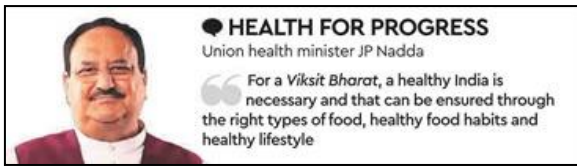


Media coverage on World Food Safety Day 2025



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08/06/25 | 2:27 pm | [World Food Safety Day 2025](#)

HEALTH MINISTER NADDA LAUNCHES FSSAI'S 'STOP OBESITY' CAMPAIGN ON WORLD FOOD SAFETY DAY 2025



Union Health Minister Jagat Prakash Nadda on Saturday addressed the World Food Safety Day 2025 event, themed “Stop Obesity by Eating Safe and Healthy,” held at the National Institute of Mental Health and Neuro-Sciences (NIMHANS) in Bengaluru. Organized by the Food Safety and Standards Authority of India (FSSAI) under the Ministry of Health and Family Welfare, the event emphasized the critical role of food safety and nutrition in combating obesity and non-communicable diseases.

The event saw the launch of FSSAI's "Awareness Initiative to Stop Obesity" under the Eat Right India programme, aimed at raising nationwide awareness about the health risks of obesity. Nadda highlighted the alarming rise in obesity, citing the ICMR–India Diabetes (INDIAB) study, which reported a 39.6% increase in urban India and a 23.1% increase in rural areas between 2008 and 2020. He warned that by 2050, one-third of India's population could be obese if current trends persist.

"For a Viksit Bharat, a healthy India is necessary, and that can be ensured through the right types of food, healthy food habits, and lifestyle," Nadda said. He urged stakeholders to support the Prime Minister's call to reduce oil consumption by 10% and emphasized the need to revive traditional foods like millets. He also stressed the vulnerability of children to unhealthy food marketing and called for early awareness to foster better dietary habits.

The campaign promotes inclusivity with communication materials in regional languages and sign language, alongside media outreach through FM radio, railway announcements, and digital platforms. A video featuring chef Ranveer Brar supporting the campaign was also released. Additionally, Nadda launched the Eat Right Activity Book – Your Guide to Eat Right at School, a resource under the Eat Right School initiative, designed to engage schoolchildren in learning about food safety, hygiene, and nutrition through age-appropriate activities.

Nadda praised FSSAI's innovative "Sugar and Oil Boards," visual tools placed in schools, workplaces, and public spaces to highlight hidden sugars and fats in everyday foods. He suggested incorporating calorie intake information to enhance their impact and advocated for including food safety awareness in school curricula.



[Site Admin](#) | June 7, 2025 9:34 PM

J.P. Nadda Launches FSSAI Drive to Curb Obesity on World Food Safety Day



Union Minister for Health J P Nadda launched the awareness initiative of FSSAI to stop obesity by eating safe and healthy food. It coincided with the World Food Safety Day celebration in Bengaluru today.

The Union Minister emphasised that a healthy society alone can ensure a strong nation. He reiterated that for India to become Viksit, our people should remain healthy. For this to happen they should consume a balanced diet. Safe food nurtures the power of thinking and that in turn improves productivity.

The minister reminded the gathering about the call given by the Prime Minister to reduce oil consumption by 10 percent. He advised that the food we consume must be measured in calories. Only this awareness will keep us fit. He expressed concern over the increased use of ultra-processed food.

The Health minister informed that a study by ICMR between 2008 and 2020 has revealed that the problem of obesity in urban areas has increased by over 39 percent and in rural areas by 23 percent. He also added that by 2050, one third of India's population will be obese if we do not take precautions.

about our food habits. Hence FSSAI and the education department have come together to create awareness among the children about the problems associated with obesity. During the function today, the Union Health minister released 'Eat right activity book that will be distributed in the schools by the education department and by the railway board in railway stations. The book provides important inputs on food habits that cause obesity and how to eat healthy food. J P Nadda informed that NCERT will include healthy eating habits, usefulness of eating millets and nutritious diets in the school textbooks. He also launched the Salt and Sugar Board that will work towards educating people on limiting use of salt and sugar in our intake and limiting fats to 27 to 30 gms per day

Healthy India can be ensured through healthy food habits and lifestyle: JP Nadda on World Food Safety Day

ANI | Updated: Jun 07, 2025 23:10 IST



Bengaluru (Karnataka) [India], June 7 (ANI): On the occasion of World Food Safety Day 2025, Union Minister for Health and Family Welfare, JP Nadda, delivered the keynote address at a special programme themed "Stop Obesity by Eating Safe and Healthy" at the National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru on Saturday, the Ministry of Health and Family Welfare said in a release.

JP Nadda said that a healthy India is necessary for Viksit Bharat, and that can be ensured through the right types of food, healthy food habits, and lifestyle.

Organized by the Food Safety and Standards Authority of India (FSSAI), Ministry of Health & Family Welfare, Government of India, the programme focused on the critical role of food safety and nutrition in preventing non-communicable diseases such as obesity, echoing Prime Minister Narendra Modi's call to promote preventive health through traditional and wholesome dietary practices.

Minister of Medical Education and Skill Development Department, Government of Karnataka, Dr Sharan Prakash R Patil, Members of Parliament, Lahar Singh Siroya and P C Mohan, Union Health Secretary, Punya Salila Srivastava and senior officers of the Government of India also attended the event.

In his keynote address, Nadda reiterated the Prime Minister's emphasis on preventing obesity and prioritising wellness.

Emphasizing the urgent need to address the rising burden of obesity and non-communicable diseases, Nadda stated that "the awareness initiative to stop obesity is a timely step towards educating people about the health risks of poor dietary habits and encouraging them to embrace balanced, nutritious food" and underlined that "for a Viksit Bharat, a healthy India is necessary and that can be ensured through the right types of food, healthy food habits and healthy lifestyle."

The Union Health Minister underlined the importance of safe, healthy, and nutritious food and the benefits of a balanced diet that can ensure increased immunity. Nadda reaffirmed the commitment to this year's World Food Safety Day theme, "Food Safety: Science in Action."

Recognising the alarming trend of rising obesity, citing the ICMR-India Diabetes (INDIAB) study, Nadda stated that "from 2008 to 2020, obesity in urban India has increased by 39.6 per cent, while it has increased 23.1 per cent in rural areas." He also cited another study that projects that by 2050, 1/3 of the country's population will be obese.

Underlining the challenge of unhealthy foods and dietary habits, especially in urban areas, Nadda stressed that children are the most vulnerable group when it comes to adulterated foods, as they are attracted towards unhealthy foods and their advertisements. To meet this challenge, he called for ensuring awareness at a young age to bring a better impact.

Highlighting the negative impact of ultra-processed foods on health, Nadda urged everyone to be careful of their food habits and adhere to nutritious food that brings healthy changes to one's mind and body. He further added that "eating right is a right that one must exercise. Eating right and ensuring awareness about it is a collective responsibility of the government, industry, academia, and individuals."

Nadda urged all stakeholders to respond to the Prime Minister's clarion call and reduce oil consumption by 10 per cent and salt intake, which can be ensured through awareness of the right food habits.

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Nadda also commended the innovative behavioural change strategy i.e., the widespread promotion of Sugar and Oil Boards across schools, workplaces and public institutions, developed by FSSAI under the aegis of Union Ministry of Health & Family Welfare that serve as powerful visual advocacy tools, displaying clear, relatable information about hidden sugars and fats in everyday food items. By embedding these messages in common spaces- canteens, corridors, meeting rooms- they subtly nudge individuals to make healthier choices. He also suggested that to make the initiative more effective, calorie intake should also be highlighted along with sugar, and he urged the incorporation of awareness in the curriculum. Emphasising the importance of traditional foods, Nadda urged all to "go for traditional foods that include foods like millets and revive them to ensure health for all." He further highlighted the importance of informed choices and lifestyle changes and remarked that food safety habits are a continuous process that needs to be made a part of our lives and turned into a movement to 'eat right' while adhering to food safety norms." (ANI)

Make a vow to reduce salt, processed food , says JP Nadda on World Food Safety day

PTI |

Jun 07, 2025 04:58 PM IST

JP Nadda said that change is possible is a continuous process and by talking about food safety habits only on World Food Safety Day is not going to work.



Union Minister for Health and Family Welfare, JP Nadda spoke at the World Food Safety Day, celebrated on June 7 of every year.(PTI)

On this World Food Safety Day, every Indian must make a vow to reduce salt intake, processed food as well as 10 per cent of oil consumption, said Jagat Prakash Nadda, Union Minister for Health and Family Welfare on Saturday. According to him, it is our collective responsibility to spread awareness about eating the right food.

Nadda was addressing an event organised to celebrate World Food Safety Day by the Union Ministry of Health and Family Welfare at National Institute of Mental Health and Neuro Sciences (NIMHANS) in [Bengaluru](#). World Food Safety Day is celebrated on June 7 of every year.

"We should take the clarion call given by our Prime Minister [Narendra Modi](#) and see to it that at least in our own homes, we are able to reduce 10 per cent of oil consumption and salt consumption. This is the most necessary part. We also have to see to it that processed foods are reduced to the maximum," said Nadda.

He also said to remain healthy and to eat right, India must revisit its traditional food practices. "Our traditional food includes many types of preparations with millets. We have to revive this tradition," he added.

Nadda said change is possible only if it is a continuous process. "By talking about food safety habits only on World Food Safety Day is not going to work. It will only work if we make it a part of our life and if we make it a habit," he added.

Nadda also said health consciousness and the Eat Right Movement are imperative as obesity is spreading fast in India. "India's diabetes study by [ICMR](#) says that from 2008 to 2020, the obesity in urban India has increased by 39.6 per cent and in rural areas, it has increased by 23.1% per cent. It is also projected that by 2050, 1/3 of the population will be obese," said Nadda, adding that time to act is now.

During the event, Nadda also released a booklet called 'Eat Right India'. Sanjay Kumar, Secretary of Department of School Education and Literacy, who addressed the gathering via video conferencing, explained how the science of eating right has become a part of National Council for Education, Research and Training's curriculum.

Every Indian must make a vow to reduce salt, oil consumption by 10%: Nadda

Our traditional food includes many types of preparations with millets, which have to be revived, says Union Minister

Updated - June 07, 2025 10:16 pm IST - BENGALURU



Union Minister of Health and Family Welfare J.P. Nadda a stall during an event on World Food Safety Day in Bengaluru on Saturday. | Photo Credit: PTI

Every Indian must make a vow to reduce salt and oil consumption by 10%, said Jagat Prakash Nadda, Union Minister for Health and Family Welfare, on Saturday. ly Welfare J.P. Nadda a stall during an event on World Food Safety Day in Bengaluru on Saturday. | Photo Credit: PTI

Every Indian must make a vow to reduce salt and oil consumption by 10%, said Jagat Prakash Nadda, Union Minister for Health and Family Welfare, on Saturday.

He was speaking at World Food Safety Day, 2025, organised by the Ministry of Health and Family Welfare here on the theme 'Stop obesity by eating safe and healthy'.

Highlighting a worrying trend, he cited an ICMR study that reported a 39.6% increase in urban obesity and a 23.1% increase in rural areas between 2008 and 2020. “By 2050, nearly a third of India’s population may be obese. This is alarming,” he warned, stressing the dangers of ultra-processed food and sedentary lifestyles.

ly Welfare J.P. Nadda a stall during an event on World Food Safety Day in Bengaluru on Saturday. | Photo Credit: PTI

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Highlighting a worrying trend, he cited an ICMR study that reported a 39.6% increase in urban obesity and a 23.1% increase in rural areas between 2008 and 2020. “By 2050, nearly a third of India’s population may be obese. This is alarming,” he warned, stressing the dangers of ultra-processed food and sedentary lifestyles.

“Our traditional food includes many types of preparations with millets. That we have to revive,” he said, highlighting the need to reduce processed food. He stressed that safe, nutritious, and balanced food is essential not only for individual well-being but for building a ‘Viksit Bharat.’ “Eat right is your right, but only you can exercise it,” he said. Mr. Nadda flagged off four initiatives to promote healthy eating habits.

Sanjay Kumar, Secretary of School Education and Literacy, highlighted the integration of food awareness into NCERT textbooks. He spoke of the inclusion of chapters on food safety and well-being from class 3 onwards, supported by the *Eat Right* activity book. Other measures outlined were the promotion of millets in midday meals and the introduction of the Sugar Board in CBSE schools to help students access their daily sugar intake.

The event discussed the growing spirit of competition among States with several Chief Ministers and State Health Ministries actively rolling out localised versions of the ‘Eat

Right' campaign. From awareness drives in schools to promoting millet-based meals and conducting many audits, States across the country were stepping up with creative on-ground initiatives, which are helping accelerate progress and foster innovation in public health strategies, the participants in the event noted.



Union Health Minister J P Nadda and Karnataka Medical Education Minister Sharan Prakash Patil during the World Food Safety Day event in Bengaluru on Saturday Photo | Shashidhar Byrappa

Karnataka

Union Health Minister JP Nadda: Ask for calories in whatever you eat

To raise early awareness, NCERT will introduce lessons on healthy eating habits in school curricula.

Express News Service

Updated: 8th Jun, 2025 at 7:25 AM

BENGALURU: Warning that one in three Indians could be obese by 2050 if unhealthy eating habits continue, Union Health Minister JP Nadda on Saturday urged people to “ask for calories in whatever you eat.”

Nadda was speaking at a function to mark ‘World Food Safety Day’, where he launched several initiatives such as sugar and oil boards, and the eat right activity book on the theme, “Stop Obesity by Eating Safe and Healthy”.

Citing an ICMR study, he said obesity increased by 39.6% in urban and 23.1% in rural areas between 2008 and 2020, highlighting how lifestyle diseases are spreading beyond cities. "Obesity is rising due to increasing intake of ultra-processed foods and changing food patterns. This is a serious public health concern," Nadda said.

The minister called food safety a "science in action," urging people to understand its real-life impact on the body and mind.

To raise early awareness, NCERT will introduce lessons on healthy eating habits in school curricula. "It's not enough to say a drink is high in sugar — children should also know how many calories it contains. Only then can we build lasting awareness," Nadda said.

The Union minister stressed the need for reducing oil consumption by at least 10% and urged families to return to traditional Indian foods, which he described as more balanced than modern processed options. "Eat right' is your right, but it's a right you must consciously exercise," he said.

Union Health Minister JP Nadda urges collective action for safe and healthy eating, especially among children

07 Jun-2025 20:50 PM



Bengaluru : Union Health Minister JP Nadda has called for a unified effort from the government, industry, academia, and citizens to promote safe and healthy eating practices across the country, particularly among children.

Speaking during the launch of 'Stop Obesity by Eating Safe and Healthy' initiative on World Food Safety Day 2025 at NIMHANS in Karnataka's Bengaluru, Nadda underscored the importance of food safety and nutrition.

He announced a new government initiative within the NCERT curriculum aimed at educating students about healthy dietary habits. "It becomes the collective responsibility of the government, industry, academia and every individual to ensure that we eat right," he said.

"Safe food nurtures health, builds immunity, while the unsafe food compromises life, especially for the most vulnerable, our children. The advertisements that are coming attract our children to all kinds of food, and that's why we have started a campaign in the NCERT curriculum on what to eat, what not to eat for the

children. Therefore, it's important to educate kids not just about sugar, but also about overall calorie intake," he added.

"As per recent diabetes study conducted by ICMR, obesity is no longer confined to urban areas. Rural regions are now increasingly grappling with the same challenge, highlighting the growing need for public awareness and healthy food habits," said Nadda.

Earlier in a post on X, Nadda marked World Food Safety Day, saying, "This World Food Safety Day, we come together to raise awareness about the essential role of safe and hygienic food in safeguarding health and reducing foodborne diseases. Food is the fuel that keeps us going every day. When we focus on food safety, we're protecting our health and the well-being of families everywhere."

"This year's theme, "Food Safety: Science in Action," celebrates how science and technology is protecting our food quality and safety at every stage," he added.

World Food Safety Day, observed globally every June 7, serves as a reminder that food safety is crucial for both good health and economic development.



Government of India Press Information Bureau

Ministry of Health and Family Welfare



Union Health Minister Shri J P Nadda delivers keynote address at FSSAI's World Food Safety Day 2025 event, themed 'Stop Obesity by Eating Safe and Healthy' at NIMHANS, Bengaluru

Launches FSSAI's inclusive campaign to Stop Obesity with multilingual, sign language outreach and multi-platform media engagement under Eat Right India programme that seeks to build a mass movement for better nutrition and improved public health

Union Health Minister reaffirms commitment towards this year's World Food Safety Day theme "Food Safety: Science in Action"

Reiterates Prime Minister's clarion call to reduce oil consumption by 10% to stop obesity

Highlights the need for healthy food habits, all stakeholder participation to ensure awareness about healthy food habits; urges to revive traditional food habits

For a Viksit Bharat, a healthy India is necessary and that can be ensured through the right types of food, healthy food habits and lifestyle: Shri Nadda

'Eat Right Activity Book- Your Guide to Eat Right at School, a key resource under the Eat Right School initiative, also released during the event

On the occasion of World Food Safety Day 2025, Union Minister for Health and Family Welfare, Shri Jagat Prakash Nadda, delivered the keynote address at a special programme themed "*Stop Obesity by Eating Safe and Healthy*" at the National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, today. Organized by the Food Safety and Standards Authority of India (FSSAI), Ministry of Health & Family Welfare, Government of India, the programme focused on the critical role of food safety and nutrition in preventing non-communicable diseases such as obesity, echoing Hon'ble Prime Minister Shri Narendra Modi's call to promote preventive health through traditional and wholesome dietary practices.

Minister of Medical Education and Skill Development Department, Government of Karnataka, Dr. Sharanprakash R Patil, Members of Parliament, Shri Lahar Singh Siroya and Shri P C Mohan, Union Health Secretary, Ms. Punya Salila Srivastava and senior officers of the Government of India also attended the event.



In his keynote address, Shri Nadda reiterated the Prime Minister's emphasis on preventing obesity and prioritizing wellness. Emphasizing the urgent need to address the rising burden of obesity and

non-communicable diseases, Shri Nadda stated that “the awareness initiative to stop obesity is a timely step towards educating people about the health risks of poor dietary habits and encouraging them to embrace balanced, nutritious food” and underlined that “for a *Viksit Bharat*, a healthy India is necessary and that can be ensured through the right types of food, healthy food habits and healthy lifestyle.”



The Union Health Minister underlined the importance of safe, healthy and nutritious food along with the benefits of a balanced diet that can ensure increased immunity. Shri Nadda reaffirmed the commitment towards this year's World Food Safety Day theme i.e. “Food Safety: Science in Action”.

Recognizing the alarming trend of rising obesity, citing the ICMR–India Diabetes (INDIAB) study, Shri Nadda stated that “from 2008 to 2020, obesity in urban, India has increased by 39.6%, while it has increased 23.1% in rural areas.” He also cited another study that projects that by 2050, 1/3 population of the country will be obese.

Underlining the challenge of unhealthy foods and dietary habits, especially in urban areas, Shri Nadda stressed that children are the most vulnerable group when it comes to adulterated foods as they are attracted towards unhealthy foods and their advertisements. To meet this challenge, he called for ensuring awareness at a young age that will bring forth better impact.

Highlighting the negative impact of ultra processed foods on health, Shri Nadda urged all to be careful of their food habits and adhere to nutritious food that brings healthy changes to one’s mind and body. He further added that “eating right is a right that one must exercise. Eating right and ensuring awareness about it, is a collective responsibility of the government, industry, academia and individuals.”

Shri Nadda urged all stakeholders to respond to the Prime Minister's clarion call and reduce oil consumption by 10% and reduce salt intake that can be ensured through awareness towards right food habits.

Shri Nadda also commended the innovative behavioural change strategy i.e., the widespread promotion of Sugar and Oil Boards across schools, workplaces and public institutions, developed by FSSAI under the aegis of Union Ministry of Health & Family Welfare that serve as powerful visual advocacy tools, displaying clear, relatable information about hidden sugars and fats in everyday food items. By embedding these messages in

common spaces- canteens, corridors, meeting rooms, they subtly nudge individuals to make healthier choices. He also suggested that to make the initiative more effective, calories intake should also be highlighted along with sugar and urged for incorporating awareness in the curriculum.



Emphasizing the importance of traditional foods, Shri Nadda urged all to “go for traditional foods that include foods like millets and revive them to ensure health for all.” He further highlighted the importance of informed choices and lifestyle changes and remarked that food safety habits are a continuous process that needs to be made a part of our lives and turned into a movement to 'eat right' while adhering to food safety norms.”



During her special address, Ms. Punya Salila Srivastava, Secretary, Ministry of Health and Family Welfare emphasized the importance of early sensitization and collaborative inter-sectoral action to build a culture of safe food and healthy living.

In her special address, Union Health Secretary, Ms. Punya Salila Srivastava, highlighted the efforts for leveraging science, bringing surveillance and risk assessment systems to ensure safe and secure food for all. She also underlined the importance of healthy food habits and urged all the stakeholders to be vigilant and informed about food safety and avoid foods with harmful additives.



She emphasized that “the Prime Minister's call for reducing oil consumption to stop obesity is not just a slogan, but a clarion call to adopt healthy dietary habits.” She further added that “to make India free of non-communicable diseases (NCDs), it is important to eat right and eat healthy, reduce oil intake and spread the message of healthy dietary habits through united efforts of all stakeholders. Healthy food choice is not just a personal cause, but also a contribution to the cause of healthy country.”

Shri Sanjay Kumar, Secretary, Department of School Education and Literacy, Government of India, emphasized on the importance of eating right and stopping obesity. He reiterated the Prime Minister's call for reducing oil consumption by 10% while emphasizing on the need to make children aware about their food choices and stressed on the need of community participation to ensure healthy eating habits. He also emphasized on the importance of good and right food on cognitive functions and highlighted the initiatives undertaken by the Department of School Education like incorporating *Shri Anna* (millets) in meals, emphasis on physical education and wellbeing to ensure healthy food habits amongst all students and teachers.

The event featured the launch of the Awareness Initiative to Stop Obesity, under FSSAI's flagship *Eat Right India* programme. Drawing inspiration from the Hon'ble Prime Minister's consistent emphasis on addressing the rising incidence of obesity in the country, the initiative aims to raise nationwide awareness about the health risks associated with obesity and non-communicable diseases. To ensure greater inclusivity and outreach, communication materials under this initiative are being developed in sign language as well as various regional languages. With a strategic mix of media outreach—including FM radio, railway audio announcements and digital platforms—the initiative seeks to build a mass movement for better nutrition and improved public health. As part of this material, a video featuring renowned chef Ranveer Brar extending his support towards Stop Obesity Campaign and urging people to reduce oil consumption was also released at the event.

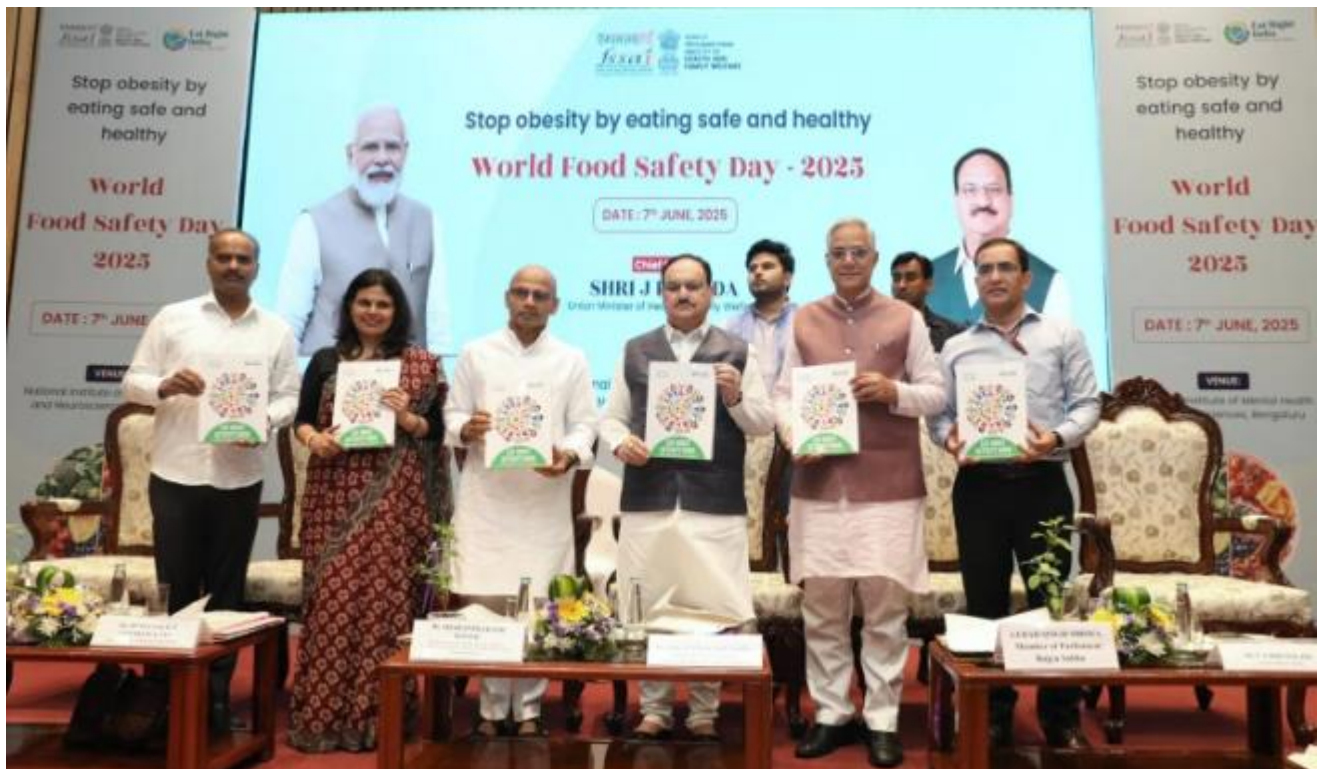


The 'Eat Right Activity Book– Your Guide to Eat Right at School', a key resource under the Eat Right School initiative was also launched during the event. Designed to promote awareness of food safety, hygiene, and nutrition among school children, the book features engaging, age-appropriate activities across primary, middle, and high school levels. Developed by leading experts, it supports both curricular and extracurricular learning and empowers children to become early advocates for healthy eating within their schools and families.

The event was virtually attended by Shri Rajeev Bahl, Director General of the Indian Council of Medical Research (ICMR) and Secretary of the Department of Health Research (DHR), Government of India; G Kamala Vardhana Rao, CEO, FSSAI; Shri Sanjay Kumar, Secretary, Department of School Education and Literacy, Government of India, Shri Satish Kumar, Chairperson Railway Board, Chairperson CBSE, Shri Rahul Singh; senior officials of Government of India; Health Secretaries of States of Karnataka, Jharkhand, Madhya Pradesh and Chandigarh; Food Safety Commissioners of all States/UTs, members of Scientific Committee and Scientific Panels, FSSAI, Food Business Operators across the country, Industry Associations, Development Partners, Employees of FSSAI and State FDAs across the country.

Union Health Minister launches FSSAI's campaign to stop obesity with multilingual, sign language outreach

- June 9, 2025



The programme focussed on the critical role of food safety and nutrition in preventing non-communicable diseases such as obesity

On the occasion of World Food Safety Day 2025, Union Minister for Health and Family Welfare, Jagat Prakash Nadda, delivered the keynote address at a programme themed Stop Obesity by Eating Safe and Healthy at the National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru.

Organised by the Food Safety and Standards Authority of India (FSSAI), Ministry of Health & Family Welfare, Government of India, the programme focussed on the critical role of food safety and nutrition in preventing non-communicable diseases such as obesity.

Minister of Medical Education and Skill Development Department, Government of Karnataka, Dr Sharanprakash R Patil, Members of Parliament, Lahar Singh Siroya and PC Mohan, Union Health Secretary, Punya Salila Srivastava and senior officers of the Government of India also attended the event.

Nadda stated that the awareness initiative to combat obesity is a timely step towards educating people about the health risks associated with poor dietary habits and encouraging them to adopt balanced, nutritious diets.

The Union Health Minister underlined the importance of safe, healthy and nutritious food along with the benefits of a balanced diet that can ensure increased immunity.

Underlining the challenge of unhealthy foods and dietary habits, especially in urban areas, Nadda stressed that children are the most vulnerable group when it comes to adulterated foods as they are attracted towards unhealthy foods and their advertisements. To meet this challenge, he called for ensuring awareness at a young age that will bring forth better impact.

Highlighting the negative impact of ultra-processed foods on health, Nadda urged all to be careful of their food habits and adhere to nutritious food that brings healthy changes to one's mind and body. He further added that "eating right is a right that one must exercise. Eating right and ensuring awareness about it is a collective responsibility of the government, industry, academia and individuals."

Nadda urged all stakeholders to respond to the Prime Minister's clarion call and reduce oil consumption by 10 per cent and reduce salt intake which can be ensured through awareness towards right food habits.

Nadda also commended the innovative behavioural change strategy i.e., the widespread promotion of sugar and oil boards across schools, workplaces and public institutions, developed by FSSAI under the aegis of the Union Ministry of Health & Family Welfare that serve as powerful visual advocacy tools,

displaying clear, relatable information about hidden sugars and fats in everyday food items. By embedding these messages in common spaces- canteens, corridors, meeting rooms, they subtly nudge individuals to make healthier choices. He also suggested that to make the initiative more effective, calorie intake should also be highlighted along with sugar and urged for incorporating awareness in the curriculum.

Punya Salila Srivastava, Secretary, Ministry of Health and Family Welfare highlighted the efforts for leveraging science, bringing surveillance and risk assessment systems to ensure safe and secure food for all. She also underlined the importance of healthy food habits and urged all the stakeholders to be vigilant and informed about food safety and avoid foods with harmful additives.

Sanjay Kumar, Secretary, Department of School Education and Literacy, Government of India, emphasised the importance of eating right and stopping obesity. He reiterated the Prime Minister's call for reducing oil consumption by 10 per cent while emphasising the need to make children aware of their food choices and stressed the need for community participation to ensure healthy eating habits.

The event featured the launch of the Awareness Initiative to Stop Obesity, under FSSAI's flagship *Eat Right India* programme.

The 'Eat Right Activity Book– Your Guide to Eat Right at School', a key resource under the Eat Right School initiative was also launched during the event.

World Food Safety Day 2025 | Safe and hygienic food essential for safeguarding health: JP Nadda

07 June, 2025 01:32 PM IST | Mumbai | [IANS](#)

World Food Safety Day is observed annually on June 7 to prevent, detect, and respond to public health threats associated with unsafe food



Focus on food safety essential to protect health and well-being, said Union Health Minister JP Nadda on World Food Safety Day on Saturday.

World Food Safety Day is observed annually on June 7 to prevent, detect, and respond to public health threats associated with unsafe food.

This year's theme, "Food safety: science in action," draws attention to using scientific knowledge as the key to reducing illness, cutting costs, and saving lives.

"This World Food Safety Day, we come together to raise awareness about the essential role of safe and hygienic food in safeguarding health and reducing foodborne diseases. Food is the fuel that keeps us going every day. When we focus on [food safety](#), we're protecting our health and the well-being of families everywhere," Nadda said, in a post on social media platform X.



"This year's theme celebrates how science and technology is protecting our food quality and safety at every stage," he added.

The Food Safety and Standards Authority of India (FSSAI), in a post on X, noted that "science plays a monumental role in ensuring the food on your plate is safe"

"From laboratories that test for quality to research that informs food standards, the power of science helps us make informed choices. Choose wisely, eat safely!" it added.

According to the [World Health Organization](#) (WHO), eating food contaminated with bacteria, viruses, parasites, or chemical substances such as heavy metals can lead to over 200 diseases.

For safer food, the global health body urges individuals to keep food clean, separate raw and cooked food, cook food thoroughly, keep them at safe temperatures, and use safe water and raw materials during the preparation.

"On World Food Safety Day, let us commit to safe food practices that protect health and prevent foodborne diseases. Safe food is everyone's responsibility and the foundation of a

healthier, stronger, and safer tomorrow," said Pralhad Joshi, Union Minister of Food and Public Distribution, on X.

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Make vow to reduce salt, processed food and 10 pc less oil for healthy India: Union Minister Nadda

07 June 2025, 05:01 PM IST

On World Food Safety Day, JP Nadda urges Indians to cut salt, oil and processed food intake for better health.



Bengaluru: Union Minister for Health and Family Welfare, Jagat Prakash Nadda, on Saturday called on every Indian to reduce their intake of salt, oil, and processed food by at least 10 per cent as part of a collective commitment to better dietary habits.

Speaking at an event hosted by the Ministry of Health and Family Welfare at the National Institute of Mental Health and Neuro Sciences (NIMHANS) in Bengaluru, Nadda marked the occasion of World Food Safety Day, celebrated annually on June 7, with a strong message on adopting healthier food practices.

A nationwide dietary commitment

"We should take the clarion call given by our Prime Minister Narendra Modi and see to it that at least in our own homes, we are able to reduce 10 per cent of oil consumption and salt consumption. This is the most necessary part. We also have to see to it that processed foods are reduced to the maximum," said Nadda.

The Union Minister underlined that maintaining good health through the right food choices is a collective responsibility. "It is our collective responsibility to spread awareness about eating the right food," he added.

Traditional diets key to better health

Highlighting the value of Indian food heritage, Nadda noted the importance of traditional food practices, especially the use of millets, which are nutrient-rich and climate-resilient grains. "Our traditional food includes many types of preparations with millets. We have to revive this tradition," he said.

He cautioned that making dietary changes should not be a one-day affair. "By talking about food safety habits only on World Food Safety Day is not going to work. It will only work if we make it a part of our life and if we make it a habit," he added.

Rising obesity a national concern

The Health Minister also raised alarm over the growing obesity crisis in India. Citing a study by the Indian Council of Medical Research (ICMR), he said:

"India's diabetes study by ICMR says that from 2008 to 2020, the obesity in urban India has increased by 39.6 per cent and in rural areas, it has increased by 23.1 per cent. It is also projected that by 2050, 1/3 of the population will be obese."

He stressed that the Eat Right Movement and a general rise in health consciousness are crucial at this juncture. "The time to act is now," he warned.

'Eat Right India' booklet launched

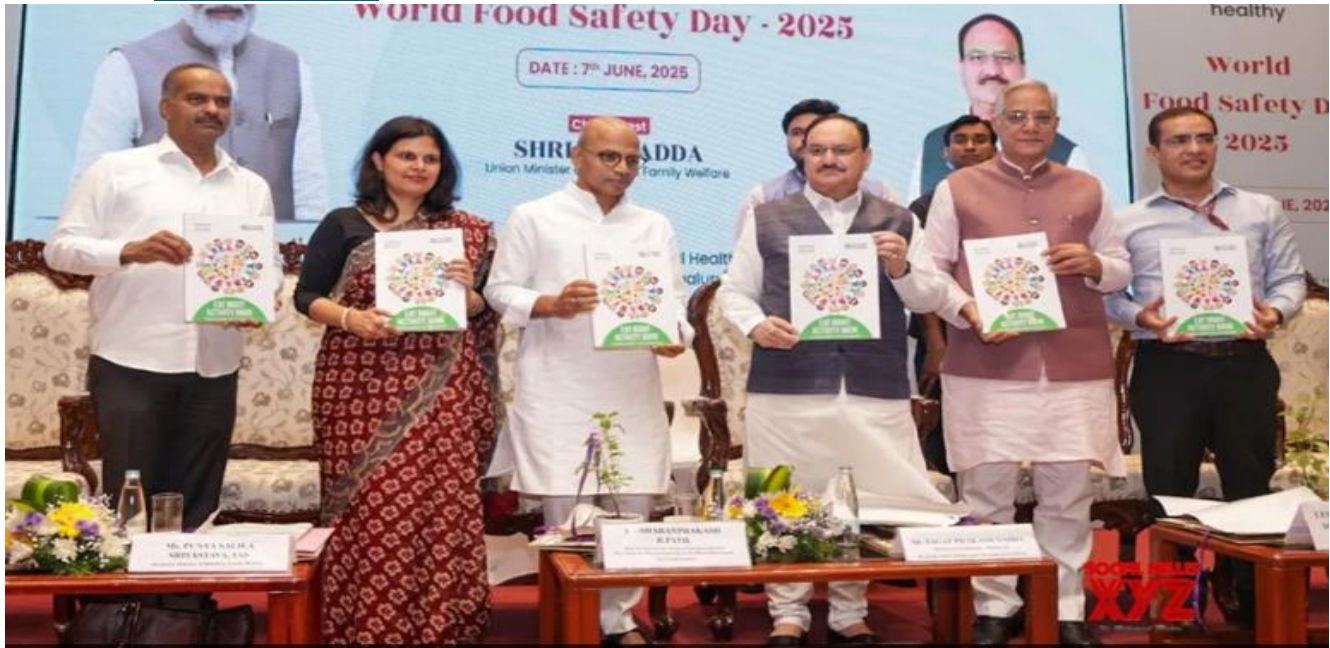
As part of the event, Nadda also released a booklet titled Eat Right India, aimed at guiding citizens towards making healthier food choices.

Food education enters curriculum

Sanjay Kumar, Secretary of the Department of School Education and Literacy, addressed the gathering via video conferencing and spoke about integrating food education into school syllabi. He stated that “the science of eating right” has now become part of the National Council for Education, Research and Training (NCERT) curriculum.

P Nadda addresses at the FSSAI's World Food Safety Day 2025 event in Bengaluru #Gallery

POSTED BY: [SOCIAL NEWS XYZ](#) JUNE 7, 2025



Bengaluru: Union Minister of Health and Family Welfare & Chemicals and Fertilizers, JP Nadda during the FSSAI's World Food Safety Day 2025 event, in Bengaluru, Saturday, June 07, 2025. (Photo: IANS/PIB) [Best restaurants near me](#)



Bengaluru: Union Minister of Health and Family Welfare & Chemicals and Fertilizers, JP Nadda addresses at the FSSAI's World Food Safety Day 2025 event, in Bengaluru, Saturday, June 07, 2025. (Photo: IANS/PIB)



Bengaluru: Union Minister of Health and Family Welfare & Chemicals and Fertilizers, JP Nadda addresses at the FSSAI's World Food Safety Day 2025 event, in Bengaluru, Saturday, June 07, 2025. (Photo: IANS/PIB)

ಮೂರನೇ ಒಂದು ಭಾಗದ ಜನರಲ್ಲಿ ಸ್ಥೂಲಕಾಯ

ಐಸಿಎಂಆರ್ ವರದಿ | ಸಾಂಪ್ರದಾಯಿಕ ಆಹಾರ ಕ್ರಮ ಅಳವಡಿಕೆಗೆ ಕೇಂದ್ರ ಸಚಿವ ಜಿ.ಪಿ. ನಡ್ಡಾ ಸಲಹೆ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಬೆಂಗಳೂರು

ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಶೋಧನಾ ಸಂಸ್ಥೆ (ಐಸಿಎಂಆರ್) ಪ್ರಕಾರ, ದೇಶದಲ್ಲಿ 2050ರ ವೇಳೆಗೆ ಮೂರನೇ ಒಂದು ಭಾಗದಷ್ಟು ಮಂದಿ ಸ್ಥೂಲಕಾಯಕ್ಕೆ ಒಳಗಾಗುವ ಸಾಧ್ಯತೆಯಿದೆ. ಈ ಸಮಸ್ಯೆಯು ಅನೇಕ ಕಾರ್ಯಲೆಗಳಿಗೆ ಮೂಲವಾಗಲಿದೆ ಎಂದು ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ. ನಡ್ಡಾ ತಳವಳ ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ.

ಭಾರತೀಯ ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ (ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್) ನಿವೃತ್ತಾನ್ವಯ ಶನಿವಾರ ಹೆಚ್ಚಿ ಕೊಂಡಿದ್ದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷತೆ ದಿನದ ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದರು. ಅತಿಯಾಗಿ ಸಂಸ್ಕರಿಸಿದ ಆಹಾರವು ಜೀವಕ್ಕೆ ಆಪಾಯ ತಂದೊಡ್ಡುತ್ತಿದ್ದು, ಇದರಿಂದ ಸ್ಥೂಲಕಾಯ ಸಮಸ್ಯೆ ದೇಶದಲ್ಲಿ ವೇಗವಾಗಿ ಬೆಳೆಯುತ್ತಿದೆ. 2008ರಿಂದ 2020ರ ಅವಧಿಯಲ್ಲಿ ಸ್ಥೂಲಕಾಯದ ಬಗ್ಗೆ ಐಸಿಎಂಆರ್ ಅಧ್ಯಯನ ನಡೆಸಿದ್ದು, ನಗರ ಪ್ರದೇಶದಲ್ಲಿ ಸ್ಥೂಲಕಾಯ ಶೇ.39.6 ಹೆಚ್ಚಳವಾದರೆ, ಗ್ರಾಮೀಣ ಪ್ರದೇಶದಲ್ಲಿ ಶೇ.23.1 ಎರಿಕೆಯಾಗಿದೆ. ಸಮಗ್ರ ಬದಲಾಗುತ್ತಿರುವ ಆಹಾರ ಪದ್ಧತಿಗೆ ಈ ವರದಿ ಉತ್ತಮ ನಿದರ್ಶನ ಎಂದರು.

ಆರೋಗ್ಯಕ್ಕೆ ಆಪಾಯ ತಂದೊಡ್ಡುವ ಈ ಸ್ಥೂಲಕಾಯದಿಂದ ಪಾರಾಗಲು ನಮ್ಮ ಪೂರ್ವಜರಂತೆ ಸಾಂಪ್ರದಾಯಿಕ ಸಿರಿಧಾನ್ಯಗಳ ಆಹಾರ ಸೇವನೆಯನ್ನೇ ಕೊಳ್ಳಬೇಕು. ಯೋಗ, ಧ್ಯಾನ, ವ್ಯಾಯಾಮ ದಂತಹ ಆರೋಗ್ಯಕರ ಚಟುವಟಿಕೆಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಬೇಕು ಎಂದು ಸಲಹೆ ನೀಡಿದ ನಡ್ಡಾ, ಉತ್ತರಾಖಂಡದಲ್ಲಿ ಅತಿಯಾದ ಉಪ್ಪು ಹಾಗೂ ಅಡುಗೆ ಎಣ್ಣೆ ಬಳಕೆ ಶೇ.10 ಕಡಿಮೆ ಮಾಡಲಾಗಿದೆ. ಇದು ಜಾಗೃತಿಯಿಂದ ಸಾಧ್ಯವಾಗಿದೆ. ಆಹಾರ ಪದಾರ್ಥಗಳಲ್ಲಿ ಸಕ್ಕರೆ ಹಾಗೂ ಎಣ್ಣೆ ಬಳಕೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಬೇಕು. ಈ ಬಗ್ಗೆ



ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಸುರಕ್ಷಿತ ಆಹಾರ ಸಿಗುವಂತಾಗ ಬೇಕು. ವಿಜ್ಞಾನವು ನಮ್ಮ ಬೆನ್ನಲುಬಾಗಿದ್ದು, ಆಹಾರ ಪ್ರಯೋಗಾಲಯಗಳ ಜಾಲ ವಿಸ್ತರಣೆ, ಮೊಬೈಲ್ ವಾಹನಗಳ ಕಾರ್ಯಾಚರಣೆ, ಆಹಾರೋದ್ಯಮಿಗಳಿಗೆ ತರಬೇತಿ ನೀಡಿ ವಿವಿಧ ಕಾರ್ಯಾಚಟುವಟಿಕೆ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ.

| ಯು.ಎಸ್. ಧ್ಯಾನಿ

ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್ ಕಾರ್ಯನಿರ್ವಾಹಕ ನಿರ್ದೇಶಕ

ಪಾಲಾ-ಕಾಲೀಜುಗಳಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಬೇಕಿದೆ ಎಂದು ಹೇಳಿದರು. ಆಹಾರ ಜಾಗೃತಿ: ಪ್ರಾಚೀನ ಆಹಾರ ಪದ್ಧತಿ ಅತ್ಯುತ್ತಮ ವಾದದ್ದಾಗಿದೆ. ಆದರೆ, ಮಕ್ಕಳು ಪಾಶ್ಚಾತ್ಯ ಆಹಾರ ಪದ್ಧತಿಗೆ ಆಕರ್ಷಿತರಾಗುತ್ತಿದ್ದಾರೆ.

ನಿವೃತ್ತಾನ್ವಯ ಏರ್ಪಡಿಸಿದ್ದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷತೆ ದಿನ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕುಗರ್ ಆಂಡ್ ಅಯಿಲ್ ಬೋರ್ಡ್ ಭಿತ್ತಿಪತ್ರಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ. ನಡ್ಡಾ, ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಸಚಿವ ಶರಣ ಪ್ರಕಾಶ ಪಾಟೀಲ್, ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್ ಕಾರ್ಯನಿರ್ವಾಹಕ ನಿರ್ದೇಶಕ ಯು.ಎಸ್. ಧ್ಯಾನಿ, ಸಂಸದ ಪಿ.ಸಿ. ಮೋಹನ್ ಇತರರಿದ್ದರು.

ಅವರಿಗೆ ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ, ಸರಿಯಾದ ಪ್ರಮಾಣದಲ್ಲಿ, ಸರಿಯಾದ ಸಮಯದಲ್ಲಿ ಆಹಾರ ಸೇವನೆ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಬೇಕು. ರುಚಿ, ಬಣ್ಣಕ್ಕಾಗಿ ಆಹಾರ ಪದಾರ್ಥಗಳಿಗೆ ವಿವಿಧ ರಾಸಾಯನಿಕಗಳನ್ನು ಸೇರಿಸಿ ಮಾಡಲಾಗುತ್ತಿದೆ. ಕೇಂದ್ರ ಹಾಗೂ ರಾಜ್ಯ ಸರ್ಕಾರ ಈ ಬಗ್ಗೆ ನಿಗಾ ವಹಿಸಿ, ಆಹಾರ ಸುರಕ್ಷತಾ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳುತ್ತಿದೆ ಎಂದು ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಸಚಿವ ರಾ. ಶರಣಪ್ರಕಾಶ ಪಾಟೀಲ್ ಹೇಳಿದರು.

ಆರೋಗ್ಯಕರ ಆಹಾರಕ್ಕೆಲಿ ಪ್ರೋತ್ಸಾಹಿಸುವ 'ಈಟ್ ರೈಟ್ ಇಂಡಿಯಾ' ಅಂದೋಲನಕ್ಕೆ ಚಾಲನೆ ನೀಡಲಾಯಿತು. ಕುಗರ್ ಆಂಡ್ ಅಯಿಲ್ ಬೋರ್ಡ್ ಭಿತ್ತಿಪತ್ರಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ಸಂಸದ ಪಿ.ಸಿ. ಮೋಹನ್, ರಾಜ್ಯಸಭಾ ಸದಸ್ಯ ಲೇಹರ್ ಸಿಂಗ್, ರಾಜ್ಯ ಆಹಾರ ಸುರಕ್ಷತಾ ಅಯುಕ್ತ ಶ್ರೀನಿವಾಸ್ ಪಾಟೀಲರಿದ್ದರು.

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ಪಾರಂಪರಿಕ ಆಹಾರ ತಡೆಯಿಂದ ಆನಾರೋಗ್ಯ: ಕೇಂದ್ರ ಸಚಿವ | ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷಾ ದಿನಾಚರಣೆ

■ ಉದಯವಾಣಿ ಸಮೀಕ್ಷಾರ

ಬೆಂಗಳೂರು: ಬದಲಾದ ಜೀವನ ಶೈಲಿಯಲ್ಲಿ ಪಾರಂಪರಿಕ ಆಹಾರ ಪದ್ಧತಿ ನಿರ್ಬಾಳಕ್ಕೆ ಸ್ಥಳಗೊಂಡಿದ್ದರಿಂದ ಪರಿಣಿತರ ಪ್ರಕಾರ ಆನಾರೋಗ್ಯಗಳು ಹಲವಾರು ಮಂದಿಯನ್ನು ಬಲವಂತವಾಗಿ ಕಾಡುತ್ತಿದೆ ಎಂದು ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ.ನರಸಾ ಅವರ ವ್ಯಕ್ತಿಯಾಗಿದೆ.

ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಮಂತ್ರಾಲಯ ಹಾಗೂ ಭಾರತೀಯ ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ (ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್) ವತಿಯಿಂದ ಇಲ್ಲಿಗೆ ನಡೆಸಲ್ಪಟ್ಟ ಸಮೀಕ್ಷೆ ಸಂಭಾಷಣಾ ದಲ್ಲಿ ಕುಟುಂಬ ಪರಿಶೀಲನೆಯಲ್ಲಿ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷಾ ದಿನಾಚರಣೆಯನ್ನು ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದರು.

ಪಾಶ್ಚಾತ್ಯ ಸಂಸ್ಕೃತಿ ಪ್ರಭಾವದಿಂದಾಗಿ ಸತ್ಯಯುಕ್ತವಾದ ಪಾರಂಪರಿಕ ಆಹಾರ ಪದ್ಧತಿ ಕಳೆದುಕೊಳ್ಳುತ್ತಿದೆ. ಇದರಿಂದ ಜೀವನ ಶೈಲಿ, ರೋಗಗಳು ಕೂಡ ಹೆಚ್ಚುತ್ತಿದ್ದು, ದೇಹದ ಭಾರತ ಭಾಗದಲ್ಲಿ ಶೇ.39.6 ರಷ್ಟು ಗ್ರಾಮೀಣ ಭಾಗದ ಶೇ.23 ರಷ್ಟು ಜನರು ಬೊಜ್ಜುತನದಿಂದ ಬಳಲುತ್ತಿದ್ದಾರೆ ಎಂದು ತಿಳಿಸಿದರು.

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಆಧುನಿಕ ಶೈಲಿ ಆಹಾರ ಪದ್ಧತಿಗಳಿಗೆ ಹೆಚ್ಚು ಪ್ರಾಮುಖ್ಯತೆ ಪಡೆದುಕೊಳ್ಳುತ್ತಿದೆ.



ನಿಮ್ಮನ್‌ನಲ್ಲಿ ನಡೆದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷಾ ದಿನಾಚರಣೆಯಲ್ಲಿ ವಿವಿಧ ಆಹಾರ ಮಾದರಿಗಳನ್ನು ಕೇಂದ್ರ ಸಚಿವ ಜಿ.ಪಿ.ನರಸಾ ಪರಿಶೀಲಿಸಿದರು.

ಬೀದಿ ಬದಿಯ ಆಹಾರ ತಪಾಸಾಣೆ ಅಗತ್ಯ

ನಗರ ಪ್ರದೇಶಗಳಲ್ಲಿ ಬೀದಿ ಬದಿಯ ಆಹಾರ ಪದಾರ್ಥಗಳು ಹೆಚ್ಚುತ್ತಿದ್ದು, ಈ ಬಗ್ಗೆ ಎಚ್ಚರ ಉತ್ತಮ ಎಂಬ ಬಗ್ಗೆ ತಪಾಸಾಣೆ ಕೂಡ ಬಹುಮುಖ್ಯವಾಗುತ್ತದೆ. ಆಹಾರ ಸುರಕ್ಷತೆಗೆ ಹೆಚ್ಚಿನ ಆದ್ಯತೆ ನೀಡಲೇಬೇಕಾಗಿದೆ.

● ಡಾ.ತರಣಿ ಪ್ರಕಾಶ ಪಾಟೀಲ, ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಸಚಿವ

ಆದರೆ, ಪೌಷ್ಟಿಕಾಂಶ, ಸ್ವಾಭಾವಿಕ ರುಚಿಯುಳ್ಳ ಸಾಂಪ್ರದಾಯಿಕ ಆಹಾರಗಳನ್ನು ಹೆಚ್ಚಿಟ್ಟು ಸೇವಿಸಿ ಉತ್ತಮ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳಲು ಮುಂದಾಗಬೇಕಾದ ಅವಶ್ಯಕತೆ ಇದೆ. ಮತ್ತೆ ನಾವೆಲ್ಲ ನಮ್ಮ ಸಾಂಪ್ರದಾಯಿಕ

ಆಹಾರ ಪದ್ಧತಿಯತ್ತ ಹೊರಳಬೇಕಿದೆ ಎಂದು ಪೇಳಿದರು.

ಪ್ರಸ್ತುತ ದಿನಮಾರ್ಗದಲ್ಲಿ ಯಾವ ಆಹಾರ ಪದಾರ್ಥಗಳನ್ನು ಸೇವಿಸ ಬೇಕು, ಯಾವ ಆಹಾರ ಸೇವಿಸಬಾರದು ಎಂಬುದರ ಅರಿವು ಅತ್ಯವಶ್ಯಕ.

ಆಹಾರ ಸುರಕ್ಷತೆಯ ಬಗ್ಗೆ ಜನರಾ ಮನಸ್ಸಿಗೆ ಚಾಚುಕೊಳ್ಳುವುದು ಅನಿವಾರ್ಯವಾಗಿದೆ ಎಂದರು.

ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಸಚಿವ ಡಾ.ತರಣಿ ಪ್ರಕಾಶ ಪಾಟೀಲ ಮಾತನಾಡಿ, ಇಂದು ಯುವಜನರು ಆಧುನಿಕ ಶೈಲಿಯ ಆಹಾರ ಪದಾರ್ಥಗಳನ್ನೇ ಹೆಚ್ಚಾಗಿ ಸೇವಿಸುತ್ತಿದ್ದಾರೆ. ಇದರಿಂದ ಆರೋಗ್ಯ ಸಮಸ್ಯೆ ಎದುರಿಸುತ್ತಿದ್ದಾರೆ ಎಂದರು.

'ಸುರಕ್ಷಿತ ಮತ್ತು ಆರೋಗ್ಯಕರ ಆಹಾರ ಸೇವಿಸುವ ಮೂಲಕ ಬೊಜ್ಜುತನವನ್ನು ನಿಲ್ಲಿಸೋಣ' ಎಂಬ ಉದ್ದೇಶದಿಂದ ನಡೆದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷಾ ದಿನಾಚರಣೆಯಲ್ಲಿ ಮಗಲ್ ಮತ್ತು ಅಯುಲ್ ಬೋರ್ಡ್ ಗೆ ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ.ನರಸಾ ಚಾಲನೆ ನೀಡಿದರು. 'ಇಟ್ಸ್ ಫ್ರೇಶ್ ಆನ್ಲೈವ್ ಬ್ಯಾಂಕ್' ಅನ್ನು ರೋಗಾಣುವಾಗೆ ಮಾಡಿದರು. ಜತೆಗೆ 'ಬೊಜ್ಜುತನ ತಡೆಯೋಣ' ಈ ಕುರಿತಾದ ಚಾಗರಿಕೆಯ ವಿಡಿಯೋವನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸಲಾಯಿತು.

ಈ ವೇಳೆ ಬಿಜೆಪಿ ಸಂಸದರಾದ ಲೀಪರ್ ಸಿಂಗ್ ಸಿರೋಯಾ, ಪಿ.ಸಿ.ಬೋಸಾ, ಕೇಂದ್ರ ಆರೋಗ್ಯ ಕಾರ್ಯದರ್ಶಿ ಪುಣ್ಯ ಸರೀಲಾ ಪ್ರೀತಾಕ್ಷಪ್ಪ, ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್ ಕಾರ್ಯನಿರ್ವಾಹಕ ನಿರ್ದೇಶಕ ಯು.ಎಸ್.ಧ್ವಾನಿ ಇತರರಿದ್ದರು.



ಕನ್ನಡಪ್ರಭ

ಗ್ರಾಮಾಂತರದಲ್ಲೂ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಳ: ನಡಾ

2050ರ ವೇಳೆಗೆ ದೇಶದ 3ನೇ ಒಂದರಷ್ಟು ಜನರಲ್ಲಿ ಸ್ಥೂಲಕಾಯ | ಸಿರಿಧಾನ್ಯ ಸೇವನೆ ರೂಢಿಸಿಕೊಳ್ಳಿ: ಕೇಂದ್ರ ಸಚಿವ

• ಕೇಂದ್ರ ಪ್ರಜೆ ವಾರ್ತೆ ಬೆಂಗಳೂರು

ದೇಶದ ಬರವರಿ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚುತ್ತಿದ್ದು, 2050ರ ವೇಳೆಗೆ ದೇಶದ ಮೂರನೇ ಒಂದು ಭಾಗದಷ್ಟು ಜನ ಸ್ಥೂಲಕಾಯ ಹೊಂದಿದ್ದಾರೆಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಆರೋಗ್ಯ ಕಾರ್ಯದರ್ಶಿಗೆ ಮುಖವಾಗಿರುವ ಸ್ಥೂಲಕಾಯದ ಅಧ್ಯಯನದ ಮಾರ್ಗದರ್ಶಿ ಸಮಿತಿ ಭಾರತದಾದ್ಯಂತ ಸಾಂಪ್ರದಾಯಿಕ ಆಹಾರಗಳನ್ನು ಆಹಾರ ಸೇವನ ಪದ್ಧತಿ ರೂಢಿಸಿಕೊಳ್ಳಲು ಎಂದು ಕೇಂದ್ರ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಚಿವ ಡಿ.ಪಿ. ಗದ್ದುಗೆ ಪೇರಿದ್ದಾರೆ.

ಕುಮಾರ ನಗರದ ನೆವಟ್ಟೂರಲ್ಲಿ 'ವಿಕೆ ಆಹಾರ ಸುರಕ್ಷತೆ ದಿನಾಚರಣೆ' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದ ಅವರು, ಭಾರತದಲ್ಲಿನ ಮಧ್ಯಮೇಷ ಕುರಿತು ಐ.ಎಂ.ಎಲ್. ಇತರರಾದ ಅಧ್ಯಯನದ ಪ್ರಕಾರ, 2008 ರಿಂದ 2010ರ ನಡುವೆ ಸರಾಸರಿ ದೇಶದಲ್ಲಿ 39ರಷ್ಟು ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಳ



ನಿವಟ್ಟೂರಲ್ಲಿ ನಡೆದ ವಿಕೆ ಆಹಾರ ಸುರಕ್ಷತೆ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕುರಿತು ಅಧ್ಯಯನ ಮಾಡಿ ಭಿಕ್ಷು ಪದ್ಧತಿಗಳನ್ನು ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಡಿ.ಪಿ. ಗದ್ದುಗೆ ಮುಖಗಾರ್ತಿ ಮಾಡಿದರು. ಬೈದ್ಲಕಾಯ ಕೆಳಗಿನ ಕುಟುಂಬದವರ ಪ್ರಕಾರ ಪಾಕಿಸ್ತಾನ, ಕೆನಡಾ ಪಿ.ಎ. ಮೊರಾಕೋ, ಥಾಯ್ ಲಾಸ್ ನೆವಾ ರೆಪರೇಟಿವ್ ಇವರು.

• 2008 ರಿಂದ 2020ರ ವೇಳೆಗೆ ದೇಶದಲ್ಲಿ 39% ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಳ

ವಾಗಿದೆ. ಗ್ರಾಮಾಂತರ ಪ್ರದೇಶಗಳಲ್ಲೂ 39.1ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂತರರಾಷ್ಟ್ರೀಯ ವೈದ್ಯಕೀಯ

ಅಧ್ಯಯನ ಆಹಾರ ವಿಶೇಷವಾಗಿ ಮಕ್ಕಳಲ್ಲಿ ಹೆಚ್ಚು ಹೊಂದಿಕೊಳ್ಳುವುದಾಗಿದೆ. ಪಿ.ಎಲ್.ಎ. ಮಕ್ಕಳಿಗೆ ಹೆಚ್ಚು ಸ್ಥೂಲಕಾಯ ದೇಶದಾದ್ಯಂತ ಸರಾಸರಿ 39ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಗ್ರಾಮಾಂತರ ಪ್ರದೇಶದಲ್ಲಿ 39.1ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಗ್ರಾಮಾಂತರ ಪ್ರದೇಶದಲ್ಲಿ 39.1ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ.

ಬೈದ್ಲಕಾಯ ಕೆಳಗಿನ ಕುಟುಂಬದವರ ಪ್ರಕಾರ ಪಾಕಿಸ್ತಾನ, ಕೆನಡಾ ಪಿ.ಎ. ಮೊರಾಕೋ, ಥಾಯ್ ಲಾಸ್ ನೆವಾ ರೆಪರೇಟಿವ್ ಇವರು. ಇದರಲ್ಲಿ ಗ್ರಾಮಾಂತರ ಪ್ರದೇಶದಲ್ಲಿ 39.1ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಗ್ರಾಮಾಂತರ ಪ್ರದೇಶದಲ್ಲಿ 39.1ರಷ್ಟು ಹೆಚ್ಚಳವಾಗಿದೆ ಎಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ.

ಗ್ರಾಮಾಂತರದಲ್ಲೂ ಸ್ಥೂಲಕಾಯ ಹೆಚ್ಚಳ: ನಡಾ

2050ರ ವೇಳೆಗೆ ದೇಶದ 3ನೇ ಒಂದರಷ್ಟು ಜನರಲ್ಲಿ ಸ್ಥೂಲಕಾಯ | ಸಿರಿಧಾನ್ಯ ಸೇವನೆ ರೂಢಿಸಿಕೊಳ್ಳಿ: ಕೇಂದ್ರ ಸಚಿವ

• ಕೆಳದಿ ಪ್ರವಾಸಿ ಭೂಮಿ

ಕೊಡು ವರದಿ, ಕೃತಕವಾಗಿ ಮಾಡಿದ್ದು, 2019ರ ಮೇಗೆ ಕೊಡು ಮಾಡಿದೆ. 1.20 ಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚು ಕೃತಕವಾಗಿ ಮಾಡಿದುದರಿಂದ ಅಂದಾಜಿತವೆಂದು ಹೇಳಿ, ಅದೇ ಕಾಲದಲ್ಲೇ ಮುಂದುವರಿದು ವ್ಯಕ್ತಿಯಿಂದ ಅನುಮತಿಸಿದ ಖಾಸಗಿ ಸಂಸ್ಥೆ, ಪ್ರಾಚಾರ್ಯರ ಸಾಂಪ್ರದಾಯಿಕ ಆಧಾರ್‌ನಲ್ಲಿ ಅಂದಾಜಿತವಾಗಿ ಮಾಡಿ ರಿಡಕ್ಷನ್‌ಗೊಳಿಸಿ ಎಂಬ ಕಂಡು ಬಂದಾಗ ಮತ್ತೆ ಮೂಲದ ಕಡೆಗೆ ಗಮನ ಹರಿಸಿ ಬೇಕಾದ.

ಕುಮಾರಿ ಸಾವಿಗೆ ನಿಯುಕ್ತರಾದ 'ಜಿ.ಎಸ್. ಹರ್ಷದ್ ಸುರೇಶ್ ರಾಯಚೂರು' ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡುತ್ತಿರುವುದು. ಭಾರತದಾದ್ಯಂತ ಮಧ್ಯಮೀಶ ಕುರಿತು ಮುಂದುವರಿದು ಬಂದಿರುವ ಅಭಿಪ್ರಾಯದ ಪ್ರಕಾರ, 2008 ರಿಂದ 2010ರ ಕುಮಾರಿ ಸಾವು ಪ್ರದೇಶದಲ್ಲಿ ಕೆಲಸವನ್ನು ಮುಂದುವರಿಸುವುದು.



ಮಾನ್ಯರವರ ಕಾರ್ಯದ ವಿಷಯವಾಗಿ ಸಾರ್ವಜನಿಕವಾಗಿ ಮಾಹಿತಿ ನೀಡುವುದರ ಬಗ್ಗೆಯೂ ಈ ಆಯಾತ್ಮಕ ಮಾರ್ಗದರ್ಶಿ ಲೇಖನದಲ್ಲಿ ಸೂಚನೆ ನೀಡಲಾಗಿದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಾನ್ಯರವರ ಕಾರ್ಯದ ವಿಷಯವಾಗಿ ಸಾರ್ವಜನಿಕವಾಗಿ ಮಾಹಿತಿ ನೀಡುವುದರ ಬಗ್ಗೆಯೂ ಈ ಆಯಾತ್ಮಕ ಮಾರ್ಗದರ್ಶಿ ಲೇಖನದಲ್ಲಿ ಸೂಚನೆ ನೀಡಲಾಗಿದೆ.

- 2008 ರಿಂದ 2020 ರ ವರೆಗೆ
ವಾರ್ಷಿಕ 39% ಸ್ವ.ವ್ಯಯದ ಹೆಚ್ಚಳ

ಮಾನ್ಯ, ಸ್ವಾಮೀಜಿ ಪ್ರದೀಪ್‌ನವರು
 ೫.೨.೨೦೧೭ರಲ್ಲಿ ಮೈಸೂರು-ಎಂಐಎಲ್
 ಬೆಂಗಳೂರು.

[illegible][illegible]

உள்ளே உள்ளேயே இருப்பதை
"உள் இருப்பது" என்று சொல்
வது சரியான வகையில் அல்ல
என்பதை அறியுங்கள். உள் & இ
சென்ற, செல்லு, இல், இல்ல
வகையில் உள்ளே உள்ளேயே

ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷತಾ ದಿನಾಚರಣೆಯಲ್ಲಿ ಕೇಂದ್ರ ಸಚಿವ ಜಿ.ಪಿ.ನಡ್ತಾ ಭಾಗಿ ಬೀದಿಬದಿ ಆಹಾರದ ಮೇಲೆ ನಿಗಾ



ಕೇಂದ್ರ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಚಿವಾಲಯವು ನಿಮ್ಮಾನ್‌ನಲ್ಲಿ ಆಯೋಜಿಸಿದ್ದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷತಾ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಇ.ಎ. ಶರಣ್ ಪ್ರಕಾಶ್ ಪಾಟೀಲ್, ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ. ನಡ್ತಾ, ಇಲಾಖೆಯ ಕಾರ್ಯದರ್ಶಿ ಪುಣ್ಯ ಸರೀಸಾ ಶ್ರೀವಾಸ್ತವ, ಪಂಪದರಾದ ಪಿ.ಸಿ. ಮೋಹನ್ ಮತ್ತು ಲೆಹರ್ ಸಿಂಗ್ ಮತ್ತು ನಿಮ್ಮಾನ್ ನಿರ್ದೇಶಕಿ ಇ.ಎ. ಪ್ರತಿಮಾ ಮೂರ್ತಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

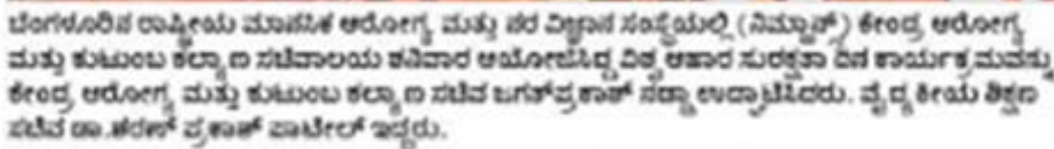
ಬೆಂಗಳೂರು: ಆಹಾರದ ಗುಣಮಟ್ಟದ ಮೇಲೆ ಕಠಿಣ ನಿಯಂತ್ರಣ ಅತ್ಯಾವಶ್ಯಕ. ಪಾದುಪದಿ ಮತ್ತು ಹೋಟೆಲ್ ಆಹಾರದ ಗುಣಮಟ್ಟವನ್ನು ರಾಜ್ಯ ಮತ್ತು ಕೇಂದ್ರ ಆಹಾರ ಮತ್ತು ಪಿಪದ ಅಧಿಕಾರಿಗಳು ನಿರಂತರವಾಗಿ ಪರಿಶೀಲಿಸ ಬೇಕು. ಸಾರ್ವಜನಿಕರ ಆರೋಗ್ಯದ ಹಿತದೃಷ್ಟಿಯಿಂದ ಇದು ಅತ್ಯಗತ್ಯ ಎಂದು ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಇ.ಎ. ಶರಣ್ ಪ್ರಕಾಶ್ ಪಾಟೀಲ್ ಹೇಳಿದರು.

ಕೇಂದ್ರ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಚಿವಾಲಯವು ನಿಮ್ಮಾನ್‌ನಲ್ಲಿ ಆಯೋಜಿಸಿದ್ದ ವಿಶ್ವ ಆಹಾರ ಸುರಕ್ಷತಾ ದಿನಾಚರಣೆ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾಜಿರಾಜಿ, ಅಶ್ವಮೇಲ್ವ ಮತ್ತು ಕಲಬೆರಕೆ ಆಹಾರದಿಂದ ಉಂಟಾಗುವ ಗಂಭೀರ ಆರೋಗ್ಯ ಅಪಾಯಗಳನ್ನು ಪರಿಚಯಿಸಲಾಗಿದೆ. ಸಾರ್ವಜನಿಕ ಸ್ಥಳಗಳಲ್ಲಿ ಮಾರಾಟವಾಗುವ ಕಡಿಮೆ

ಗುಣಮಟ್ಟದ ಆಹಾರದಿಂದ ಮಕ್ಕಳು ಮತ್ತು ವೃದ್ಧರ ಮೇಲೆ ಹೆಚ್ಚಾಗಿ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಸುರಕ್ಷತೆ ಪಡೆತದವೂ ಕೊಳ್ಳಲು ಸರಕಾರಿ ಸಂಸ್ಥೆಗಳಿಂದ ಕೊಟ್ಟಿರುವ ಇಂತಿ ಅತ್ಯಗತ್ಯ ಎಂದರು. ಕಾಲಾ ಮಕ್ಕಳು ಮತ್ತು ಸಮುದಾಯಗಳಲ್ಲಿ ಆಹಾರ ಸುರಕ್ಷತೆ, ಶೈಮಲ್ಯ ಮತ್ತು ಪೋಷಣೆಯ ಕುರಿತು ಜಾಗೃತಿ ಮೂಡಿಸುವ ಗುರಿಯನ್ನು ಹೊಂದಿರುವ ಭಾರತೀಯ ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಪೋಷಣೆಯ ಪ್ಲಾಟ್‌ಫಾರಂ (ಐಎಫ್‌ಎಫ್‌ಎಫ್) ಹೊರತಂದಿರುವ ಈಟ್ ಸೈಟ್ ಅಕ್ಟಿವಿಟಿ ಬುಕ್ ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಕೇಂದ್ರ ಆರೋಗ್ಯ ಸಚಿವ ಜಿ.ಪಿ. ನಡ್ತಾ, ಇಲಾಖೆಯ ಕಾರ್ಯದರ್ಶಿ ಪುಣ್ಯ ಸರೀಸಾ ಶ್ರೀವಾಸ್ತವ, ಸಂಸದರಾದ ಪಿ.ಸಿ. ಮೋಹನ್ ಮತ್ತು ಲೆಹರ್ ಸಿಂಗ್ ಮತ್ತು ನಿಮ್ಮಾನ್ ನಿರ್ದೇಶಕಿ ಇ.ಎ. ಪ್ರತಿಮಾ ಮೂರ್ತಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಬೀದಿಬದಿ ಆಹಾರಕ್ಕೆ ಕಡಿವಾಣ ಹಾಕಿ

ಮಾರಾಟಗಾರರು ಆಹಾರದ ಮೇಲೆ ಮತ್ತು ಅದನ್ನು ಚಂದಗೊಳಿಸಲು ಆಗಾಗ್ಗೆ ನಿಷೇಧಿತ ಒಗ್ಗೂಟ ಮತ್ತು ರಾಸಾಯನಿಕಗಳನ್ನು ಬಳಸುತ್ತಾರೆ. ಇದು ಆರೋಗ್ಯ ತೊಂದರೆಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ಕೆಲವೊಮ್ಮೆ ಮೊದಲನೆಯ ಅಗಲಿಸುವುದು. ಬೀದಿ ಆಹಾರಕ್ಕಿಂತ ಮುರಿಯಲ್ಲಿ ಪಂಪದಿಂದ ಲೂಟಿ ಅಯ್ಯ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಮುಂದೆ ಮತ್ತು ಮಕ್ಕಳು ಇದನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಇದು ಪೂರ್ವಾಪದ ಆರೋಗ್ಯಕರ ಆಹಾರ ಪದ್ಧತಿಗಳನ್ನು ಕಲಿಸಿದಾರೆ. ಸಾಧ್ಯ ಆ ಪದ್ಧತಿಗಳಿಗೆ ಮರಳುವ ಸಮಯ ಇದು. ಸಂಯೋಗಿ ಪಿನ್ಸುವುದು ಪ್ರಗತಿಪರ ರಾಷ್ಟ್ರದ ಸಂಕೇತ ಎಂದು ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಇ.ಎ. ಶರಣ್ ಪ್ರಕಾಶ್ ಪಾಟೀಲ್ ಹೇಳಿದರು.



• ಬೇಸಿಗೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸುರಕ್ಷಿತವಾಗಿರುವಂತಹ, ಪ್ರತಿರೋಧಕ ಶಕ್ತಿ ಹೊಂದಿದ, ಉತ್ತಮ ರುಚಿಯುಳ್ಳ, ಸುಲಭವಾಗಿ ಸಿದ್ಧವಾಗುವಂತಹ ಮುಖ್ಯ

[illegible]

ಕಲಾ ಬಂಧು

KALABANDHU KANNADA DAILY

ಕನ್ನಡ ಬನ್ನದತ್ತಿ

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ಬೆಂಗಳೂರಿನ
ನಿಮ್ಮಾನ್ಸ್
ಕನ್ಸ್ಟೆನ್ಸ್
ಹಾಲ್‌ನಲ್ಲಿ
ತನಿವಾರ ನಡೆದ
“ವಿಶ್ವ ಆಹಾರ
ಸುರಕ್ಷತಾ
ದಿನ 2025”
ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ
ಕೇಂದ್ರ ಸಚಿವ
ಜಿ.ಪಿ. ನಡ್ವಾ,
ಸಚಿವ ತರಣ್
ಪ್ರಕಾಶ್
ಪಾಟೀಲ್
ಮತ್ತು ಇತರರು.

ಕನ್ನಡ ದಿನ ಪತ್ರಿಕೆ

ಸಮೈಚ್ಛದಲ್ಲಿದ್ದ ಭಾರತ ಸರ್ಕಾರದ ಆದೇಶವನ್ನು ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಚಿವಾಲಯದ ಕಾರ್ಯದರ್ಶಿ ಪ್ರೀತಿಕಾ ಪುಟ್ಟ ಸರೀಸಾ ಪ್ರೀತಾಸ್ತವ; ಪಾಲಾ ಪಿತ್ತಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆಯ ಕಾರ್ಯದರ್ಶಿ ಸಂಜಯ್ ಕುಮಾರ್; ದ್ವಿಪಕ್ಷೀಯತೆಯ ಆದ್ಯಕ್ಷ ಸತೀಶ್ ಕುಮಾರ್, ಎಫ್‌ಎಸ್‌ಎಸ್‌ಎಫ್‌ ಕಾರ್ಯನಿರ್ವಾಹಕ ನಿರ್ದೇಶಕ ಯು.ಎಸ್. ಧ್ಯಾನಿ; ಮತ್ತು ದಕ್ಷಿಣ ವಲಯ ನಿರ್ದೇಶಕ ವಿ.ಕೆ. ಪಂಜಬ್ ಅವರು ಮಾತನಾಡಿದರು.

‘ಅಪಾಯ ತರುತ್ತಿದೆ ಸಂಸ್ಕರಿಸಿದ ಆಹಾರ’

ಅರೋಗ್ಯಕರ ಆಹಾರ ಪದ್ಧತಿಗಳ ಕುರಿತು ತರಬೇತಿ, ಹಣಕ್ಕೆ ಮತ್ತು ಸಾರ್ವಜನಿಕ ಬಾಗ್ಯತಿ ಮೊದಲಾದವ 'ಪುಲ್' ಸೇನ್ರಿ ಆನ್ ವೀಲ್' ಮೊವಲ್ಸ್ ಫಲಕವನ್ನು ಇದೇ ವೇಲೆ ಉದ್ಘಾಟಿಸಲಾಯಿತು.

Every Indian must make a vow to reduce salt, oil consumption by 10%: Nadda

The Hindu Bureau
BENGALURU

Every Indian must make a vow to reduce salt and oil consumption by 10%, said Jagat Prakash Nadda, Union Minister for Health and Family Welfare, on Saturday.

He was speaking at World Food Safety Day, 2025, organised by the Ministry of Health and Family Welfare here on the theme 'Stop obesity by eating safe and healthy'.

Highlighting a worrying trend, he cited an ICMR study that reported a 39.6% increase in urban obesity and a 23.1% increase in rural areas between 2008 and 2020. "By 2050, nearly a third of India's population may be obese. This is alarming," he warned, stressing the dangers of ultra-processed food and sedentary lifestyles.

"Our traditional food in-



Union Minister of Health and Family Welfare J.P. Nadda at a stall during an event on World Food Safety Day in Bengaluru on Saturday. PTI

cludes many types of preparations with millets. That we have to revive," he said, highlighting the need to reduce processed food.

He stressed that safe, nutritious, and balanced food is essential not only for individual well-being but for building a 'Viksit Bharat.' "Eat right is your right, but only you can ex-

ercise it," he said. Mr. Nadda flagged off four initiatives to promote healthy eating habits.

Lessons on food safety

Sanjay Kumar, Secretary of School Education and Literacy, highlighted the integration of food awareness into NCERT textbooks. He spoke of the inclusion of chapters on food sa-

fety and well-being from class 3 onwards, supported by the *Eat Right* activity book. Other measures outlined were the promotion of millets in midday meals and the introduction of the Sugar Board in CBSE schools to help students access their daily sugar intake.

The event discussed the growing spirit of competition among States with several Chief Ministers and State Health Ministers actively rolling out localised versions of the 'Eat Right' campaign. From awareness drives in schools to promoting millet-based meals and conducting many audits, States across the country were stepping up with creative on-ground initiatives, which are helping accelerate progress and foster innovation in public health strategies, the participants in the event noted.



Monitoring street food strictly essential for public health: Minister

BENGALURU: Karnataka Minister Sharan Prakash Patil on Saturday urged both central and state food and drug authorities to closely monitor and regulate the standards of street and hotel foods. Speaking at the World Food Safety Day programme organised by the Union Ministry of Health and Family Welfare at the National Institute of Mental Health and Neurosciences (NIMHANS) here, Patil highlighted the serious health risks posed by unhygienic and adulterated food.

"Children and the elderly are often the worst affected by low-quality food sold in public spaces. Strict enforcement by government agencies is essential to ensure safety," he said, addressing the gathering that included Union Health Minister J P Nadda and department secretary Punya Salila Srivastava.

Patil pointed out that vendors frequently use banned colours and chemicals to enhance the taste and appearance of food, which can lead to severe health complications, sometimes even proving fatal. The minister, who holds Medical Education, Skill Development, Entrepreneurship & Livelihood portfolios, encouraged youth and children to choose home-cooked meals over street food.

"Our ancestors have handed down healthy food habits. It's time we returned to those practices. Eating right is a sign of a progressive nation," he said. On the occasion, the minister, along with Nadda, launched the 'Eat Right Activity Book' by the Food Safety and Standards Authority of India (FSSAI), aimed at raising awareness on food safety, hygiene, and nutrition among schoolchildren and communities.

Read more at
<https://epaper.thehansindia.com>

UNHEALTHY FOOD

One-third of population could be obese by 2050, says JP Nadda

EXPRESS NEWS SERVICE
@ Bengaluru

WARNING that one in three Indians could be obese by 2050 if unhealthy eating habits continue, Union Health Minister JP Nadda on Saturday urged people to “ask for calories in whatever you eat”.

Nadda was speaking at a function to mark ‘World Food Safety Day’, where he launched several initiatives such as sugar and oil boards, and the eat right activity book on the theme, “Stop Obesity by Eating Safe and Healthy”.

Citing an ICMR study, he said obesity increased by 39.6% in urban and 23.1% in rural areas between 2008 and 2020, highlighting how lifestyle diseases are spreading beyond cities.

“Obesity is rising due to increasing intake of ultra-pro-



Obesity is rising due to increasing intake of ultra-processed foods and changing food patterns. This is a serious public health concern

JP Nadda, Union health minister

essed foods and changing food patterns. This is a serious public health concern,” Nadda said.



The minister called food safety a “science in action,” urging people to understand its real-life impact on the body and mind. He emphasised that safe and nutritious food builds immunity and boosts productivity, while unsafe food poses serious health risks, especially to children influenced by ‘aggressive advertising’.

To raise early awareness, NCERT will introduce lessons on healthy eating habits in

school curricula. “It’s not enough to say a drink is high in sugar — children should also know how many calories it contains. Only then can we build lasting awareness,” Nadda said.

The Union minister stressed the need for reducing oil consumption by at least 10% in line with Prime Minister Narendra Modi’s call for a healthier India.

Nadda urged families to return to traditional Indian foods, which he described as more balanced than modern processed options. “Eat right’ is your right, but it’s a right you must consciously exercise,” he said.

Calling for a cultural shift, Nadda, who addressed the gathering at NIMHANS alongside Medical Education and Skill Development Minister Sharan Prakash Patil, said food safety awareness should not be limited to a single day.

THE ECHO OF INDIA

Make a vow to reduce
salt, processed food &
10% less oil for healthy
India: JPNadda

BENGALURU, JUNE 7 /--
/ On this World Food Safety Day, every Indian must make a vow to reduce salt intake, processed food as well as 10 per cent of oil consumption, said Jagat Prakash Nadda, Union Minister for Health and Family Welfare on Saturday. According to him, it is our collective responsibility to spread awareness about eating the right food. Nadda was addressing an event organised to celebrate World Food Safety Day by the Union Ministry of Health and Family Welfare at National Institute of Mental Health and Neuro Sciences (NIMHANS) in Bengaluru. World Food Safety Day is celebrated on June 7 of every year.

"We should take the clarion call given by our Prime Minister Narendra Modi and see to it that at least in our own homes, we are able to reduce 10 per cent of oil consumption and salt consumption. This is the most necessary part. We also have to see to it that processed foods are reduced to the maximum," said Nadda. He also said to remain healthy and to eat right, India must revisit its traditional food practices. "Our traditional food includes many types of preparations with millets. We have to revive this tradition," he added. Nadda said change is possible only if it is a continuous process.

"By talking about food safety habits only on World Food Safety Day is not going to work. It will only work if we make it a part of our life and if we make it a habit," he added. Nadda also said health consciousness and the Eat Right Movement are imperative as obesity is spreading fast in India. "India's diabetes study by ICMR says that from 2008 to 2020, the obesity in urban India has increased by 39.6 per cent and in rural areas, it has increased by 23.1 per cent. It is also projected that by 2050, 1/3 of the population will be obese," said Nadda, adding that time to act is now. (PTI)



भारतीय खाद्य सुरक्षा और मानक प्राधिकरण
Food Safety and Standards Authority of India



सत्यमेव जयते

स्वास्थ्य और परिवार
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Ministry of Health and
Family Welfare
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