



NATIONAL NEWS

Fueling Healthy Futures: UPES Collaborates With FSSAI For Eat Right Mela

By India Education Diary ... — On Mar 25, 2024



Dehradun : UPES, a multidisciplinary university in Dehradun, hosted Eat Right Mela in collaboration with the Food Safety and Standards Authority of India (FSSAI). This event is part of the nationwide 'Eat Right India' movement. Eat Right India movement is an effort to transform the country's food system to ensure safe, healthy, and sustainable food for all.

The day-long event included a range of activities, including a walkathon, Zumba sessions, and millet sensitisation drive. This event is aligned with the government's concerted effort to make people aware of the millet benefits and increasing its acceptability across the country. In addition to this, health check-ups and nutritional counselling camps were also organized on campus in collaboration with Apollo.

The event was graced by the Governor of Uttarakhand, Lt. Gen. Gurmit Singh, PVSM, AVSM, UYSM, VSM (Retd.), who enlightened the audience with his insightful remarks on the importance of health and nutrition.

In his address to the audience, Lt. Gen. Gurmit Singh (Retd.) underscored the significance of consuming nutritious food and cultivating healthy eating habits to lead a wholesome lifestyle. He also commended the government's efforts in promoting awareness regarding the consumption of millets and its advantages.

Eat Right Mela is a vibrant celebration advocating for nutritious foods and healthier lifestyles. Through a diverse array of engaging activities, including millet recipe demonstrations, poster designing, rangoli artistry, and photography contests, the event aims to foster awareness about the significance of safe foods and balanced diets. By encouraging participation and creativity, the Eat Right Mela strives to inspire individuals to make informed choices for their well-being and contribute to the collective effort towards a healthier nation.

The event also saw participation from esteemed dignitaries, including Ms. Inoshi Sharma, an accomplished member of the Indian Revenue Service (IRS) and Executive Director of Compliance Strategy (ED-CS) at FSSAI, as well as Ms. S. Vijayarani, another distinguished IRS officer, Director, FSSAI Northern Regional Office (FSSAI-NR). Their participation alongside the students added a significant dimension to the occasion.

The gathering provided an invaluable opportunity for both students and dignitaries to engage in meaningful dialogue and exchange insights on various aspects of food safety and regulatory compliance. The event demonstrated the institution's commitment to nurturing the next generation of leaders and professionals.

