



Eat Right India

Swasth Bharat Yatra



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Swasth Bharat Yatra



FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

Ministry of Health and Family Welfare, Government of India







**Eat Right
India**

Healthy. Safe. Fortified.



Vaishnav Jan To

Lyrics in Hindi

वैष्णव जन तो तेने कहिये जे
पीड़ परायी जाणे रे
पर दुखखे उपकार करे तोये
मन अभिमान ना आणे रे
वैष्णव जन तो तेने कहिये जे...
सकळ लोक मान सहुने वंदे
नींदा न करे केनी रे
वाच काछ मन निश्चल राखे
धन धन जननी तेनी रे
वैष्णव जन तो तेने कहिये जे...
समदृष्टी ने तृष्णा त्यागी
पर स्त्री जेने मात रे
जिह्वा थकी असत्य ना बोले
पर धन नव झाली हाथ रे
वैष्णव जन तो तेने कहिये जे...
मोह माया व्यापे नही जेने
द्रिढ वैराग्य जेना मन मान रे
राम नाम सुन ताली लागी
सकल तिरथ तेना तन मान रे
वैष्णव जन तो तेने कहिये जे...
वण लोभी ने कपट-रहित छे
काम क्रोध निवार्या रे
भणे नरसैय्यो तेनुन दर्शन कर्ता
कुल एकोतेर तारया रे
वैष्णव जन तो तेने कहिये जे...

Vaishnav Jan To

Lyrics in English

*Vaishnav Jan To, Tene Kahiye Je,
Peed Paraaye Jaane Re
Par Dukkhe Upkaar Kare Toye,
Man Abhiman Na Anne Re
Vaishnav Jan To, Tene Kahiye Je...
Sakal Lok Maan Sahune Vandhe,
Ninda Na Kare Kainee Re
Baach Kaachh, Man Nischal Raakhe,
Dhan-Dhan Jananee Tainee Re
Vaishnav Jan To, Tene Kahiye Je...
Sam-Drishtine Trishna Tyaagi,
Par-Stree Jene Maat Re
Jivha Thaki Asatya Na Bole,
Par-Dhan Nav Jhale Haath Re
Vaishnav Jan To, Tene Kahiye Je...
Moha-Maaya Vyaape Nahi Jene,
Dridh Vairaagya Jena Man Maan Re
Ram-Naam-Shoon Taali Laagi,
Sakal Tirath Tena Tan Ma Re
Vaishnav Jan To Tene Kahiye Je...
Van-Lobhi Ne Kapat Rahit Chhe,
Kaam-Krodh Nivaaarya Re
Bhane Narsaiyyo Tenu Darshan Karta,
Kul Ekoter Taarya Re
Vaishnav Jan To, Tene Kahiye Je...*

Vaishnav Jan To Meaning

*Speak only as godlike of the man who feels another's pain
Who shares another's sorrow and pride does disdain
Who regards himself lowliest of the low
Speaks not a word of evil against anyone
Blessed is the mother who gave birth to such a son
Who looks upon everyone as his equal,
Lust he has renounced
Who honours women like he honours his mother
Whose tongue knows not the taste of falsehood
Nor covets another's worldly goods
Who longs not for worldly wealth (or fame)
For he treads the path of renunciation
Ever on his lips is Ram's holy name
All places of pilgrimage are within him
He has conquered greed, is free of deceit, lust and anger
Through him Narsinh has godly vision
And his generation to come will attain salvation.*

EAT RIGHT INDIA ANTHEM

Mukhda

*Tension vension rafa dafa kar
Sehat apni rakho bana kar
Tel masale cheeni aur namak
Aaj se thoda kam kar
to darr kya fikar kya
Jo jee chaahe wo tum karo
Bas...Healthy khao healthy jio..
Jo jee chaahe wo tum karo
Healthy khao healthy jio..*

Antra

*Trans fat ko seedha mana kar
Fortified food khaya kar
Whole grain aur pulses khao
Bhojan ka santulit banao
Hari sabziya doodh dahi
Taaze phal hain sab se badhiya
Jo jee chaahe wo tum karo
Bas...Healthy khao healthy jio..
Jo jee chaahe wo tum karo
Healthy khao healthy jio..*

Antra 2

*India ke kone kone se aakar
pahuchenge dilli Cycle chala kar
bharat yatra saphal banane
sehat ka sandesha sunane
yog cycling jogging
tum koi bhi kasrat karna
Jo jee chaahe wo tum karo
Bas...Healthy khao healthy jio..
Jo jee chaahe wo tum karo
Healthy khao healthy jio..*

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Overview

Mahatma Gandhi's life and his messages have contemporary relevance and great value even today. The same holds true for his views on food and nutrition, where the key decisions on 'what to eat', 'how to eat' and 'when to eat' should be the sole responsibility of individuals. As an extraordinary leader, Gandhiji ignited popular imagination and unified the power of the ordinary, inspiring every citizen to work towards the common goal of a free India. As the country continues to face multiple public health challenges, it needs a mass movement that could once again stir popular imagination and engage people to think about their own health.

Due to unsafe food and poor diets, people in India face numerous health challenges. Six of the top 10 risk factors for the burden of disease are food related. While on one hand, the problem of chronic hunger continues unabated and diets of most people lack essential vitamins and minerals, overweight and obesity continue to be on the rise on the other. Unsafe food and poor diets result in an increase in foodborne diseases. The current situation calls for urgent action.

Aligned with a focus on preventive healthcare of the National Health Policy, 2017 and leveraging synergy with flagship programmes like Ayushman Bharat, POSHAN Abhiyaan, Anemia Mukta Bharat, and Swachh Bharat Mission, FSSAI has, over the past couple of years invested time and effort to create a shared vision for ensuring safe food and healthy diets for all. 'Eat Right India' movement is the drive to share this vision widely with people in a manner that they can relate with and mobilise them to take action towards healthier diets to ensure happier lives.

As FSSAI's tribute to Mahatma Gandhi on the occasion of 150 years of his birth the, 'Eat Right India' movement has been planned in two phases of 150 days each. In the first phase, ending in January, 2019, 'Swasth Bharat Yatra' would be initiated to make the vision of 'Eat Right India' a shared vision of people across the country. Criss-crossing the country on six tracks, a PAN-India Cycle rally would cover 18,000 km with over 7,500 volunteer cyclists in about 100 days. This would not only mobilise the masses but also create a large pool of local community champions to sustain the movement. Along with this, 'Eat Right Melas', 'Eat Right Conventions' and a 'National Eat Right Poster Competition' would also be conducted with a view to amplify and deepen engagement with various stakeholders, particularly the youth.



In the second phase, which will commence immediately after, events and outreach activities would be organised by the States/UTs to reach out to various stakeholders and citizens up to the district and sub-district levels. This would further, give momentum, enhance outreach and ensure sustainability of the movement. The 'Eat Right' movement is a collaborative movement with participation from various Central and State Government departments, members of the local community, professional associations, civil societies, industry associations and businesses.

The 'Eat Right' movement is completely aligned with Prime Minister, Shri. Narendra Modi's idea that all programmes associated with the 150th birth anniversary of Mahatma Gandhi, should be designed around the theme of 'Karyanjali' – 'Gandhi in Action'. The 'Eat Right' movement and the 'Swasth Bharat Yatra' are planned to reach the masses, who act as real engines of change. This is expected to trigger the masses through a one-of-a-kind public health movement and fundamentally transform the way India eats.

This playbook and the corresponding website are designed as companions for the Eat Right India Movement and Swasth Bharat Yatra. The book itself is organised into six chapters. The first lays out the vision of the Swasth Bharat Yatra. It provides a solid foundation for why there is a need for the movement and the outreach of its planned scale and scope. The second chapter traces how this entire movement is inspired by Gandhiji's life and vision. His inspiring quotations have been used throughout the book to constantly remind the reader that the movement is truly inspired by his thoughts and vision, which continue to motivate us in different ways. The third chapter is based on the key themes of the movement and how these themes would build on the synergies of the existing government programmes. The fourth chapter covers both - strategy and action plan for the Eat Right India movement and Swasth Bharat Yatra. While this chapter and annexures have detailed information about the Swasth Bharat Yatra, Phase I, the details of other related activities would be made available in due course of time. The fifth chapter touches upon the details of various partners, co-ordination, rewards and recognition for contribution towards the movement. Lastly, the final chapter details the expected outcomes of the movement as we see them today.

This book would ensure that everyone who is a part of the journey, shares the same vision which is ensuring that our people eat right, stay healthy and stir popular imagination through this mass Movement.

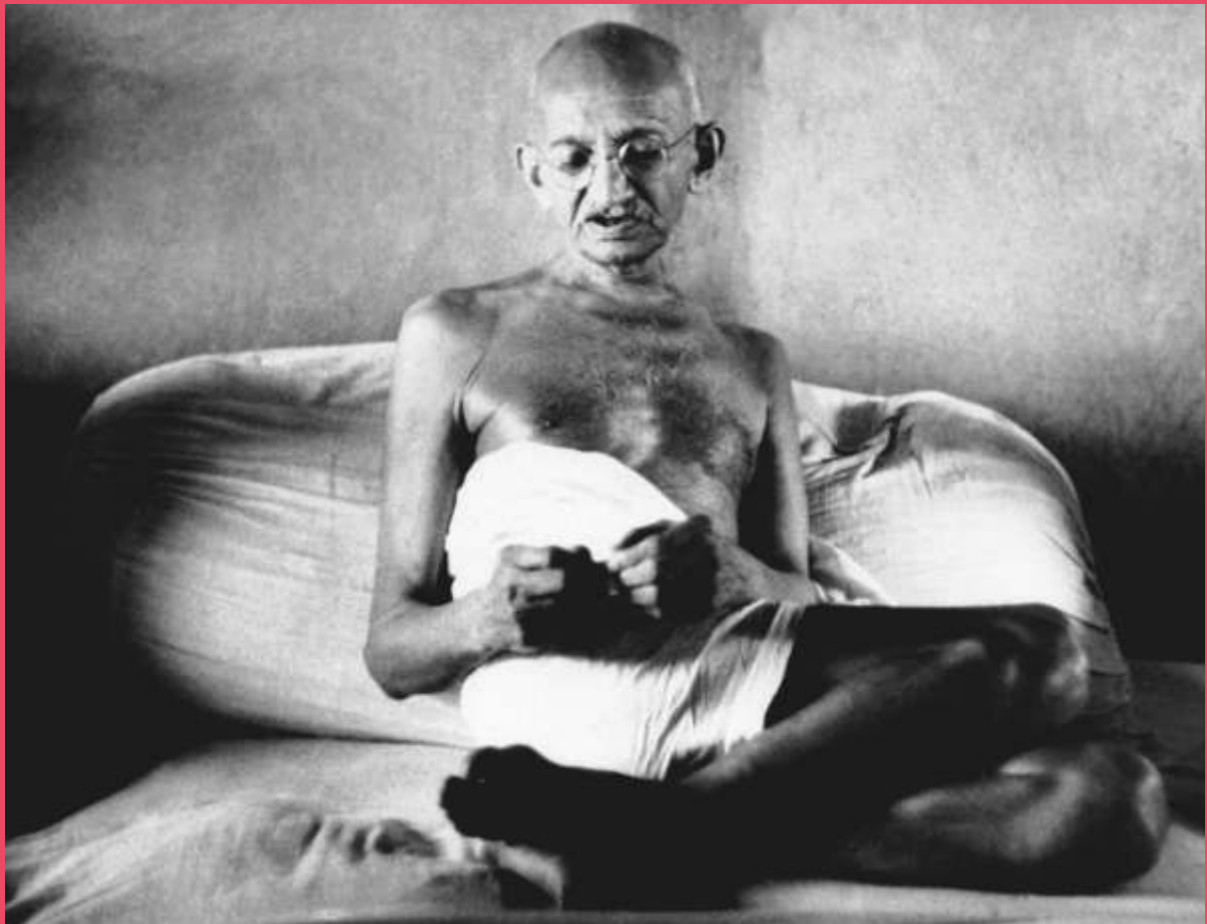
1 VISION

FOOD SAFETY AND HEALTHY DIETS FOR ALL



*“Be the change that you
want to see in the world.”*

- Mahatma Gandhi



1.1

Introduction

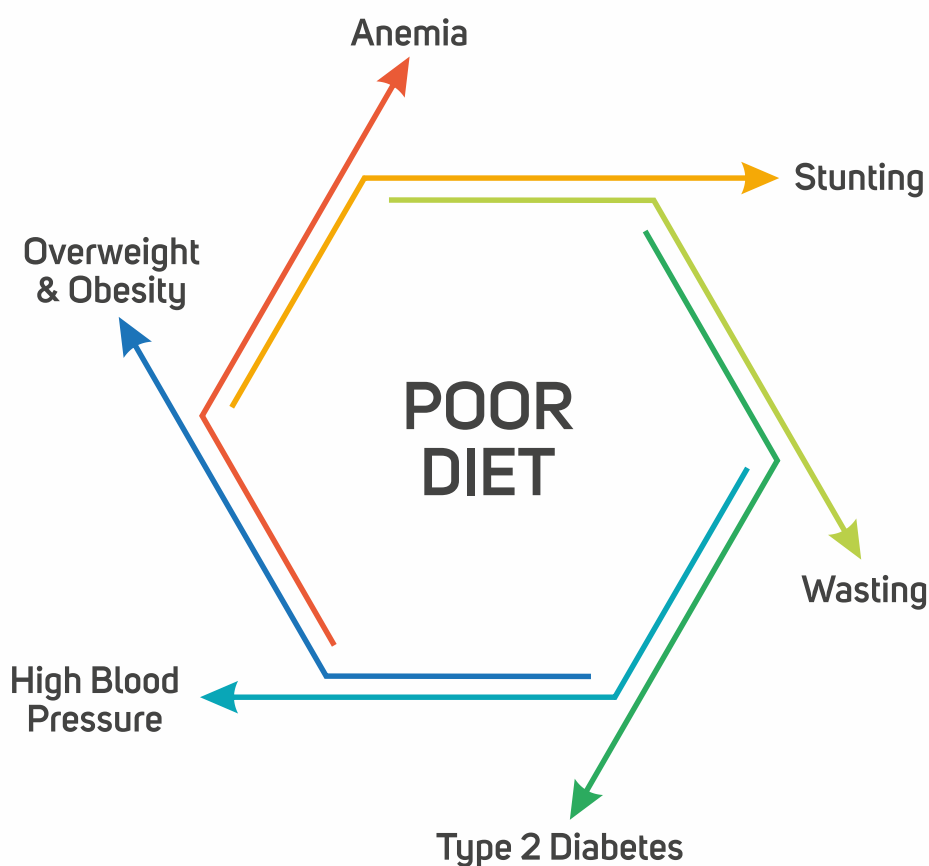
All people – especially the poor and most vulnerable – should have access to safe, affordable and nutritious food, which is fundamental to sustaining life with human dignity, and hence, a basic human right. In the preamble to the Food Safety and Standards Act, 2006, the Food Safety and Standards Authority of India (FSSAI), is expected to ensure availability of safe and wholesome (or nutritious) food for the people in India and hence plays a key role as far as safe and nutritious food is concerned.

1.2 The Global Challenge¹

Poor diet today is the number one risk factor for diseases globally, linked to 1 in 5 annual deaths, according to the recent Burden of Disease Study. The concept of a healthy diet goes beyond safe food. The Sustainable Development Goals (SDGs) also recognise that improved nutrition is a core driver for all human development. Malnutrition is a complex and dynamic phenomenon with distinct but often overlapping expressions - from hunger and stunting, to micronutrient deficiencies, to overweight and obesity.

Poor diet today is the number one risk factor for diseases globally, linked to 1 in 5 annual deaths.

Fig 1 : Inadequate food consumption is the common denominator in all forms of malnutrition



Last year, the number of hungry people in the world was 821 million yet it is estimated that one-third of the food produced annually was lost or wasted. We also face huge challenges to address micronutrient deficiencies, which may harm approximately two billion men, women and children – often with irreversible health consequences. Worldwide obesity is rising with more than 1.9 billion adults being overweight in 2016 – the number having almost tripled between the years 1975 and 2016.

Recent progress in tackling these forms of malnutrition is mixed. For example, stunting has been reduced and child survival increased, although both levels remain unacceptably high. But last year, the number of hungry people in the world was 821 million yet it is estimated that one-third of the food produced annually was lost or wasted. We also face huge challenges to address micronutrient deficiencies, which may harm approximately two billion men, women and children – often with irreversible health consequences. Worldwide obesity is rising with more than 1.9 billion adults being overweight in 2016 – the number having almost tripled between the years 1975 and 2016. Child obesity is also rising rapidly. Overall, the food system is also placing huge pressures on the environment with the true long-term costs of damage to land and seas, and high CO2 emissions from agriculture being better understood.

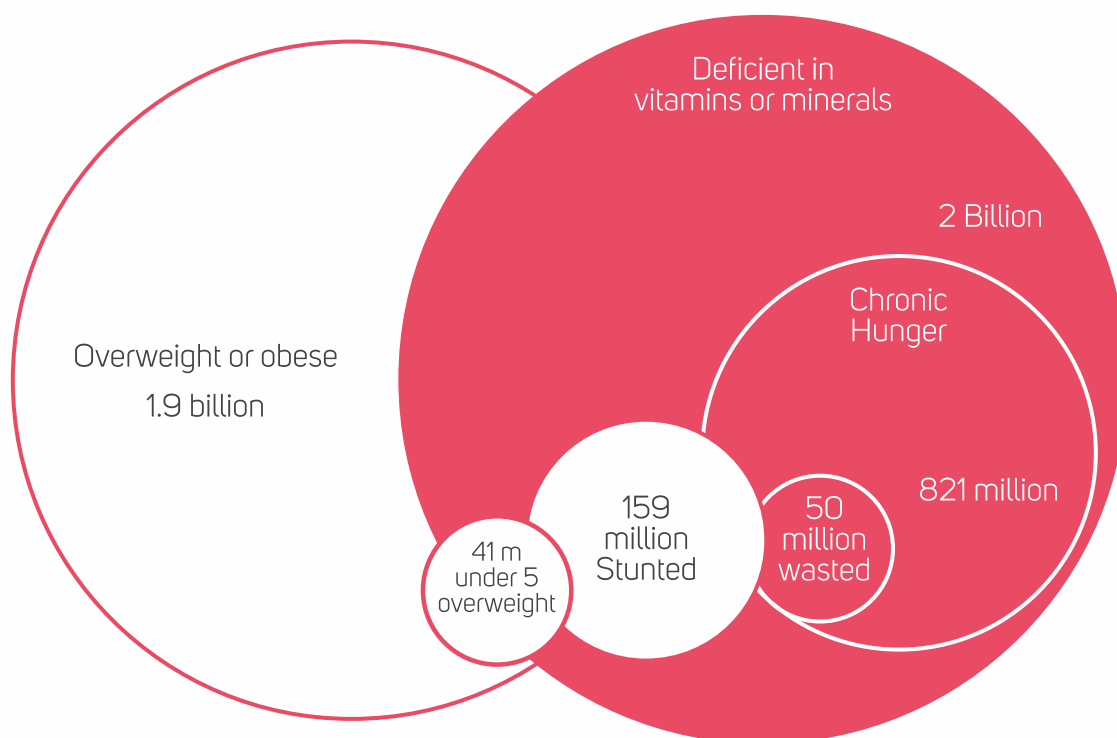


Fig 2.1 : 1 in 3 people worldwide are malnourished (2015/16)

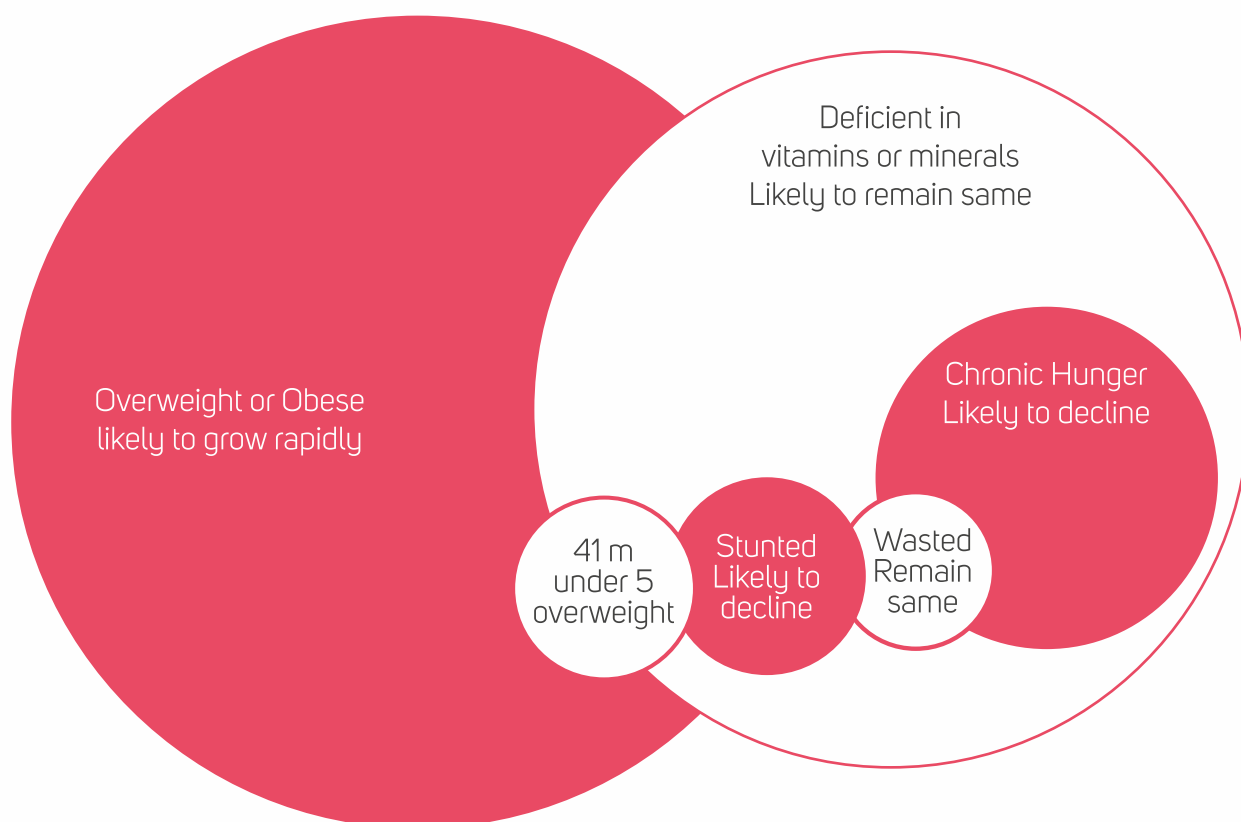


Fig 2.2 : 1 in 2 people worldwide malnourished by 2030

Food safety is often neglected within this complex picture, even though it is intimately linked to health as billions of people are exposed to potentially harmful viruses, bacteria, parasites, toxins and heavy metals in their foods. At least 1 in 10 people suffer from eating unsafe foods. Better food safety can be linked to improvements in productivity, food accessibility, and the affordability of nutritious foods. Food safety and malnutrition need to be addressed in concert. The rise of diet-related NCDs as contributors to the burden of disease illustrates that healthy diets necessitate the consumption of safe food and the consumption of safe combinations of safe foods.

Food safety and malnutrition need to be addressed in concert.

1.3 The Indian Context-

Touching the lives of everyone, every day, issues of food and nutrition in India are now recognised by all as important. According to the recent Burden of Disease Study, 6 of the top 10 risk factors for burden of disease in India are food-related. As per the Indian Council of Medical Research (2016) and World Health Organization (2015), more than 60 per cent of deaths in India are caused by non-communicable diseases (NCDs), and 1 out of 4 Indians are at a risk of dying from one of the NCDs before the age of 70 years. Thus, food safety and healthy diets are critical in the context of India's high burden of foodborne diseases, under-nutrition, micro-nutrient deficiencies and growing incidence of obesity and NCDs. Hence, poor diet is not merely a nutrition issue but a core public health issue.

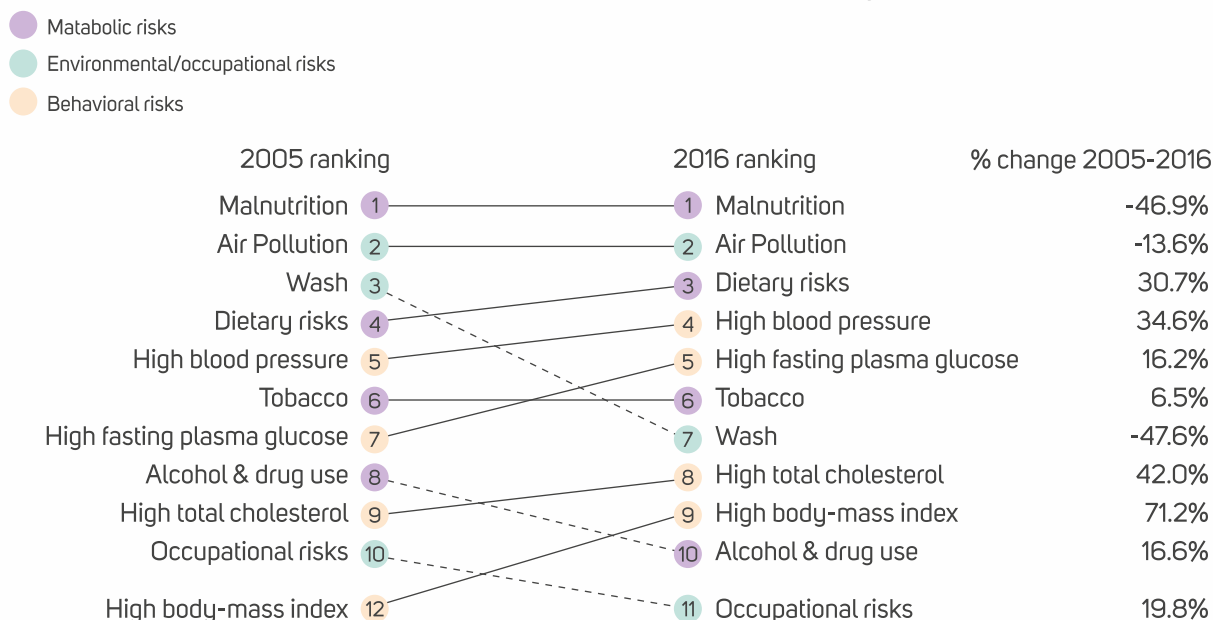
6 of the top 10 risk factors for burden of disease in India are food-related.

More than 60 per cent of deaths in India are caused by non-communicable diseases (NCDs),

Food safety and healthy diets are critical in the context of India's high burden of foodborne diseases, under-nutrition, micro-nutrient deficiencies and growing incidence of obesity and NCDs.

Fig 3 : Poor diet contributes to 6 of the top 10 burden of disease factors in India

What risk factors drive the most death and disability combined in India?



Top 10 risks contributing to DALYs in 2016 and percent change, 2005-2016, all ages, number

Source : IHME, <http://www.healthdata.org/results/country-profiles>

While many development indicators improve as incomes grow, it is not so for diets. Poor hygiene, sanitation and unavailability of clean drinking water and safe food have resulted in rampant food borne diseases. As per a study by Wageningen University & Research and The International Livestock Research Institute the food borne disease burden and economic costs for India as of 2010 amounts to 0.5% of the GDP – equivalent to 28 billion USD. Over the past several decades, availability of diverse food has improved only slightly. Healthier food is becoming scarce, more expensive and thus less accessible, compared to unhealthy food, which is now widely available at cheaper prices. Due to massive advertising around unhealthy food, particularly amongst children, it has become more desirable. This has led to widespread micronutrient deficiencies such as anaemia. In addition, as a result of increasingly sedentary lifestyles coupled with unhealthy diets, there has been an alarming rise in obesity and non-communicable diseases.

The food borne disease burden and economic costs for India as of 2010 amounts to 0.5% of the GDP-equivalent to 28 billion USD.

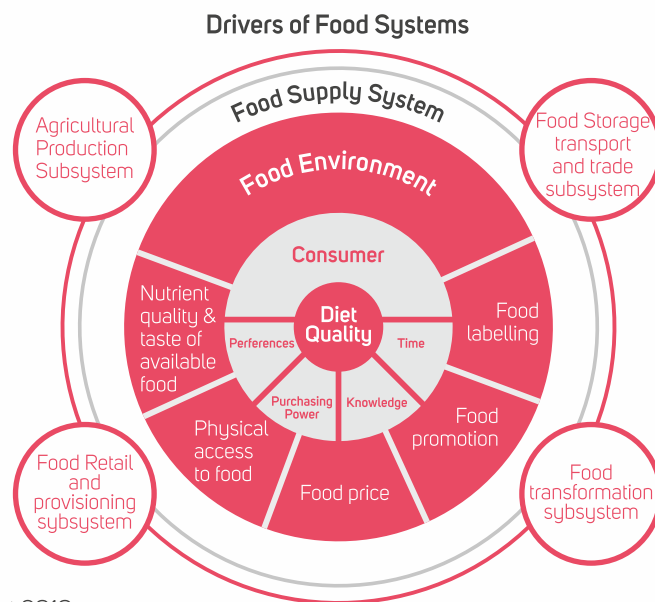
Good nutrition is critical to avert the irreversible cumulative growth and development deficits and contribute towards improving maternal and child health, learning outcomes, adult productivity and strengthen gender equality.

1.4

A Systematic Approach

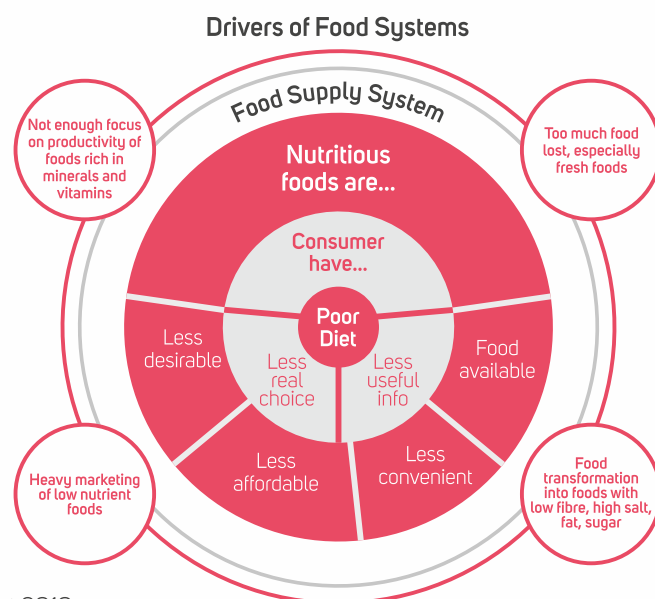
There are multiple drivers of food systems as seen in Fig 4.1. Unfortunately, they are currently not focused on nutritious food as seen in Fig. 4.2. and hence interventions at multiple levels are needed.

Fig 4.1: To change availability, affordability and desirability of nutritious foods we have to **transform food systems** because they shape diet choices.



Global Panel Report 2016

Fig 4.2: In business as usual approach, drivers of food systems are not focused on nutritious foods.



Global Panel Report 2016

We must adopt a systematic approach to food safety and nutrition rather than 'ad hoc' or 'fire brigade' approach to tackle outbreaks and problems associated with unsafe foods and leave nutrition to market forces. Overall action is required in five broad areas mentioned below, for such a systematic approach:

1) To ensure safe food

The Government must not only invest more on food safety, but also invest wisely. There is a need for a clear purpose based on evidence of risk, using such investment to leverage private investment. The unorganised sector should not be neglected since it serves the low-income populations. Hot spots of unsafe foods can be identified followed by prompt action. Unsafe foods hit the poorest the hardest and must be overcome by government actions, as well as intervention by corporates and civil society organisations. Mere reliance on a relatively high cost model of inspection, end product testing and penalties for infractions does not suit lower and middle-income countries. There must be greater emphasis on incentivising and facilitating food business compliance via regulations and safe operating practices, greater public accountability mechanisms through training and capacity building, and third party audits to build a culture of food safety compliance.

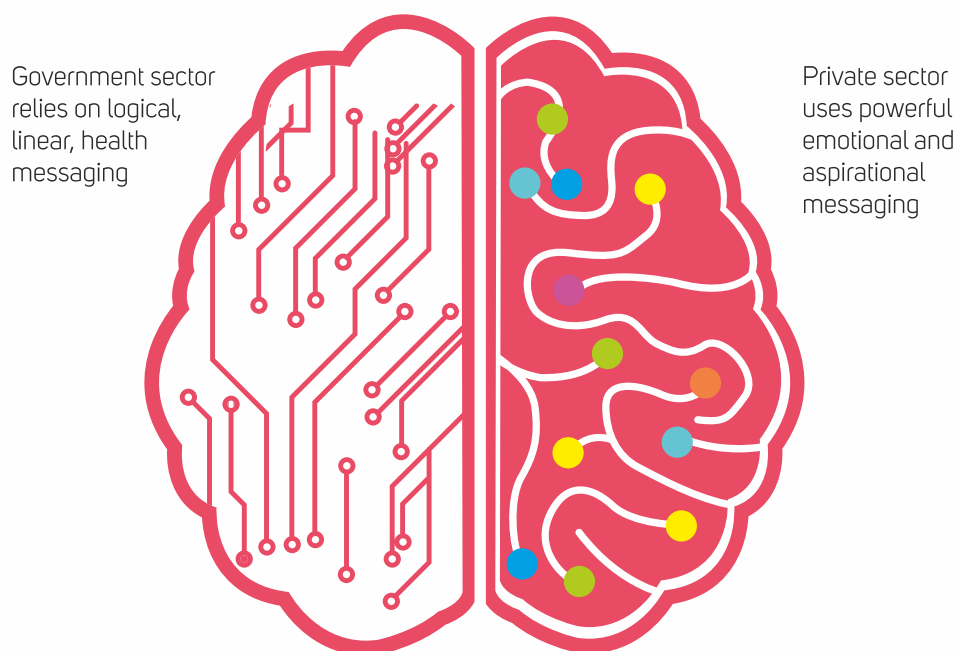
There must be greater emphasis on incentivising and facilitating food business compliance to build a culture of food safety compliance.

Personal responsibility for dietary choices must be balanced by meaningful changes in food environments that enable healthy choices.

2) To ensure availability of healthy food

Personal responsibility for dietary choices must be balanced by meaningful changes in food environments that enable healthy choices. The control that the industry has over food supply must be tempered by measured policy interventions that address public health imperatives – clear and actionable labelling, food reformulation, advertising controls, and fiscal interventions present significant opportunities to improve healthy diets.

Fig 5 : To build demand for nutritious foods use hybrids of government and private approaches for behavioral change communication.



3) To create demand for safe food

It is seen that improvements in food safety come mostly from private sector response to public and market demands. The 'pull approach', harnessing consumer demand for safe food is the major lever for improvement by prompting the private sector to respond to this demand. Behaviour change with a focus on improving diet quality in the population is very effective. A strong focus on behavioural change communication on food safety and nutrition is therefore needed.

The 'pull approach', harnessing consumer demand for safe food is the major lever for improvement by prompting the private sector to respond to this demand. Behaviour change with a focus on improving diet quality in the population is very effective.

There is great potential for reducing food loss and waste via improved post-harvest practices.

4) To reduce food loss and food waste

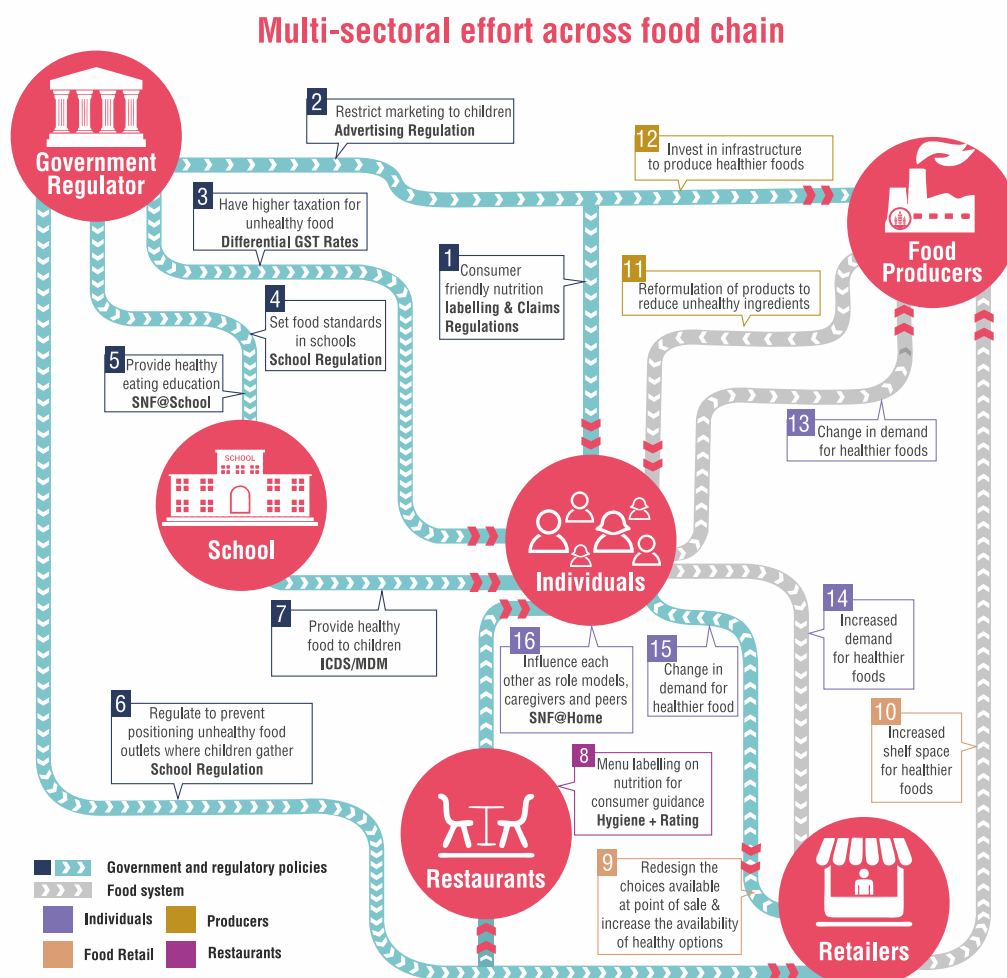
There is great potential for reducing food loss and waste via improved post-harvest practices. These include personal hygiene practices, safe harvest and post-harvest handling of fruits and vegetable (F&V) crops, use of sharp/clean tools, use of appropriate containers that can be easily sanitized (such as washing for plastic crates), and cooling/cold storage which can jointly reduce waste and food borne illnesses.

5) To ensure effective partnerships

Overcoming the challenges in providing safe food and healthy diets for all requires effective partnerships between governments, the private sector, civil society and consumers so as to address multiple challenges across the food chain - from harvesting, transportation, processing, storage, manufacturing and at the consumer level.

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Fig 6 : The Eat Right Movement: Multi sectoral effort across the food chain



Action on several fronts and involvement of many stakeholders is needed. The key is to create demand for safe and nutritious food, make it affordable and create an enabling environment to ensure its accessibility. Engagement with food businesses and incentivizing safe and healthy food practices is equally important. Role models and creative interventions are the need of the hour to ensure that people eat right.

The key is to create demand for safe and nutritious food, make it affordable and create an enabling environment to ensure its accessibility.

The 'Eat Right India' movement - a collective effort of key stakeholders and citizens to ensure that people have access to safe and healthy diets.

In the above backdrop, FSSAI has launched the 'Eat Right India' movement - a collective effort of key stakeholders and citizens to ensure that people have access to safe and healthy diets. It is aligned with Government's recent focus on public health through its three key programmes, namely 'Ayushman Bharat', 'Swachh Bharat Mission', and 'POSHAN Abhiyaan'. This is inspired by Prime Minister Narendra Modi's vision of leveraging the 150th Birth Anniversary of Mahatma Gandhi to catalyse social change around safe food and healthy diets in society.

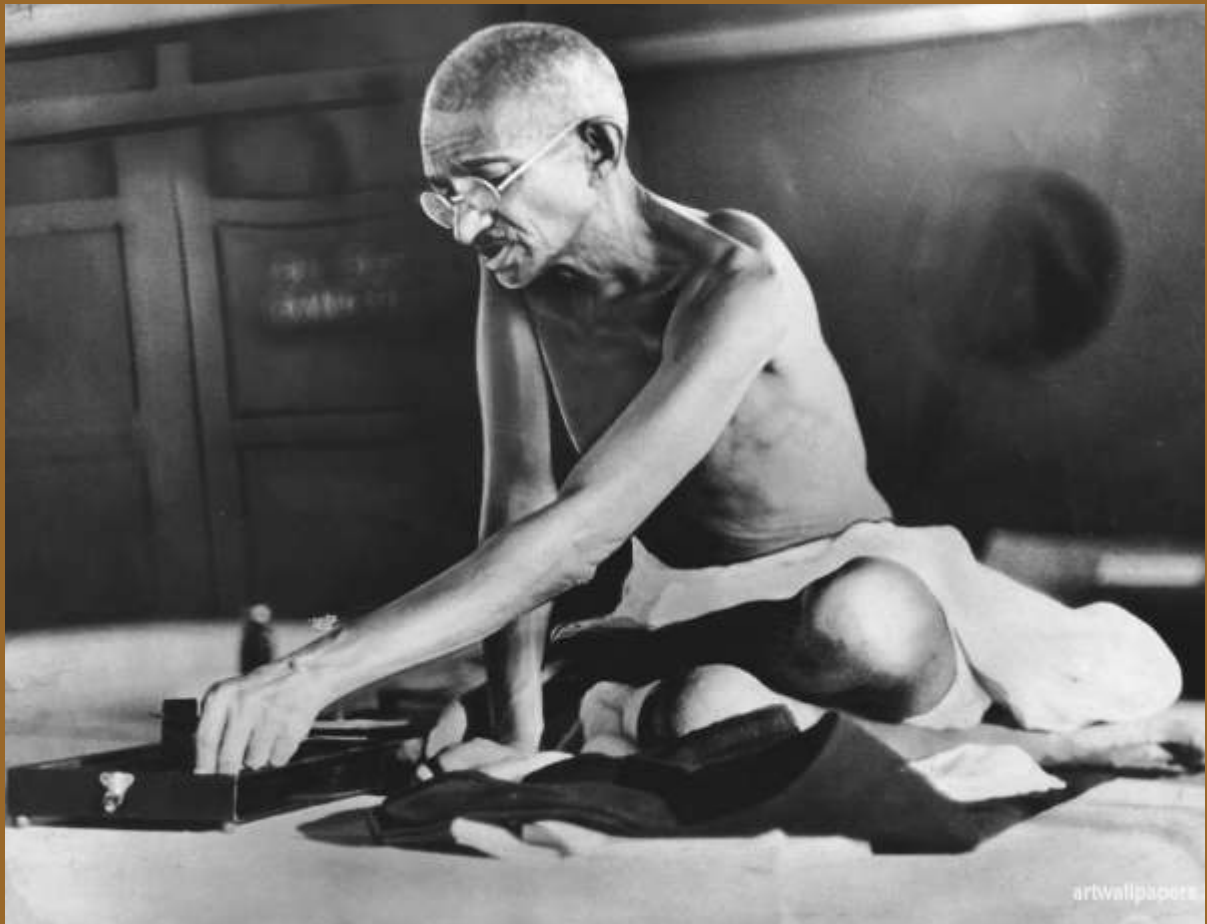
Various activities under the 'Eat Right India' movement are planned in two spells of 150 days each. In the first phase culminating in end-January, 2019, activities at the National/State level such as Eat Right Melas, Conventions and National Poster Competition are planned. The Swasth Bharat Yatra is also planned in the first phase. In the second phase, which will commence immediately thereafter, events and outreach activities will be organized by the States/UTs to reach out to various stakeholders and the citizens up to district and sub-district level.

2

INSPIRATION
FROM
GANDHIJI



“My life is my message.”
- Mahatma Gandhi



He advocated vegetarian diet, in line with his views on non-violence and under influence of animal rights activists, in particular by Henry Salt and his book, 'A Plea for Vegetarianism'.

On food and nutrition

Mahatma Gandhi practiced what he preached. His life was his message. He never hesitated to experiment. He believed in simplicity and minimalism in all aspects of life. Food was no exception. He did not see food as a means to satisfy hunger or the palette, rather, as an essential ingredient that influences human consciousness.

He experimented with various diets before he settled on a diet that helped him to maintain himself and his simple lifestyle. He believed that food should be simple and earthy and advocated the need to eat healthy and nutritious food to remain active. Before leaving for England, he had promised his mother that he would refrain from non-vegetarian food. However, he encountered difficulties in maintaining a vegetarian diet, which was scarce in England. Out of necessity he began to eat meat but later stopped it altogether and became a strict vegetarian. He advocated vegetarian diet, in line with his views on non-violence and under influence of animal rights activists, in particular by Henry Salt and his book, 'A Plea for Vegetarianism'.

He once said, "Man was not born a carnivorous animal, but born to live on fruits and herbs that the earth grows". He favoured snacks of plantain with groundnut paste. He ate brown rice with dal and local vegetables. Although he considered milk non-vegetarian in principle, he was compelled to drink it for a medical ailment and thus continued this practice and drank goat's milk.

He believed in consuming seasonal produce and eating raw fruits and vegetables to maximize their nutritional benefits. As a sweetener, he preferred jaggery over refined sugar. Later his dietary experiments came to a point where he stopped eating all spices and consumed only boiled or raw food. He considered food as a source of energy and medicine, which should be taken only as much as required. Thus, Gandhiji advocated a whole-food, plant-based diet. There is now scientific evidence that it is the healthiest way to eat³.

Thus, Gandhiji advocated a whole-food, plant-based diet. There is now scientific evidence that it is the healthiest way to eat.

³ Whole: Rethinking the science of nutrition by T. Colin Campbell (with Howard Jacobson).

"Experience has taught me that it was wrong to have dwelt upon the relish of food. One should eat not in order to please the palate, but to keep the body going."

On fasting

Gandhiji strongly believed in and practiced fasting as a form of Satyagraha - his quest for truth as well as a spiritual act. Gandhiji was influenced by his mother, who kept long and exacting ritual fasts. His own attitude towards food also conditioned him for protest fasts. He considered fasts as the "truest prayer" that "crucified the flesh" and to that extent "liberated the soul". He also believed in the benefits of regular fasting for health purposes. Before going on a fast, he would have lemon juice and honey with warm water. He would keep drinking water, occasionally with salt or lemon juice, throughout the day, no matter how nauseous or weak he felt. To minimise the loss of energy, he would sleep more than usual.

"A genuine fast cleanses the body, mind and soul. It crucifies the flesh and to that extent sets the soul free. A sincere prayer can work wonders. It is an intense longing of the soul for its even greater purity. Purity thus gained, when it is utilized for a noble purpose, becomes a prayer."



Photo 1: Gandhiji taking his last meal before the start of his fast -1939

The 2016 Nobel Laureate Dr. Yoshinori Ohsumi has discovered the underlying mechanisms of a physiological process called autophagy through which the body degrades and recycles damaged cells, proteins and toxins.

It is interesting to note that science has now established that fasting has definite health benefits. It gives the body the time to detox, use up unused sources of nutrition like fat, cleanses the stomach, helps it cope with any infections that might be present and can help relieve constipation. The 2016 Nobel Laureate Dr. Yoshinori Ohsumi has discovered the underlying mechanisms of a physiological process called autophagy through which the body degrades and recycles damaged cells, proteins and toxins. One of the great benefits of intermittent fasting is autophagy. Intermittent fasting has been linked to numerous health benefits, including decreased risk of diabetes and cardiovascular disease, improved longevity, protection against cancer, reduced risk of neurological concerns, decreased inflammation, balanced lipid levels, reduced blood pressure, reduced oxidative stress and balanced weight.

On social mobilization

Gandhiji's biggest contribution in the freedom struggle was that he made it an expansive "Jan-Aandolan" (People's Movement). Mass mobilization on a wide scale was undertaken during the Gandhian phase of the freedom movement. Through nation-wide action, he sought to mould the millions and succeeded in uniting India. He changed them from a demoralized, timid and hopeless mass, bullied and crushed by every dominant interest into a people with self-respect and self-reliance. He transformed the people who were considered as incapable of resistance to a people who were capable of united action and sacrifice for a larger cause. Gandhiji was a firm believer of involving the local community in any social movement.

Gandhiji's biggest contribution in the freedom struggle was that he made it an expansive "Jan-Aandolan" (People's Movement).

Gandhiji was a firm believer of involving the local community in any social movement.



Photo 2: Gandhiji leading a mass mobilization movement

Celebrating the 150th Year of Mahatma

The occasion of the 150th birth anniversary celebrations has given us an opportunity to remind ourselves of the message of Mahatma Gandhi. Gandhiji's lessons are relevant in many areas of public action even today including the area of food and nutrition, hygiene and cleanliness and role of mass mobilization in bringing about social and behavioural change on mass scale.

In this message to citizens, Hon'ble Prime Minister of India Shri Narendra Modi ji had stressed that all programmes associated with the 150th birth anniversary celebrations of Mahatma Gandhi should be designed around the theme of "Karyanjali" – or "Gandhi in action". He had also mentioned that the event should serve to increase awareness about Gandhiji nationally as well as globally, and the occasion be celebrated in a manner that ensures Mahatma Gandhi continues to be an inspiration for future generations.



Photo 3: Prime Minister Narendra Modi

Gandhiji's lessons are relevant in many areas of public action even today including the area of food and nutrition, hygiene and cleanliness and role of mass mobilization in bringing about social and behavioural change on mass scale.

Accordingly, the 'Eat Right India' movement is designed to be a truly collaborative effort of all citizens to drive change in the area of safe food and healthy diets with 'Swasth Bharat Yatra' as a main vehicle of outreach. This is now a part of the official commemoration programme, '150 Years of Celebrating the Mahatma' (www.gandhi.gov.in).



Photo 4: Website for 150 Years of Celebrating the Mahatma

3

KEY MESSAGES



*“It is health that is real wealth
and not pieces of gold and silver.”*

- Mahatma Gandhi



**Eating Right rests on five key pillars -
Eating Healthy, Eating Safe, Eating Fortified,
No Food Waste and Physical Activity.**

Eating Right rests on five key pillars - Eating Healthy, Eating Safe, Eating Fortified, No Food Waste and Physical Activity. Eating healthy includes foods to eat and foods to avoid to prevent non-communicable diseases, which directly correlates with the themes of Ayushman Bharat and National Health Mission that focus on preventive healthcare. Eating safe means maintaining hygiene and sanitation, following safe food practices and combating adulteration to prevent foodborne illnesses, which aligns with the aim of Swacch Bharat Mission. Eating Fortified implies consuming foods fortified with vitamins and minerals to fight micronutrient deficiencies like anaemia, which is aligned with POSHAN Abhiyaan, particularly Anemia Mukh Bharat. Thus, Eat Right India is a convergence of all three programmes as they relate to food and nutrition.

The Government of India is committed to the cause of through measures such as Targeted Public Distribution System (TPDS) covering approximately 800 million people, POSHAN Abhiyaan, Integrated Child Development Services (ICDS) covering approximately 98.3 million mothers and children and Mid-Day Meal Scheme (MDM) covering approximately 100.3 million children to improve nutrition outcomes in the country. The collective financial outlay of TPDS, ICDS and MDM together is about INR 2 lakh crores for the financial year 2018-19.



Figure 7: Eat Right India: A convergence of Key Public Health Programmes

3.1

Eating Healthy

Eating healthy encompasses three key messages that focus on what to eat and what to avoid.

1) Eating a balanced diet

A balanced diet is essential for good health and implies consuming all nutrients in the right quantity every day. This includes:

- Plenty of colourful and varied seasonal fruits and vegetables
- Adequate whole grains and pulses
- Moderate amounts of milk and milk products and other nutrient-rich foods
- Drinking plenty of water

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“Restraint in diet both as to quantity and quality is as essential as restraint in thought and speech.”

- Mahatma Gandhi

A balanced diet is essential for good health and implies consuming all nutrients in the right quantity every day.

2. Reducing foods high in fat sugar and salt

Foods high in fat, sugar and salt increase the risk of non-communicable diseases such as obesity, diabetes and heart diseases. Therefore, this includes messaging on strategies to gradually reduce fat, salt and sugar.

#AajSeThodaKam



#AajSeThodaKam

Foods high in fat, sugar and salt increase the risk of non-communicable diseases such as obesity, diabetes and heart diseases.

3. Eliminating trans-fats

Trans-fats are also formed as a result of repeated frying and are hazardous for health. Eliminating trans-fats in the diet by good cooking and frying practices both by consumers and food businesses can help eliminate trans-fats entirely. The objective is to ensure a Trans-fat Free India by 2022 –India@75, which is more ambitious than the WHO's call for trans-fat free nations by 2023. India is well on its way to achieving this goal through collaboration between the concerned industry stakeholders, scientific community and requisite regulatory support.

Trans-fats are also formed as a result of repeated frying and are hazardous for health.

Trans-fat Free India by 2022-India@75

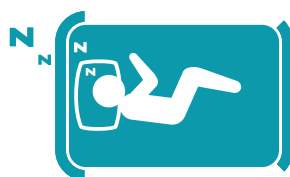
4. Other messages include



Getting at least 30 minutes of exercise daily



Avoiding tobacco and alcohol



Adequate sleep, rest and relaxation



Following healthy habits

The Eat Right Toolkit is aimed at frontline health workers who are an integral part of these Health and Wellness Centres directly or indirectly.

Convergence with Ayushman Bharat

To fulfill the vision of 'Health for All' and 'Universal Health Coverage' with a focus on preventive healthcare enshrined in the National Health Policy 2017, 'Ayushman Bharat' has been recently launched by the government. It is a comprehensive need-based healthcare service programme with path breaking interventions to holistically address health (covering prevention, promotion and ambulatory care) at primary, secondary and tertiary level. An important component of this programme is the creation of 1,50,000 Health and Wellness Centres which will bring healthcare closer to the homes of the people, providing Comprehensive Primary Health Care (CPHC), covering both maternal and child health services and non-communicable diseases, including free essential drugs and diagnostic services. The Eat Right Toolkit is aimed at frontline health workers who are an integral part of these Health and Wellness Centres directly or indirectly.



Convergence with National Health Mission



National Health Mission (NHM) has strong focus on prevention and reduction of under-nutrition, particularly in children aged 0-3 years and anaemia among children, adolescents and women. Further, there is a focus on prevention and reduction of mortality and morbidity from non-communicable and emerging diseases, monitoring of food adulteration and promotion of breastfeeding with effective implementation of Infant Milk Substitutes Act. Rising burden of NCDs calls for concerted public health action. A key preventive strategy under the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) includes reducing consumption of salt, sugar, saturated fats and elimination of trans-fats from diets and hence there is obvious convergence in content and communication.

Further, a large army of ASHA workers and ANMs, structure of facilitators and coordinators and the Village Health Sanitation and Nutrition Committees (VHSNC) under NHM could be effectively deployed for various community processes for behaviour change communication and social mobilization around focus areas of NHM. There is funding available under NHM for these activities. Additionally, flexi-funds could be utilized for the purpose.

*“Cleanliness is next
to Godliness.”*
-Mahatma Gandhi

3.2 Eating Safe

Eating safe involves hygienic and sanitary practices in general and in relation to food. Along with motivating consumers to demand safe and healthy food, it is critical to ensure food safety & hygiene practices at the supply end. On the demand side, messaging on building awareness on food safety and hygiene has been developed. On the supply side, with an objective of creating an improved environment of food safety through self-compliance to the Food Safety and Standards Act, 2006, Rules and Regulations, FSSAI has initiated FoSTaC. It is a unique Food Safety Training and Certification program to ensure a trained and certified Food Safety Supervisor in each business premise.

Key Messages for Citizens

1. Personal and surrounding hygiene:

Following practices that maintain personal and surrounding hygiene are essential to prevent food and water borne illnesses as germs and contaminants often carry pathogens that spread these diseases. This includes hand washing, keeping clean, proper garbage disposal and timely pest control.

2. Safe food practices:

Habits and behaviours that ensure safety of food help prevent foodborne diseases. These include keeping food clean, storing it at the right temperature, cooking thoroughly, and so on.

Home.School.Work.Eatout



Safe & Nutritious Food
A Shared Responsibility

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3. Combating food adulteration:

Unwanted elements in food make it adulterated and thus unfit for consumption. Detecting adulterants in food and taking appropriate action is thus imperative in ensuring safety of food.



4. Repurposing of Used Cooking Oil (RUCO):

Cooking oil should ideally be used for frying only once, otherwise harmful particles may be formed that are hazardous to health. This oil can, instead, be repurposed and used as biodiesel.



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Food Safety Training & Certification

Creating a Culture of Self-Compliance Through Building Capacity In Food Businesses

FoSTaC offers 19 competency based certification programmes covering the entire food value chain like Catering, Manufacturing, Retail & Distribution, Storage & Transportation, Street Food Vending, Bakery, Milk & Milk products, Oil, Water & Water based beverages, Meat & Fish. These courses of 3 levels range from 4 to 12 hours duration. The courses are being disseminated through a well-designed training mechanism. FoSTaC is being monitored centrally through the FoSTaC website, which is accessible to all the stakeholders such as Training partners, Trainers, Food Handlers, Students etc.

The FoSTaC ecosystem has been built upon the resources already available in the Food ecosystem at both national as well international level. Industry Associations, Academic Institutions, Training Providing Agencies, Auditing agencies, Certification bodies, FBOs, Civil Society organisations involved in the capacity building or food related activities, are partnering with FSSAI. Similarly, individual resource persons are getting trained and certified as Master Trainers for FSSAI. Thus, the capacity-building network of FSSAI is growing organically day-by-day. Presently, there are 142 Training Partners, 1500 Trainers, more than 50,000 trained food supervisors across the country and the number is increasing rapidly.

The whole endeavour of FoSTaC is directed towards bringing behavioural change among Food Handlers, which will eventually lead to a safe food ecosystem and raise the bar of food safety & hygiene in the country.

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Convergence with Swachh Bharat Mission

Swachh Bharat Abhiyan or Swachh Bharat Mission is a nation-wide campaign in India for the period 2014 to 2019 that aims to eliminate open defecation and also to clean up the streets, roads and infrastructure of India's cities, smaller towns, and rural areas with a focus on basic, sustainable hygiene and sanitation. Practices to maintain personal and surrounding hygiene and sanitation as well as food safety, including food adulteration are all an extension of Swachh Bharat mission. Thus it is directly integrated into the Swachh Bharat mission, with a special focus on food safety.



एक कदम स्वच्छता की ओर

3.3 Eating Fortified

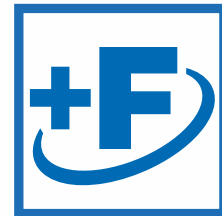
There are three strategies to address micronutrient malnutrition. The first is dietary diversification which advocates eating a variety of food to meet the daily requirement of vitamins and minerals since no one particular type of diet can meet all the nutrient needs. The second is nutrient supplementation, which involves taking tablets or supplements of essential vitamins and minerals in some form. The third is food fortification, which is the addition of essential vitamins and minerals to staple foods in minute but standardized quantities. Food fortification is a simple, scalable, proven and cost-effective complementary strategy to tackle micronutrient deficiencies. Staple foods that have added vitamins and minerals to improve their nutritional content are called fortified foods. FSSAI has notified regulations on fortification for five staples-wheat flour, rice, oil, milk and salt, wherein standards for the amounts of vitamins and minerals to be added have been defined. A +F logo to help easy identification of fortified staples by consumers has also been created. Educating consumers about the benefits of fortified foods and nudging the food industry to adopt fortified foods can go a long way in addressing large-scale micronutrient deficiencies.

*“When food submerses the body,
and through the body the soul, its
relish disappears, and then alone
does it begin to function in the
way nature intended it to.”*

-Mahatma Gandhi

Food fortification is a simple, scalable, proven and cost-effective complementary strategy to tackle micronutrient deficiencies.

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FORTIFIED

**SAMPOORNA POSHAN
SWASTH JEEVAN**

Key messages on nutrients present in staple foods and their health benefits are as follows:

1. Double Fortified Salt contains added iodine and iron which help to prevent Iodine Deficiency Disorders (IDD) and anaemia.
2. Fortified wheat flour and rice contain added iron, Vitamin B12 and folic acid, which help prevent anaemia.
3. Fortified edible oil and milk contain Vitamins A and D, which help fight night blindness and maintain strong bones.

The Food Fortification Resource Centre (FFRC) has been set up to scale up food fortification across India. FFRC provides advocacy and technical support, builds awareness and works in partnership with all relevant stakeholders. It follows a two-pronged approach:

- Ensure availability of fortified foods in government safety net programmes that can deliver essential nutrients to large sections of the population, particularly vulnerable sections.
- Promote fortified foods in the open market to enable consumers to adopt fortified foods to improve their health and nutrition.



Food Fortification Resource Centre

Set up by FSSAI with Support from **TATA TRUSTS**

Partners

TATA TRUSTS



Key resources include:

- FFRC portal, which is a resource hub for knowledge dissemination
- FAQs for all stakeholders
- Technical Manuals for food businesses

Convergence with POSHAN Abhiyaan and Anemia Mukt Bharat

POSHAN Abhiyaan is the PM's Overarching Scheme for Holistic Nourishment, especially to improve nutritional outcomes for children, adolescents, pregnant women and lactating mothers. Its vision is to attain a malnutrition free India by 2022. 'Anemia Mukt Bharat' is a programme to reduce anaemia through 6 key interventions, one of which is providing iron-fortified foods. Food fortification is a much needed supplementary strategy to tackle the widespread micronutrient deficiencies in the country across population groups, and is thus aligned with this vision of holistic nutrition being promoted through other flagship government schemes.



3.4 No Food Waste

It is estimated that while one-third of the food is wasted every year 800 million people suffer from chronic hunger worldwide. This is about one-ninth of the global population. It means that if we are able to save even one-third of the food that is currently being wasted, we would wipe out chronic hunger completely. Moreover, global food waste accounts for 6.7% of global greenhouse gas emissions, directly leading to climate change.

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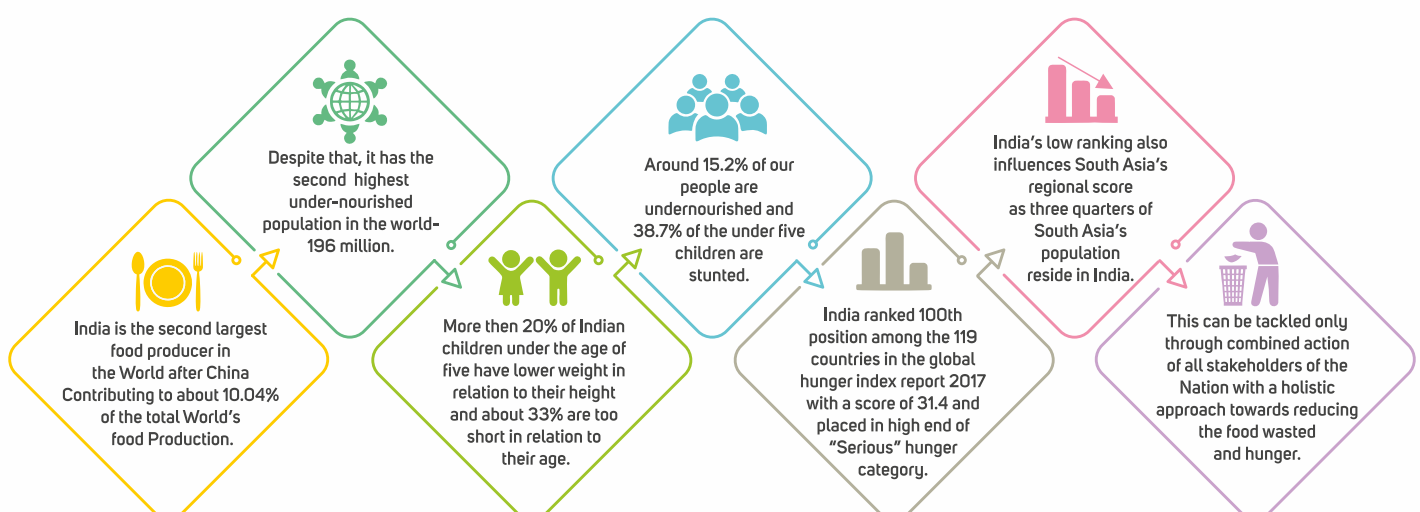


Fig 7: India and No Food Waste

The Indian Food Sharing Alliance (IFSA) is an initiative of FSSAI and Food Sharing Networks across India who come together to reduce food waste and hunger and redistribute surplus food through structured systems.

Reducing Food Waste involves educating citizens about strategies to do so, such as consuming consciously, repurposing leftover food, and storing food properly. Sharing surplus food can be done by collecting and then distributing it to beneficiaries in a timely manner to help fight hunger. A network of agencies through awareness generation among people can help put this into practice.

The Indian Food Sharing Alliance (IFSA) is an initiative of FSSAI and Food Sharing Networks across India who come together to reduce food waste and hunger and redistribute surplus food through structured systems. The objective is to provide policy, regulatory, strategic and programme support through coordinated efforts and create a platform where surplus food recovered through registered agencies is redistributed to those in need.

Guidelines have been developed for the three key players - Citizens, Food Businesses and Recovery Agencies to ensure reduction of food waste and recovery of surplus food.

Key messages for citizens on behavioral change strategies at home, workplace and school:



Key messages for food-businesses include:

- 1 Responsible buying of food
- 2 Proper storage
- 3 Correct transport
- 4 Serving smaller portions
- 5 Monitoring food waste by measuring weight of food waste
- 6 Donating excess food to those in need through food recovery agencies

Key messages for food recovery agencies include:

- 1 Timely collection of excess food from food businesses through vehicles
- 2 Inspection of food for spoilage
- 3 Proper storage of food to avoid spoilage and contamination
- 4 Distribution to those in need in a safe, hygienic and timely manner.



“Your action become your habits, your habits become your values, your values become your destiny.”

-Mahatma Gandhi

3.5

Physical Exercise: Cycling and Brisk-walking

The habit of regular physical exercise has got numerous benefits⁴. Exercise is of various types such as aerobic exercise, anaerobic exercise and flexibility exercise. Aerobic exercise moves the large muscle groups with alternate contraction and relaxation, forces one to breathe deeply, the heart to pump more blood with adequate tissue oxygenation. It is also called cardiovascular exercise. Examples of aerobic exercise are walking, running, jogging, swimming, etc. In anaerobic exercise, there is forceful contraction of muscles with stretching that is usually mechanically aided. It helps to build muscle strength and muscle mass. Examples are weight lifting, pulling, pushing, sprinting etc. Flexibility exercise includes stretching exercises to improve the movements of muscles, joints and ligaments. Regular exercise reduces the risk of cardiac disease, high blood pressure and cerebrovascular disease. It reduces body weight, improves insulin sensitivity, helps in glycemic control, and prevents obesity and diabetes mellitus. It is helpful for relieving anxiety, stress, bringing a sense of well-being and overall physical fitness.

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4. Physical exercise and health: A review. B Adamu, MU Sani, A Abdu - Nigerian Journal of Medicine, 2006 - Physical exercise and health: A review.

Cycling

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, inexpensive, and good for the environment. Cycling is low-impact, that is, it causes less strain and injury compared to other forms of exercise. In fact, after swimming, cycling is one of the best forms of exercise. It uses all the major groups of muscles, increases stamina and aerobic fitness; it doesn't require much skill and can be done at various levels of intensity, depending on preferences. It can also serve as a time-efficient and environment-friendly mode of transport. The health benefits of regular cycling include: increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased body fat levels, prevention or management of disease, reduced anxiety and depression.

Cycling is an excellent method to reduce weight if combined with a healthy diet. It lowers the risk of diabetes. Regular cycling stimulates and improves the heart, lungs and circulation, reducing the risk of cardiovascular diseases. Regular cycling reduces the risk of breast and colon cancer. It also improves mental health, reducing stress, depression and anxiety, as it is an enjoyable activity.

Gandhiji believed in cycling as an excellent form of exercise and a sustainable, environment-friendly mode of transport.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, inexpensive, and good for the environment.



Photo 5 : Gandhiji on a bicycle : Gujarat Vidyaapeeth to Sabarmati Ashram-1928

When he was in South Africa, Gandhiji protested against a by-law that discriminated among people cycling on the streets. Johannesburg Town Council required every native, holding a cycle permit and riding a cycle within the municipal area, to wear on his left arm a numbered badge, which Gandhiji opposed vehemently. The bicycle soon became a part of his life. In South Africa, though he had a lucrative law practice, he used to commute 6 miles daily to work on his bicycle.

Brisk walking

There are many benefits of brisk walking. It reduces blood pressure, lowers cholesterol, and lowers the risk of heart disease, diabetes, and some cancers. It also improves thinking skills, mood, and bone health. Brisk walking may also improve the symptoms of Parkinson's disease.

Walking, especially brisk walking is an easy exercise that anyone can do. Walking up to 30 minutes daily has shown health benefits. It is non-strenuous, can be done anywhere and is an enjoyable activity. It can be done in the park, with fresh air, anytime, alone or in company. It can elevate the mood,; boost endorphins in the body making one feel good, help in sleeping better and reduce stress. Walking can help with weight reduction in combination with a healthy diet and prevent obesity and diabetes. It improves muscle tone, heart strength and can help prevent cardiovascular diseases by lowering blood pressure and LDL cholesterol while ramping up "good" HDL cholesterol.

Gandhiji was a strong advocate of walking for health benefits and social causes. He walked everywhere and embarked on a protest walk of 390 km from Sabarmati Ashram to Dandi in 1930 famously called the Dandi March.



Photo 6: Gandhiji walking

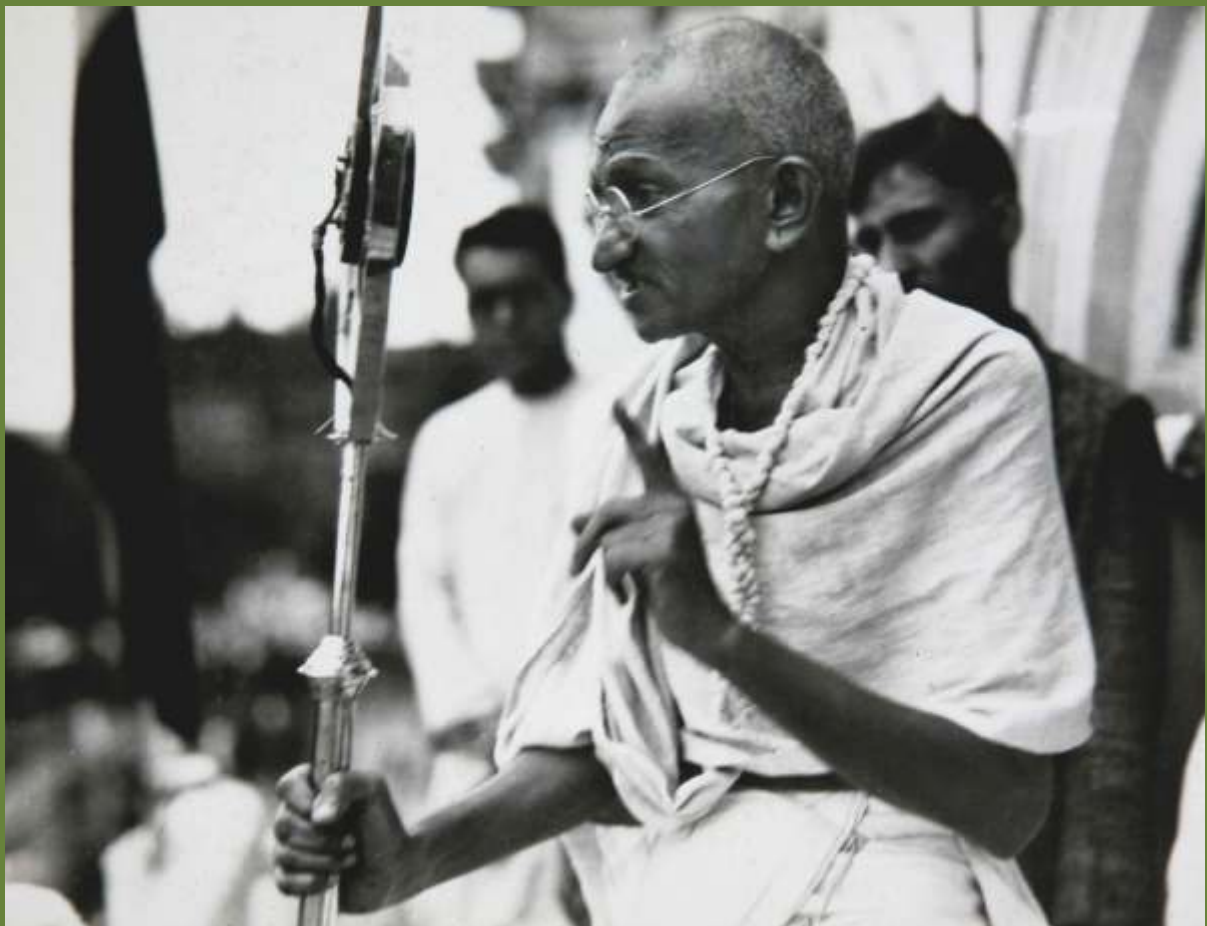
4

STRATEGY AND ACTION PLAN



“Action expresses priorities.”

- Mahatma Gandhi



4.1

Overall Strategy

The 'Eat Right India' movement focuses on addressing this triple burden of diseases in India, all of which are linked to food in one way or another. It centres around three key themes: Eating safe, eating healthy and eating fortified foods. This movement targets both the demand and supply side that is citizens and food businesses, under an overarching supportive policy framework to create an enabling environment.

Led by FSSAI, along with multiple stakeholders including citizens, the 'Eat Right India' movement is, above all, a people's movement. 'Eat Right India' is a collective effort of key stakeholders and citizens. It is aligned with Government's recent focus on public health through its three key programmes, namely 'Ayushman Bharat', 'Swachh Bharat Mission', and 'POSHAN Abhiyaan'. Inspired by Prime Minister Narendra Modi's vision of leveraging the 150th Birth Anniversary of Mahatma Gandhi to catalyse social change, various activities under 'Eat Right India' are planned in two spells of 150 days each.

To engage, excite and enable citizens to not only make the right food choices but also demand safe and healthy food, the Eat Right India movement employs simple, powerful messages, innovative social and behavioural change and capacity building programs. This movement also focuses on nudging the food industry to follow safe food practices, reformulate their food products into healthier ones and actively promote safe and healthy food choices.

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Bring together On-going Initiatives

Its spirit of promotive and preventive healthcare aligns with the Government's key public health programmes, namely 'Ayushman Bharat', 'Swachh Bharat Mission', and 'POSHAN Abhiyaan', thus adding a powerful thrust to this synergistic effort to free India from food-related diseases. It also brings together three on-going initiatives of FSSAI that target citizens on the demand side:

1. **The Safe and Nutritious Food (SNF) Initiative**, focused on social and behavioural change around food safety and nutrition at home, school, workplace and on-the-go.



2. **The Eat Healthy Campaign on 'Aaj Se Thoda Kam'** focused on reduction of high fat, sugar and salt foods in the diet.



3. **Food Fortification**, focused on promoting five staple foods-wheat flour, rice, oil, milk and salt with key vitamins and minerals added to improve their nutritional content.



Supply side interventions

On the supply side, the 'The Eat Right India' movement targets food businesses through :

1

Commitment by edible oil industry, bakeries and 'halwais' to phase out trans-fats by 2022. [India@75 - Freedom from trans-fats by 2022].

2

Commitment by major food companies to reformulate packaged foods to reduce the level of salt, sugar and saturated fat.

3

Commitment by the food services sector to provide healthier food options and introduce menu labelling.

4

Commitment by major food retail players including e-commerce players to promote healthier food options and responsible retail practices.

Inculcating a culture and habit of safe and nutritious food calls for sustained social and behavioural change across stakeholder groups. Sustaining behavioural change requires a judicious mix of one-off activities to engage and excite stakeholders, combined with simple, impactful and replicable long-term programs to enable a habit of safe and wholesome food. The Eat Right India Movement works through both modes viz. one-off activities like Eat Right Melas, Conventions and Poster competitions; interspersed with more intensive and deeper engagements through initiatives like SNF for citizens (Safe and Nutritious Food @ Home, School, Workplace, Eat Out) and FoSTaC (Food Safety Training and Certification for Food Businesses) to build capacities and sustain the change.

Phase out trans-fats by 2022. [India@75 - Freedom from trans-fats by 2022].

Reformulate packaged foods to reduce the level of salt, sugar and saturated fat.

Provide healthier food options and introduce menu labelling.

Promote healthier food options and responsible retail practices.

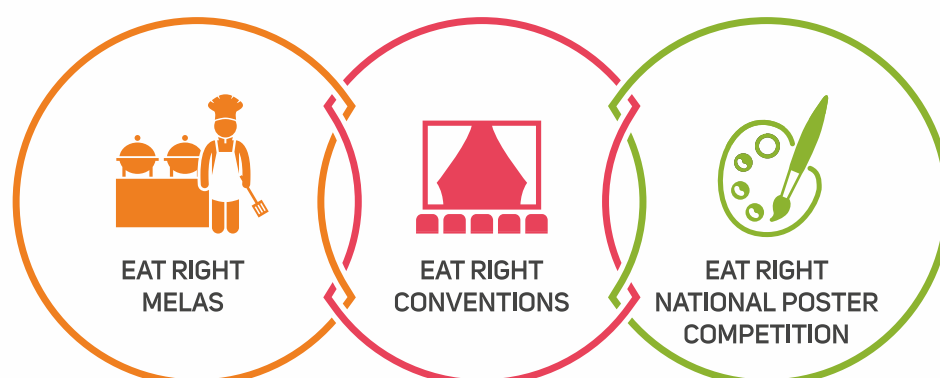
“The future depends on what you do today.”
-Mahatma Gandhi

4.2 Long-term Engagement Strategy

In the first phase culminating in end-January, 2019, activities at the National/State level (in State capitals and other major cities) are planned. This includes 'Eat Right Mela (s)'; 'Eat Right Convention(s)'; and 'National Poster Competition' to inculcate a culture of food safety, hygiene and eating healthy. In the second phase, which will commence immediately thereafter, the States/UTs will organize events and outreach activities for various stakeholders and citizens up to district and sub-district level.

While the first phase is planned to create excitement and trigger the movement, the second phase aims at sustainability and continued engagement. The idea is to ensure that participants, in particular 'Volunteer Cyclists,' become local 'Eat Right Champions' in addressing issues of food safety and nutrition in their community.

This collective investment in our people and their diets would go a long way in ensuring better health outcomes for all, higher productivity and ultimately the growth and development of the nation.



4.3

Swasth Bharat Yatra - Dandi Se Handi Tak

The first phase would be driven through a nationwide cycle rally called Swasth Bharat Yatra that is inspired by Mahatma Gandhi's Dandi March and 'Salt Satyagraha' of 1930. Promoting salt fortified with iron plus iodine (double fortified salt) is a key element of this movement that aligns with government's programme of 'Anemia Mukht Bharat'. The 'Swasth Bharat Yatra' will comprise of a team of 25 'Volunteer-Cyclists' and the convoy would include 'Eat Right Mobile Unit' and Mobile Food Testing Unit. The 'Swasth Bharat Yatra' Convoy will be flagged off on 16th October, 2018 (World Food Day) on six tracks from six different locations and cover almost all States/UTs, culminating at New Delhi on 27th January, 2019. The Convoy would make 'stop-overs' in cities and towns and have transit 'halts' and activities in over 2000 locations spread over 100 days.

Swasth Bharat Yatra, a Pan India Cycle rally, is inspired by Mahatma Gandhi's Dandi March and 'Salt Satyagraha' of 1930. Any successful movement needs a spark, and Swasth Bharat Yatra would provide the trigger for cascading the message of Eat Right India to every corner of the country.

*“In a gentle way,
you can shake
the world.”*

-Mahatma Gandhi

*Dandi Se Handi Tak
दांडी से हांडी तक*

With a fistful of salt from the shores of 'Dandi', Mahatma Gandhi freed the nation from Colonial Rule. Now, with a pinch of double fortified salt (fortified with iodine plus iron) and wholesome food in our 'handi' (cooking vessel) we can free the country from numerous diseases caused by poor nutrition.

The Swasth Bharat Yatra will be flagged off on 16th October, 2018 (World Food Day) on six tracks from six different locations and cover almost all States/UTs, culminating at New Delhi on 27th January, 2019. It will comprise of a team of 25 'Volunteer-Cyclists' and the convoy would include an 'Eat Right Mobile Unit' and a Mobile Food Testing Unit. The Convoy would make 'stop-overs' in cities and towns and have transit 'halts' and activities in over 2000 locations spread over 100 days.

Twenty-five pre-registered Volunteer Cyclists will cover 50-60 kilometres, halting at 2-3 towns and cities on the way. Volunteer Cyclists will hand over the symbolic relay baton to the next batch at the stopover points and return. The last batch of cyclists will converge in New Delhi on 27th January 2019, concluding the Swasth Bharat Yatra in the first phase of the Eat Right India movement. Cyclists will cycle every alternate days and Activations will be organized in-transit and on the interim days when the baton will be passed on to the next batch of cyclists at the stopover cities.



Our mission is to complete the journey from Dandi to Handi (Dandi Se Handi Tak), to promote the Eat Right Movement in a bid to improve public health.

Route Map*



Cycling

6 cycling tracks with
4 legs per track with relay
stops in between



Start

16th October from
six different locations
in the country



Leg 1

16th October to
10th November



Leg 2

11th November to
6th December



Leg 3

7th December to
1st January



Leg 4

2nd January to
27th January

Grand Finale

27-29th January 2019
Activities and Events
in Delhi



“Knowledge gained through experience is far superior and many times more useful than bookish knowledge.”

-Mahatma Gandhi

4.4 Eat Right Melas

To sensitise citizens on the role of food in preventive and promotive healthcare, the States/UTs would be encouraged to organise Eat Right Melas in all Metro cities, State Capitals and/or major cities. The idea behind the Eat Right Mela is to promote the message that healthy food can be fun, through an infotainment model. In all, around 40 Eat Right Melas could be organised in an Exhibition Format, with Food Stalls selling Fortified Foods, Organic Food, Healthy Food variants and promoting local and regional cuisines. Special encouragement would be given to the Street Foods of the region, by having street food stalls and training the vendors on food safety and hygiene through FoSTaC training content. Health camps/stalls with doctors and nutritionists conducting simple health parameter tests and Information Stalls with short films, digital posters, brochures and flyers would motivate people to be mindful and adopt safe and nutritious food habits.

In addition to the stalls, the Main Stage Events with local celebrities and Influencers (e.g. local sportspersons, leaders, renowned doctors and nutritionists, celebrity chefs, actors etc.) to propagate and share the message of eating safe, healthy and fortified foods would be the highlight of the Melas. Additional engagement activities like Testing food adulteration through the Mobile Testing Vans/Simple Test Kits, Eat Right Quiz, Painting, Poetry or Fancy dress competitions for children on themes like healthy food, Healthy Recipe Contests etc. can also be planned.

While the Mela is for the general public, a special effort to mobilise participation from schools, colleges (especially Food Technology, Agriculture and Hotel Management institutes and Medical colleges), Frontline Health Workers, Community Resource Persons and NGOs would go a long way in creating local Eat Right Champions to sustain the movement. Further details on Eat Right Melas would be shared in due course.



The States/UTs would be encouraged to organise Eat Right Melas in all Metro cities, State Capitals and/or major cities. The idea behind the Eat Right Mela is to promote the message that healthy food can be fun, through an infotainment model.

“A small group of determined and like-minded people can change the course of history.”

-Mahatma Gandhi

4.5 Eat Right Conventions

The Eat Right conventions may either be organised as standalone activities by the States/UTs, or combined with the Eat Right Melas. The Convention would be a formal gathering of all persons who have a role to play in ensuring safe and wholesome food for the citizens of the country and would include inter alia Policy Makers, Doctors, Nutritionists, Industry Associations, Professional Bodies, Food Businesses, Chefs, State Government officials, Academia, Media and others. The Format would be that of structured discussions, talks, experience sharing and brainstorming on promoting preventive healthcare and the public health agenda through ensuring safe and wholesome food. Further details on Eat Right Conventions would be shared in due course.



4.6

National Eat Right Poster Competition

Since, food habits are developed early in life, appropriate messages about food and nutrition are essential to create awareness in children & through them, to the community as young children are powerful agents of change. In this context, 'Safe and Nutritious Food at School - SNF@SCHOOL', initiated by FSSAI, makes an effort to foster a culture and mind-set of food safety and nutrition through curriculum and extra-curricular activities at the school level.

To celebrate the 150th year of Mahatma Gandhi's birthday, and expand the outreach of SNF@School initiative, a National Poster Competition is planned. Through this competition, the aim is to creatively engage with children and echo Gandhi ji's thoughts on food and nutrition.

The national poster competition will be flagged off on 'The World Food Day', 16th October under two categories; On-the-Spot competition, for the school going children and Direct Online Submission, for children, differently-abled children and amateur or professional artists. The themes of the competition will broadly cover Eat Right India concepts like Eating safe, right healthy and fortified, no food waste and Gandhi Ji's thoughts on food, nutrition and cleanliness.

The winners of the competition (City, State and National level) will be recognized and awarded at the grand finale celebration on the 27th January, 2019.

Nutrition in the recent times has been placed as an important agenda on the global platform. FAO has invited children and teens from all over the world to participate in a poster competition on the theme of "Zero Hunger". To commemorate the World Food Day, which happens every year on October 16th, in order to show solidarity towards the cause of health and nutrition, particularly "Zero Hunger", schools are also encouraged to upload their posters on the FAO global website <http://www.fao.org/world-food-day/contest/en/> by November 9th, 2018 for better participation from India.



“True art takes note not merely of form but also of what lies behind.”

-Mahatma Gandhi



**Food and Agriculture
Organization of the
United Nations**



4.7

Resources and Content

Several resources have been developed in collaboration with domain experts to support the Eat Right India movement. The philosophy of the eat Right Movement communication is to create informative content and interesting engagement material, along with simple messaging to nudge citizens to be aware, be cognizant and mindful of their eating habits. The Communication Package for Eat Right India, Swasth BharatYatra and on-site activations uses the themes of Eat Safe, Eat Healthy and Eat Fortified; all subsidiary messages are built around these three main themes as mentioned earlier. Messaging around food safety, hygiene, nutrition and balanced diets, fortification as well as behavioural strategies to adopt best practices has been created in the form of posters, videos and other graphics. Some of the key resources are:

The 'Eat Right India' Website

The SNF (Safe and Nutritious Food) Handbooks

Training Modules

The Eat Right Toolkit

Posters, Banners, Flyers

Videos and Audios

“Learn as if you were going to live forever.”

-Mahatma Gandhi

The 'Eat Right India' Website

This would be the key interface between experts and citizens and provide a range of nutrition information including health tips by experts, nutritious recipes, safe food practices, methods to test food adulteration, importance of physical activity and exciting tools to get a peek into one's nutritional needs, body indices, learning about nutrition labels, an engaging quiz and other interesting resources. Professional associations like the National Institute of Nutrition, Nutrition Society of India (NSI), Indian Dietetics Association (IDA), Association of Food Scientists and Technologists (India) and Indian Medical Association (IMA), Indian Federation of Culinary Associations (IFCA) and individuals have committed to support this platform. The website integrates an AI-Powered Chatbot to answer all questions related to food.



The SNF (Safe and Nutritious Food) Handbooks

Simple, scientifically accurate material has been co-created with domain experts and is disseminated through SNF@home, @school, @workplace, @ temples, hospitals and restaurants. Guidance booklets like Pink Book for Home Kitchens, Yellow Books for School, DART book for testing adulteration etc. have been created and National Level Resource Persons and Health and Wellness Coordinators propel SNF. Consumer Guidance Notes to educate consumers/address common misconceptions (plastic eggs, formalin in fish etc.) are also released regularly.



Training Modules

Health and Wellness Coordinators have been envisioned as resource persons to promote food safety and nutrition in schools, residential areas, workplaces and while eating out. Online and on-the-ground training modules have been developed to train and certify these Health and Wellness Coordinators.

The Eat Right Toolkit

An interactive toolkit has been created to train frontline health workers in Village Health and Wellness Centres, ASHA, ANM, Anganwadi, Community Resource Persons in SHGs etc. to engage people at the grassroots level and nudge them to eat right. This includes messaging on eating safe, healthy and fortified foods and a manual for frontline health workers along with simple tools and training aids such as posters, pocket flyers, key ring and other activities to deliver the message of Eat Right India.



Posters, Banners, Flyers

There would be posters, banners, flyers and brochures that would capture information around specific topics. This would be in three series. First would be poster series on basics of food safety, healthy diets and wellbeing. The 'Basic' Series would be a set of 14 posters each focussing on one key issue in few pointers and explained on the reverse of each poster. All the posters have been put together in 3X5 grid for quick recall and to bring out connections between them.

Second series would be on resources and manuals like on SNF handbooks and the Eat Right Toolkit for frontline health workers. Third series would be on different initiatives. In all these cases, there would be the main poster capturing the overall message, then there could be brochures and flyers which deep dive into the core and subsidiary themes to give detailed tips and inputs to citizens and finally the banners and flags with short messages/slogans to be displayed in transit and during Prabhat Pheris and on-site activations. These would be created in Hindi and English, and shared with States for translation into other languages.



Videos and Audios



Video and audio-clips are also being developed to explain strategies to eat right in a story-format. These can be used on social media, TV and digital screens to disseminate messages on eating right. Twenty-five short films of 90-120 seconds duration each drawn from the core and subsidiary themes have been made. In these films, messages are conveyed in a humorous and engaging fashion by a young relatable couple through their everyday interactions.

Several short films featuring popular actors on the subject of reducing high fat salt.



“The mantra becomes one's staff of life and carries one through every ordeal. Each repetition has a new meaning.”

-Mahatma Gandhi

4.8 Media and Communication

Branding and messaging

All the convoy vehicles, cycles, T-shirts, ponchos, caps etc. and entry arches, roadside banners and standees and other event collaterals are all being branded to create an overall environment.



Press and Media Coverage

National and local, print as well as electric media would be leveraged to amplify the messages. Presenting simple, unambiguous and consistent messaging from multiple sources increases the likelihood of action, and the communication package above has been designed.

Social Media Campaign

A structured social media campaign using multiple platforms, Facebook, Twitter, INSTAGRAM would be used for messaging and amplification through web presence and social media handles of government and non-government partners etc. Graphics and GIFs with simple messages on eating right have been created that can be shared on social media to spread awareness



5

PARTNERS, COORDINATION, RESOURCES AND RECOGNITION



*“ The golden way is to be
friends with the world and to regard
the whole human family as one. ”*

- Mahatma Gandhi



5.1 Partners

An integral feature of Swasth Bharat Yatra that makes it distinct from other large-scale interventions is its truly collaborative nature, with participation from all stakeholder groups. A wide spectrum of partnerships has been forged, ranging from Central Ministries, State Governments and local bodies to non-government stakeholders; professional associations, institutions to individual volunteers (NCC cadets, NSS, National Youth Corps Volunteers, Bharat Scouts and Guides, and Swachhagrahis); large industry associations to small Local businesses; local celebrities to national ones; community leaders to frontline workers (ANM, ASHA workers, Anganwadi Workers, SHG group members). This is a one-of-a kind of coming together of all stakeholders for a shared responsibility and a common cause- to make India Eat Right and Stay Healthy.

PARTNERS

Government Partners



Central Ministries and State Governments

Professional Associations



Industry Associations



Accommodation and Catering



Event and Communication Partners



Consumer and Other Organizations



Corporate Partners



More to join soon...

5.2 Coordination

An event of this size, scope and complexity needs coordination at many levels. At the National level, an '*Inter-Ministerial Advisory Committee*' has been formed with Member (Health and Nutrition) NITI Aayog as chairperson and there is an '*Implementation Committee*' chaired by CEO, FSSAI.

At the State level, existing 'State Level Advisory Committee on Food Safety and Nutrition' chaired by the State Chief Secretary has been suitably expanded by co-opting members as special invitees to ensure complete involvement and active participation of all relevant stakeholders.

At the District level, the existing '*District Level Steering Committees on Food Safety and Nutrition*' chaired by District Magistrates has been suitably expanded by co-opting members as special invitees to ensure complete involvement and active participation of all relevant stakeholders.

5.3

Resources and Funding

Resources and funding would be pooled from various sources for different activities under Eat Right India and Swasth Bharat Yatra. In some cases, funding under Information Education Communication (IEC) component of existing government programmes such as National Health Mission, Poshan Abhiyaan, Swacch Bharat Mission could be leveraged. There are some flexi-funds available with Village Health and Sanitation Committees in each village that could also be utilized for the purpose.

CSR funding from corporates both food and non-food businesses could be utilised. In some cases, marketing budgets of companies could also be leveraged however, this would be public interest social marketing initiatives and would not either state or even imply regulatory or government support for a particular product, brand or company. In some cases, support in kind would also be obtained from the corporate partners. Funds for core activities would be met by FSSAI and Food Fortification Resources Centre from budget head meant for promotional and awareness activities.



“Full effort is full victory.”
- Mahatma Gandhi

5.4

Rewards and Recognition

Swasth BharatYatra is a mass movement with extensive participation from a host of different stakeholders, most of whom are devoting time and resources on a voluntary basis to support a cause they believe in. To acknowledge and recognise their efforts, all Volunteer-Cyclists, Officials and Partners would receive 'Certificate of Appreciation' for their participation and contribution in the 'Swasth Bharat Yatra' as a part of Eat Right India movement.

Eat Right Awards for food businesses, start-ups as well as established businesses have also been instituted at the national level in order to recognize and encourage businesses to make healthier food options available for people.

In addition, there would be rewards for the most effective activation in two categories for cities with a population of above 5 lakh people and another with a population of less than or equal to 5 lakh people. Two officials each from these cities and all State s/ UTs would be invited for the closing function on 27 January, 2019 at New Delhi.



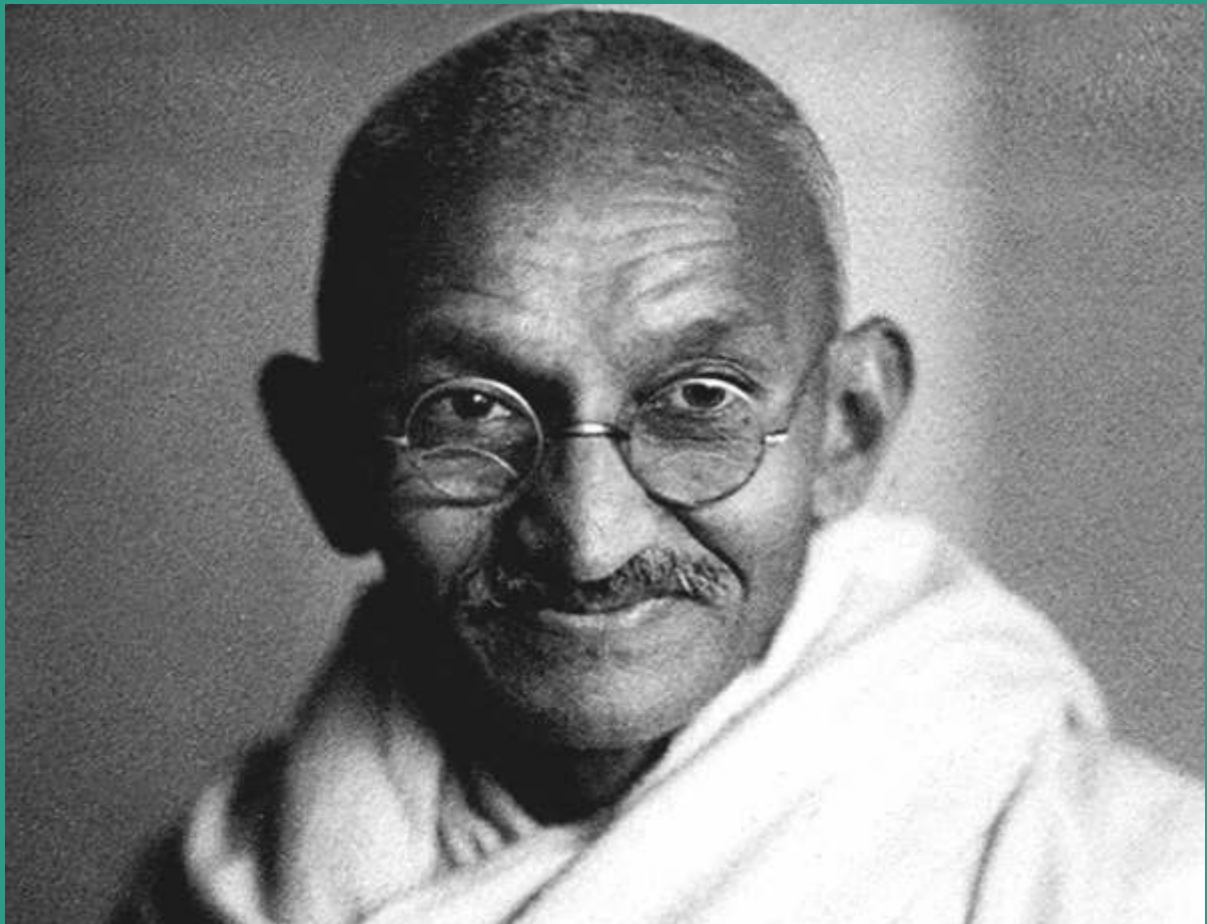
6

EXPECTED OUTCOMES



*“ The best way to
find yourself is to lose yourself
in the service of others ”*

- Mahatma Gandhi



The Eat Right India Movement:

1

Significantly reduce the burden of foodborne illnesses in the country.

2

Lessen micronutrient deficiencies at population level through dietary diversification and large scale fortification, including bio-fortification.

3

Reverse the burden of preventable diet related NCDs, overweight and obesity by promoting healthy and safe eating habits.

The Eat Right India Movement reiterates a simple, yet fundamental truth, that safe food and healthy diets are at the heart of preventive and promotive healthcare. Beginning with this fundamental truth, the Eat Right India Movement aims to create a sustainable culture and habit of safe and healthy foods, by promoting both individual awareness and collective action. At the individual level, the expected outcome is to promote personal responsibility for dietary choices. At the collective level, the outcome would be to place 'food' centrestage in the public health discourse, and thereby in policy prioritisation.

In accordance with Gandhiji's strong belief in involving the local community in social movements, one of the key outcomes of this mobilization would be the creation of local champions for Eat Right India. These local champions would be empowered to drive change through simple, powerful messages on safe and healthy eating, creating a grassroots movement with a deep foundation in the heart of the community. By integrating the Eat Right Toolkit in training programs of lakhs of Health and Wellness Centers and other frontline workers, the movement would be carried to the grassroots level.

The Eat Right India movement aims to create a sustainable culture and habit of safe and healthy foods by promoting both individual awareness and collective action.

One of the key outcomes of this mobilization would be creation of local champions.

This crusade also expects to strengthen the Institutional systems to promote, propagate and sustain safe food and healthy diets. At the State and district level, the Movement would reinvigorate State and District Level Advisory Committees on safe food and healthy diets by exciting and engaging with them through the focused messaging of Eat Right India, highlighting the importance of safe and healthy diets in public health and including professional bodies like India Medical Association in their composition. Food safety often tends to be neglected in a slew of other priorities/ firefighting, but a vibrant, effective and strong Institutional mechanism would be able to ensure that resources, funding and adequate attention is directed to this vital area of public health.

One of the most critical outcomes of the Eat Right Movement would be the transition from a traditional public administration model of implementing government policy for a perceived public good, to a more sustainable market or semi market model where the individual takes responsibility and demands safe and healthy diets, which in turn drives supply, which in turn again increases demand through a demonstration/availability effect, thereby creating a sustainable ecosystem and virtuous circle for a healthy eating culture. On the demand side, the Eat Right India movement would propel demand for safe and healthy food through awareness and capacity building of citizens.

This crusade also expects to strengthen the institutional systems.

The Eat Right India movement would propel demand for safe and healthy food through awareness and capacity building of citizens.

The outcome on the supply side would be driven by the demand push factors and supported through policy and regulatory measures. With the demand for safer and healthier alternatives growing with increased awareness, industry would gear up and make such options available. Simultaneously, an important outcome of the Eat Right India Movement would be to build capacities of food businesses on eating safe through greater emphasis on incentivising and facilitating food business compliance via regulations and safe operating practices, greater public accountability mechanisms through training and capacity building, and third party audits to build a culture of food safety compliance.

Another crucial outcome of the Movement is the fostering of partnerships and collaboration. The Movement, by its very design, is based on active participation of all stakeholders-consumers; producers; central and state governments; professional associations like Indian Medical Association, Indian Dietetic Association and Nutrition Society of India; civil society organisations; leaders and peers in the local community; frontline health workers etc, all of whom have a role in the Yatra and the Movement. The awareness that food safety and unhealthy diets are a compelling and real public health problem today is expected to lead to action by all these stakeholders on a long term basis, thereby creating a sustainable ecosystem for safe and wholesome food through partnerships with all stakeholders.

The outcome on the supply side would be driven by the demand push factors and supported through policy and regulatory measures.

Another crucial outcome of the Movement is the fostering of partnerships and collaboration.


The Eat Right India Movement and Swasth Bharat Yatra therefore have the potential to emerge as the biggest mass mobilization for public health by direct outreach to connect all citizens of the country. This movement, which draws inspiration from Gandhiji's life and legacy, would also serve to increase awareness about Gandhiji nationally as well as globally and ensure Mahatma Gandhi continues to be an inspiration for future generations as he rightfully has been for our forefathers.

Postscript

The Eat Right India Movement and Swasth Bharat Yatra presented in this playbook have evolved over the past three months. This builds on FSSAI's work since its inception and in particular, over the past couple of years to ensure individual and collective action to nudge people to eat right and be healthy. It also binds FSSAI's entire social and behavioural change initiatives in a single thread of Eat Right India Movement. A massive PAN-India outreach under Swasth Bharat Yatra is inspired by Mahatma Gandhi's tireless yatras to galvanise people across the country on unifying the Government's public health-related schemes. Hon'ble Prime Minister, Shri Narendra Modi's has also taken a call to make Gandhiji's 150th birth anniversary a global event through activities for mass mobilization, 'Karyanjali', and 'Gandhi in Action.'

Shri J.P. Nadda, Hon'ble Health Minister, Shri Ashish Bahuguna, former Chairperson, FSSAI, Ms. Preeti Sudan, Chairperson, FSSAI, Dr. Vinod K. Paul, Member (Health and Nutrition), NITI Aayog, Shri Amitabh Kant, CEO, NITI Aayog, and General Bipin Rawat have extended unstinted support and have been personally involved with the Movement. Additionally, the Movement has also garnered praise and support from Central Ministries, State Governments, Industries and Associations, and Consumer Organisations.

I would also like to express my sincere gratitude towards my colleagues at FSSAI, especially, two senior colleagues – Ms. Madhavi Das, Executive Director, and Mr. Kumar Anil, Advisor, Standards Division, for their effective contribution in the progress of the Movement. I would also like to thank Dr. N. Bhaskar, Advisor, Quality Assurance Division, Shri Sunil Bakshi, Advisor, CODEX/Regulations, Shri Raj Singh, Head, General Administration, Ms. Suneeti Toteja, Director (Imports), FFRC, Shri Daya Shankar, Joint Director, Regulatory Compliance Division, Ms. Pritha Ghosh, Deputy Director, Training Division, Ms. Malika Taneja, Assistant Director, IEC Division, Ms. Rijuta Pandav, Deputy Lead, FFRC, Ms. Ruchika Sharma, Lead, PR & Media, Mr. Prashant Garg, Ms. Neeti Gadgoli, Ms. Vijeta Singhari and many others for their constant dedication and supervision towards the completion of the Movement. I am also highly indebted to Tata Trusts, GAIN, PATH, and World Bank for their untiring and constant engagement that has helped FSSAI materialize this initiative.



While working on this project, I had the opportunity of attending a high-level workshop on 'Safe Food and Healthy Diets' at Vatican City and visit Codex Alimentarius Commission at Food and Agriculture Organisation (FAO), Rome. Engaging in high-quality discussions there helped me view this effort through a global lens. I benefited greatly from my personal interaction with Professor Lawrence Haddad, World Food Prize Awardee, 2018.

As we move forward together in our journey to amplify the reach of Eat Right India and Swasth Bharat Yatra, I am certain that we are not only writing a new chapter in the history of food and nutrition in India, but also marking a revolution globally by addressing some of the most serious public health concerns today. Gandhiji once said, "we may never know what results come of our action, but if we do nothing there will be no result". So let us work together and do the best we can.

I wish all our stakeholders the very best, and look forward to hearing their experiences in this wonderful journey of Eating Right.

Pawan Agarwal
CEO, FSSAI

ANNEXURES

Longterm Engagement and Activities for Eat Right India Movement

Sl	Program	Available Resources	Activities
A.	Safe and Nutritious Food (SNF) Programs aimed at citizen awareness. Content created by FSSAI with domain experts to promote safe and healthy eating habits in every sphere of life. Portals- www.fssai.gov.in/EatRightMovement and www.snfportal.in		
1.	SNF@ School	Yellow Books for schoolchildren Teacher training manuals Health and Wellness Coordinator (HWC) Modules Master trainers Mascots Master and Miss Sehat DART book- test adulteration	a) Translate & Circulate Yellow Books/ pamphlets. b) Encourage schools to register on snfportal, create HWCs and Sehat Clubs. b) Organise talk/skits for school students with Team Sehat mascots. c) Distribute DART book and other material through social media etc. d) Distribute Habit Forming Tools in Yellow book among students. Encourage charts and display in school. e) Poster competitions with SNF@School or themes related to food safety. f) Mainstream snf@school in curriculum.
2.	SNF@ Home	Pink Book for Home Kitchens DART book- test adulteration	a) Circulate Pink Book or pamphlets. b) Organise talk/skits for general public and involve nearby RWAs or societies etc. c) Distribute DART book and other material through social media etc.
3.	SNF@ Workplace	Orange Book for workplaces Training Program (FoSTaC) for canteens	a) Special drive for registration and licensing of workplace canteens. b) Disseminate information on FoSTaC and training partners. c) Quiz/Skit may also be organized.
4.	SNF@ Eat Out	Manuals for: Catering/Restaurants Hospitals Places of Worship (BHOG) Railways etc. Training Program (FoSTaC) for Food Safety Supervisors Benchmarks and SOP for Hygiene rating of Restaurants	a) Special drive for registration /licensing of restaurants, catering establishments (in particular at bus stops, near tourist and heritage places), kitchens in places of worship. b) Training Food Safety Supervisors in Catering establishments, Places of worship, hospitals etc. c) Hygiene/Hygiene+ rating for restaurants. d) Menu labelling. e) Involve local restaurants and create awareness on Food Safety Display Boards (FSDBS) and other requirements. f) Workshop for food handlers at Places of Worship. g) Dissemination of food safety & hygiene message to the devotees.

Sl	Program	Available Resources	Activities
B.	Promoting Fortification: A supplementary strategy to address large-scale micronutrient deficiencies e.g. Vitamin A and D; Iron, Folic Acid etc.		
1.	Open Market	Standards for 5 fortified staples notified +F logo for easy recognition of fortified staples (Rice, Atta, Salt, Oil and Milk)	a) Involve and encourage FBOs/distributors to display fortified food at pit stop/stop over. b) Publicise information regarding availability of fortified food items in the local markets. c) Create awareness about food fortification like F+ logo etc.
2.	PDS, MDM, ICDS	Letters mandating fortification from M/O HRD for MDM and M/O WCD for ICDS FFRC (Food Fortification Resource Centre) for Technical Support www.ffrc.fssai.gov.in	Introduce Fortified staples in MDM, ICDS, Fair Price Shops etc.
C.	Addressing Adulteration and Consumer Perceptions		
	Clean and Safe Milk and Milk Products	Mobile Testing Vans- Food Safety on Wheels (FSW) DART Book- Home tests for adulterants	a) Invite general public to get samples tested through Food Safety on Wheels. b) Information sharing on testing for detection of adulterants.
	Clean and Safe Fruits and Vegetables	Food Safety Commissioners Municipal Authorities Local Communities	a) Cleanliness drive in subzimandis. b) Special drive for registration and licensing of shops in subzimandis. c) Special drives on safe ripening practices.
	Safe and Healthy Edible Oil	Food Safety Commissioners Notified Laboratories for Testing	a) Special drive for registration and licensing of edible oil manufactures and retailers. b) Special enforcement drive for checking adulteration in edible oil. c) Special drive for checking sale of loose cooking oil.
	Clean and Safe Meat	Food Safety Commissioners Notified Laboratories for Testing Training Program(FoSTaC)	a) Special drive for registration and licensing of slaughter houses and meat shops. b) Cleanliness drives in slaughter houses and meat shops. c) Training of Food Safety Supervisors. d) Disseminate information regarding training under FoSTaC and training partners in that particular area.
	Safe water	Portal https://safewater.fssai.gov.in	a) To create awareness among masses on safe water and the safe water portal of FSSAI. b) Common public can check quality of bottled water by BIS License number / FSSAI license number.
	Consumer Guidance Notes	Guidance Notes issued periodically to address common misconceptions/ Educate consumers	Wide dissemination of Guidance Notes (e.g. Plastic Eggs, Formalin in Fish, Spices etc.) through Social Media and other state Government channels.

Sl	Program	Available Resources	Activities
D. Strengthening Infrastructure			
1.	Clean Street Food Hubs	Approved benchmarks for Declaration of Clean Street Food Hub. SOP for obtaining Certification. Auditing and training Support. CSR funding.	a) Identify and Apply for Clean Street Hub Plaque and certification at Tourist places, Heritage sites etc. in the State b) Training programme/ workshop may be organized for hawkers/small street vendors.
2.	SubziMandis	Food Safety Commissioners Municipal Authorities Local Communities	a) Improving Infrastructure (Platforms, Lighting, Waste Disposal). b) Training and capacity building.
3.	Slaughter Houses	Food Safety Commissioners Municipal Authorities Local Communities	a) Special Enforcement drives. b) Improving Infrastructure.
E. Training and Capacity Building			
1.	For Food Business Operators	FoSTaC- Food Safety training and certification program for FBOs across food value chain. Training Content, Empanelled Training Partners, Assessment Systems created www.fostac.fssai.gov.in	a) Involve FBOs and create awareness among them regarding FoSTaC. b) Inform FBOs on where from and how to get the training. c) Disseminate information about FSSAI training partners, local DO/FSO who can be contacted, if needed.
2.	For Frontline Health Workers	'Eat Right Toolkit' with Training Manual and activities for Health and Wellness centres, ASHA, ANM, Anganwadi and other frontline workers to carry the message to local communities.	a) Make training Kit available to Frontline Health workers b) Integrate with their Training Programs or as standalone trainings. c) Translate and customize content to suit local needs.
F. Promoting Responsible Consumption and Production			
1.	Preventing Food Waste	Network of Agencies for Collection and distribution of surplus food www.sharefood.fssai.gov.in	a) Disseminate information on "Recovery of Surplus Food" Regulations b) Organize campaigns to promote food sharing. c) Create awareness and guide citizens to use what they buy, and avoid wasting food in plate. d) Organize good practices workshops for FBOs to avoid food loss during food processing. e) Create awareness among food recovery agencies on Safe Food Handling to ensure safe food for needy.
2.	RUCO-Repurpose Used Cooking Oil	www.fssai.gov.in/ruco	a) Drive to check whether the cooking oil used for frying purpose has total polar compound (TPC) less than 25%. b) To sensitize food vendors not to use the cooking oil for frying purpose more than thrice. c) Create awareness about safe ways of disposal of used cooking oil including promoting use of such oil for bio-diesel purpose.

Events Template for Swasth Bharat Yatra

150 Years of Celebrating the Mahatma

The 'Swasth Bharat Yatra' Convoy ('the Convoy') will comprise of a team of 25 'Volunteer Cyclists', Eat Right Mobile Unit, a Canter with 6'x4' LED wall and sound system, Innova as lead vehicle, Container fitted to carry cycles, Food Safety on Wheels for food testing, Minibus as Sweep vehicle. The Crew would include Track & Leg In-charge (FSSAI), Leg In-charge (State), Track in-charge (Meraki), Leg in-charge (Meraki), Emcee (Meraki), Two officials for food testing (State), LED Technician (Meraki), 5 drivers and 3 helpers. In addition, police/traffic escort vehicle and ambulance are to be arranged by the State Food Safety Commissioner with the help of local administration and police. It is desirable that a 'Standby Vehicle' may also be arranged by State Food Safety Commissioner. Thus, overall, there would be 8 vehicles, 25 cyclists and about 25-member Crew.

The Convoy will be flagged off from six different locations on six tracks and cover almost all States/UTs as per Route map in over 100 days. Each track has four legs with each leg to be covered in about one month. Each leg would further have 13-15 'Sections' of 40 km to 60 km. The Convoy will make 'stopover' in cities/towns and will also have 'halts' at places on the way.

Programme

Day 'O': Meet & Greet and Handover

(This would not apply for Track Flag off locations)

1. The Convoy would be ceremonially received in the afternoon/evening on Day 'O'. They would hand over batons to the new group of Volunteer Cyclists with photo opportunity in presence of local media, public representatives, officials and dignitaries in a function with one or two short speeches.
2. There would be a debriefing session of volunteer cyclists and the new cyclists. New Cyclists would be handed over bicycles and kit and the earlier cyclists would be sent back to the previous city/town in the sweep vehicle.

Event Description :

1. Receiving volunteer cyclists- Garland, Tikka and Eat Right Anthem playing
2. Welcome and introduction by MC
3. Swasth Bharat Yatra film and montage of the Yatra so far
4. Eat Right India slideshow with Posters, Aaj se thoda kam and Fortification Film
5. Experience sharing by cyclists
6. Certificate of Participation distribution
7. Ceremonial handing over of baton (Eat Right Anthem in background)
8. Eat Right pledge – (Text at end)
9. Film on Gandhi Ji
10. National Anthem
11. Flash mob on Eat Right Anthem
12. Photo of all 50 cyclists
13. Return of 25 earlier cyclist to their original destination

Day '1': The Eat Right Day

1. Volunteer cyclists, local dignitaries and at least 80 registered participants (same as number of people who accompanied Gandhiji in Dandi March) would join this walk. People would assemble at the 'Swasth Bharat Yatra Venue' in the early morning between 6 am and 8 am and begin Prabhat Pheri ('Gandhi Walk') covering about 2 to 4 km in one hour or so with entire entourage including cyclists, crew and volunteers carrying banners on Eat Right India and 'Gandhiji's views on food and nutrition.
2. After the walk, there will be a short programme at the Swasth Bharat Yatra venue. There may be one or two short speeches by the dignitaries present. Local media may be invited for the event.
3. After the programme at Swasth Bharat Yatra venue, there would be activations at pre-identified locations in the city. There should ideally be three such activations, one activation in the forenoon, afternoon and evening respectively. Locations for such activations could include main market, sabji mandi, street food hubs etc. The activations would include playing of the eat right anthem, videos on ERMU and adulteration tests through FSW.

Event Description:

A) Prabhat Pheri

1. 80 Prabhat Pheri walkers, 25 new cyclists to assemble at venue early morning with Vaishnava Jan To playing
2. IMA /professional associations lead physical activity: basic breathing/everyday exercises/zumba dance/any other physical activity to energise the walkers to the tune of Eat Right India Anthem
3. Exchange of "Eat Right Buddy Bands" with neighboring participants with Eat Right Anthem in the background
4. Prabhat Pheris begin walk, holding banners, placards etc. with eat right anthem playing, singing and chanting slogans. They distribute buddy bands to citizens enroute.
5. The walk concludes at a pre-decided venue where audience has already assembled
6. MC welcomes Prabhat Pheris and introduction
7. Slideshow Eat Right India with posters, Aaj se thoda kam, Fortification, RUCO films.
8. IMA/Associations to lead Yes/No quiz session with audience
9. Address by Chief Guests
10. Eat Right Pledge by participants (Text at end)
11. Film on Gandhi Ji
12. National Anthem
13. Flash mob on Eat Right Anthem

Suggested activities for audience waiting at venue for Prabhat Pheris to reach after walk

- Simple tests-BP, BMI etc. by IMA
- Fortune Wheel game
- Adulteration Test - Demonstration of simple tests in food safety on wheels van
- Signature drive
- Selfie Board
- Q&A with IMA/Professional Associations

B) City and Transit Activations

1. Introduction by MC
2. IMA / professional associations lead physical activity: basic breathing and everyday exercises/zumba dance/any other physical activity to energise the audience to the tune of Eat Right India Anthem
3. Playing of Vaishnava Jan toh with audience joining
4. Swasth Bharat Yatra Film
5. Slide show on Eat right India with MC explaining
6. Short Videos/films – Aaj se Thoda Kam, Fortification, RUCO, Trans Fat etc
7. IMA/Associations to lead yes/no quiz session with audience
8. Address by Chief Guests
9. Eat Right Pledge by participants (Text at end)
10. National Anthem
11. Flash mob on Eat Right India Anthem

Parallel Activities on the sidelines

- Simple tests-BP, BMI etc by IMA.
- Fortune Wheel game.
- Adulteration Test - Demonstration of simple tests in food safety on wheels van.
- Signature drive and Selfie Board
- Q&A with IMA/Professional Associations

Day '2': The Cycling Day

(will be Day 'O' for next stopover location)

1. There would be a ceremonial 'flag off' of the Volunteer Cyclists and the convoy from Swasth Bharat Yatra venue in the morning in presence of dignitaries/officials. Other cyclists using their bicycles could also be encouraged to join for about 3-5 km subject to traffic conditions. City In-charge would be responsible to identify the point from where such local cyclists would return.

Event Description:

- 1) Vaishnava Jana To
- 2) Welcome and Eat Right India Anthem to be lead by MC
- 3) Speech by Chief Guest
- 4) Handover of cycle keys and kits by chief guest (Eat Right India Anthem in the background)
- 5) Chief guest to hand over baton to lead cyclist
- 6) Videos to be played – Aaj se Thoda Kam, Fortification, RUCO, Trans Fat etc
- 7) Eat Right pledge
- 8) Film on Gandhi Ji
- 9) National Anthem
- 10) Flash mob on Eat Right India Anthem

Important: On the sidelines: Safety Briefing and orientation of cyclists

NOTES:**A. Eat Right India Pledge Text:**

"I pledge that, starting today, I will eat right, eat safe and eat fortified.

I will reduce my intake of sugar, salt and fat.

I will stay healthy and make my country healthier and happier

Aaj se mera naara hai

Eat Right Inida (Hand Gesture) aur

Aaj se thoda kam cheeni, tel aur namak (hand gesture) "

Jai Hind! Eat Right India !!

B. Digital Material Shared:

1. Vaishnava Jana Toh video
2. Swasth Bharat Yatra Film
3. Film on Gnadhi Ji
4. Eat Right India Jingle
5. Posters – English and Hindi plus slideshow of posters
6. Aaj Se Thoda Kam film – All languages
7. Fortification Film – All languages
8. Trans Fat Film
9. RUCO Film
10. Clean Street Food Hub film
11. National Anthem
12. Convoy PPT (can be shown if any event is indoors)

C. Eat Right India Anthem

Cycling Tracks for Swasth Bharat Yatra

State/UTs	Total Stopovers	Stopover places
Andhra Pradesh	7	T4-Tirupati (24 Oct), Nellore (26 Oct), Kavali (28 Oct), Ongole (30 Oct), Guntur (01 Nov), Vijayawada (03 Nov), Jaggyapeta (05 Nov)
Arunachal Pradesh	1	T6-Itanagar (15 Nov)
Assam	8	T6-Karbi Anglong (9 Nov), Hojai (11 Nov), Tezpur (13 Nov), Nagaon (17 Nov), Jagiroad (19 Nov), Guwahati (23 Nov), Nalbari (25 Nov), Bogaigaon (27 Nov)
Bihar	14	T5*-Bihar Sharif (03 Nov), Jehanabad (05 Nov), Gaya (07 Nov), Aurangabad (09 Nov), Sasaram (11 Nov), Bhabua (13 Nov), T6-Purnea (11 Dec), Bhagalpur (13 Dec), Munger (15 Dec), Sheikhpura (17 Dec), Patna (19 Dec), Arrah (21 Dec), Buxar (23 Dec)
Chandigarh	1	T1-Chandigarh (27 Dec)
Chhattisgarh	10	T5-Ambikapur (23 Nov), Korba (25 Nov), Bilaspur (27 Nov), Baloda Bazar (29 Nov), Mahasamund (01 Dec), Patan (03 Dec), Bhillai (05 Dec), Naya Raipur (07 Dec), Simga (09 Dec), Kawardha (11 Dec)
Dadra and Nagar Haveli	1	T2-Silvassa (15 Nov)
Daman and Diu	1	T2-Daman (17 Nov)
Delhi	1	(27 Jan)
Goa	1	T2-Panaji (16 Oct)
Gujarat	12	T2-Dandi (Navsari) (19 Nov), Surat (21 Nov), Bharuch (23 Nov), Vadodara (25 Nov), Godhara (27 Nov), Santrampur (29 Nov), Balasinor (01 Dec), Nadiad (03 Dec), Ahmedabad (05 Dec), Gandhinagar (07 Dec), Mehsana (09 Dec), Palanpur (11 Dec)
Haryana	11	T1-Kalka (29 Dec) T2-Hisar (12 Jan), Narwana (14 Jan), Kaithal (16 Jan), Kurukshetra (18 Jan), Karnal (20 Jan), Panipat (22 Jan), Sonapat (24 Jan) T3-Gurugram (24 Jan) T4- Palwal (22 Jan), Faridabad (24 Jan)
Himachal Pradesh	5	T1-Khandaghat (31 Dec), Shimla (02 Jan), Solan (04 Jan), Nahan (06 Jan), Paonta Sahib (08 Jan)
Jammu and Kashmir	20	T1-Leh (16 Oct), Sonmarg (20 Oct), Kangan (22 Oct), Ganderbal (24 Oct), Sopore (28 Oct), Kupwara (30 Oct), Baramulla (01 Nov), Uri (05 Nov), Tunmurg (09 Nov), Srinagar (11 Nov), Awantipora (13 Nov), Anantnag (15 Nov), Banihal (17 Nov), Ramban (19 Nov), Chenani (21 Nov), Udhampur (23 Nov), Domel (25 Nov), Jammu (27 Nov), Ghagwal (29 Nov), Kathua (01 Dec)
Jharkhand	8	T5-Ranchi (16 Oct), Khunti (18 Oct), Chakradharpur (20 Oct), Chaibasa (22 Oct), Jamshedpur (24 Oct), Ghatshila (26 Oct), Baharagora (28 Oct), Hazaribagh (30 Oct), Nawada (01 Nov)*
Karnataka	9	T3-Bengaluru (11 Nov), Tumakuru (13 Nov), Sira (15 Nov), Chitradurga (17 Nov), Davanagere (19 Nov), Haveri (21 Nov), Hubballi (23 Nov), Belgaum (25 Nov), Sankeshwar (27 Nov)
Kerala	1	T3-Thiruvananthapuram (16 Oct)
Madhya Pradesh	25	T3-Sendhwa (25 Dec), Ghulania (27 Dec), Manpur (29 Dec), Indore (31 Dec), Ujjain (02 Jan), Agar (04 Jan), Soyat Kalan (06 Jan) T4-Pandhurna (11 Dec), Multai (13 Dec), Betul (15 Dec), Itarasi (17 Dec), Bhopal (19 Dec), Sanchi (21 Dec), Begumganj (23 Dec), Sagar (25 Dec), Malthone (27 Dec), Dabra (04 Jan), Gwalior (06 Jan), Morena (08 Jan) T5-Mandla (13 Dec), Niwas (15 Dec), Jabalpur (17 Dec), Sihora (19 Dec), Maihar (21 Dec), Satna (23 Dec)
Maharashtra	33	T2-Sawantwadi (18 Oct), Malvan (20 Oct), Devgad (22 Oct), Rajapur (24 Oct), Ratnagiri (26 Oct), Sanghmeshwar (28 Oct), Chiplun (30 Oct), Khed (01 Nov), Poladpur (03 Nov), Goregaon (05 Nov), Nagothane (07 Nov), Vashi (09 Nov), Mumbai (11 Nov), Manor (13 Nov) T3-Kolhapur (29 Nov), Karad (01 Dec), Satara (03 Dec), Bhor (05 Dec), Pune (07 Dec), Shirur (09 Dec), Ahmednagar (11 Dec), Newasa (13 Dec), Aurangabad (15 Dec), Talvad (17 Dec), Malegaon (19 Dec), Dhule (21 Dec), Shirpur (23 Dec) T4-Pandharkawada (29 Nov), Hinganghat (01 Dec), Wardha (03 Dec), Buti Bori (05 Dec), Nagpur (07 Dec), Savner (09 Dec)
Manipur	5	T6-Jiribam (26 Oct), Nungba (28 Oct), Noney (30 Oct), Imphal (01 Nov), Kangpokpi (03 Nov)
Meghalaya	1	T6-Shilong (21 Nov)
Mizoram	3	T6-Aizawl (20 Oct), Kolasib (22 Oct), Vairengte (24 Oct)
Nagaland	2	T6-Kohima (05 Nov), Dimapur (07 Nov)
Puducherry	1	Puducherry (16 Oct)
Punjab	12	T1-Gurdaspur (03 Dec), Batala (05 Dec), Amritsar (07 Dec), Harike (09 Dec), Ferozpur (11 Dec), Moga (13 Dec), Kot Kapura (15 Dec), Bathinda (17 Dec), Barnala (19 Dec), Malerkotla (21 Dec), Ludhiana (23 Dec), Samrala (25 Dec)
Rajasthan	24	T2-Abu Road (13 Dec), Pindwara (15 Dec), Udaipur (17 Dec), Chittorgarh (19 Dec), Bhilwara (21 Dec), Bijainagar (23 Dec), Beawar (25 Dec), Ajmer (27 Dec), Kishangarh (29 Dec), Jobner (31 Dec), Jaipur, (02 Jan), Khatu, (04 Jan), Sikar (06 Jan), Fatehpur (08 Jan), Sadulpur (10 Jan) T3-Jhalawar (08 Jan), Kota (10 Jan), Lakheri (12 Jan), Sawai Madhopur (14 Jan), Lalsot (16 Jan), Dausa (18 Jan), Rajgarh (20 Jan), Kishangarh Bass (22 Jan) T4-Dholpur (10 Jan)
Sikkim	1	Gangtok (03 Dec)
Tamil Nadu	15	T3-Thuckalay (18 Oct), Kanyakumari (20 Oct), Tirunelveli (22 Oct), Kovilpatti (24 Oct), Sivakasi (26 Oct), Madurai (28 Oct), Dindigul (30 Oct), Karur (01 Nov), Erode (03 Nov), Salem (05 Nov), Dharmapuri (07 Nov), Krishnagiri (09 Nov) T4-Mahabalipuram (18 Oct), Chennai (20 Oct), Thiruthani (22 Oct)
Telangana	11	T4-Suryapet (07 Nov), Nalgonda (09 Nov), Hyderabad (11 Nov), Bhuvanagiri (13 Nov), Jangaon (15 Nov), Warangal (17 Nov), Huzurabad (19 Nov), Karimnagar (21 Nov), Korutla (23 Nov), Nirmal (25 Nov), Adilabad (27 Nov)
Tripura	2	T6-Agartala (16 Oct), Teliamura (18 Oct)
Uttar Pradesh	46	T1-Saharanpur (20 Jan), Shamli (22 Jan), Bagpat (24 Jan) T4-Lalitpur (29 Dec), Talbehat (31 Dec), Jhansi (02 Jan), Agra (12 Jan), Mathura (14 Jan), Govardhan (16 Jan), Barsana (18 Jan), Kosi Kalan (20 Jan) T5-Chandauli (15 Nov), Mirzapur (17 Nov), Robertsganj (19 Nov), Renukoot (21 Nov), Chitrakoot (25 Dec), Banda (27 Dec), Fatehpur (29 Dec), Lalganj (31 Dec), Kanpur (02 Jan), Bilhaur (04 Jan), Chhibramau (06 Jan), Mainpuri (08 Jan), Etah (10 Jan), Sikandra Rao (12 Jan), Aligarh (14 Jan), Khurja (16 Jan), Hapur (18 Jan), Meerut (20 Jan), Modinagar (22 Jan), Ghaziabad (24 Jan) T6-Ghaziipur (25 Dec), Varanasi (27 Dec), Allahabad (29 Dec), Sultanpur (31 Dec), Lucknow (02 Jan), Sandila (04 Jan), Hardoi (06 Jan), Shahjahanpur (08 Jan), Bareilly (10 Jan), Pilibhit (12 Jan), Rampur (16 Jan), Chandausi (18 Jan), Anupshahr (20 Jan), Bulandshahr (22 Jan), Greater Noida (24 Jan)
Uttarakhand	6	T1-Selakui (10 Jan), Dehradun (12 Jan), Rishikesh (14 Jan), Haridwar (16 Jan), Roorkee (18 Jan) T6-Rudrapur (14 Jan)
West Bengal	5	T6-Alipurduar (29 Nov), Dhuburi (01 Dec), Kalimpong (05 Dec), Siliguri (07 Dec), Islampur (09 Dec)

6 Tracks 4 Legs each

Track	Region	Leg 1	Leg 2	Leg 3	Leg 4
T1	North	Leh-Srinagar	Srinagar-Amritsar	Amritsar-Shimla	Shimla-Delhi
T2	West	Panaji-Mumbai	Mumbai-Gandhinagar	Gandhinagar-Jaipur	Jaipur-Delhi
T3	South West	Thiruvananthapuram-Bengaluru	Bengaluru-Pune	Pune-Ujjain	Ujjain-Delhi
T4	South Central	Puducherry-Hyderabad	Hyderabad-Nagpur	Nagpur-Jhansi	Jhansi-Delhi
T5	East	Ranchi-Sasaram	Sasaram-Naya Raipur	Naya Raipur-Kanpur	Kanpur-Delhi
T6	North East	Agartala-Hojai	Hojai-Siliguri	Siliguri-Lucknow	Lucknow-Delhi

Track 1

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
1101	Leh	Leh	J&K	0			16-10-2018	
1102	Sonmarg	Ganderbal	J&K	0	20-10-2018		21-10-2018	
1103	Kangan	Ganderbal	J&K	37	22-10-2018		23-10-2018	
1104	Ganderbal	Ganderbal	J&K	36	24-10-2018		27-10-2018	
1105	Sopore	Baramulla	J&K	30	28-10-2018		29-10-2018	
1106	Kupwara	Kupwara	J&K	34	30-10-2018		31-10-2018	
1107	Baramulla	Baramulla	J&K	48	01-11-2018		04-11-2018	
1108	Uri	Baramulla	J&K	58	05-11-2018		08-11-2018	
1109	Tunmurg	Baramulla	J&K	20	09-11-2018		10-11-2018	
1201	Srinagar	Sri nagar	J&K	18	11-11-2018		12-11-2018	
1202	Awantipora	Pulwama	J&K	32	13-11-2018		14-11-2018	
1203	Anantnag	Anantnag	J&K	27	15-11-2018		16-11-2018	
1204	Banihal	Ramban	J&K	51	17-11-2018		18-11-2018	
1205	Ramban	Ramban	J&K	22	19-11-2018		20-11-2018	
1206	Chenani	Udhampur	J&K	50	21-11-2018		22-11-2018	
1207	Udhampur	Udhampur	J&K	29	23-11-2018		24-11-2018	
1208	Domel	Jammu	J&K	37	25-11-2018		26-11-2018	
1209	Jammu	Jammu	J&K	27	27-11-2018		28-11-2018	
1210	Ghagwal	Samba	J&K	48	29-11-2018		30-11-2018	
1211	Kathua	Kathua	J&K	33	01-12-2018		02-12-2018	
1212	Gurdaspur	Gurdaspur	Punjab	56	03-12-2018		04-12-2018	
1213	Batala	Gurdaspur	Punjab	33	05-12-2018		06-12-2018	
1301	Amritsar	Amritsar	Punjab	42	07-12-2018		08-12-2018	
1302	Harike	Tarn Taran Sahib	Punjab	60	09-12-2018		10-12-2018	
1303	Ferozpur	Ferozpur	Punjab	51	11-12-2018		12-12-2018	
1304	Moga	Moga	Punjab	55	13-12-2018		14-12-2018	
1305	Kot Kapura	Faridkot	Punjab	53	15-12-2018		16-12-2018	
1306	Bathinda	Bathinda	Punjab	56	17-12-2018		18-12-2018	
1307	Barnala	Barnala	Punjab	65	19-12-2018		20-12-2018	
1308	Malerkotla	Sangrur	Punjab	41	21-12-2018		22-12-2018	
1309	Ludhiana	Ludhiana	Punjab	45	23-12-2018		24-12-2018	
1310	Samrala	Ludhiana	Punjab	40	25-12-2018		26-12-2018	
1311	Chandigarh	Chandigarh	Chandigarh	62	27-12-2018		28-12-2018	
1312	Kalka	Panchkula	Haryana	28	29-12-2018		30-12-2018	
1313	Khandaghat	Solan	HP	57	31-12-2018		01-01-2019	
1401	Shimla	Shimla	HP	30	02-01-2019		03-01-2019	
1402	Solan	Solan	HP	46	04-01-2019		05-01-2019	
1403	Nahan	Sirmour	HP	87	06-01-2019		07-01-2019	
1404	Paonta Sahib	Sirmour	HP	40	08-01-2019		09-01-2019	
1405	Selakui	Dehradun	Uttarakhand	34	10-01-2019		11-01-2019	
1406	Dehradun	Dehradun	Uttarakhand	26	12-01-2019		13-01-2019	
1407	Rishikesh	Dehradun	Uttarakhand	45	14-01-2019		15-01-2019	
1408	Haridwar	Haridwar	Uttarakhand	20	16-01-2019		17-01-2019	
1409	Roorkee	Haridwar	Uttarakhand	33	18-01-2019		19-01-2019	
1410	Saharanpur	Saharanpur	UP	40	20-01-2019		21-01-2019	
1411	Shamli	Shamli	UP	66	22-01-2019		23-01-2019	
1412	Bagpat	Baghpat	UP	54	24-01-2019		25-01-2019	
1413	New Delhi			57				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

Track 2

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
2101	Panaji	North goa	Goa	0	16-10-2018		17-10-2018	
2102	Sawantwadi	Sindhu durg	Maharashtra	61	18-10-2018		19-10-2018	
2103	Malvan	Sindhu durg	Maharashtra	54	20-10-2018		21-10-2018	
2104	Devgad	Sindhu durg	Maharashtra	46	22-10-2018		23-10-2018	
2105	Rajapur	Ratnagiri	Maharashtra	50	24-10-2018		25-10-2018	
2106	Ratnagiri	Ratnagiri	Maharashtra	66	26-10-2018		27-10-2018	
2107	Sanghmeshwar	Ratnagiri	Maharashtra	50	28-10-2018		29-10-2018	
2108	Chiplun	Ratnagiri	Maharashtra	47	30-10-2018		31-10-2018	
2109	Khed	Ratnagiri	Maharashtra	32	01-11-2018		02-11-2018	
2110	Poladpur	Raigarh	Maharashtra	40	03-11-2018		04-11-2018	
2111	Goregaon	Raigarh	Maharashtra	42	05-11-2018		06-11-2018	
2112	Nagothane	Raigarh	Maharashtra	53	07-11-2018		08-11-2018	
2113	Vashi	Thane	Maharashtra	80	09-11-2018		10-11-2018	
2201	Mumbai	Mumbai city	Maharashtra	16	11-11-2018		12-11-2018	
2202	Manor	Palghar	Maharashtra	87	13-11-2018		14-11-2018	
2203	Silvassa	Dadra & Nagar Haveli	Dadra & Nagar Haveli	81	15-11-2018		16-11-2018	
2204	Daman	Daman	Daman & Diu	30	17-11-2018		18-11-2018	
2205	Dandi(Navsari)	Navsari	Gujarat	83	19-11-2018		20-11-2018	
2206	Surat	Surat	Gujarat	48	21-11-2018		22-11-2018	
2207	Bharuch	Bharuch	Gujarat	76	23-11-2018		24-11-2018	
2208	Vadodara	Vadodra	Gujarat	79	25-11-2018		26-11-2018	
2209	Godhara	Panch mahal	Gujarat	81	27-11-2018		28-11-2018	
2210	Santrampur	Mahisagar	Gujarat	69	29-11-2018		30-11-2018	
2211	Balasinor	Mahisagar	Gujarat	76	01-12-2018		02-12-2018	
2212	Nadiad	Kheda	Gujarat	64	03-12-2018		04-12-2018	
2213	Ahmedabad	Ahmedabad	Gujarat	56	05-12-2018		06-12-2018	
2301	Gandhinagar	Gandhinagar	Gujarat	27	07-12-2018		08-12-2018	
2302	Mehsana	Mehsana	Gujarat	61	09-12-2018		10-12-2018	
2303	Palanpur	Banaskantha	Gujarat	71	11-12-2018		12-12-2018	
2304	Abu Road	Sirohi	Rajasthan	51	13-12-2018		14-12-2018	
2305	Pindwara	Sirohi	Rajasthan	53	15-12-2018		16-12-2018	
2306	Udaipur	Udaipur	Rajasthan	105	17-12-2018		18-12-2018	
2307	Chittorgarh	Chittorgarh	Rajasthan	113	19-12-2018		20-12-2018	
2308	Bhilwara	Bhilwara	Rajasthan	62	21-12-2018		22-12-2018	
2309	Bijainagar	Ajmer	Rajasthan	76	23-12-2018		24-12-2018	
2310	Beawar	Ajmer	Rajasthan	48	25-12-2018		26-12-2018	
2311	Ajmer	Ajmer	Rajasthan	56	27-12-2018		28-12-2018	
2312	Kishangarh	Ajmer	Rajasthan	31	29-12-2018		30-12-2018	
2313	Jobner	Jaipur	Rajasthan	80	31-12-2018		01-01-2019	
2401	Jaipur	Jaipur	Rajasthan	47	02-01-2019		03-01-2019	
2402	Khatu	Sikar	Rajasthan	81	04-01-2019		05-01-2019	
2403	Sikar	Sikar	Rajasthan	46	06-01-2019		07-01-2019	
2404	Fatehpur	Sikar	Rajasthan	50	08-01-2019		09-01-2019	
2405	Sadulpur	Churu	Rajasthan	92	10-01-2019		11-01-2019	
2406	Hisar	Hisar	Haryana	74	12-01-2019		13-01-2019	
2407	Narwana	Jind	Haryana	74	14-01-2019		15-01-2019	
2408	Kaithal	Kaithal	Haryana	43	16-01-2019		17-01-2019	
2409	Kurukshetra	Kurukshetra	Haryana	54	18-01-2019		19-01-2019	
2410	Karnal	Karnal	Haryana	40	20-01-2019		21-01-2019	
2411	Panipat	Panipat	Haryana	35	22-01-2019		23-01-2019	
2412	Sonipat	Sonipat	Haryana	52	24-01-2019		25-01-2019	
2413	New Delhi			60				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

Track 3

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
3101	Thiruvananthapuram	Thiruvananthapuram	Kerala	0	16-10-2018		17-10-2018	
3102	Thuckalay	Kanyakumari	Tamil Nadu	60	18-10-2018		19-10-2018	
3103	Kanyakumari	Kanyakumari	Tamil Nadu	34	20-10-2018		21-10-2018	
3104	Tirunelveli	Tirunelveli	Tamil Nadu	86	22-10-2018		23-10-2018	
3105	Kovilpatti	Thoothukudi	Tamil Nadu	63	24-10-2018		25-10-2018	
3106	Sivakasi	Virudhunagar	Tamil Nadu	42	26-10-2018		27-10-2018	
3107	Madurai	Madurai	Tamil Nadu	78	28-10-2018		29-10-2018	
3108	Dindigul	Dindigul	Tamil Nadu	71	30-10-2018		31-10-2018	
3109	Karur	Karur	Tamil Nadu	79	01-11-2018		02-11-2018	
3110	Erode	Erode	Tamil Nadu	67	03-11-2018		04-11-2018	
3111	Salem	Salem	Tamil Nadu	68	05-11-2018		06-11-2018	
3112	Dharmapuri	Dharmapuri	Tamil Nadu	64	07-11-2018		08-11-2018	
3113	Krishnagiri	Krishnagiri	Tamil Nadu	55	09-11-2018		10-11-2018	
3201	Bengaluru	Bengaluru	Karnataka	67	11-11-2018		12-11-2018	
3202	Tumakuru	Tumakuru	Karnataka	71	13-11-2018		14-11-2018	
3203	Sira	Tumakuru	Karnataka	55	15-11-2018		16-11-2018	
3204	Chitradurga	Chitradurga	Karnataka	84	17-11-2018		18-11-2018	
3205	Davanagere	Davanagere	Karnataka	61	19-11-2018		20-11-2018	
3206	Haveri	Haveri	Karnataka	66	21-11-2018		22-11-2018	
3207	Hubballi	Dharwad	Karnataka	76	23-11-2018		24-11-2018	
3208	Belgaum	Belgaum	Karnataka	102	25-11-2018		26-11-2018	
3209	Sankeshwar	Belgaum	Karnataka	54	27-11-2018		28-11-2018	
3210	Kolhapur	Kolhapur	Maharashtra	63	29-11-2018		30-11-2018	
3211	Karad	Satara	Maharashtra	74	01-12-2018		02-12-2018	
3212	Satara	Satara	Maharashtra	54	03-12-2018		04-12-2018	
3213	Bhor	Pune	Maharashtra	75	05-12-2018		06-12-2018	
3301	Pune	Pune	Maharashtra	55	07-12-2018		08-12-2018	
3302	Shirur	Pune	Maharashtra	69	09-12-2018		10-12-2018	
3303	Ahmednagar	Ahmednagar	Maharashtra	54	11-12-2018		12-12-2018	
3304	Newasa	Ahmednagar	Maharashtra	60	13-12-2018		14-12-2018	
3305	Aurangabad	Aurangabad	Maharashtra	62	15-12-2018		16-12-2018	
3306	Talvad	Nashik	Maharashtra	70	17-12-2018		18-12-2018	
3307	Malegaon	Nashik	Maharashtra	60	19-12-2018		20-12-2018	
3308	Dhule	Dhule	Maharashtra	60	21-12-2018		22-12-2018	
3309	Shirpur	Dhule	Maharashtra	53	23-12-2018		24-12-2018	
3310	Sendhwa	Barwani	MP	52	25-12-2018		26-12-2018	
3311	Ghulania	Barwani	MP	42	27-12-2018		28-12-2018	
3312	Manpur	Indore	MP	68	29-12-2018		30-12-2018	
3313	Indore	Indore	MP	52	31-12-2018		01-01-2019	
3401	Ujjain	Ujjain	MP	57	02-01-2019		03-01-2019	
3402	Agar	Agar malwa	MP	68	04-01-2019		05-01-2019	
3403	Soyat Kalan	Agar malwa	MP	61	06-01-2019		07-01-2019	
3404	Jhalawar	Jhalawar	Rajasthan	49	08-01-2019		09-01-2019	
3405	Kota	Kota	Rajasthan	88	10-01-2019		11-01-2019	
3406	Lakheri	Bundi	Rajasthan	73	12-01-2019		13-01-2019	
3407	Sawai	Sawai	Rajasthan	56	14-01-2019		15-01-2019	
	Madhopur	Madhopur						
3408	Lalsot	Dausa	Rajasthan	65	16-01-2019		17-01-2019	
3409	Dausa	Dausa	Rajasthan	40	18-01-2019		19-01-2019	
3410	Rajgarh	Alwar	Rajasthan	58	20-01-2019		21-01-2019	
3411	Kishangarh Bass	Alwar	Rajasthan	75	22-01-2019		23-01-2019	
3412	Gurugram	Gurgaon	Haryana	92	24-01-2019		25-01-2019	
3413	New Delhi		New Delhi	35				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

Track 4

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
4101	Puducherry	Puducherry	Puducherry	0	16-10-2018		17-10-2018	
4102	Mahabalipuram	Kancheepuram	Tamil Nadu	95	18-10-2018		19-10-2018	
4103	Chennai	Chennai	Tamil Nadu	57	20-10-2018		21-10-2018	
4104	Thiruthani	Thiruvallur	Tamil Nadu	90	22-10-2018		23-10-2018	
4105	Tirupati	Chittoor	Andhra Pradesh	66	24-10-2018		25-10-2018	
4106	Nellore	Nellore	Andhra Pradesh	137	26-10-2018		27-10-2018	
4107	Kavali	Nellore	Andhra Pradesh	57	28-10-2018		29-10-2018	
4108	Ongole	Prakasam	Andhra Pradesh	70	30-10-2018		31-10-2018	
4109	Guntur	Guntur	Andhra Pradesh	111	01-11-2018		02-11-2018	
4110	Vijayawada	Krishna	Andhra Pradesh	36	03-11-2018		04-11-2018	
4111	Jaggyapeta	Krishna	Andhra Pradesh	81	05-11-2018		06-11-2018	
4112	Suryapet	Suryapet	Telangana	62	07-11-2018		08-11-2018	
4113	Nalgonda	Nalgonda	Telangana	55	09-11-2018		10-11-2018	
4201	Hyderabad	Hyderabad	Telangana	102	11-11-2018		12-11-2018	
4202	Bhuvanagiri	Yadadri-Bhuvanagiri	Telangana	48	13-11-2018		14-11-2018	
4203	Jangaon	Jangaon	Telangana	42	15-11-2018		16-11-2018	
4204	Warangal	Warangal urban	Telangana	62	17-11-2018		18-11-2018	
4205	Huzurabad	Karimnagar	Telangana	39	19-11-2018		20-11-2018	
4206	Karimnagar	Karimnagar	Telangana	41	21-11-2018		22-11-2018	
4207	Korutla	Jagtial	Telangana	71	23-11-2018		24-11-2018	
4208	Nirmal	Nirmal	Telangana	61	25-11-2018		26-11-2018	
4209	Adilabad	Adilabad	Telangana	76	27-11-2018		28-11-2018	
4210	Pandharkawada	Yavatmal	Maharashtra	48	29-11-2018		30-11-2018	
4211	Hinganghat	Wardha	Maharashtra	75	01-12-2018		02-12-2018	
4212	Wardha	Wardha	Maharashtra	42	03-12-2018		04-12-2018	
4213	Buti Bori	Nagpur	Maharashtra	52	05-12-2018		06-12-2018	
4301	Nagpur	Nagpur	Maharashtra	27	07-12-2018		08-12-2018	
4302	Savner	Nagpur	Maharashtra	43	09-12-2018		10-12-2018	
4303	Pandhurna	Chhindwara	MP	52	11-12-2018		12-12-2018	
4304	Multai	Betul	MP	41	13-12-2018		14-12-2018	
4305	Betul	Betul	MP	47	15-12-2018		16-12-2018	
4306	Itarsi	Hoshangabad	MP	90	17-12-2018		18-12-2018	
4307	Bhopal	Bhopal	MP	93	19-12-2018		20-12-2018	
4308	Sanchi	Raisen	MP	48	21-12-2018		22-12-2018	
4309	Begumganj	Raisen	MP	74	23-12-2018		24-12-2018	
4310	Sagar	Sagar	MP	58	25-12-2018		26-12-2018	
4311	Malthone	Sagar	MP	60	27-12-2018		28-12-2018	
4312	Lalitpur	Lalitpur	UP	51	29-12-2018		30-12-2018	
4313	Talbehat	Lalitpur	UP	44	31-12-2018		01-01-2019	
4401	Jhansi	Jhansi	UP	50	02-01-2019		03-01-2019	
4402	Dabra	Gwalior	MP	58	04-01-2019		05-01-2019	
4403	Gwalior	Gwalior	MP	45	06-01-2019		07-01-2019	
4404	Morena	Morena	MP	40	08-01-2019		09-01-2019	
4405	Dholpur	Dholpur	Rajasthan	30	10-01-2019		11-01-2019	
4406	Agra	Agra	UP	58	12-01-2019		13-01-2019	
4407	Mathura	Mathura	UP	55	14-01-2019		15-01-2019	
4408	Gowardhan	Mathura	UP	30	16-01-2019		17-01-2019	
4409	Barsana	Mathura	UP	25	18-01-2019		19-01-2019	
4410	Kosi Kalan	Mathura	UP	27	20-01-2019		21-01-2019	
4411	Palwal	Palwal	Haryana	44	22-01-2019		23-01-2019	
4412	Faridabad	Faridabad	Haryana	32	24-01-2019		25-01-2019	
4413	New Delhi		Delhi	14				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

Track 5

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
5101	Ranchi	Ranchi	Jharkhand	0	16-10-2018		17-10-2018	
5102	Khunti	Khunti	Jharkhand	33	18-10-2018		19-10-2018	
5103	Chakradharpur	West Singhbhum	Jharkhand	82	20-10-2018		21-10-2018	
5104	Chaibasa	West Singhbhum	Jharkhand	25	22-10-2018		23-10-2018	
5105	Jamshedpur	East Singhbhum	Jharkhand	65	24-10-2018		25-10-2018	
5106	Ghatshila	East Singhbhum	Jharkhand	44	26-10-2018		27-10-2018	
5107	Baharagora	East Singhbhum	Jharkhand	46	28-10-2018		*29-10-2018	
5108	Hazaribagh	Hazaribagh	Jharkhand	300	30-10-2018		*31-10-2018	
5109	Nawada	Nawada	Bihar	125	01-11-2018		02-11-2018	
5110	Bihar Sharif	Nalanda	Bihar	38	03-11-2018		04-11-2018	
5111	Jehanabad	Jehanabad	Bihar	56	05-11-2018		06-11-2018	
5112	Gaya	Gaya	Bihar	50	07-11-2018		08-11-2018	
5113	Aurangabad	Aurangabad	Bihar	90	09-11-2018		10-11-2018	
5201	Sasaram	Rohtas	Bihar	49	11-11-2018		12-11-2018	
5202	Bhabua	Kaimur	Bihar	48	13-11-2018		14-11-2018	
5203	Chandauli	Chandauli	UP	43	15-11-2018		16-11-2018	
5204	Mirzapur	Mirzapur	UP	95	17-11-2018		18-11-2018	
5205	Robertsganj	Sonbhadra	UP	81	19-11-2018		20-11-2018	
5206	Renukoot	Sonbhadra	UP	90	21-11-2018		*22-11-2018	
5207	Ambikapur	Surguja	Chattisgarh	167	23-11-2018		*24-11-2018	
5208	Korba	Korba	Chattisgarh	177	25-11-2018		26-11-2018	
5209	Bilaspur	Bilaspur	Chattisgarh	98	27-11-2018		28-11-2018	
5210	Baloda Bazar	Baloda Bazar	Chattisgarh	75	29-11-2018		30-11-2018	
5211	Mahasamund	Mahasamund	Chattisgarh	90	01-12-2018		02-12-2018	
5212	Patan	Durg	Chattisgarh	70	03-12-2018		04-12-2018	
5213	Bhilai	Durg	Chattisgarh	31	05-12-2018		06-12-2018	
5301	Naya Raipur	Raipur	Chattisgarh	33	07-12-2018		08-12-2018	
5302	Simga	Baloda Bazar	Chattisgarh	64	09-12-2018		10-12-2018	
5303	Kawardha	Kabirdham	Chattisgarh	75	11-12-2018		12-12-2018	
5304	Mandla	Mandla	MP	133	13-12-2018		14-12-2018	
5305	Niwas	Mandla	MP	63	15-12-2018		16-12-2018	
5306	Jabalpur	Jabalpur	MP	68	17-12-2018		18-12-2018	
5307	Sihora	Jabalpur	MP	42	19-12-2018		20-12-2018	
5308	Maihar	Satna	MP	117	21-12-2018		22-12-2018	
5309	Satna	Satna	MP	43	23-12-2018		24-12-2018	
5310	Chitrakoot	Chitrakoot	UP	77	25-12-2018		26-12-2018	
5311	Banda	Banda	UP	69	27-12-2018		28-12-2018	
5312	Fatehpur	Fatehpur	UP	91	29-12-2018		30-12-2018	
5313	Lalgaon	Raebareilly	UP	52	31-12-2018		01-01-2019	
5401	Kanpur	Kanpur Nagar	UP	87	02-01-2019		03-01-2019	
5402	Bilhaur	Kanpur Nagar	UP	55	04-01-2019		05-01-2019	
5403	Chhibramau	Kannauj	UP	77	06-01-2019		07-01-2019	
5404	Mainpuri	Mainpuri	UP	51	08-01-2019		09-01-2019	
5405	Etah	Etah	UP	60	10-01-2019		11-01-2019	
5406	Sikandra rao	Hathras	UP	33	12-01-2019		13-01-2019	
5407	Aligarh	Aligarh	UP	41	14-01-2019		15-01-2019	
5408	Khurja	Buland shahr	UP	54	16-01-2019		17-01-2019	
5409	Hapur	Hapur	UP	57	18-01-2019		19-01-2019	
5410	Meerut	Meerut	UP	31	20-01-2019		21-01-2019	
5411	Modinagar	Ghaziabad	UP	24	22-01-2019		23-01-2019	
5412	Ghaziabad	Ghaziabad	UP	30	24-01-2019		25-01-2019	
5413	New Delhi			30				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

*No cycling, Only Drive Through

Track 6

Code	Place	District	State	Distance from Previous location	Day 1 (Event Day)	Within City Activations	Day 2 (Cycling Day)	In Transit Activations
6101	Agartala	West Tripura	Tripura	0	16-10-2018		17-10-2018	
6102	Teliamura	Khowai	Tripura	43	18-10-2018		*19-10-2018	
6103	Aizawl	Aizawl	Mizoram	305	20-10-2018		21-10-2018	
6104	Kolasib	Kolasib	Mizoram	84	22-10-2018		23-10-2018	
6105	Vairengte	Kolasib	Mizoram	46	24-10-2018		25-10-2018	
6106	Jiribam	Jiribam	Manipur	75	26-10-2018		27-10-2018	
6107	Nungba	Tamenglong	Manipur	88	28-10-2018		29-10-2018	
6108	Noney	Noney	Manipur	60	30-10-2018		31-10-2018	
6109	Imphal	Imphal	Manipur	63	01-11-2018		02-11-2018	
6110	Kangpokpi	Sadar Hills	Manipur	45	03-11-2018		04-11-2018	
6111	Kohima	Kohima	Nagaland	93	05-11-2018		06-11-2018	
6112	Dimapur	Dimapur	Nagaland	68	07-11-2018		08-11-2018	
6113	Karbi Anglong	Karbi Anglong	Assam	43	09-11-2018		10-11-2018	
6201	Hojai	Hojai	Assam	92	11-11-2018		*12-11-2018	
6202	Tezpur	Sonitpur	Assam	111	13-11-2018		*14-11-2018	
6203	Itanagar	Papum Pare	Arunachal Pradesh	152	15-11-2018		*16-11-2018	
6204	Nagaon	Nagaon	Assam	211	17-11-2018		18-11-2018	
6205	Jagiroad	Morigaon	Assam	69	19-11-2018		*20-11-2018	
6206	Shilong	East Khasi Hills	Meghalaya	110	21-11-2018		22-11-2018	
6207	Guwahati	Kamrup	Assam	90	23-11-2018		24-11-2018	
6208	Nalbari	Metropolitan Nalbari	Assam	70	25-11-2018		26-11-2018	
6209	Bogaigaon	Bongaigaon	Assam	115	27-11-2018		28-11-2018	
6210	Alipurduar	Alipurduar	West Bengal	122	29-11-2018		30-11-2018	
6211	Dhupguri	Jalpaiguri	West Bengal	60	01-12-2018		*02-12-2018	
6212	Gangtok	East Sikkim	Sikkim	174	03-12-2018		04-12-2018	
6213	Kalimpong	Kalimpong	West Bengal	70	05-12-2018		06-12-2018	
6301	Siliguri	Darjeeling	West Bengal	70	07-12-2018		08-12-2018	
6302	Islampur	Uttar Dinajpur	West Bengal	70	09-12-2018		10-12-2018	
6303	Purnea	Purnea	Bihar	100	11-12-2018		12-12-2018	
6304	Bhagalpur	Bhagalpur	Bihar	90	13-12-2018		14-12-2018	
6305	Munger	Munger	Bihar	62	15-12-2018		16-12-2018	
6306	Sheikhpura	Sheikhpura	Bihar	81	17-12-2018		18-12-2018	
6307	Patna	Patna	Bihar	118	19-12-2018		20-12-2018	
6308	Arrah	Bhojpur	Bihar	81	21-12-2018		22-12-2018	
6309	Buxar	Buxar	Bihar	71	23-12-2018		24-12-2018	
6310	Ghazipur	Ghazipur	Uttar Pradesh	61	25-12-2018		26-12-2018	
6311	Varanasi	Varanasi	Uttar Pradesh	77	27-12-2018		28-12-2018	
6312	Allahabad	Allahabad	Uttar Pradesh	126	29-12-2018		30-12-2018	
6313	Sultanpur	Sultanpur	Uttar Pradesh	102	31-12-2018		01-01-2019	
6401	Lucknow	Lucknow	Uttar Pradesh	135	02-01-2019		03-01-2019	
6402	Sandila	Hardoi	Uttar Pradesh	56	04-01-2019		05-01-2019	
6403	Hardoi	Hardoi	Uttar Pradesh	57	06-01-2019		07-01-2019	
6404	Shahjahanpur	Bareilly	Uttar Pradesh	63	08-01-2019		09-01-2019	
6405	Bareilly	Bareilly	Uttar Pradesh	84	10-01-2019		11-01-2019	
6406	Pilibhit	Bareilly	Uttar Pradesh	51	12-01-2019		13-01-2019	
6407	Rudrapur	Udham Singh Nagar	Uttarakhand	74	14-01-2019		15-01-2019	
6408	Rampur	Moradabad	Uttar Pradesh	48	16-01-2019		17-01-2019	
6409	Chandausi	Sambhal	Uttar Pradesh	63	18-01-2019		19-01-2019	
6410	Anupshahr	Bulandshahr	Uttar Pradesh	63	20-01-2019		21-01-2019	
6411	Bulandshahr	Bulandshahr	Uttar Pradesh	42	22-01-2019		23-01-2019	
6412	Greater Noida	Gautam Budh Nagar	Uttar Pradesh	44	24-01-2019		25-01-2019	
6413	New Delhi			42				

Code Numbering : Track (first digit), Leg (second digit) and Place (last two digits)

* No cycling, Only Drive Through

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