



Mission Tandrust Punjab : Cycle Rally Under “Eat Right India” Movement Flagged Off

RALLY FLAGGED OFF BY ADC IQBAL SINGH SANDHU & DHO DR ANDESH KANG FROM DISTRICT ADMINISTRATIVE COMPLEX TODAY



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Additional Deputy Commissioner (General) Iqbal Singh Sandhu today flagged off a cycle rally promoting ‘Eat Right India’ movement under ‘Swasth Bharat Yatra’ organised by Food Safety and Standards Authority of India under the Ministry of Health and Family Welfare in collaboration with Mission Tandrust Punjab, from District Administrative Complex, here. The cyclists made a journey through the city spreading the messages of ‘eat safe, eat healthy, and eat fortified’. District Health Officer Dr Andesh Kang was also present on the occasion. ADC Mr Iqbal Singh Sandhu informed that the idea behind this programme is to lead the nation towards freedom from diseases by cascading the message of Eat Right India to every corner of the country. He said that in Ludhiana district, this rally was welcomed from Dehlon on December 22, and today, they would proceed towards Mohali. The participating cyclists comprised of NCC volunteers from different colleges of the city. Dr Andesh Kang informed that this cycle rally under “Eat Right India” movement had started from Leh and would culminate in Delhi on January 26, 2019. She stated that during their

three day stay in city, several awareness sessions for rehri/farhi owners selling eatables, for hotel & restaurant owners as well as general public were organised in different parts of the city. The volunteers educated the masses about food intake safety measures that can keep them healthy. To promote the right quality and quantity of food that should contain less salt, sugar and oil, the Food Safety and Standards Authority of India (FSSAI) had launched Eat Right India movement across the country. Dr Kang informed that the Swasth Bharat Yatra is a cycle rally where cyclists will travel with health messages from 6 different locations of the country. More than 7,500 volunteer-cyclists will cover about 18,000 km covering almost all regions of the country to spread the message of healthy food habits. They will conduct various programmes under the 'Eat Right India' during the programme. Later, the riders also met Civil Surgeon Dr. Parvinderpal Singh Sidhu as the rally reached the Civil Surgeon Office from District Administrative Complex. Mr Daljit Singh Rauni was also present on the occasion.