

Awareness camp on ‘Swasth Bharat Yatra’ held

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Department of Food Safety Baramulla today organized a daylong awareness camp on “Swasth Bharat Yatra” at Government Girls Higher Secondary School Baramulla. The camp is being organized as part of the national campaign “ Eat Right India” started by the Union Ministry of Health and Family Welfare.

District Information Officer Baramulla, ChMudassirHussain was the chief guest on the occasion.

On the occasion, various speakers including students spoke on the topic wherein they highlighted the objectives of the campaign. The speakers underlined the need to eat healthy and safe food for physical and mental well-being.

Speaking on the occasion, DIO said that the need of the hour is to create awareness about healthy food choices among people, particularly youth to remain fit and healthy besides remaining aloof from various non-communicable diseases. He stressed for avoiding junk foods and exhorted for inculcating the healthy habits including regular exercise for sound mind and body. Moreover, 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.

Later, a rally comprising students, volunteers and other prominent sections was flagged off by the chief guest in presence of Assistant Commissioner Food Safety AijazIqbal and Principal SuriyaJabeen.