

NUTRITIONAL AWARENESS TALK HELD

Panaji: September 26, 2025

The Office of Civil Supplies and Consumer Affairs, Mormugao Taluka organized a nutritional awareness talk by "Ruchik" famed Noted TV serial celebrity, Social worker and Gomant Kala Bhushan Awardee Smt. Amita Nayak Salatry at Vasco Civil Supplies Office specially for the Self Help Groups and Mid-Day meals and general public this awareness talk which has been a part of celebration of Rashtriya Poshan Maah- 2025)

Smt. Amita Salatry emphasized on nutritional awareness and how proper food choices impact health and well-being of person. She further emphasized on eating a balance diet which should include a variety of whole grains /millets include Bajra, Jowar Ragi. These small-seeded grains are nutritionally rich, gluten-free, fruits, vegetables, lean proteins, and healthy fats.

Dignitaries present on the dais were Smt. Rochina Girsh Borkar, social worker, Shri. Tulshidas Dabholkar, Assistant Director Civil Supplies, Mormugao Taluka, Kum. Suzzitte Fernandes Rodrigues, Office Superintendent and Smt. Sarita Morajkar, Inspector Civil Supplies and Civil supplies Officials among others were present.

Two women dealers of Fair Price shop of Mormugao Taluka were felicitated for their outstanding performance in Public Distribution System.

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