

The Sentinel

of this land, for its people

Nagaland Learns Right Eating Habits under Swasth Bharat Yatra

Dated: - 06th November 2018 (Tuesday)

E-paper

Nagaland, as a part of the ‘Swasth Bharat Yatra,’ is concentrating more on the right methods of eating food these days and is propagating a message to all its citizens as to how significant role food safety plays in a healthy living. The food safety campaign in the state kickstarted with the arrival of the **Food Safety and Standards Authority of India (FSSAI)** officials and 29 cyclists from Manipur.



Notably, the FSSAI of the **Ministry of Health & Family Welfare** in association with the state’s Health & Family Welfare unit has also organized a ‘cyclathon’ to spread the message of right eating habits. The campaign has three basic principles and these are ‘eat safe, eat Healthy, and eat fortified.’ This very concept is believed to lead the nation to ‘freedom from diseases’ by spreading the right food habits message to ‘every corner of the country.’

Kicking off the campaign in Kohima on November 5, the Kohima Municipal Council’s (KMC) administrator Kovi Meyase stressed the need for reminders to live a healthy life. He said that people are well aware of good food habits, but it is just that they do not feel like following it until a reminder is given. He also added that people in **Nagaland** has a good access to healthy and organic foods and hence, there should be no problem for them to follow good habits.

The campaign also included a simple food testing demonstration. Master of Ceremony, Chandrika Das administered the pledge to ‘eat healthy, eat safe’ and the officials explained to people as to how can one do a simple food test on his own to check adulterated food products of salt, chili powder, honey, tea leaves etc. such tests can easily be done at home and adulterated foods can be identified to avoid eating.

The **Swasth Bharat Yatra** is a pan India cycle rally and is said to be inspired by Mahatma Gandhi’s Dandi March and Salt Satyagraha of 1930. Flagged off on World Food Day, October 16, the campaign was started with the slogan ‘Eat Right India.’ So far, the rally has covered almost all states and union territories and will finally culminate at New Delhi on January 27, 2019.

This campaign consists of 150 volunteer cyclists along with a mobile unit for publicity stunts and a mobile food testing unit. The convoy stops in cities and towns and conducts activities in over 2000 locations spread over 100 days. In these 100 days, the cyclists will cover 50-60 kilometers halting at 2-3 towns and cities on the way. Each batch of the cyclists will hand over a symbolic baton to the next batch as part of the relay.