

HAPPINESS INDEX COMES WITH GOOD HEALTH & PEACE OF MIND:RALPH DE SOUSA

June 16, 2023
Jyaistha 26, 1945

A happiness index comes with good health and peace of mind said Shri Ralph De Sousa President, Goa Chamber of Commerce and Industry(GCCI).He was speaking as chief guest after inaugurating World Food Safety Day 2023 organized by Directorate of Food and Drugs Administration (FDA)in the city **today**.

Goa having a huge hospitality industry ,Shri De Sousa said FDA has a very crucial role to play in hospitality sector to ensure that there is safe food, certain regulations and law that are implemented to avoid undesired effects .He also emphasized on importance of food safety .Healthy living can come out with good consumption of food. Sharing his concern over increase in lifestyle diseases, Shri De Sousa said we can see change in lifestyle of people. Children are more attracted to fast food, junk food. He concluded by thanking FDA for keeping us healthy in terms of availability of safe food and medicine we intake.

Shri Mahesh Patil, Chairman, Goa State Pollution Control Board (GSPCB) guest of honor for the function congratulated the FDA team for Goa winning State Food Safety Index Award in the smaller State category for five consecutive years and appreciated the consistent efforts of FDA and hotel industry.Shri Patil said Goa leads India in the per capita production of plastic waste. Collaborative efforts are required by FDA and Goa State Pollution Control Board he added.He also informed that Government is very keen to start with Depository Refund Scheme (DRS) to recycle drinks containers, such as bottles and cans and GSPCB will soon launched in Goa

Also Shree Anna Recipes of Millet book was launched on the occasion followed by the launch of stickers of Repurpose used cooking Oil (RUCO).

De Mohan Girap Scientist C Goa State Pollution Control Board conducted a session on used cooking oil. He briefed about when not to reuse oil for cooking .More refined oil, lifespan of reusing is less he added. Rancid meaning old and stale oil contains free radicals molecules that can damage cells and leads to cancer risk and also affect the quality of the food. Briefing about ill effects of Waste Cooking oil he informed that improper disposal of Waste Cooking oil can cause significant environmental problems such as water and soil conservation. Shri Girap also stressed on the need to promote awareness about health impacts of Used Cooking Oil (UCO), Develop infrastructure for UCO collection.

Smt Varsha Karnad , Muenzer Bharat bio industry representing overlooking operations for Goa region had a discussion about national used cooking oil collection .She explained about how Used Cooking Oil (UCO) can be used for biodiesel production.

Smt Rohini Dniz well known nutritionist, writer and author conducted a workshop on health and nutrition for government officials.. She explained the importance of including millet in our diets on a regular basis due to their high nutritive value and beneficial effects on health.

With the aim to create awareness and increase production & consumption of millets, United Nations, at the behest of the Government of India, declared 2023 the International Year Millets.

Shri Richard Noronha showed a presentation explaining about various measures and raids conducted by FDA to ensure the availability of safe food and drugs to the general public at large .He also carried out a session on food Business operator meet for cashew Industry.

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Smt Jyoti Sardesai Director FDA addressed the gathering, Shri Richard Noronha Designated Officer FDA proposed vote of thanks.

DI/NB/AXP/AS/2023/695

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Issued by the Department of Information & Publicity

Department of Information & Publicity,

Government of Goa,

Udyog Bhavan, Third Floor,
Near Azad Maidan,

Panaji – Goa.