



THE WORLD BANK



NetProFaN

NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION



Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

Eat Right Mela 2019

INDORE, M.P.

SEPTEMBER 8TH 2019



**Eat Right
India**

सही भोजन. बेहतर जीवन.

Eat Right Mela 2019

- The “EAT RIGHT MELA” 2019 was organized by NetProFan, IDA M.P. Chapter and AFSTi Indore chapter with the support of World Bank, FSSAI and FDA M.P at Prestige Institute of management and Research, Indore M.P. on 8th September, 2019.
- Eat Right Mela was attended by 300+ delegates including college students, parents, teachers, association members, street food vendors and general public.
- Throughout the event the message “EAT RIGHT, LIVE RIGHT... AAJ SE THODA KAM” was echoed.

Day's Agenda :

Mela Activities:

- ❖ Yoga Session : 9am-10am
- ❖ Drawing competition :10:30am-11:30 pm
- ❖ Fire Free cooking competition : 11:30 am-12:30 pm
- ❖ Short video clip competition on eat right theme: 12pm-12:30pm
- ❖ Prize and certificate distribution : 12:30pm- 1:30 pm
- ❖ Vendor Stalls : 11am-4pm
- ❖ Free Check up : Blood testing and Body Fat Analysis :10am-4pm
- ❖ NetProFan workshop : 1:30pm-3:00 pm
- ❖ NetProFan members list



YOGA SESSION:

It was taken by Mr. Vinod Mishra

Inaugural Session:

- Ms. Vinita Jaiswal and Ms. Preeti Shukla welcomed all dignitaries on the dais on behalf of NetProFan and IDA MP chapter.
- Mr. Neelesh Trivedi (Director, MSME), Mr. Davish Jain (Director of Prestige institute), Mr. D.K.Pathak (President SOPA), Mr. Manish Swami (FSO,Indore) were the chief guests. They lightened the lamp.
- Ms.Preeti Shukla gave background about the Eat Right Mela.
- Mr. Manish Swami made the opening remarks.
- Mr. Neelesh Trivedi spoke about facilities/subsidy given by government to promote healthy food manufacturing/start ups.
- Mr. Davish Jain spoke about need of healthy eating and benefits of soya products.
- Mr. Ramnath Suryawanshi (AFSTI Indore chapter) gave the vote of thanks.



Inaugural Ceremony

Inaugural Session:

- Inaugural Session was attended by Prof. Ranjana Patel, Prof. Manisha from Prestige institute of management and research and Dr. Joshita Lamba from World Bank, Ms. Vinita Jaiswal (President of IDA M.P. Chapter), Ms. Vandana Bagadiya (Vice President of IDA M.P. Chapter), Ms. Preeti Shukla (NEC IDA), Mr. Ramnath Suryawanshi from AFSTI Indore Chapter.
- Executive members of IDA/AFST and other associations were present; Ms. Nega Garg, Ms. Kavita, Ms. Poonam Well, Ms. Roopshree Jaiswal, Ms. Bhavika Sharma from IDA, Mr. Y.A. Jaliwala, Mr. Anil Pandey, Mr. Sunil Jaiswal from AFSTI.

Inaugural Session:

Speech by Mr. Davish Jain (Left) and Mr. Neelesh Trivedi (Right)





Inaugural Session: Speech by Mr. Manish Swami (FSO) and Mr. D.K.Pathak (President SOPA)

FDA M.P. Food Safety on Wheels



List Of Stalls:

- FSSAI AND FDA STALL
- FOOD ADULTERATION TESTING
- MAA RENUKA ORGANIC FOODS
- AFSTI (INDORE) STALL
- WESTIGE NUTRITION
- IDA (MP) STALL
- VIDHATA'S ALTERNATIVE MEDICINE
- NEMA KULFI
- MILLETS BY MEGHNA SHUKLA
- AIC PRESTIGE START UP STALLS (5)
- SADICHAA STALL
- GROCECO NATURALS
- PRESTIGE FOODS

Stalls at Eat Right Mela:

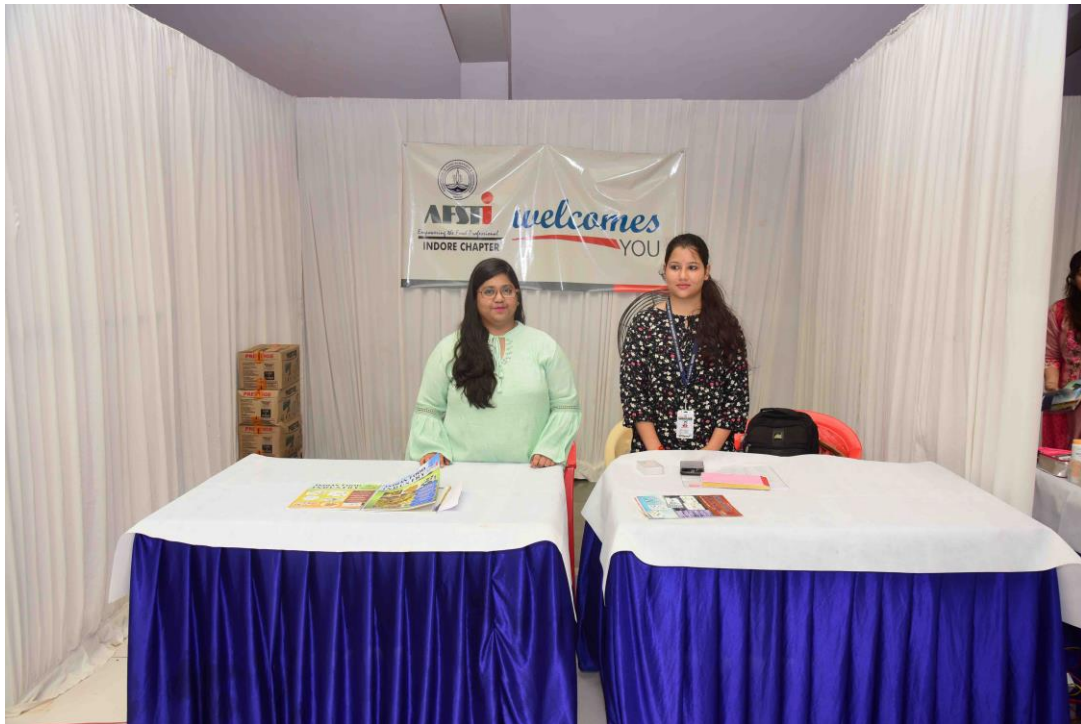


Stalls at Eat Right Mela

ORGANIC FOOD STALLS



Stalls at Eat Right Mela



Stalls at Eat Right Mela

FSSAI AND EAT RIGHT INDIA



INDIAN DIETETIC ASSOCIATION





Drawing Competition: Prize given to first 3 winners and certificates given to all participants

DISHES PREPARED FOR COMPETITION:

- HEALTHY VEGETABLE CAKE
- HIGH PROTEIN AVOCADO ICE CREAM
- HIGH PROTEIN SUGAR FREE MODAK
- NUTRITIOUS SMOOTHIE
- NUTS FILLED MODAK
- FRUITS AND NUTS SHAKE
- HEALTHY SPROUTED CHAAT
- PANEER VEGETABLE CHAAT
- DETOX SMOOTHIE
- NUTS LADDOO
- PROTEIN RICH MEAL
- HEALTHY SANDWICH



Fire Free Healthy Cooking Competition:

Prizes given to first 3 winners and certificates given to all participants



Short video clip competition on Eat Right and prize given to winners



Blood Testing And Body Fat Analysis: After analysis, Diet counselling given by dieticians



EAT RIGHT MELA 2019

Outcome of the Mela :

- ❖ People were touched by all initiatives taken towards eat right movements.
- ❖ Different stalls focussing on organic foods, safe and healthy food options over unhealthy foods and through adulteration tests as well as blood testing and body composition analysis followed by diet counselling helped general public a lot in terms of knowing healthy and right eating practices.
- ❖ They were made aware about benefits of fortified foods as well.
- ❖ 300+ people attended the mela.
- ❖ 80+ students participated in various competitions and as volunteers.
- ❖ The mela initiated the thinking towards Eat Right in many participants.

NetProFaN Induction Workshop

WAY FORWARD

NetProFaN and Eat Right Campus Meeting

The “EAT RIGHT Campus” meeting was attended by 60+ delegates.

NetProFaN meeting was attended by representatives of various associations as well as volunteers.

NetProFaN and Eat Right Campus Meeting

Ms. Vinita Jaiswal chaired the NetProFaN meeting and one hour meeting was conducted for all the Netprofan members and next steps were defined. She gave information about Eat Right Campus initiative.

Open house was held and questions were answered by Ms. Vinita Jaiswal, Dr. Joshita Lamba.

Dr. Joshita Lamba gave answers to all queries.

Vote of thanks was given by Ms. Vandana Bagadiya.

NetProFaN and Eat Right Campus Meeting



NetProFaN Sessions:

By Dr. Joshita Lamba (Left)- Manifesto, Ms. Vinita Jaiswal (Right)-FSSAI initiatives



Way Forward

1. Creation of Indore NetProFaN chapter: 68 professionals were included in the chapter (details attach in following slides).

2. Eat Right School project- Next one year cover all the schools of Indore

3. Two Fortification workshop in next six months

4. Conducting pan India eat right video competition- 6 months

5. All NetProFaN members will work towards creating their organisation and community as Eat Right Campus- One year

6. Adding content to existing resources- one year (a continuous process)

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NetProFan Members Oath for Eat Right Initiatives