. He urged the people to pass on the theme message and particularly to 'eat less salt, sugar and fat'.

On the brighter side he said, since we have more access to organic materials we can cultivate the habit of eating organic foods. He also expressed his gratitude for this extraordinary programme to the organizers, NCCs, volunteers and participants which he hoped will ultimately lead to a healthy and prosperous life and make the nation healthier. NCCs were actively involved in the Yatra with their participation including the cyclists.

MC, Chandrika mandated the pledge to all the volunteers and participants to understand and uphold the subject of 'Eat Safe, Eat Healthy, and Eat Fortified (+F)'. Slideshows on Vashnava Jan Toh, film on Gandhiji, Eat Right India, Swasth Bharat Yatra was showcasted.

Later at the programme, Simple test and awareness talks on food safety by the Food safety on Wheel team was demonstrated.

Meanwhile, a national campaign Swasth Bharat Yatra under 'Eat Right India' was flagged off by minister for Health and Family Welfare, S. Pangnyu Phom on November 5 at PHQ Junction Kohima

Addressing the participants, the Minister said that 'Eat Right India' movement was launched by Prime minister of India which a Pan-India cycle rally is being organized in commemoration of 150th birth anniversary of Mahatma Gandhi with an aim to sensitise people about eating safe. He urged the people to spread the message not only within India but to the whole world to have a healthy life.