



NATIONAL INSTITUTE OF NATUROPATHY

BAPU BHAVAN

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National Natural Food Festival (NNFF)

and

Yoga- Naturopathy Seminar-2017

Janata Maidan, Bhubaneswar

10<sup>th</sup>-12<sup>th</sup> February, 2017

Food is very essential for all living beings as it provides calorie, energy, nutrients and many more. But now a days various types of fast foods and junk foods are frequently available and they are easy to carry and eat. But at the same time they are poor in nutritional value and essential micro-nutrients and cause various diseases and lifestyle related disorders. Thus, to propagate the concept of natural food habits and lifestyle related problems and also to educate and aware about the right food habits, The National Institute of Naturopathy, Pune under Ministry of AYUSH, Govt. of India organized a National level Food Festival and Yoga – Naturopathy Seminar at Bhubaneswar, Odisha.

**Naturopathy:** Naturopathy is built on a strong philosophy and practice. The following are the guiding principles on which the entire edifice of naturopathy practice is structured.

**Unity of Disease and Unity of Cure:** Toxemia and vitality theories influence the framework of Naturopathy practice, wherein, the cause of all diseases is one i.e. toxemia and all their treatments are aimed at one. i.e. increasing vitality by

eliminating toxins. Except for traumatic and environmental conditions, the cause of all diseases is one i.e. accumulation of morbid matter in the body and their elimination from the body is the treatment. Germs don't cause disease but found in diseased condition. The primary cause of disease is not bacteria. Bacteria and virus invade and thrive in the body only on the accumulated of morbid matter. It is the soil (human body), which, is primary not the microbe.

When possible, do not suppress symptoms, which are the body's efforts to self-heal. For example, the body may cook up a fever in reaction to a bacterial infection. Fever creates an inhospitable environment for the harmful bacteria, thereby destroying it. Of course, the naturopathic physician would not allow the fever to get dangerously high.

### **Ten tenets of Naturopathy practice:**

1. The body heals itself.
2. The main cause of disease is lowered vitality.
3. The accumulation of the morbid matters causes the disease.
4. The acute disease in itself is the remedial process.
5. Germs don't cause disease but found in diseased condition.
6. Food is the building material but does not increase the vitality.
7. Fasting doesn't cure the disease but create the environment to heal
8. Yoga, Exercise or physical activities keep the balance between nutrition and drainage.
9. External treatments, no matter what pathies they belong to, give only relief. They do not cure the disease.
10. The patient own wish to get well, determination and faith in nature's healing power play important role in the healing process.

### **Philosophy of Naturopathy:**

1. **First, do not harm:** Naturopathic physicians respect the human body. They use low-risk procedures and treatment methods to minimize harmful side-effects.

Suppression of symptoms is also avoided to prevent interference with the diagnostic healing processes.

**2. Identify and treat causes :** Harness the healing powers of nature by living close to Nature: Nature is the greatest healer. The body has the inherent ability to heal itself. The naturopathic doctor simply supports and facilitates the healing process. Identify and remove the cause. When you remove the cause, you remove the obstacle to cure. If the cause is not removed, the disease process will continue to further damage the body. The acute disease in itself is the remedial process. Thus, acute diseases are friends, not the enemies. Chronic diseases are the outcome of wrong treatment and suppression of the acute diseases.

**3. Let nature heal:** Our bodies have such a powerful, innate instinct for self-healing. By finding and removing the barriers to this self-healing such as poor diet or unhealthy habits naturopathic physicians can nurture this process.

**4. Treat the whole person:** The naturopath caters the treatment plan to each individual's unique disease process. In Naturopathy, patient is treated and not the disease. Customize each diagnosis and treatment plan to fit each patient. We all heal in different ways and the naturopathic physician respects our differences.

**5. Educate the patients:** Naturopathic medicine believes that doctors must be educators, as well as physicians. That's why naturopathic physicians teach their patients how to eat, exercise, relax and nurture themselves physically and emotionally. They also encourage self-responsibility and work closely with each patient. Because they are knowledgeable in both western and natural medicine, they serve as an excellent resource to help you develop a personal wellness programme.

**6. Prevent illness:** Promotion of health and prevention of disease: Promotion of health and prevention of disease is the best medicine. Naturopathic physicians take

great care to educate patients on the necessary lifestyle changes needed to maintain health and prevent disease.

### **INTRODUCTION & OBJECTIVES**

The National Natural Food Festival (NNFF) and Naturopathy-Yoga Seminar - 2017 organized by National Institute of Naturopathy, Pune, an organization under the Ministry of AYUSH, Government of India from 10<sup>th</sup> to 12<sup>th</sup> February, 2017 was inaugurated by His Excellency, Dr. S.C Jamir, Hon'ble Governor of Odisha at Janata Maidan, Bhubaneswar on 10<sup>th</sup> Feb 2017. The 3-day events threw the light on various aspects of food and a positive impact on our food choices. This event is very appropriate to be conducted in the rising era of various Non- communicable diseases like diabetes, hypertension, cancers, etc where food modification plays a major role in mitigating these deadly diseases quoted the Governor. Currently India is fighting against these deadly diseases and a huge amount of money is spending every year on curative care. Focusing on preventive health care can bring down these economical burdens to a larger extent. The best way to bring in such preventive approach among every citizen is by encouraging them to adapt healthy lifestyle measures. Events like this will definitely play a major role in imparting quality preventive care. Representatives from various Naturopathy medical colleges across the country and other stake holders in health sector are actively participating and exhibiting various traditional and natural recipes for healthy living in this event.



*Inauguration of National Natural Food Festival and  
Yoga- Naturopathy Seminar – 2017 at the hands of  
His Excellency Dr. S.C. Jamir, Hon'ble Governor of Odisha at  
Bhubaneswar, Odisha, on 10<sup>th</sup> Feb 2017*



*His Excellency Dr. S.C. Jamir, Hon'ble Governor of Odisha addressing the audience and participants during the inauguration day of the NNFF-2017 at Bhubaneswar, Odisha.*

*Dignitaries on the dais (L-R) : Shri B. K. Pusti, State Co-ordinator & Organizing Secretary, Dr. BTC Murthy, Former Director-NIN and Principle JSS Institute, Coimbatore, Prof. Radha Mohan, Former State Information commissioner, Odisha, Dr. Neerja Reddy, Director, Govt. Naturopathy Medical College, Hyderabad.*

A book on natural food preparations & methods named “Naturopathy Food Concepts” was released by the Hon'ble Governor of Odisha. The book is based on natural food preparations, without adding any masala and spices to it. This book contains various recipes of food preparations and their health benefits by natural means. Another book named “Position Paper on Yoga and Naturopathy in India, Report from National Naturopathy Conclave” was also released by the hands of HE.



***Releasing of Naturopathy Food Concepts Book and Position Paper on Yoga and Naturopathy in India, Report from National Naturopathy Conclave at the hands of His Excellency Dr. S.C. Jamir, Hon'ble Governor of Odisha addressing the audience and participants during the inauguration day of the NNFF-2017 at Bhubaneswar, Odisha.***

His Excellency the Governor of Odisha appreciated the efforts of National Institute of Naturopathy in organizing such thought provoking events across the country and creating awareness among the common public about healthy living.

The 3-days event included exhibition of more than 200 delicious natural recipes, green salad, raita and traditional natural food and displayed recipes without using sugar, maida, chemicals and preservatives. Various natural snacks, natural tea, organic foods, fruit juices and salads, sprouts, etc. are some of the important attractions of the food festival. Besides this various competitions for school children were organized on 11<sup>th</sup> Feb. 2017 which included elocution

competition on “Food as Medicine – How”, essay writing competition on “Healthy eating habits according to you”, drawing competitions on “Nature around you”, cooking competition for stall exhibitors, vegetable and fruit carving competitions etc. Panel discussion on food policies, talk on fasting and diet for health and healthy eating habits were also organized on the same day. There will be group discussion on “Why Millets?”, energy dense foods and non-communicable diseases on 12<sup>th</sup> Feb. 2017.



A view of Stalls installed by various Naturopathy Medical Colleges at National Natural Food Festival, Bhubaneswar, Odisha.

**The following are the list of Naturopathy Medical Colleges and other exhibitors in the event.**

1. Gandhi Naturopathic Medical College, Telengana
2. Govt. Yoga and Naturopathy Medical College, Tamil Nadu
3. JSSINYS, Tamil Nadu
4. The school Of Naturopathic Medicine, Karnataka
5. Banaras Hindu University, Uttar Pradesh



6. Subharti Naturopathy and Yoga Medical College, Uttar Pradesh
7. Jayaranga Naturopathy and Yoga Hospital, Bhubaneswar
8. Kitchen Gardeners Association, Bhubaneswar
9. Centre for women and tribal development, Odisha
10. Sambhav, Odisha
11. Centre for Agri Management, Utkal University

## Competitions for school children

- *Elocution Competition*

32 school students belonging to 8<sup>th</sup> to 10<sup>th</sup> std participated in the competition under the theme “Food as Medicine- How ?”.



- *Essay writing Competition*

41 school students belonging to 5<sup>th</sup> to 7<sup>th</sup> std participated in the competition under the theme “Healthy eating according to you ”.

- ***Drawing Competition***

59 school students belonging to 2<sup>nd</sup> to 5<sup>th</sup> std participated in the competition under the theme “Nature around you ”.



- **Panel & Group discussion**

Panel discussion on food policies of India was conducted which was moderated by Dr. BTC Murthy, Dr. Sarath Damluri , Dr. Naga Lakshmi, Dr. Neeraja Reddy which included doctors who were divided in to four groups who conducted a SWOT analysis on existing policies of food.



- **Public addresses**

Shri. Subash Chandra Sarangi and Shri. Surendra Pradhan gave talk in odia language on the the following topics, Fasting and diet for health and Healthy eating habits respectively.

- **Group discussion**

The second day group discussions were conducted on why millets and Energy dense food and non communicable diseases, in which the Doctors from different states opined their views on the millets and NCDs.

## Valedictory function

Valedictory function of the 3-days event will be held on 12<sup>th</sup> Feb at 4 pm. Prizes were given away to the winning teams and students of various competitions at the hands of Shri Jagadananda, Former State Information Commissioner, Odisha and Prof. Dr. K. Satya Lakshmi, Director, NIN, Pune.



**Releasing of Souvenir on Natural Food Preparations and Food Habits on  
Valedictory Function at NNFF 2017, Bhubaneswar, Odisha**

**Dignitaries on the dais (L-R): Prof. (Dr) K.B. Rath, Principle, Regional Institute of Education, Bhubaneswar, Odisha, Prof. Radha Mohan, Former State Information Commissioner, Odisha, Shri Jagadananda, Former State Information Commissioner, Odisha, Dr. BTC Murthy, Principle JSS Institute, Coimbatore, Prof. (Dr) K. Satya Lakshmi, Director, NIN, Shri Bejoy Pusti, State Coordinator and Organizing Secretary**



**Prof. (Dr) K. Satya Lakshmi, Director, NIN felicitating Shri Jagadananda,  
Former State Information Commissioner, Odisha**

Simultaneously NIN, Pune has organized a 3-day Women empowerment programme on Nutrition and Women's Health at IMAGE, Siripur, Bhubaneswar from 10<sup>th</sup> to 12<sup>th</sup> Feb 2017. Various experts from Naturopathy and Yoga from different parts of the country have participated in the discussion and deliberations.



*Shri K. Subhash, Administrative Officer & Chief Vigilance Officer, NIN  
felicitating Prof. Dr. K.B. Rath, Principle, Regional Institute of Education,  
Bhubaneswar, Odisha.*

The food that the society chooses has many implications. Presently, a particular food being is chosen because of: 1) Geographical reasons 2) Climatic reasons 3) Socio - Cultural reasons, and 4) Governments' interventions at various levels, etc.

The pre-industrial Indian society viewed food as giving nourishment physically, intellectually, culturally and spiritually. While the post-industrial era and ethos speaks a language of food in terms of calories, proteins, carbohydrates, fats, trans-fats, vitamins, minerals, antioxidants, soluble and insoluble fibre, the Indian society and its people find, to their utter dismay, that these terms are not fitting well into their cultural and social settings. There is a deep sense of anguish and conflict as the dietary habits and the food itself is undergoing rapid changes in time and space.

A once highly evolved food culture has now reached a dead end and is facing extreme turbulence as it negotiates a path riddled with conflicting needs, fads and market forces. The primary reason for this situation is: Indians, farmers included, have come to consider food as a commodity. Since commodities have to have some standards and worth, some food crops are already on their way out, if not disappearing all together.

The changed dietary habits of a vast population impacted the health of the people at large, apart from hygiene and sanitation. Vector-borne diseases have been on the rise due to water intensive agricultural practices, water-borne diseases due to chemical pollution; Persistent Organic Pollutants (POPs) entered our food chain, as they are water soluble and have an affinity for the fat tissue of living beings, these get accumulated in the fat tissue and disrupt the endocrinal activity. Added to all this, high carbohydrate diet, devoid of nutrition, is the cause of nutritional related health problems. The complex food-society-health matrix has a telling effect on the nation's health and is threatening to acquire epidemic proportions.

The present-day modern society is embroiled in a dilemma as to what to eat, how much to eat and when to eat. We may be able to manufacture nutritious food strictly adhering to the modern prescribed standards at great cost to the environment, but we will not be able to satisfy the diverse tastes and other cultural needs of the population.

The guiding principles that should be kept in mind while choosing appropriate food for a given society are: to eat locally grown foods that the soils would support on a sustainable basis, chemical-free, energy-efficient foods and foods that are grown out of environmentally sustainable agricultural practices. The ultimate *mantra* at individual level is moderation, not 'ration'. Eat only when hungry.

Prof. (Dr) K. Satya Lakshmi

Director



## GLIMPES OF THE EVENT







# MEDIA COVERAGE



ସରିଲା ଜାତୀୟ ପ୍ରାକୃତିକ ଆହାର ମେଳା

# ଖାଦ୍ୟ ଠିକ୍ ରହିଲେ ସ୍ୱାସ୍ଥ୍ୟ ଭଲ ରହିବ

ଭୁବନେଶ୍ୱର, (ବୁଧବେ) — ପ୍ରକୃତି ଦତ୍ତ ବିଶୁଦ୍ଧ ଖାଦ୍ୟ ଶରୀରକୁ ଶକ୍ତି ପ୍ରଦାନ କରିଥାଏ। ବିଭିନ୍ନ ଖାଦ୍ୟରୁ ଶରୀର ପାଇଁ ଆବଶ୍ୟକ ଖାଦ୍ୟପାତ୍ର ମିଳିଥାଏ। କିନ୍ତୁ ସୁସାବିଆ ଖାଦ୍ୟ ଖାଇବା ପାଇଁ କେହି ଖାଇବାରେ ବାଧା ବିଚାର କରନ୍ତି ନାହିଁ। ଅର୍ଥାତ୍ ସେହି ଖାଦ୍ୟ ଶରୀର ପାଇଁ ଉପଯୁକ୍ତ କି ନାହିଁ ତାହା କରନ୍ତି ନାହିଁ, ପାତ୍ର ଫଳରେ ଉକ୍ତ ଖାଦ୍ୟ ସ୍ୱାସ୍ଥ୍ୟ ପ୍ରତି ବିପଦ ସୃଷ୍ଟି କରିଥାଏ। ତେଣୁ ସମସ୍ତେ ପ୍ରାକୃତିକ ଆହାର ଗ୍ରହଣ କରିବା ଉଚିତ। ଓହ୍ଲାଇବା ସ୍ୱାସ୍ଥ୍ୟ ଠିକ୍ ରହିବ ବୋଲି ପୂର୍ବତନ ସୂଚନା କମିଶନର ଜଗଦାନନ୍ଦ କହିଛନ୍ତି। ରବିବାର ଜାତୀୟ ପ୍ରାକୃତିକ ଆହାର ମେଳା ଓଡ଼ିଆ ଯୋଗ-ପ୍ରାକୃତିକ ଚିକିତ୍ସା କର୍ମଶାଳା-୨୦୧୭ର ଉଦ୍‌ଘାଟନା ଉତ୍ସବରେ ଜଗଦାନନ୍ଦ ମୁଖ୍ୟଅତିଥି ଭାବେ ଯୋଗଦେଇ ଓହ୍ଲାଇ କହିଥିଲେ। ସମ୍ମାନିତ ଅତିଥି ଭାବେ ପ୍ରଫେସର ରାଧା ମୋହନ, ପ୍ରଫେସର କେ. ବି. ରଥ ଯୋଗଦେଇଥିଲେ। ମେଳାର ସୁରକ୍ଷିତକୁ ଅତିଥିମାନେ ଉନ୍ମୋଚନ କରିଥିଲେ। ସୁଶୋଭା ନିର୍ବାହନାଳୟ ଇନ୍‌ଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀ (ଏନ୍‌ଆଇଏନ୍)ର ନିର୍ଦ୍ଦେଶିକା ପ୍ରଫେସର କେ. ସତ୍ୟା ଲକ୍ଷ୍ମୀ ସ୍ୱଗତ ଭାଷଣ ଦେବା ସହିତ ମେଳା



ଆହାର ମେଳାରେ ପଢ଼ିଥିବା ଓକ ଝଲ ।

ଆୟୋଜନର ଉଦ୍ଦେଶ୍ୟ ସମ୍ପର୍କରେ ଆଲୋଚନା କରାଯାଇଥିଲା। ଓଡ଼ିଆ ଅବସରରେ ବେଷ୍ଟ ଝଲ ଭାବେ ଚାମିଲନାକୁ କୋମାଟୁରର ଜେଏସ୍‌ଏସ୍ ଇନ୍‌ଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀ ଆଣ୍ଡ ଯୋଗିକ୍ ସାଇନ୍‌ସ୍‌କୁ ପ୍ରଥମ, ମାତ୍ରାସର ଗର୍ଭନେତ୍ରୀ ଯୋଗ ଆଣ୍ଡ ନାଚୁରୋପାଥୀ କଲେଜ ଦ୍ୱିତୀୟ ଓଡ଼ିଆ ବାଙ୍ଗାଲୋରର ଓଡ଼ିଆ ଇଂଲିଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀକ୍ ମେଡିସିନ୍

ଦ୍ୱିତୀୟ ସ୍ଥାନ ଅଧିକାର କରିଥିଲା। ଭାରତର ନାଚୁରୋପାଥୀ ମେଡିକାଲ କଲେଜ ଛାତ୍ରାଞ୍ଚଳ ମଧ୍ୟରେ ଅନୁଷ୍ଠିତ 'ଗାନ୍ଧିଆନ ଥର୍ସ' ଶାର୍ଷକ ରଚନା ପ୍ରତିଯୋଗିତାର କୃତୀ ପ୍ରତିଯୋଗୀଙ୍କୁ ପୁରସ୍କୃତ କରାଯାଇଥିଲା। ଓଡ଼ିଆରେ ଗୁଜରାଟର ମୋଗରୁଜା ଦେଶାଇ ଇନ୍‌ଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀ ଆଣ୍ଡ ଯୋଗିକ୍ ସାଇନ୍‌ସ୍‌ର ଛାତ୍ରା ମୁକ୍ତ ଶର୍ମା ପ୍ରଥମ ସ୍ଥାନ ଅଧିକାର କରିଥିଲେ।

ପୁରସ୍କାର ଗ୍ରହଣରେ ଡାକ୍ତର ଝଲ ଝଲ ସହ ସ୍ୱର୍ଣ୍ଣପଦକ ପ୍ରଦାନ କରାଯାଇଥିଲା। ବାଙ୍ଗାଲୋରର ଓଡ଼ିଆ ଇଂଲିଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀକ୍ ମେଡିସିନ୍ର ଛାତ୍ରା କ୍ରିଷ୍ଣା ରମାସ୍ୱାମୀ ଦ୍ୱିତୀୟ ସ୍ଥାନ ଅଧିକାର କରିଥିଲେ। କ୍ରିଷ୍ଣାଙ୍କୁ ଶାନ୍ତିର ଝଲ, ରୌପ୍ୟ ପଦକ ପ୍ରଦାନ କରାଯାଇଥିଲା। ଓଡ଼ିଆ ବ୍ୟତୀତ ସ୍ୱଳ୍ପ ଛାତ୍ରାଞ୍ଚଳ ମଧ୍ୟରେ ହୋଇଥିବା ବିଭିନ୍ନ ପ୍ରତିଯୋଗିତାର କୃତୀ ଛାତ୍ରାଞ୍ଚଳକୁ ପୁରସ୍କୃତ କରାଯାଇଥିଲା। ଓଡ଼ିଆ ଇଂଲିଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନାଚୁରୋପାଥୀକ୍ ମେଡିସିନ୍ର ପ୍ରଶାସନିକ ଅଧିକାରୀ କେ. ପୁରସ୍ଥ ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ। ମେଳାକୁ ଗନ୍ତ୍ୟ ସଂଯୋଜକ ବି. କେ. ପୃଷ୍ଠି ପରିଚାଳନା କରିଥିଲେ।

ଭାରତ ସରକାରଙ୍କ ଆୟୁଷ ମନ୍ତ୍ରାଳୟ ଅଧୀନ ଗଣ୍ଡ୍ୟ ପ୍ରାକୃତିକ ଚିକିତ୍ସା ପ୍ରତିଷ୍ଠାନ ପକ୍ଷରୁ ଆୟୋଜିତ ଓଡ଼ିଆ ମେଳା ଜନତା ମହାସଭାରେ ଗତ ଶୁକ୍ରବାର ଆରମ୍ଭ ହୋଇଥିଲା। ପ୍ରତିଦିନ ବିଭିନ୍ନ ପ୍ରକାରର ଖାଦ୍ୟ ପ୍ରସ୍ତୁତ ହୋଇ ପ୍ରଦର୍ଶିତ ହେବା ସହିତ ବିକ୍ରି ହେଉଥିଲା। ଗୋଟିଏ ଝଲରେ ପ୍ରତିଦିନ ପ୍ରାୟ ୧୦୦ରୁ ଅଧିକ ଝଲର ବ୍ୟବସାୟ ହେଉଥିଲା। ରବିବାର ଉଦ୍‌ଘାଟନା ସନ୍ଧ୍ୟାରେ ମେଳାରେ ବିଡ଼ି ପଲିକ୍ଷିତ ହୋଇଥିଲା।



ଆହାର ମେଳାର ଉଦ୍‌ଘାଟନା ଦିବସରେ ମଞ୍ଚାସୀନ ଅତିଥିମାନେ ।

ନିମ୍ନ  
ଅପର  
ପରେ  
ଡ. ବ  
କୁମାର  
ନାୟକ  
କୁମାର  
ଅନୁଷ୍ଠି  
ବିକାସ  
ହୋଇ  
ପ୍ରଫେ  
ପୌଣ  
ଓ ଧ  
ଓଡ଼ିଆ  
ପ୍ରଶା  
ତତ୍ତ୍ୱ  
ଆସି  
କୃଷ୍ଣ  
ଦାସ  
କେ  
କୁମା  
ସୋ

# ପ୍ରାକୃତିକ ଖାଦ୍ୟର ଚର୍ଚ୍ଚା ସ୍ଥାପ

ଭୁବନେଶ୍ୱର, (ଅସମାପିତା ସାଧୁ)- ଖାଦ୍ୟ ପ୍ରତି ଅନେକଙ୍କର ଦୂର୍ବଳତା ରହିଛି । ତେବେ ତାହା ଯଦି ଅସ୍ୱାସ୍ଥ୍ୟକର ଧର୍ମ ରପାୟନିକ ମିଶ୍ରିତ ହୁଏ, ତାହା ଶରୀର ପ୍ରତି ହାନିକାରକ ହୋଇଥାଏ । ଧର୍ମ ମଣିଷ ସୁସ୍ଥ ହେବା ପାଇଁ ପ୍ରକୃତିର ଧର୍ମ ସ୍ୱାସ୍ଥ୍ୟକର ଖାଦ୍ୟ କିପରି ଚୟନ କରିବ ସେ ନେଇ ନୀର୍ଘା ଦେବା ଭୁବନେଶ୍ୱରରେ ଭୁବନେଶ୍ୱରର ଜନତା ମଲ୍ଲବାନଠାରେ ଶୁକ୍ରବାରଠାରୁ ଆରମ୍ଭ ହୋଇଛି ଜାତୀୟ ପ୍ରାକୃତିକ ଆହାର ମେଳା । ମେଳାରେ ବିଭିନ୍ନ ପ୍ରକାର ଚରପତ୍ର ପ୍ରାକୃତିକ ଖାଦ୍ୟ ପ୍ରଦର୍ଶିତ ହେଉଛି । ସେଥିମଧ୍ୟରୁ କେତେକ ଖାଦ୍ୟ ଓ ତାହାର ପ୍ରସ୍ତୁତି ପ୍ରଣାଳୀକୁ ନେଇ ଏହି ଉପସାଧନା ।

## ବ୍ୟବହାର ହେଉଛି ଚିନି, ମଇଦା ଓ କେମିକାଲ

ସୁସ୍ଥ ରହିବା ପାଇଁ ଠିକ୍ ସମୟରେ ଭାଜିତ ଧର୍ମ ସ୍ୱାସ୍ଥ୍ୟକର ଖାଦ୍ୟ ଖାଇବା ଜରୁରୀ । ତେଣୁ ସୁସ୍ଥ ରହିବା ପଦ୍ଧତି କିପରି ନିରୋଗ ଭାବପାପନ କରିହେବ ତାହା ହେଉଛି ଏହି ମେଳାର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ । ପ୍ରାକୃତିକ ଖାଦ୍ୟର ଗୁଣ୍ଡୁଡ଼, ଫାଷ୍ଟ ଫୁଡ଼, ଜଙ୍କ ଫୁଡ଼, ପ୍ୟାକେଟ୍ ଫୁଡ଼ ଶରୀର ପ୍ରତି କେତେ କିପରି ସେ ସମ୍ପର୍କରେ ମେଳାରେ ଜନସାଧାରଣଙ୍କୁ ସଚେତନ କରାଯାଉଛି । ସୁଇ ଓ କଲେଜ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ମଧ୍ୟରେ ସଚେତନତା ସୃଷ୍ଟି ପାଇଁ ଶନିବାର ମେଳା ପରିସରରେ ବିଭିନ୍ନ ପ୍ରତିଯୋଗିତା ଆୟୋଜିତ ହୋଇଥିଲା । ଏଥି ପରିତ ସଭ୍ୟରେ ଆଲୋଚନାଚକ୍ର ମଧ୍ୟ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା । ମେଳାରେ କେବଳ ଖାଦ୍ୟର ଖିଲ ପଡ଼ିନାହିଁ, ସେଠାରେ ଯୋଗ ପାଇଁ ଭବିଷ୍ୟ ବିଭିନ୍ନ

ଖିଲ ମଧ୍ୟ ପଡ଼ିଛି । ଯୋଗ ଶିକ୍ଷା ବିଆପିତା ସହିତ ଯୋଗର ଗୁରୁତ୍ୱ ମଧ୍ୟ କୁହାଯାଇଛି । ମେଳା ସମ୍ପର୍କରେ ପୁଣ୍ୟର ନ୍ୟାଶନାଲ ଇନ୍‌ଷ୍ଟିଚ୍ୟୁଟ୍ ଅଫ୍ ନ୍ୟୁଟ୍ରିସନ୍‌ସର ନିର୍ଦ୍ଦେଶିକା ପ୍ରଫେସର କେ. ସତ୍ୟଲକ୍ଷ୍ମୀ କୁହୁଛି, ପାଖାପାଖିତଃ ପ୍ରାକୃତିକ ଖାଦ୍ୟ ସାମଗ୍ରୀର ବେଳି ସମସ୍ତେ ଭାବିଥାନ୍ତି । କିନ୍ତୁ ଏହି ଖାଦ୍ୟ ବହୁତ ସ୍ୱାଦିଷ୍ଟ । ଖାଲି ସ୍ୱାଦିଷ୍ଟ ନୁହେଁ, ବରଂ ଶରୀର ପାଇଁ ହିତକର । କମ୍ ଚକାରେ ପ୍ରସ୍ତୁତ ହୋଇପାରେ ଏହି ଖାଦ୍ୟ । ପ୍ରାକୃତିକ ଖାଦ୍ୟ ଖାଇଲେ ସୁସ୍ଥ ଧର୍ମ ନିରୋଗ ରହିପାରିବ । ଏହି ବାସ୍ତବକୁ ଜନସାଧାରଣଙ୍କ ପାଖରେ ପହଞ୍ଚାଇବା ପାଇଁ ଆମେ ପ୍ରତ୍ୟେକ ବର୍ଷ ଭାରତର ବିଭିନ୍ନ ସହରରେ ଏହି ମେଳା ଆୟୋଜନ କରିଥାଉ ।



କେ. ସତ୍ୟଲକ୍ଷ୍ମୀ

୨୦୦ରୁ ଊର୍ଦ୍ଧ୍ୱ