



THE WORLD BANK



NetProFaN

NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION



Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

Eat Right Mela 2019

MUMBAI, MAHARASHTRA

AUGUST 29TH 2019



**Eat Right
India**

सही भोजन. बेहतर जीवन.

Eat Right Mela 2019

The “EAT RIGHT MELA” 2019 was organized at G. N. Khalsa College Matunga Mumbai, on 29th August 2019 by NetProFan, AFST (I) Mumbai Chapter, IDA Mumbai Chapter with the support of World Bank, FSSAI and FDA Maharashtra and Department of Nutraceuticals of G.N. Khalsa College, Matunga Mumbai

Eat Right Mela was attended by 2000+ delegates including college students, parents, teachers, association members, street food vendors and general public

Throughout the event the message “EAT RIGHT, LIVE RIGHT... AAJ SE THODA KAM” was echoed

Day's Agenda :

Pre Mela Activities			
Time	Activity	Co Ordinator	Venue
7:30am to 8:30am	Prabhat Pheri	College Student & Teachers, Parents	Matunga- Khalsa College to Vadala station
8:30am to 9:00am	Yoga Session	Ms. Rashmi Ramesh	College Hall of Khalsa College
9:00am to 9:30am	Zumba	Mr. Manpreet Kaur	College Hall of Khalsa College
Mela Activities			
Time	Activity	Co Ordinator	Venue
10:00am to 12:00 am	Street Vendor Tr	Mr. Sanjay Indani	Seminar Hall Khalsa College
1:00pm to 2:00pm	FSSAI Alexa Quiz	Ms. Subhprada Nishtala	Banquet Hall Khalsa College
02:00pm to 3:00pm	Nutritional Tips	Ms. Sheryl Salis	Banquet Hall Khalsa College
Post Mela Activities			
Time	Activity	Co Ordinator	Venue
3:00pm to 3:30pm	Zumba	NR academy	College Hall of Khalsa College

At Eat Right Mela we had organised Prabhat Pheri which is attended by 100+ students and citizens. This was regarding to create the awareness of healthy life through the right food, exercise & yoga. Prabhat Pheri (Activation Walk) was organized in the morning hours that passed through G N Khalsa College to Vadala Station & returned to Khalsa College.



Yoga Session



Zumba Session:



Inaugral Session:

- Mr. Nilesh Lele, President, AFST(I) Mumbai Chapter welcomed Shri Pawan Kumar Agarwal, CEO, FSSAI and all dignitaries on the dais on behalf of NETRPOFAN and AFST
- Ms. Subhaprada Nishtala, Vice President, AFST(I) Mumbai Chapter gave background about the Eat Right Mela
- Dr. Prabodh Halde , Immediate past ex president , AFST(I) Mumbai Chapter. made the opening remarks
- Inaugural of Mindful eating book by celebrity Chef Varun Inamdar was done on this occasion
- Shri Pawan Kumar Agarwal, CEO, FSSAI's speech – what the covered
- Dignitaries Name who attend this Event: Chef Varun Inamdar, Chef Harpal Singh, Dr. Yogesh Kamat IRS Director, FSSAI W, Deepika Anand, World Bank, Dr. Kiran V Mangaonkar, Principal of G N Khalsa College, Ms. Sheryl Salis, Director, Nurture Health Solutions, Dr Krishna Methekar, Deputy Director, FSSAI
- Dr. Gauri Vahalkar, Course Coordinator, G N Khalsa College gave the vote of thanks

Inaugral Session:

- Shri Pawan Kumar Agarwal, IAS (CEO FSSAI New Delhi) was the Chief Guest and Dr. Yogesh Kamat IRS Director, FSSAI Western Region was Guest of Honor for the event
- The event began with “Ganesh Vandana” dance performance, by the students of M.Sc Nutraceuticals of Khalsa College, followed by skit “Milawat Se Muqabala”. The skit was based on food adulteration, and explained the basic concepts of adulteration and their testing methods as per DART book. The video is available at:
<https://drive.google.com/file/d/1N6DY72DbiqaaFqJ5YpqatiFirSDZgZy0/view>

Inaugral Session:

- Inaugural Session was attended by Prof. Kiran Mandgaonkar, Principal of G.N. Khlasa College, Celebrity Chef Harpal Singh Sokhi and Varun Inamdar, Ms. Deepika Anand and Ms. Joshita Lamba from World Bank, Mr. Nilesh Lele, President AFST Mumbai
- Executive members of AFST/IDA/NSI/ and other associations were present; Ms. Sheryl, Ms. Subha Nishtala Vice President AFST Mumbai, Mr. Umesh Kamble, Vice President AFST Mumbai among others, Ms. Naaznin Husein from IDA Mumbai Chapter

FSSAI CEO, Shri Pawan Kumar Agarwal addressing the gathering. He stated: “Food is fun. Food is a part of our daily lives several times a day. If people are mindful of what they eat and if we convey the message of right eating in a fun way. I am sure the concept of mindful eating which has gone out of our lives, will come back.”



Four groups of College students were presented skits on Food Adulteration, apart from talking about food adulteration and its effects on the society and individuals, also gave a tips on how to check adulteration in food items like milk, turmeric, red chili powder, coffee, etc.





Street Food Vendor Training

The street vendor training was conducted by Mr. Sanjay Indani (Director, SafeFoodz Pvt Ltd) and Ms. Subhaprada Nishtala (Vice President AFST(I) Mumbai Chapter). 50+ Vendors attended the training

There was also a Food safety van arranged in the college premises by FDA called “Food safety on wheels”.

Street Vendor Training:



FDA Maharashtra's Food Safety on Wheels



Stalls at Eat Right Mela:

SAFE FOODZ SOLUTION



HEALTH FOODS



Stalls at Eat Right Mela

FARM TO FORK SOLUTIONS



PAAWAK JAGGERY



Stalls at Eat Right Mela

GAMES CORNER



ENVIROCARE LABS



Stalls at Eat Right Mela

ENVISEBE SOLUTIONS PVT LTD



RAJBHOG



Stalls at Eat Right Mela

HEALTH TOTAL PVT LTD



INDIAN DIETETIC ASSOCIATION



The book “Mindful Eating” by Chef Varun Inamdar was inaugurated in the presence of Shri Pawan Kumar Agarwal, CEO FSSAI and celebrity Chef Harpal Singh Sokhi



NetProFaN & Eat Right Campus

WAY FORWARD



NetProFaN and Eat Right Campus Meeting

The “EAT RIGHT Campus” meeting was attended by 100+ delegates, many of them representing large corporates, including SBI Foundation, IRCTC to name a few

Many of them volunteered and have signed up to become Eat Right Campus in next 6 months

NetProFaN meeting was attended by representatives of various associations

NetProFaN and Eat Right Campus Meeting

Dr. Jagmeet Madan chaired the NetProFaN meeting and one hour meeting was conducted for all the Netprofan members and next steps were defined

Dr. Sakshi Jain gave information about Eat Right Campus initiative

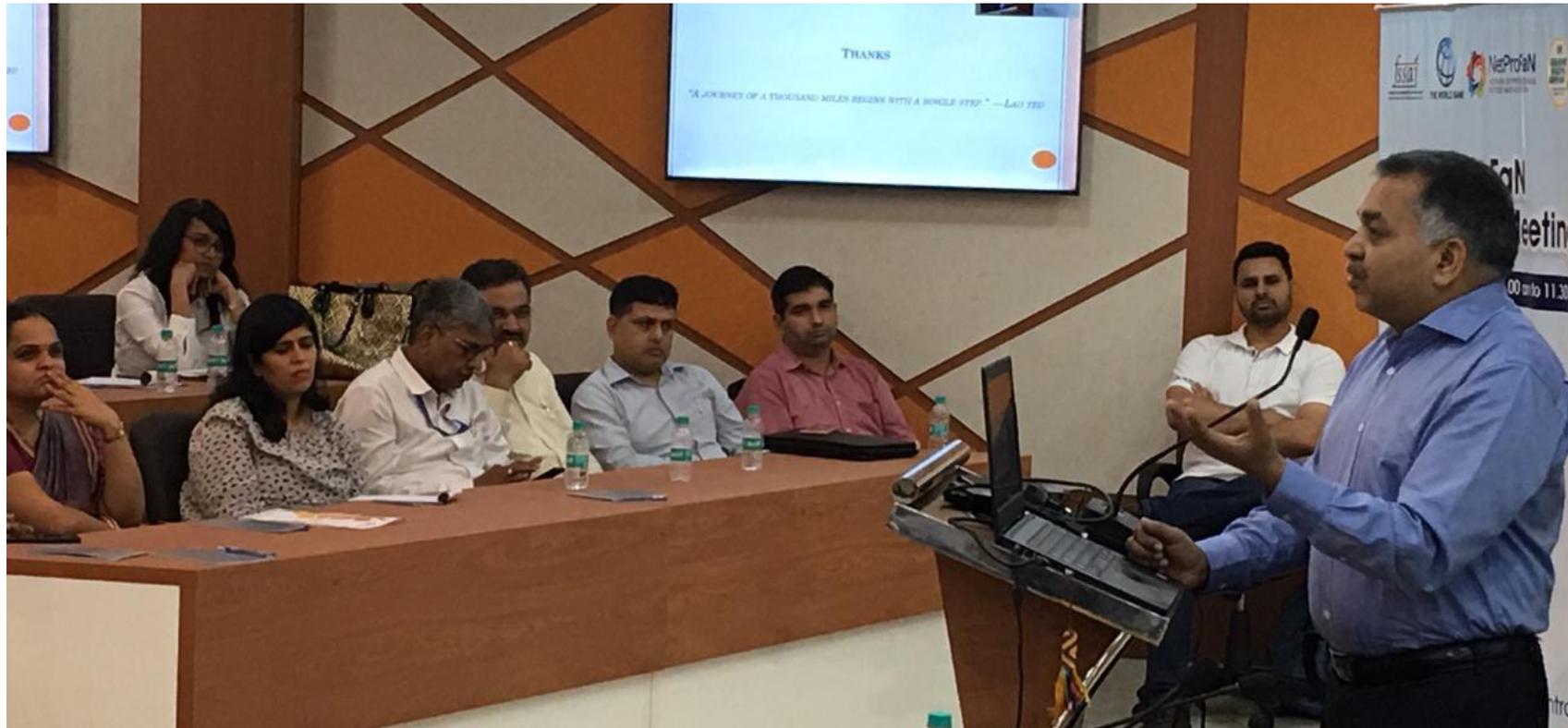
Dr. Prabodh Halde hosted the session

Open house was held and questions were answered by CEO sir/ Ms. Meetu Kapur/ Dr. Sanu Jacob / Dr. Yogesh Kamat /Dr. Jagmeet Madan /Dr. Prabodh Halde

CEO sir gave answers to all queries

Vote of thanks was given by Dr Sanu Jacob

NetProFaN and Eat Right Campus Meeting



NetProFaN and Eat Right Campus Meeting



WAY FORWARD

Focus on the next generation

School food and canteen project

Conducting Eat Right Quiz, Debate, poster and recipe competition,

Achieve 200+ Eat Right Schools in Maharashtra
1 year

Eat Right Campus

Commitment from all NetProFaN members

Have atleast 10 Eat Right Campuses in Maharashtra
6 months

Educating Consumers

Creating new resources and translating resources in regional language

Book, APP of eating out
6 months

WAY FORWARD

Creating Clean
Street food Hub

Creating short
videos to
empower
vendors

6 months

Sensitization
workshop on
food fortification

Colleges and
citizens

3 events in 6
months

Starting at
individual level

Practice what
you preach

Eat Safe
Eat Healthy Eat
Sustainable
Sell Right