

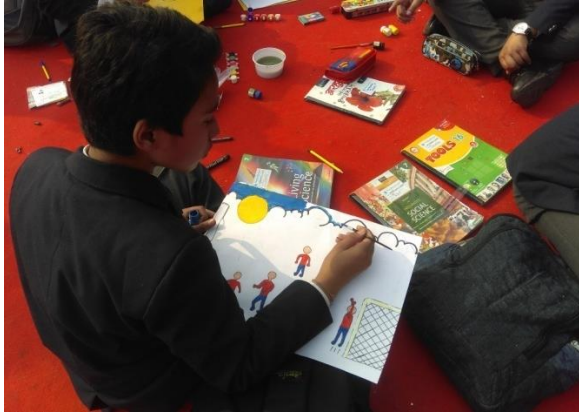
National Eat Right Mela was held for Promotion of Right and Safe Choices of Food



The Union Minister of Health and Family Welfare, Dr. Harsh Vardhan launched the 2nd Eat Right Mela at Jawaharlal Nehru Stadium, New Delhi on 28th December, 2019. Honourable Minister said that, 'The right kind of diet will help in reducing the disease burden of country'. Dr. Harsh Vardhan also appreciated FASSI for its commendable efforts and outreach activities that make people aware about the right choice of foods.

The National Eat Right Mela was organised by the Food Safety and Standards Authority of India (FSSAI), New Delhi to provide complete food experience with advice on safe food and healthy diets by dieticians. The Mela displayed variety of healthy food choices, and innovations done by the food industry and FSSAI. Besides, the show promoted the discussion on food safety, sustainability, health and nutrition, and facilitated conversations with food visionaries and experts. Mela displayed delicious street food from all corners, demonstrations on live cooking, and conducted various entertainment events to make visitors to enjoy food fest.

I had an opportunity to visit Mela and find painting competitions among school children very interesting. Other even which was very interesting was quiz competitions among students from different cooking and hospitality schools, and the quiz which was thrown open to general audience.



Painting competition



Quiz Competition

The Indian council of Medical Research (ICMR) affiliated research institute, the National Institute of Nutrition (NIN, Hyderabad, also participated at Mela. The Mela showcased the Government of India's health initiatives such as FIT India, POSHAN Abhiyaan, and other related government schemes.

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