

## Swasth Bharat Tandrust Punjab Yatra reaches city, promotes 'eat right India'

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Participants during the Swasth Bharat Tandrust Punjab Yatra rally in Bathinda on Sunday. Tribune Photo: Pawan Sharma

### Tribune News Service

#### Bathinda, December 16

The Swasth Bharat Tandrust Punjab Yatra was given a warm welcome in the city on Sunday. A special event to receive the yatra was organised at the Multipurpose Sports Stadium. Tehsildar Sanjiv Kumar, Civil Surgeon Dr HN Singh, Lieut-General Himmat Singh of 20 Punjab Battalion, NCC, Bathinda, District Health Officer Dr Ashok Monga and other senior officials were present on the occasion.

The aim was to give food business operators training in how to maintain hygiene and quality and spread the message of eating right among residents.

Addressing a gathering, Civil Surgeon Dr HN Singh said, "Whatever we eat daily in our diet should be healthy. Excessive consuming of sugar, salt and fat is bad for our health."

Pushpinder Kaur, assistant director, FSSAI, said, "The yatra, which started on October 16, would reach Delhi on January 27 next year. They would have to cross lots of cities and 18,000 km to reach Delhi."

She said during the yatra they were spreading the message of eating healthy food. They would share their views with vendors, dhaba and restaurant owners regarding providing pure and healthy food to people so they could enjoy their lives.