

CM inaugurated Eat Right Mela

People need to be made more aware about the nutritional value of food: CM



People need to be made more aware about the nutritional value of food. Awareness about the nutritional value of food should reach till the last person in the society, enunciated Chief Minister Biplab Kumar Deb after inaugurating Eat Right Mela organized by Food Safety and Standard Authority of India, Health & Family Welfare department as a part of Azadi Ka Amrit Mahotsav at Egiye Chala Sangha club premises, Melarmath, Agartala yesterday. He said, all kinds of locally available vegetables, fruits, fish keep the body healthy and strong. We have been emphasizing on the importance of saving money for the bright future of the child since marriage but are not so careful about whether the child is getting proper nutrition.

The Chief Minister said, the infant should be fed nutritious food from birth so that the child can grow up healthy and strong in the future. In daily life, we are all conscious of carbohydrate intake but we are not as much aware about whether our body is getting proper vitamins, iron, protein. He said, it important to check how much protein, vitamins are there before having packaged food. In this case, if the shopkeeper tries to deceive the buyer, then one can approach consumer court.

Principal Secretary of Health department J. K. Sinha and Deputy Director of Food Safety and Standard Authority of India Partha Das Mahapatra also spoke on the occasion. Welcome speech was delivered by Director of Family Welfare & Preventive Medicines department Dr. Radha Debbarma. Vote of thanks was delivered by Deputy of Food Safety Commissioner Dr. Anuradha Majumdar. Sabhadhipati of West Tripura Zilla Parishad Antara Deb Sarkar, Mayor of Agartala Municipal Corporation Dipak Majumdar and Charirman of Tripura Tea Development Corporation Santosh Saha were present during the inaugural programme. Winners of Sit & Draw Competition and Healthy Recipe Competition organized at the event were handed over prizes by the Chief Minister and other dignitaries.