



Convoy on health awareness to pass through Chandigarh today

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E-paper

CHANDIGARH: Department of health and family welfare, Chandigarh administration, will be organising a mass awareness campaign on safe, fortified and healthy eating habits on Thursday. The campaign will be an extension of the ongoing 'Swasth Bharat Yatra'. A convoy, which will be a part of the campaign, will pass from Sukhna Lake, Chandigarh.



The convoy heading the movement of 'Swastha Bharat Yatra' entered the city on Wednesday. Cyclists, bikers, walkers, dieticians, medical health workers, police personnel, NCC cadets, NSS voluntaries, who formed part of the convoy in the 'Swastha Bharat Yatra', spread the mass message among public to remain safe and healthy. They also spread the message that by reducing salt and sugar intake in one's daily diet, many non-communicable diseases like hypertension, diabetes and cancer can be prevented.

The mass awareness campaign will be flagged off from Sukhna Lake by VP Singh Badnore, governor of Punjab and UT administrator. The convoy will pass through different parts of the city and would carry the message of "Eat Safe, Eat Healthy, Eat Fortified and Say No to Food Wastage" through many health activation programmes in market areas and institutes and thereafter culminate at Panchyat Bhawan in the evening.

'Swasth Bharat Yatra' is a pan-India movement to generate awareness among general public about healthy and safe eating so that they remain fit and at bay from non-communicable diseases.