



National Service Scheme (NSS) Unit
Govt. Degree College, Kulgam

Email: nss.gdckulgam@gmail.com
Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177
Fax No: 01931-260177



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Report on “Eat Right Mela and Walkathon” on 6th August, 2022

Under the aegis of *Azadi Ka Amrit Mahotsav*, Food Safety Wing of Drugs & Food Control Organization and Food Safety and Standards Authority of India (FSSAI) organised Eat Right Mela and Walkathon in collaboration with National Service Scheme (NSS) Unit of the College on 6th August, 2022. The event witnessed the huge participation of around 80 NSS volunteers, students from the College, faculty members besides students from other schools and officers from the collaborating departments. In the very first session, Eat Right Walkathon was inaugurated from Rest House Chawalgam in which students and officials participated in order to spread awareness regarding healthy food habits by raising Eat Right Slogans. A Yoga session was also scheduled and the students participated in yoga with great enthusiasm. The 2nd session began at 10:00 am. The NSS volunteers accorded formal welcome to the guests. The event was moderated by Mr. Raja Adam from the Department of Food Safety.

The *mela* was inaugurated with the lamp lighting ceremony by the Principal of the College, Prof. (Dr.) Manzoor Ahmad Lone in presence of Chairman Municipal Council, Mr. Muneeb Ahmad and Additional Deputy commissioner Kulgam (ADC) Showkat Ahmad Rather. The introductory remarks were given by Mr. Adam. Food stalls of different departments like Agriculture, Horticulture, ICDS, AYUSH, and those of leading manufacturers of Kashmir Division were installed in the mela to showcase and highlight local quality production. Cultural Committee of the College presented the traditional Kashmiri folk dance, *Rouff* and a famous Choir of singers and artists also presented their masterpieces before the audience and gave a clear message regarding healthy food habits.

In his speech, the DDC chairperson impressed upon the Department to double their efforts in ensuring safe and wholesome food to consumers. He appreciated the efforts of the Department and NSS Unit of the college for organising such a mela. The ADC stressed on consumption of seasonal fresh fruits and vegetables in addition to consuming grains, legumes

and nuts. He further called upon consumers to discourage consumption of food high in salt, sugar and fat as such foods can create health issues. Assistant Commissioner, Food Safety Srinagar, Hilal Ahmad Mir highlighted the impact of adulterated and unsafe food on human health and said that the graph of non-communicable diseases can be brought down if a healthy lifestyle which includes healthy eating habits is adopted. Designated Officer, Kulgam, Syed Nighat thanked all the participants and assured the audience that the department will keep no stone unturned in ensuring safe and wholesome food to consumers for which she sought support from them in filing complaints against those food business operators who do not adhere to various provisions of Food Safety and Standards Act through toll free number 104. State Nodal Officer CFDA, Firdous Ahmad provided a detailed presentation on the Eat Right Movement and activities available at the Mela. He also highlighted the importance of stakeholder in promoting Eat Right initiatives like Hygiene Rating, RUCO, Eat Right Campus/School and BHOG. Food Business Operators, participants from College and Artists and Food Safety Officials were felicitated by the Chief Guest and Host Designated Officer. At the end of the Mela, Eat Right Pledge was undertaken by the State Nodal Officer and the audience, “*Swasth Mai Layenge Thoda Faraq, Kam Karengel, Cheeni aur Namak*”.

Dr. Safeer Ahmad Bhat



NSS Programme Officer



PRINCIPAL
Govt. Degree College
Kulgam (Acctt)

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