

## Swasth Bharat Yatra held at Gbl

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The Commissioner of Food Safety J&K in collaboration with Food safety and Standards Authority of India today kick started Swasth Bharat Yatra (Eat Healthy India) at Town Hall Ganderbal.

The aim of the Yatra is to sensitize the general public about the safety of food and its slogan is “eat right eat safe and eat fortified.” The Yatra was started at Leh on 16th October, 2018 on world food day. This Yatra will pass through different states of India and will culminate on 27th of January, 2019, at Delhi.

DDC Ganderbal Dr. Piyush Singla, who was chief guest on the occasion said that food safety and healthy diets are critical in the context of country’s high burden of food borne diseases, under-nutrition, micro-nutrient deficiencies and growing incidence of obesity and non-communicable diseases (NCDs). He emphasized upon eating healthy, safe and fortified food to save ourselves and our descendants. We have to fight all together against these ill trends of adulteration besides we all should make aware the general people about the serious health impact of taking adulterated food, he added.

Speaking on the occasion, ADC Ganderbal reiterated that the campaign will bring positive change in the district with regard to eating healthy food to remain healthy. He impressed upon all citizens and officials that the awareness drive regarding food adulteration should continue for a healthy environment and physical well-being. He also called for greater youth involvement in such campaigns.

On the occasion, various other officials, while speaking also emphasized upon eating healthy, safe and fortified food to remain healthy. A pledge was also taken on the occasion and later DDC flagged off the Swasth Bharat Yatra. Among others ASP Ganderbal, District Immunization Officer, Ganderbal, Hamid-ul-lah, Assistant Controller Food Safety, Ganderbal, Kriti Gautam, training consultant FSSAI, traders' body Ganderbal, food processing association Kashmir, Students of various educational institution and other officials of the department were also present on the occasion.