



# PUBLIC DIALOGUE

ON

CHILDREN'S NUTRITIONAL RIGHTS &  
PACKAGED FOOD LABELLING  
ADDRESSING DOUBLE BURDEN OF  
MALNUTRITION IN INDIA

2ND DECEMBER 2021, VARANASI

# BACKGROUND

Nutrition has been identified as the largest modifiable risk factor for the increasing burden of Non-Communicable Diseases (NCDs), which contribute to 71% of deaths worldwide.

Leading doctors, University and IIT professors, health experts, human rights defenders, International peace laureate, faith leaders, political parties and global public health experts have come together in the consultative sessions organised in Varanasi and in Aligarh Muslim University (AMU) to emphasise on the importance of consumer-friendly warning labels, which will address the rising burden of non-communicable diseases in India.

Political parties participating in 'Public Dialogue on Children's Nutritional Rights and Package Food Labelling Addressing Double Burden of Malnutrition' on 2nd December 2021 at Varanasi have promised to include urgent policy action on front on package labelling (FOPL) in their election manifesto for the upcoming elections in the state.

The Consultative sessions organised in Varanasi and Aligarh Muslim University and public dialogue organised in Varanasi observed how over 5.8 million Indians die of NCDs (such as cancer, diabetes, and cardiovascular diseases) every year and that most of these fatal diseases could be prevented by changing dietary habits and transforming the food industry as it prepares to implement FOPL for its rapidly growing packaged food and beverage industry.

In India, front-of-package warning labelling are a major component of a comprehensive strategy to promote a healthier lifestyle, as they enable consumers to identify products high in sugar, sodium, saturated fats, trans fats, and total fats, which are critical nutrients associated with NCDs.

Continuing their campaign for urgent policy action on Front of Packet Labelling (FOPL) regulations on packaged products for checking childhood obesity, People's Vigilance Committee on Human Rights (PVCHR) People's Initiative for Participatory Action on Food Labelling (PIPAL) and Common Man Trust with support of Savitri Bai Phule Mahila Panchayat and Bunkar Dastakar Adhikar Manch organised a Public Dialogue on 2nd December 2021 at Hotel Diamond, Bhelupur in Varanasi.

# PROCEEDINGS

## PUBLIC DIALOGUE ON CHILDREN'S NUTRITIONAL RIGHTS & PACKAGED FOOD LABELLING ADDRESSING DOUBLE BURDEN OF MALNUTRITION IN INDIA -2ND DECEMBER 2021, HOTEL DIAMOND, BHELUPUR, VARANASI

Beginning the public dialogue, Dr Lenin Raghuvanshi, Founder & CEO, PVCHR said, "The public dialogue is divided into two sessions. Congress Seva Dal's Chief organizer, Lalji Desai, will be present in the first session. I would like him to come to the podium. Clap please to greet. Manoj Rai Dhoopchandi ji is in our midst, a former UP State Minister and spokesperson for Samajwadi Party. Manoj Dhoopchand ji is asked to take a seat at the podium. The crowd is eager to hear him speak. The clapping should continue. There are more of his followers. I would like to invite Shri Rajesh Mishra, who has served as Varanasi's MP and I request that he comes to the podium. In our midst is Suheldev Bharatiya Samaj Party (SBSP) founder Chief Omprakash Rajbhar ji whose representative Shashi Pratap Singh ji, who is party's spokesperson. It is our pleasure to welcome him and ask him to take his place at the podium. Along with that, our area, Ajagara's MLA, who is intrinsically linked with the struggles on the ground, Kailashnath Sonkar belonging to SBSP.



Dr. Lenin Raghuvanshi

We welcome him and request him to take his seat at the podium. An international expert from Global Health Advocacy Incubator (GHA) is with us today. Due to GHA, it was possible to see on the cigarette packages that 'Cigarette smoking is injurious to your health'. Vandana Shah, its Regional Director, is seated among us and I ask her to come to the podium. There are two valid reasons for inviting Anil Yadav to this public dialogue. First, socially he is active and struggles for bringing fore the people's issues, and secondly, he is politically active too, at the organisational level with Congress. Before starting the first session, I invite Shri Chandra Mishra, Founder & head of Commonman Trust and request him to welcome all and then, we would formally welcome those sitting at the podium."



Chandra Mishra

Taking the centrestage, welcoming the guests and participants, Chandra Mishra, Founder & Head of Commonman Trust said, "Our guests of honour and health alert our citizens of Varanasi present here, I have been asked to welcome all the guests. Already we have welcomed all of them. But the biggest welcome we should give is to the one we will be welcoming. This is not a welcome to the past, nor a welcome to the present, but a welcome to the future. As a nation, we are concerned about the health of the children, as the future of our country lies with the children.

Therefore, as a country, our leadership, those who make policies, should think about the future, now we can learn something from the past but the future is the target for us, which we want to correct. Those sitting on the podium are either policymakers or will become policymakers in the near future, for many of them have been policymakers. Surely they are influencing the policy somehow. I believe they are influencing policy in some way, but we only have one movement that we will welcome the future, which is for a healthy future that is also concerns country health, and a healthy future for children. It is said that in English we become what we think, but there is a verse in Sanskrit that says we become what

we eat. Ultimately, we become what we eat. Our attitude and nature are affected by what we eat. In the future, our children should not be fed poison, now our children should not be given poison, the future of our children should be taken care of, like after 5 years or 10 years those who are going to be the citizens of the country should be healthy. The health of the country is extremely important now. Taking action for the health of our country must become a priority in the near future, and I believe that with so many policy makers sitting in podium, they will succeed in achieving something that will be right for our children and our nation. Thank You.”

After Chandra Mishra finished, Dr Lenin Raghuvanshi took the stage, he said,

“Thank You Chandra Mishra ji. We would call everyone at the podium who represents different political parties. I request Abhishek ji to felicitate Kailash Nath Sonkar ji with a Banaras handcrafted shawl. Clap loudly. Our MLA representing has consistently espoused the cause of the poor and oppressed. We have a guest from abroad among us. Kashi’s tradition has always been Atithidevo Bhava (guests are equal to gods) - our honoured guest Vandana Shah ji. Shruti ji is cordially invited to felicitate her with silk shawl made by weavers who have endured starvation and malnutrition, fought against it and are marching ahead.”



**Dr. Lenin Raghuvanshi**

Added, “Veteran politician, Varanasi’s former MP and the Congress Party’s campaign committee head for the 2022 assembly elections, Rajesh Mishra ji, is among us. I would like Jai Kumar Mishra from our company to felicitate him. Brahmin Sabha’s Rakesh Ranjan Tripathi would welcome and felicitate Congress Seva Dal’s chief organizer, Lalji Desai, whose foundation is Sanatani Democracy. Here, the spokesperson of Om Prakash Rajbhar ji’s party Suheldev Bharatiya Samaj Party, who fully supports the cause Shri Shashi Pratap Singh is in our midst I will ask Abhimanyu Singh to welcome and felicitate him. Manoj Raj Dhoopchandi ji is amongst us, the most important person from whom we learnt the practicalities of politics. He was Uttar Pradesh’s State minister in Uttar Pradesh and now he is Samajwadi Party’s spokesperson, the main opposition party in the state. Shri RP Singh has been the Additional Director in the Ministry of Home Affairs; we want him to welcome and felicitate him and let them come together that the in the aftermath of 2022 Assembly elections if it comes to power to fulfil people’s aspirations.”

“Anil Yadav ji who is in midst of us draws a special attention for us as he is socially very active and in 2022 assembly elections he is going to contest from Azamgarh and he’s the Congress party’s organising Secretary, too . We would request Tarun Kanti Bose ji, an eminent journalist and editor, to welcome and felicitate Anil Yadav ji. Two brief presentations will be made, the first from Dr Arvind Pratap, who has worked with UNICEF and Gujarat government among children and women in the state. Now he is working with us as a Consultant Health issues, and his presentation relates to packaged foods and their political implications. Then Vandana Shah will make her presentation, which has its relevance at national and international level.



A portion of the gathering



Dr. Arvind Pratap

The GHAI, to which she belongs, played a significant role in getting the warning on cigarette packets: 'Smoking is injurious to your health.' At the international level, it has spearheaded a campaign to keep children away from cigarettes and tobacco. Through these two presentations, political parties would understand what we want and why the campaign is important. I request Dr Arvind Pratap to make his presentation. Please clap and register your presence. Do listen to the political leaders with rapt attention. Siddharth Kalhans ji is in midst of us, we all welcome him, Tiwari ji associated with political party, we all are delighted to have him amongst us and GHAI team is most welcome", as Dr Lenin Raghuvanshi spoke.

Dr Arvind Pratap began the presentation by saying, "Guests seated at the podium, my brothers and sisters from the villages, let me try to explain to you in very direct and precise terms what we are fighting for and why that battle is actually being fought. First of all, let me make it clear that we are not against packet foods. We are not against buying any other product; our aim is only that the products we use are good for our health. That is what I will attempt to explain to you, now that we know what is there in packaged food that is harmful to our health, when we examine it carefully, it lacks protein and fibre.

While at the same time we find very high quantities of sugar, salt, fat, and calorie content that is harmful for our health, children don't know this since it is so readily available. See now that the fight against malnutrition in our country is not over and now 14 million children in our country are obese. Children obese are at risk for obesity-related diseases such as hypertension, diabetes, cancer, and pulmonary diseases. Young children suffer from it, and as they go into adolescence, they suffer from it, they slowdown in physical activities. The health of our country is threatened by packet food, or Chinese food sold on the streets, which has huge quantities of salt, spurious oils, or unregulated huge quantities of sugar in soft drinks, such as Coco Cola, Pepsi and locally manufactured lemonade, which children enjoy and ditch nutritious food and become addicted to packet food. The trend that shows how the ratio of diseases has increased and decreased over the past 25-30 years, and the second is why we have begun to consume more sugar, fat, and salt. There are three ways of arranging these three ingredients in packaged food, now we know that India has reached the second spot in the world, with more than 70 million diabetic children suffering from diabetes in adolescence. China is ahead of us by five to ten years in this regard. Unless it is taken into account, there can be an explosive situation. Among other things that we consume in everyday life, it tells us how much sugar is there, how much salt is there, how many calories it contains, and how much fat it contains, said Dr Arvind Pratap.

The amount of salt that a child consumes when he consumes one or two packaged foods in a day is discussed a lot. This is also true concerning obesity. Here, the number of malnourished is 50 percent, but the number of obese has reached 20 percent. Over the past 20-25 years, the impact of packaged food has been seen, now that is being referred to as a 'Double Burden of Malnutrition', which is being seen at every level. The problem is that when a lean thin stunted person becomes malnourished, it appears that he is moving towards obesity. Take a look at the 1990s, when packaged food has not yet entered the market, and compare it to 2016-17, when packaged food has reached the farthest corners of the country. NCDs increased from 9% to 25% in Uttar Pradesh in a span of 20 to 25 years. By 2030, the situation would be explosive if the situation is not checked. People used to suffer from communicable diseases earlier, but now 61% suffer from non-communicable diseases, concluded Dr Arvind Pratap.



You may have seen that Dr Arvind Pratap mentioned about Communicable Disease such as COVID which spread, non-communicable disease (NCD) is caused by what we eat and drink and spreads in our body from excessive sugar is diabetes and from salt High BP/hypertension. Meanwhile Srimati Rinku Kaushal is in midst of us I would request her to come to the stage, we would hear from her what are mother's perspective on this issue. Shabana ji please felicitate and welcome her, said Dr Lenin Raghuvanshi.

Applaud Vandana ji, she has come from GHAI, as she will give important insight into what is happening at the international level. India has won a major battle against smoking and tobacco, and most packaged food and beverages are unhealthy. I would like to invite Vandana Shah ji to make her presentation, added Dr Lenin Raghuvanshi. Then Vandana Shah took the floor and she said, "Honourable leaders present, brothers and sisters, let me share with you today the work being done on the policies of packaged foods around the world, and during the COVID it was told that those suffering from non-communicable disease like diabetes suffered the most. India used to have Communicable Diseases, but nowadays NCDs have become more prevalent due to COVID. As Dr Arvind Pratap explained, India has a unique situation in the world that is found in very poor and developing countries that there is 'Double Burden' as the nation was struggling against poverty and starvation, so now the burden of obesity among our children has been added.



Vandana Shah

There is a phenomenon referred to as the 'Triple Burden on Nutrition' in the world as it is in India where, earlier children were dying from hunger and now afflicted with diabetes due to obesity. This is a very serious issue, resulting from the fact that children were not getting adequate food previously, and presently they are getting packaged foods that are high in sugar, salt, and fat. This double burden of malnutrition is the focus of UNICEF and other organizations worldwide. Despite the fact that we worked on starvation and still could not eradicate it, the problem of obesity started in our country. The Ministry of Health has released its data last week which shows the number of children under the age of 5 who are obese. These figures are from a house-to-house survey conducted during the National Family Health Survey (NFHS), done five years ago when childhood obesity figures were not so high. Children under five were not obese when NFHS4 was conducted. In every state except Tamil Nadu and Goa, obesity is horribly high for whatever reason. According to worldwide research in the last five years, obesity is a major reason for children eating packaged food in India. Here I want to reiterate what Dr Arvind Pratap said that we are not against packaged food. In a society where women go to work more often, packaged foods are necessary, but these foods should remain sugary, salty, and fat-free. There are also official statistics released by the Ministry of Health that show that obesity rates among mothers are rising dramatically. The nutritional status of the whole family is deteriorating. There is no policy or regulation regarding packaged foods and that is why we in India are focusing on FOPL regulations, said Vandana Shah.

What are the main causes of poor nutrition? Why do children suffer from poor nutrition? First of all, the government has done a lot of work on children's nutrition, but the introduction of packaged food has caused a lot of disruption that we are now seeing obesity among children younger than five. In India, childhood obesity is now becoming a common phenomenon what we used to see in America earlier where children younger than 10 years suffer from Type 2 Diabetes but previously they suffered from Type 1 diabetes. The second reason is the quality of the food. On TV and on their mobile phones, children watch advertisements for packaged food, so they want to eat them, but they have very poor nutrition, and it is high in sugar, salt, and fat, which we are seeing shift in India's food market. Earlier, it was made in the home, but now packaged foods are a common occurrence. Packaged food is consumed all over the world, but it should not harm you. Packaged foods are ultra-processed and they contain high levels of salt, sugar, and fat. The most

worrying thing is that even the remotest villages of India have packaged foods today. For those who don't get food, they are given crunchy, crispy chips or biscuits with little nutritional value. As a result of consuming large amounts of salt, sugar, and fat, the children of the house suffer from several diseases. There has been tremendous growth in the food processing market of India, which is the second largest food processing market after China. Exactly what are all these measures discussed all over the world, packaged foods are so heavily marketed, so what should be done, which is a policy which the Indian Government is considering. Food Safety Authority of India should consider and examine this policy, known as Front of Package Labelling (FOPL)). Now you will see the chips packet, the label on the back of which many numbers are written, they will not be able to read them even after 15 minutes, even a doctor will not understand their significance. What is good and what is not. FOPL, which is being considered around the world, is proving to be very successful, and it should be very simple to implement. It hardly takes a person six seconds to read a packet when they buy it, adds Vandana Shah.

Further elaborating, Vandana Shah said, The FOPL policy aims to inform the consumer in a very simple way whether the food is hazardous to them or not, whether it contains more salt, sugar, and oil. If there is more salt, sugar, or fat in the product, one label will be inserted, which the food industry is resisting. Thus, it is being seen in the countries that the industry reformulates the food and reduces salt, sugar, and fat. FOPL is being adopted by a number of countries because industry wants to sell its products. Now, there are two types of labels in the world, one interpretative and the other reductive. The interpretative label tells us instantly whether or not you want to buy the product, whether it contains more sugar, salt, and fat. There are clear guidelines from WHO that FOPL should be interpretative; the consumer should read the FOPL within 6 seconds and decide whether or not to buy it for their child. Another type of label that is emerging around the world is the warning label. In the same way, Lenin ji was telling you like a cigarette packet, it has a clear warning label saying it is harmful to you, with pictures of cancer, with pictures of lungs, everything is understandable, similarly the warning label on food also tells in a very clear way.

If the product contains more salt and there is a warning label, then if you have

high blood pressure you won't buy that product, if the product contains sugar, then if you have diabetes or if you are obese you won't buy it. In the case of fat with a warning label, if you have heart disease, you won't buy that product. If it contains all the three with warning labels then you don't buy the product, you understand it in 6 seconds. You won't have the time to read it for 15 minutes. You will decide whether to buy chips or juice in 6 to 10 seconds. In South America, most countries have adopted warning labels style front of package labeling (FOPL), and Chile is the first country to adopt and produce such labels. It has been scientifically proven that obesity among children is very low. Diabetes has decreased, and packaged food manufacturers have reformulated their products to make them healthier. We are basically looking at warning labels front of package labeling (FOPL) if there is a clear indication that it has more salt, more sugar, more fat, the industry will understand in 10 seconds and make a buying decision based on it. Changing the character of the product will make it healthier since the industry does not want to harm consumers. The research in Chile and in Brazil has also found that FOPL does not harm the industry because if the rule is applied to the industry, then the entire industry reformulates itself. Which number should be on that label? Salt is better for you, sugar is better for you, and how much oil is better for you. Basically WHO's regional office researching the food of all of India has given clear limits as to how much salt should be used in the food, how much sugar, and how much oil. All of the countries that have adopted warning label policies have incorporated WHO guidelines. Food policy experts around the world believe that there will be less non communicable diseases (NCDs) if the warning labels of style and SEARO labels of WHO limits were used. Currently, those with NCDs are under more stress from COVID and their recovery seems to have taken a long time. In bringing forward a strong FOPL in India, we can save the lives of children, we can be a leader in healthcare for the world, as a result, it is requested that you support FOPL. Thank you very much, you came here, you heard this so leisurely because India is at a crucial point in its development. FSSAI will decide this policy in Delhi, and the result will be your cooperation on behalf of India's children. Thank you very much, as Vandana Shah ended her presentation.

Dr Lenin Raghuvanshi then thanked Vandana ji for her presentation. "You must understand clearly, first what Dr. Arvind Pratap said, then what Vandana ji said that our industries should start understanding this properly, I am not referring to the overseas industries operating in India. By accepting FOPL, employment can

be generated as it has in other countries, which would enhance our economy. Furthermore, there is sugar inside, which is not natural, the farmer does not get any benefit from it, salt is also artificial, so this also needs to be understood. We have Manoj Sonkar who is in SC/ST Commission is in midst of us. After this there is going to be a session in which AK Sharma will join through zoom. Ashok Sinha will also talk to you. As the MLA has to leave, then first of all we will call him. You have to remember two things that we are not opposed to eating any pizza or packaged food. If you are a member of a political party, then don't raise political slogan or use salutations, like Jai Hind or Jai Bharat. You can use namaskar or pranam I am calling Kailashnath Sonkar, welcome him with applause.

Then, Kailashnath Sonkar took the centre stage said thank you very much Dr Lenin ji, thank you for inviting me for today's FOPL programme organised by PVCHR. Respected Rajesh Mishra ji ,our former MP of Varanasi. Anil Yadav ji, a senior journalist, Lalji Desai ji, Roshni ji, Vandana Shah ji and our party's spokesperson Shashi Pratap Singh ji. Today while telling about packaged food you told how the packaging needs to be done. The way warnings are given on cigarettes. Manoj Sonkar ji BJP's member of SC / ST Commission is in midst of us. The people seated in the front row might not oppose packaged foods like this one organised here. The noodles are prepared using the foodgrains, even though I am not against packaged foods. Many of these products use the grains produced by the farmers to benefit the farmers. In another way, whatever tax is imposed on packaged foods, the nation gets more tax in GST, so the country also benefits from it. When it comes to malnutrition, then, when it comes to packaged foods, then it comes to a number of packaged foods in the next line, then I will ask you how many people eat here, and how many children eat. Please raise your hands if you eat. If packaged food is used in your house, please let us know. There are many of them sitting in the back row do they know what packaged foods are? What is the purpose of the FOPL, what do you want to say, since until now no one really knows what this thing is? Can you explain what packaged food is? It is important to know what packaging is for products, since our country's four and a half crore children suffer from malnutrition.



**Kailashnath Sonkar**

Malnutrition is caused by people not knowing how to obtain the nutrition, proteins, and minerals needed to advance the body, which is why they are so many, four and a half crore people are malnourished. Those seated in the front row who might not be aware that packaged foods exist. They may be consuming noodles or other products, but not all packaged foods. This is actually what will increase obesity, so mark it that eating it will increase obesity, and by eating it, you will increase blood sugar levels. To give such an indication in such a way that our society, which has not been educated, who does not yet know, can also understand, then this should be made a law. During a discussion with my daughter who is a doctor at AIIMS, she sent me a WhatsApp message informing me that community medicine doctors work on it. The doctors in community medicine doing MD, continue it for 12 years working on ways to serve the humanity, Kailashnath Sonkar adds.

Praising PVCHR's endeavour, the Ajagara MLA said, "It is great that Lenin ji is working on this, and I thank them in real terms so that the growth of our country's children can be harnessed, enabling them to provide cooperation with full participation and thus be a part of this great nation. As long as the organization follows this pattern, the government should pay attention to what is packaged food. Political parties were called to attract the government's attention. One who knows it best can give a very good lecture on this subject. I would have hardly been aware if I weren't the father of my doctor daughter, since we mostly speak in our political jargon and then shift our responsibilities to others. Lenin ji established his organization to serve the common people, so my best wishes goes to him and his organization and I know he will succeed in this programme."

Further, Kailashnath Sonkar said, " As Vandana Shah ji described that there is a high amount of sugar, salt or minerals. Therefore, I believe that we also need to do this; the government needs to create a system that our people, who do not understand, cannot find in such shops. They should be indicated through pictures, as if a child is shown obese then it contains high quantity of sugar. During the legislative assembly session, the national president of our party demanded that the education system that is actually in place be corrected. It will be most meaningful if this is done, no matter what this organization wants. Despite the fact that 80% of the people in Uttar Pradesh are illiterate, they are listening to all of these things, but their understanding is lacking. Put in place the notion of one nation, one education, so that children studying on the mats, in sacks, in the villages should have the right to education so that they can know what is good for them, what is bad, what should not be eaten. Those things should be understood by their parents, since they are not educated. Once they know, they will start improving the situation, and the people ahead will begin to be safe. There is a lot of demand, because we have talked about malnutrition. As a result, we have raised the demand, as far as education is concerned, that we must stop both drinking and prohibition myths until the real people understand what is harmful to them. Stop granting permission for intoxicants until people are made aware of it and education imparted to them.

If you have to take intoxicants, you should know what to eat or drink and how much to take. Even if they gulp the entire bottle of intoxicants, there are still pegs in the intoxication, so also, all the things are there. Only then do they develop various diseases, their sugar level rises, those who consume alcohol do not know at all in what quantity to take, about all these things. In the house of Legislative Assembly, our party's national president, Honourable Omprakash Rajbhar ji, said until the state attains full literacy, there is no use of launching de-addiction or prohibition in Uttar Pradesh. I would like to address the Prime Minister of the country from this platform that implement 'one nation one education' formula in your country. Make sure that children receive education. Today, each temple in our villages is being built for a cost of one crore rupees. The Bhoomi worship was taking place in Charu village, located in Pindra Assembly constituency, where Religious & Charitable Affairs minister donated one crore ten lakh rupees for the construction of a temple in this village I saw a roof of an ancient school was sagging and about to collapse. Then I asked that

along with the temple, give one crore rupees for a school where the children can get education and learn what we need to do in reality? Our Prime Minister wants that in the entire nation there should be primary and secondary schools but he is giving one crore rupees to every village temple, he should give one or two crore rupees to the schools if he loves the children so much. With one crore rupees, that school will have two floors. Today, children do not have books and their educational knowledge is not increasing. They do not even know what FOPL is. Then we will be able to explain to them what their family knows, then we will have 80 to 85% here who are in favour of FOPL. They will suffer from malnutrition if they lack knowledge. In addition, they will also continue to suffer from obesity, it will be of no help to them, if they are unaware, then I want to draw attention to them. By enacting the formula of 'One Nation, One Education,' in the same manner that our Prime Minister withdrawn the Farm Bills, it will give a chance to the children to establish themselves through education . The thatched roof under which I grew up in, a Dalit family, I know how to live, I sat while the mother cooked food, I ate roti on the ground, the father taught me a little bit about living. Education is not the only culture, but I saw that education is the mother of culture, so now when I go to my area, they keep staring at me, they don't know who I am? A well-educated family greets me and inquires about my well-being when I visit them. It's not their fault, they don't know who to greet and who not to greet. So how can they tell whether packaged foods are good or bad? If you educate them, you will succeed. Institutions have tried to educate but have failed. The only exception is Kerala. I would like to pay attention to the fact that the institutions that work with education will succeed first, and then FOPL will definitely succeed. Among the podium there are people who are very knowledgeable, educated, and intelligent. I am the least read and least intelligent, but I had my understanding of it that I put in front of you. There must have been some understanding of my point, no matter how little educated the women are in the room. I have kept my words and greeted everyone, this concludes my remarks.

After Kailashnath Sonkar finished, then Dr. Lenin Raghuvanshi, who was moderating the session said, "That's true, we also want education, because education is important. Due to pressure from institutions, political leaders packaged foods, kurkure are not sold up to 500 meters. When children in Musahar bastis are hungry, mothers give them Pepsi or Kurkure. You know what dangerous consequences malnourished children will suffer if they are given pepsi or kurkure.



We are here to talk directly about one thing, and we know without education nothing will change, and the party that would form the government in the state after assembly elections would surely take up the issue, the FOPL.I invite Samajwadi Party's spokesperson, Manoj Rai Dhoopchandi ji he should tell us what exactly he thinks on the issue.

Thank you Bhai Lenin ji, Vandana Shah ji Anil Yadav ji, former member Legislative Council and ex MP of Varanasi bade bhai respected Rajesh Mishra ji, Desai Sahab, MLA Kailashnath Sonkar ji, Shashi Bhai and Rinku Jaiswal ji sitting on the podium and senior journalist Asad Kamal bhai sahib, sitting in front of us. The points raised by Vandana ji and Doctor Sahab are entirely endorsed by me. In this regard, there are two or three things I would like to emphasize because this consultation was organized to enlist our support, and we are totally supportive of it.

Food packaging should have warnings about salt written in large fonts such as cigarette packets. There is no difference between packaged foods and cigarettes in terms of their harmful effects. If big fonts are used, surely many



**Manoj Rai Dhoopchandi**

people will not think about it or won't purchase it. In the cigarette packets, where an image of throat cancer can be seen, many smokers have stopped or reduced their smoking. It has been beneficial to many people. Packaged food

contains vitamins, fibre, and carbohydrates. As of now, it is a trend that children wake up in the morning if they are given breakfast, but are not ready to eat. They will try to get kurkure or some toffee, they will keep asking for it. If the father refuses and if the child lives in a joint family, then they should try to coax their uncle. They succeed in persuading their grandfathers if the uncles refuse.

But it does harm as obesity goes on, many NCDs are increasing, it is increasing continuously. When the salts in it which have to be eaten are not more original than necessary, it is found that they are mixed in it, you can understand that some chemical is added to keep it for a long time, they add color if it comes in its original form. So no one will eat it. People sell it by coloring, they don't know that it even comes like that. On the other hand, I would like to include the items that come packed immediately, such as pizza, cakes and burgers packed immediately because now online. Because now is the time of online, a 10-year-old boy opens the app and orders online, but it is not written on it, people do not say that do not eat pizza, it has normal flour, there is a problem in digestion, children do not mean it. They want pizza, noodles also come in many types. Now if you want to drink soup, then don't boil after cutting the vegetable, tear the packet and put it, boil it and drink it with a spoon. You don't know what's in it. This is the most important thing for health while drinking soup, what is there in what you are eating, which is harmful for health and whatever material is put, there should be a definite measure because there is no strict law controlling food in India. lives. It is true that diabetes is in second place in the world, China is ahead of us. If you have diabetes, then all the diseases happen, the three sweets you eat, you will not be able to eat even one. We are with you, supporting your initiative to prevent all this. Our suggestion was that there should be a rule for it that comes packed immediately, many people have accounts, I promise to your platform that the proposal you will pass, the election is going on. The situation changed after the elections, if our party's government is formed, then we will make efforts from the Uttar Pradesh government because it is a matter of the Centre. If you suggest, I will include it in the election manifesto. Thank you all so very much.

When Manoj Rai Dhoopchandi finished then Dr Lenin Raghuvanshi said, "He said good things about FOPL, and when it's implemented, fast food such as pizza and burgers should also be included. Now we have heard the point of view of the Samajwadi Party. Prior to him, MLA spoke. Now I would like to invite Shashi Pratap

Singh ji, spokesperson of the Suheldev Bharatiya Samaj Party, to speak. The fact that the parties have come forward to include the implementation of FOPL in their election manifestos is a good sign that we have not demanded it.

Then Shashi Pratap Singh took the centre stage and he said, "Thank you very much, Mr President, the awareness that you are trying to build up and PVCHR has invited people like me to garner support which is really commendable. I got the invitation to come here from Abhimanyu ji. Among us is our former MP of Varanasi, Rajesh Mishra ji, who will share pertinent things regarding the issue, our MLA and our bade bhai, the former UP minister Manoj Rai Dhoopchandi ji, spoke to us about the issue. Vandana Shah ji and Doctor Sahab spoke. Friends, there is no greater elixir than mother's milk for a newborn child, everyone knows this, and big and big doctors agree that a child should drink mother's milk for at least 6 months. The taste of a child increases as soon as they start growing, just like Manoj bhaiya said about chips and what not, if the mother does not give, if the father doesn't give, then the child takes them from the grandfather. In India, packaged foods are a totally western phenomenon, this culture was never present, but is gradually spreading somewhere there are not enough people, so diseases have started growing.

As a child, I did not know anything about diabetes, no one would have known anything about diabetes in childhood. In a recent incident, in this Corona



**Shashi Pratap Singh**

period, we came to know about the word immunity, and I myself didn't know what immunity was or where it came from? We have started eating so much packaged food which has come to us from western culture. If you don't feel like making breakfast in the morning, you can call, and it will be there within 20 minutes. If it takes 25 minutes, then they will not even take your money, they guarantee it. Despite how much convenience has been given, by adding which spices, by what quantity of oil, people fail to realize what our tongue should taste like. One kilo of oil or half a kilo you don't know, but the taste is bringing us to disease while the rate of taking medicines is going up. In India, there have been fewer deaths than in Corona due to the fact that India is an agricultural country. As the people here walk on the street and do farming, they are constantly exposed to dust and air water, so their immunity remains strong on their own, so that in India the least number of deaths occurred and those who lived in air-conditioned rooms died and they spend their daily routine by eating fruits. While Arvind ji was telling about the pertinent details written on the packets of chips, noodles, and Maggie, their font sizes are so small, you cannot tell what they say even if you use double glasses. Majority of the diseases you discuss are caused by packed foods, but fewer than half or one percent of people know that Bisleri or Clear water is mineral water. Often, people purchase mineral water bottles from railway station platforms or bus terminals. For two and a half years, Corona taught us not to drink water outside after heating it from home which I keep in the car. When you go to a wedding or any function, people don't know where they got their 20 litres of water from, so we are the ones who are increasing the disease. PVCHR is making people aware, I have already supported its efforts by giving an endorsement letter in my letterpad and we would strive hard to take it forward. We will no longer buy packaged foods if it does not bear the ISI mark and we will gradually get rid of it in the future then only we can remain alive. Children, as well as the old and the young there, who have a sense of taste. In the Golgappe stall at the party yesterday, the biggest crowd was of women, but we noticed that the old people were also in line so I returned back. The awareness programme which you are trying to build up is really commendable. Our children as well as the youth should understand our elders because if we do, then our boys and our grandson, will also understand. During Swachh Bharat Abhiyan, a grandfather was chewing tobacco and spitting when his grandson demanded tobacco. He got agitated and told his grandson to stop chewing tobacco. In response, the grandson said, "If it's not good for me, then it's not good for you as well.". In this mission, especially Shashi Pratap Singh,

all those sitting are not simply talking about their party only, everyone will cooperate and walk wherever you say, to flag your words. Jai Hind Jai Bharat!

Shashi Pratap Singh finished and Dr Lenin Raghuvanshi said, “Now, by straight talk, we are reaching the point where we are aiming. We are sitting in the Prime Minister’s parliamentary constituency and Rajesh Mishra ji won the parliamentary election from here and is now leading the Indian National Congress campaign team for upcoming UP Assembly elections in 2022. We would like Rajesh Mishra ji to sharply pinpoint on the issue. It is not a matter of explaining to the people and it is a matter of making the government understand so that Haldiram, Pepsi or Fortune understand. All of them fund political parties. The issue is a simple one, so leaders must understand that people need regulated packaged foods.

Then, Rajesh Mishra took the floor and spoke, “ Lenin Raghuvanshi ji, the organiser of this programme, Lalji Desai ji who is the Chief Organiser of of Congress Party’s Seva Dal, MLA Kailashnath Sonkar ji, Bhai Shashi Prakash Singh ji, Samajwadi Party’s Bhai Manoj Rai Dhoopchandi ji, a former minister, Bhai Anil Yadav ji, Roshni Kaushal Jaiswal ji, Vandana Shah ji sitting on the podium, Dr Arvind ji and all the distinguished people, mothers and sisters present here, I would like to congratulate Lenin ji. I thought that research never ends as I sat in this programme. I was thinking while being seated that there is no end to research. Moreover, I am a Gold Medalist in BHU and have completed my PhD research. There are two types of research. Scientific research goes on continuously.”



**Rajesh Mishra**

“Corona is a disease by the way, has spread throughout the world, millions of people collapsed and in India 45 to 50 lakh people died, still the medicine has not come and now the second and third variants of COVID is knocking at our doors. The second type of research which I want to say is historical research, upon completion, you are awarded a degree, becoming a PhD scholar. Listening to Vandana ji now, she was describing diabetes, blood pressure, or what kind of disease it is, and she emphasized that if we follow those things, we will become vishwaguru. Vandana ji we are vishwaguru in everything; it is only for media in telling the people we are the world leader, that is vishwaguru. The chapter has closed, don't say such things, people would be confused . Brother Lenin ji, I believe the subject and topic relate to packaged foods, diabetes, and other diseases. I think 30 to 40 years ago these diseases weren't as common as they are today. But now children, young people and people in their 50s or 60s suffer from these ailments, and this is increasing very quickly, so we are saying that because of some particular reason. I am not perfect on this merely because of the way I think about it. Obviously people have reduced physical labour, they don't want any work, and what we say in the language of Varanasi or Uttar Pradesh is that people have become more comfortable. We do not allow the children to move from the bed, we move by car. In many parts of Varanasi, the it's hard to move by car, so I walk. I met with an accident just one or one and half years so it was difficult for me in walking. I am still having trouble walking, but it has lessened. I walked a lot on foot,” added the Congress leader.

“In Varanasi, one cannot drive everywhere, one has to walk on. I used to walk on foot with party colleagues to cover my constituency, and they would get tired after one or one and a half hours. Today, we all want to give our children more comfort. Children today demand packaged foods, so no family is free from them. Guardians want to feed their children what their children request from them. The generational change has resulted in a situation where we don't want to make our children unhappy. Children like packaged foods as well as mineral water. What Shashi Prakash ji was saying was true, as we understand what packaged foods are, how they are made, and what our children want, as it comes at home directly, they don't need to move. As it comes through online, children are eating. In the past food were prepared hygienically and that drinking water and food was prepared with clean water. As we live in the cities but our roots are in the villages, we remember about the vegetable oil as a child, the oil used in our households was crushed as a perambulating animal was used to grind the

oilseeds. Now, mechanical oil pressing machines are used instead. Cooked in that extracted oil, the vegetables were tasty and nutritious. It seems that the same procedure was also followed in your household, Brother Lenin. Today, mustard oil costs Rs 200, Rs 210, or Rs 250 per kilogram; we are even talking about palm oil. There is a basic reason for this we have abandoned these things and are becoming more dependent on medicine. The phrase 'Smoking is harmful to your health' is printed on cigarette packets, I know personally at least 50 people who developed oral cancer despite never smoking cigarettes or chewing tobacco. There's no way to predict when a disease will strike, no one can say which disease will strike whom. Yet what can we do better in terms of those who have gathered today and joined, the intention of organizer behind it is to engage the people in the community on what we are trying to do, what we are trying to achieve, which includes politicians and political parties. Clear everything and agree on it after considering it, and we're sure that Brother Lenin will also agree there has to be a change, there has to be a modification, there is no opposition, they don't mind accepting it, it should be good, it should be better. Your efforts should be perceived as being for the society, for the country, not for any individual," Rajesh Mishra said.



**A portion of the gathering**

When Rajesh Mishra finished, Dr Lenin Raghuvanshi said, "Friends, some people will have to leave, so you can leave, but later on I would elaborate to you on what happened. Now the speakers can speak briefly. Lalji Desai was my choice for the last speaker, as he is associated with NGO and has participated in FAO meetings in Italy on many occasions. In our midst is the speaker from

the Bahujan Samaj Party. When we start the second session then AK Sharma will join. Please clap and greet Lalji Desai ji. My paternal grandfather also put his endeavour in building up the Congress Seva Dal. Lalji Desai ji has been working on the will work on food. Being 'Sanatani' against consuming packaged foods if we talk about Satvik, Rajasik and Tamasik food, so when it comes to Vasudhaiva Kutumbakam (The world is one family) we have no objections against packaged foods FOPL should be implemented and what would be done by Congress Seva Dal, which is spread over the entire nation and Lalji Desai ji who is from Gujarat.

Lalji Desai said, " I would thank everyone at the outset those seated at the podium as political leaders we enjoy giving speeches on the people's issues. It is the first time the leaders of most of the political parties have come together to discuss and reach a consensus on an issue the country needs right now. The people present in Public Dialogue include my senior colleague and bade bhai Rajesh Mishra ji, as well as Bhai Manoj ji, Roshni ji, Bhai Kailash and Shashi Pratap ji, who have just left, Bhai Anil ji, and those who have explained the issue to us quite competently from the very beginning, Vandana ji and Bhai Arvind. When Bhai Lenin spoke to me for the first time about this issue, I was unable to grasp what should be done to take this issue to the masses. The techniques to be adopted can easily be discussed with scientists and academicians. If it is to be used to mobilize the people, first we must know what the global situation pertaining to packaged foods is? I have been in politics for 7 years, but before that I was affiliated with people's movements for 26 years. I especially used this experience to fight for organ protection, organ autonomy, questions of land rights, how can we eradicate hunger, and what's child right in the real sense, do we have right towards eradicating hunger and what's is our child's right to education?



Lalji Desai



At one time, Bhai Lenin and I headed those campaigns. I think it is good if we don't oppose packaged foods in a way, but today packaged foods are compelled to be consumed, and so in a way it is greed. In other words, if viewed from another perspective, there was no need because the people who grow food in this country and the world used to have their own grain bank in the village, which means there was also a seed bank, a fodder bank, and a village had its own water bank. As every kind of village and social system used to be self-sufficient, the change that was brought about by the capitalist class and imperialists has made everything into a commodity, which is why we are experiencing problems and suffering today. Currently, we are discussing whether the fruit should not be too poisonous. Friends, even after looking at everything thoroughly, before the food is packed, you ought to pay attention to the fact that around 81 crore people in the world sleep at night without food. In the entire world, 9.9% (nearly 10 %) of the population sleeps at night without eating, so if malnutrition is factored in, that number will be much higher," said Chief Organiser, Congress Seva Dal.

"In this world, another aspect is that the food producer remains malnourished and sleeps hungry and the one who does not produce goes to the park or gym in the morning, how to reduce his fat, he is doing it, so this is how the industrialized food system works. This issue is being worked on by Bhai Lenin and four organizations. I will talk about this issue, Bhai Lenin and 4 organizations are working together. The haves and the have-nots must fight one more time, don't starve to produce and those who don't produce shouldn't be forced to go to the park in the morning. I refer to this problem in the context of both for the good of both. The second thing is there is a saying in Gujarati that goes, hope you will not take it otherwise because today when we talk about Gujarat, we feel there is something messy, so I won't elaborate. 'Sit together and eat together' is a saying. Whenever we eat together with our family, our minds also meet. We see packaged foods today, and people order them based on their preferences. We will discuss the system in society as a whole that is the big problem and how one eats pizza while chatting on their mobiles sitting in another room. How the company keeps us in the dark about what we are purchasing and what is inside the packaged food, is our constitutional right. I don't know about the Draft that was made in 2011 but is still in discussion, why was it not made legal? As long as each of the committees that drafted it had

a consensus on it in 2011, it was worth forcing the companies to adopt the laws. They have admitted that 60% of the food products you consume are unhealthy and harmful to your health. So if the biggest company that accepts packaged food packs itself says so, how will the rest of the company that is not of this level know what they pack and feed the people? We need to be aware of this and Bhai Lenin and his research whose it was we were studying in how salt, fat, and sugar and the amount of micronutrients our bodies can take in. Protein is the most needed element, so how can it be obtained? Food companies should write, but as well as all of them, it should become law, that whatever they make must contain a balanced amount of micronutrients. It is not okay for food companies to play with someone's health by giving more quantity of one thing, then how can we deal with them?" added Lalji Desai

"Friends, the third thing I want to keep in mind is how packaged foods are going to be altered. As per a survey from 2005 and 2019, if the researched population increases along with that in 2024, one tenth of the total per capita income would be taken by packaged food companies if the survey population increases along with that. Packaging food companies will take a tenth of the total income of India as well. The provisions of its rules, legal aspects that have been discussed by rest of the speakers should be there if such a huge revenue is going to packaged food companies. Bhai Lenin, I find it impossible to live with the belief that an organization, Slow Food, is working Carlo Pattern is its founder and I was once its facilitating member and that the organization campaigns against Fast Food and represents 195 countries. In the process of producing milk, a society collects it in a big vehicle and transports it to the big city, where it is pasteurized and transported in a cold vehicle. That milk goes to the market, and that milk sells the same milk packets from the shop next door in my own village. The energy that is wasted is called diesel economy, which is the energy that goes from electric power to transportation, then a villager sells milk for Rs 25 and my neighbor buys the same packet milk for Rs 59. Unless the profits decrease, then these industries will start thinking, Bhai, the same system is right that buy milk from the neighbours' shop, boil it, and drink it, it cannot be cheaper than the same food, vegetable, the same milkman would be under Neighbourhood Food system," he added

"There was a speaker earlier who talked about 'One Nation One Education,' which can ruin the nation because a child in Varanasi, a child in Kutch in Gujarat, and

someone from South India will have the same curriculum. A student living in Rann of Kutch will have to be given examples relating to the desert and geographical conditions in order to understand what Ganges or fish are. The second is that we sometimes say things without knowing how they will impact us 50 years from now. A lot is happening in our country today, dream big, and don't let your dreams be shattered. I thank Lenin for moving forward on all issues so that a campaign can be run in the country. Packaged food is a compulsion, accepting it and bringing transparency into it is a good thing. Jai Hind." concluded Lalji Desai.

After Lalji Desai finished, Dr Lenin Raghuvanshi moderating the session with finesse said, "We follow different ideologies, and many speakers have spoken on FOPL from this platform and Congress Seva Dal will fight for it. Roshni ji will be take the 'Public Dialogue' to the second session. Rajesh Mishra ji has spoken, Anil ji is at Priyanka Gandhi's office; I don't know if he is there or not. I would like you to tell us if FOPL will be incorporated in your party's manifesto of the upcoming UP assembly elections and what will you do, very briefly."

Anil Yadav, State Organisation Secretary, UP Congress Committe took the centrestage and spoke, he said, "Rajesh Mishra ji, former MP of Varanasi and pillar of the Congress party in UP, Lalji Desai ji, Chief Organizer of Congress Seva Dal, Samajwadi Party spokesperson Manoj ji, Roshan Kaushal Jaiswal ji, Vandana Shah ji and other speakers who have left the event. In the first place, I would like to thank Lenin ji for inviting a lesser known politician like me to discuss such a serious matter. I am grateful to Lenin ji and to all the residents of Varanasi and Kashi. Whatever has been said in this 'public dialogue' has covered most of what needs to be said. There has been a lot of progress in the country. During my childhood, my mother used to sing lullabies telling 'how Chandamama would take milk and rice in a golden bowl', but children would go to bed hungry. Today, India has a foodgrain stock of 11 million tons, and things have changed since Independence. People are talking a lot about packaged foods right now. Even if we wanted to, we cannot stop eating packaged foods. We wished that we wouldn't eat, only then you couldn't stop. Families are divided into nuclear units eating packaged foods.

"Global politics are part of packaged foods that are harming people's health.

As the previous speaker referred to the data, according to my understanding, 14 million children are obese and malnourished. Malnutrition has reached a critical point in the state where the Prime Minister hails from. Despite this, packaged foods abound the global marketplace and related politics. India will be the third country in the world to consume packaged food. China and the USA are the two countries ahead of India. It seems that Lenin ji gave a slight hint and Desai ji suggested perhaps you don't need to eat packaged foods at all. I remember when I was in school, I used to run away from the school to my home, there was no food left in the house, so I was told to bring four chappittis from the next door uncle's house. The circumstances have changed since then. There is no reason to borrow chapattis from the uncle next door; hatred is so intense in the society that people order pizza and burgers online, resulting in an increase in packaged food consumption," added Anil Yadav

"You should know what you are eating by paying money, then what was discussed in the beginning, which was FOPL, in front the packaged foods are packed, directions or warnings in front. Furthermore, it should be mentioned that diabetics should not consume it. Since I am constantly on the move, I am well aware of the realities on the ground. In our childhood, we were served 5 to 6 sweets in a box at any event. But now, if you go in any marriage before receiving



Anil Yadav

sweets, it is asked if you will eat sweets. Patients are increased. What should be discussed was labelling, what is there in something that has more sugar in it, who is passing it to the food manufacturer, the farmer does not even get 5% from packaged food. Potato growers do not even get 50 paise, but chips made from potatoes are available for Rs 20 to 25 from a packet, so it has nothing to do with the farmer, the potato grower. Nevertheless, you see that there are all the food industries whose products have hyper sugar, salt or fat, if they do labelling then what Vandana ji was saying in the beginning, how it should it be written so that it can be read quickly. There should not be a mark in any of the packet, such as 85% off in small font, terms and conditions applicable, as many things, such as the 85% off in the mall. It would not be appropriate for me to reiterate what senior leaders of Congress have already said: if a Congress government is formed at the center post the 2024 elections, a resolution will be passed to implement FOPL. It concerns our children, who are future citizens of the nation. I will also discuss this with our leader so that it is included in our party's election manifesto. All of you heard me, Thanks," said UP Congress State Organisation Secretary.

After Amil Yadav finished, Dr Lenin Raghuvanshi moderating the session said, "Now Rajesh Mishra ji is about to leave, the 2nd session is about to start, the speakers have arrived, and AK Sharma ji will join the zoom at 5.30 pm. Roshni should come on as quickly as possible before the session begins."



Roshni Kushal Jaiswal

Roshni Kushal Jaiswal took the centrestage and spoke, she said, "Saansad ji, would you kindly sit down for two minutes? It's actually a matter of going somewhere soon. Let me start by saying that we are in the city of Baba Vishwanath, chant with me 'Namo Parvati Pataye Har Har Mahadev' many mothers are sisters among us. Former MP Rajesh Mishra ji, Chief Organizer Congress Seva Dal, Manoj Rai Dhoopchandi ji, Anil ji, Vandana ji and all the mothers who have come here with their children taking time from their busy schedule. Thank you very much. PVCHR, does something very unique. People run NGOs, but many organizations do not inform people of the number of problems created by packaged foods. The number will increase in the future."

Congress Varanasi spokesperson, who bagged Mrs India Glamourous Award in 2018, said "Many people run NGOs, but many organizations do not inform about how many problems are being created due to packaged food, there will be more in the coming time. When Abhimanyu ji reached my residence and told me at my office, I could not refuse him. Many people don't even know what packaged foods are and what things have a significant impact on our health. I believe there will be no one here who does not eat packaged foods, everyone does. In fact, I do as well, but we should strive to use less. Children sitting here might have brought chips or chocolate worth Rs. 5 with them, how long will it take for them to return home after the programme. Then they might have brought chips and chocolate with them. Are people's minds open after coming here? As you have learned, packaged foods cause many diseases. If it looks good, I'm going to take this pledge after I go home to use as little packaged food as possible from now on. (raises the question to the audience.) The consumption of ketchup with pakora is very unhealthy as well. The importance of staying healthy cannot be overstated. Since the corona wave has been going on for two years, 70% of people living in ACs consuming packaged food have been affected the most. There have been fewer deaths in villages than in the cities. It is important to be aware of our health and take this pledge today to consume less packaged foods. I hope you will reduce the consumption of packaged foods. Thank you so much."

Dr Lenin Raghuvanshi took the centrestage, said, "All right, I will call Ashutosh Sinha ji who has just arrived for the second session. Vandana ji please sit down. Ashutosh Sinha ji is a MLC, welcome him on stage with clapping, and he is member of the Standing Committee on Prevention of Food Adulteration & Circulation of Spurious Drug in UP Assembly. Shalini Yadav ji is in midst of us. Clap to welcome

her on the stage. Advocate Sudha Chaurasia ji, who represents the Bahujan Samaj Party (BSP) and has been waiting for a long time, is also cordially invited onto the stage. The second session is constrained for two reasons, AK Sharma, BJP's UP Vice-President will join at 5.30 pm through zoom, however what has transpired in the first session, he might have been briefed.

Shalini Yadav ji, a senior leader of the Samajwadi Party, present among us, is the most important voice of the deprived sections of women and we request Shruti ji to welcome her. We want Pratibha Pandey ji to greet Sudha Chaurasia ji. We should understand two things before we begin the discussion in the second session about packaged foods, people hold different political views about it. I also have a political point of view. Despite having a political opinion, I am airing my views as an Aryavedacharya. We are here to talk about the distribution of packaged foods. Barbara, an American Thinker said that democracy prefers the market but the market does not prefer democracy. The market will crush democracy if it is not controlled. This is why we need to understand that packaged foods are coming in the the market and that it needs to be controlled like the king used to control the people so the market has to be controlled. Having FOPL in front prevents technical issues from being stuck in the middle. Advocate Sudha Chaurasia ji has been sitting for a long time, and she would come and speak on behalf of BSP, and when AK Sharma ji joins, he will speak . The session will be presided over by Ashutosh Sinha ji, and he will place whatever deliberations emerge in the session in UP Legislative Assembly and get the Food Safety and Standards (Safe Food and Healthy Diets for School Children) Regulations, 2019 implemented, adds Dr Lenin Raghuvanshi.

Advocate Sudha Chaurasia took the centrestage and said, "Bade bhai Ashutosh Sinha ji, Shalini Yadav ji present, and all the respected people who are seated on the podium. As I greet all the women present here, mothers and sisters, I give the biggest thanks to Dr. Lenin ji for inviting me to speak on what is the harm caused by packaged food. Packaged food is what? First of all, what does packaged food include? In India, the front of packages should have fair labeling. The packaged food should have an image showing that what we eat is a balanced diet. It does not matter whether a diet is present or not, whether nutrients originate from it or not, we should pay attention to all of these things. However, industries that manufacture and sell packaged food and beverages

have no concern for public health. All of them are thinking about running their industries, but we as consumers have to pay attention to what problems can arise after we eat packaged foods and whether or not we should consume packaged foods like pizza, burger, chips, kurkure and namkeen. In recent years, it has been revealed that kurkure contains plastic, and it smells like plastic when it is burned, but kids still love it. I object to my children eating kurkure. I won't allow them to eat it in my presence. But when I come out of my home they immediately buy from the shop. Its harming them."



**Advocate Sudha Chaurasia**

Further, she said, "Packaged food causes all kinds of diseases, like stomach disorders, cancer, and diabetes. Earlier, the children were fed a balanced diet prepared at home. Our attention is not focused on what is happening. A balanced diet contained all the nutrients, minerals, and nutrients, and today. In the olden days, people had a balanced diet, all those things were present in it, but today, we are seeing that our environment has become polluted, the air, food, and drinks contains full of chemicals. Manure is added to the soil at the farm to grow vegetables. We are discussing the front of the packet labeling (FOPL) here, and we have decided to launch a campaign against the unregulated packaged food, refusing to consume the packaged foods that are being sold. We will begin removing packaged food from our lifestyle until it is labelled so we can see if it is edible or not. Food manufacturing units are now putting preservatives into food items that are kept for months and years. Be it tomato ketchup, chips, namkeen

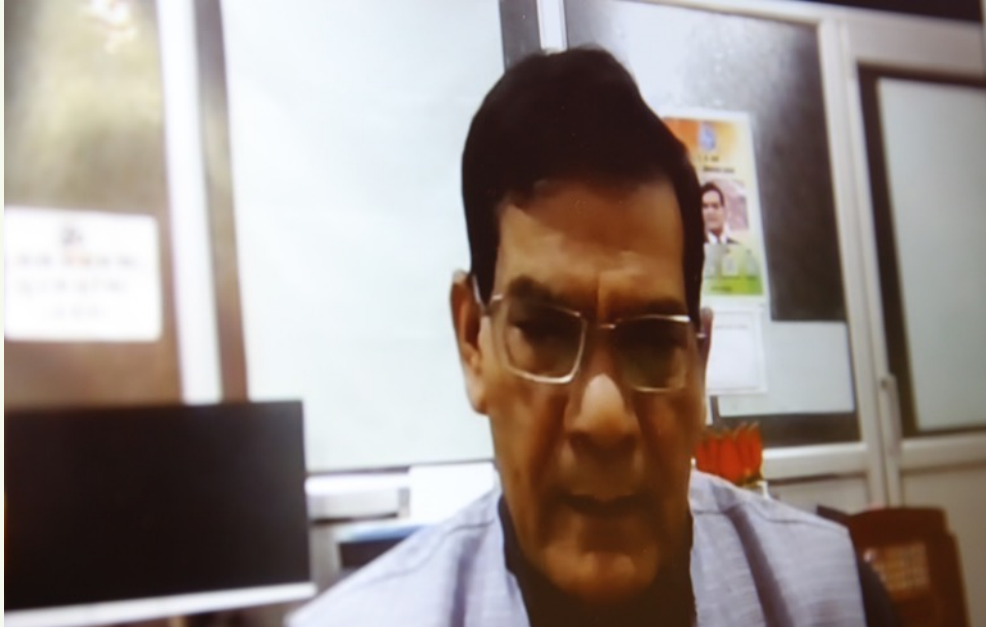


etc. Thank you very much to PVCHR, we all will support PVCHR by supporting this campaign, I thank everyone. Jai Hind Jai Bharat

When Sudha Chaurasia finished, Dr Lenin Raghuvanshi said, "Welcome AK Sharma ji from zoom, who is an ex-IAS, BJP's UP Vice President and MLC. We will listen to him for 10 to 15 minutes, and then the panel will discuss the best course of action for the government."

Joining the Public Dialogue through zoom, AK Sharma said, "Malnutrition in the real sense they are not getting enough nutritional inputs, intakes and on the other because of faulty and misdirected habits, lack of awareness towards the packaging food qualities. On the other side this is making all kind of issues, obesity, cardiovascular diseases, hypertension, diabetes and issues connected to obesity. As I understand this is a very serious issue and public dialogue on such issue will definitely help people to understand as to what basically towards spreading public awareness on these issues is the key element of informing the attendees and the habits of the society. Because as you say as you have noted in your paper that these are issues of standardization and also issues of habits."

Further he said, "In fact, what is happening in the society on the path of development in India we are into the time frame where the part of the population is seeing many global developments. Few of them having direct access in the foreign markets or foreign society or others have seen in media. In a society like India, there is double dilemma in the sense, on the one side there are lack of standards and on the other side there are conditions actually to jump on those choices, which you can say are not informed choices, for example I have seen people drinking rudimentary soda water in the streets of small town. Now such kinds of drinks, whether packaged or non-packaged drinks or many other food items, I don't know how much harm they are doing to the society. But they are definitely harmful. So we as a society now as I was saying, small part of our society has seen the western and global developments and is able to achieve, for example. It may be fashion, fine choices, packaged food, it may be Coca Cola, Maggie or you name any. Then, there is a large middle class is trying to reach that place. Then there is poor class, below middle class which is actually screaming to get into that place. The middle class and the lower middle class are the poor people, they have no fast consideration and no



**AK Sharma**

bindings above following the standards of being aware, they just want to be there, just want to achieve those things.”

“It may be rudimentary drink, being sold on the streets of small town, or it may be Coca Cola bottle, Maggie, these are only food items. These are the people who want to cling to either of the case. Our burden therefore, the burden of regulators or regulations, the burden of Government, civil society like you becomes more severe, even more burdensome. How you will prevent those persons on jumping to those choices, whose dream has been to these for example, driving a new motorbike in a rash manner, what you call it. The boy and the girl had made the informed choice. About the parents have made the choice providing the motorbike for the child and he wants to behave like a Hero. A large section of society then, they are not bothered whether the food item is packaged or in the labelling there is proper information mentioned about the packaged item,” said Ex bureaucrat and BJP’s UP Vice President

“It’s like smoking, irrespective of the fact that smoking is injurious to the health is written on the cigarette packet. The smokers are not bothered about it and many people know that the warning is written on the cigarette packet. So as a society stand in a peculiar space where people are dreaming to have a packaged food. In our homes also the housewife cooking nutritious and tasty foods, which is better than the food sold in the market. But the young generation and many of us prefer those packaged items. These are the issues. My own views are very

clear on these issues. My own view is that any kind of misdirection, and kind of guidance on the packaging, on labelling purity of food items is necessary, if not then it would be huge criminal neglect. I have been saying to my home as well as professional groups, particularly in India and unfortunately there are many poor people wanting to have their means and there are people who are wanting to make money out of adulteration, ground levelling out of just hiding labels and packaging selling that is possible so this obligations towards the society need to be dealt with. This is my firm belief as an individual, as an officer, as a politician”.

Elaborating on labelling, AK Sharma said, “ I believe that we need to regulate, we need to control in any kind of neglect on this front. Because particularly in a society, arranging two meals even today is a very challenging issue, fairly for a large section of society. If a person is buying something it has been adulterated or not only adulterated but done with such dangerous elements like injecting chemicals in the vegetables like pumpkin or putting urea in the milk which poor man feed their children. Even without smoking or drinking any kind of toxic the child is injected with chemicals day and night. So nothing could be more criminal then habit of adulteration, their kind of hiding of information, this has been my own views. Unfortunately we have long way to go. We have lot to do in this front. No adulteration is possible on the food items. Front of Package Labelling (FOPL) you might have noted or discussed, perhaps come out with better suggestions. But my own views is that it is necessary to have proper labelling so that consumers, parents, users are informed and there is no doubt that we all need to work in the directions of ensuring and creating a society, this methods should become a matter of habit. In many western countries, it’s not possible to adulterate, is it possible to hide the labelling, the penalty is so huge that nobody dares to adulterate any kind of food items. In our society in India we do need to do a lot more on this front and I am very happy that many organisations, NGOs have come forward to create this awareness, I would also suggest on this occasion that you please catch on the fundamental issues of those children who are malnourished in the real sense, in the sense that they are not getting enough to eat, their nutrition, basically the regulation are not important. But it’s important to create awareness in the society and that I remember our Prime Minister when he was Chief Minister of Gujarat he used to talk in the public meetings I heard him saying that several

times, he used to say from public platforms, that we should not leave anything in our thalis when we eat he used to say झूठा छोड़ना पाप है because we could see lot of malnutrition in place called Gujarat, normally so well off that is why I have come across the issue which you have tried to raise. In Gujarat, malnutrition used to be a huge problem, all the politicians used to worry about it, worked hard to achieve the standards where malnutrition can be dealt with. But irony was that actually it was happening due to lack of money or lack of food.”

Sharing his Gujarat experience, AK Sharma said, “We discovered that it was lack of protein or nutritional items which was related to malnutrition in Gujarat. He used to say in the public meetings that while arranging marriages they should invite women Self Help Groups (SHGs). Those SHGs should be invited to do catering in the marriages, apart from catering the members of the SHG can take back something to their home. The good practices in the society where person works and takes back something to home. If women SHG given the job of catering then the person first they would get job and secondly they would take something for the family. This is how sensitivity has to be brought into the society to help people, who can get nutritional food. We also need to focus on better standardization or shape to schemes like Mid-Day Meals and many other programmes like that. One more issue I want to appeal to the participants is that during corona crisis that many people lost their livelihood they have been suffering. Now we are better off out of that danger and livelihood are getting restored. There were time when shops were closed. Vegetable vendors had nowhere to go. All kinds of vendors arranged food on their daily basis. We are coming out of that situation. But still we have to look around such a situation if any family or person is still need help and we have to be watchful to their situation. If the third wave of corona strike inspite of not desiring of that situation. But we are struck by corona third wave we have learnt some lessons to support such people who are surviving on their daily basis through their activities of income. In India I understand the challenges are more complex more complicated than as in the western countries. We have all aspects of possibilities of malnutrition arising from the fact that society which is not actually getting enough for that so we need to remove malnutrition. We just don't know what to consume or what not. Actually we might be having good income level as it happened in Gujarat but they didn't know what they were consuming, what they were eating. The third set of people who have money and understanding but lack of learning and existing standards is also stopping them what they should

consume or should not consume we are in much complex situation then many parts of the world but a beginning has to be made in addressing these issues. It cannot be overlooked for any longer as I said I had been advocating for very strong action, strong regulatory mechanism to deal with adulterators, those who are hoarding food items as it affects thousands and thousands of people by their mistakes, particularly it affects those who had earned their livelihood through hard work or toil.

Thank you very much for arranging this public dialogue on nutritional rights and package for labelling. I think we need to continue with such awareness generation in fact what we should perhaps create a chain of volunteers at district level, tehsil level, panchayat level and state level, who perhaps be invited, who can participate in policy making activities at various levels also, regulatory activities at various level. You need to educate people, Government, bureaucracy also. I am very happy also that you have invited members of media also on this occasion because it's only through media we can make quick intervention on this important issue. Because reaching out to all those selling, consuming and those who are chain in the entire demand and supply, media can play a major role, very positive role in awareness. They need to be very firm, very clear on this issue. It is something about creating awareness about cleanliness. Today I remember when I was at Prime Minister's Office when we made the call for Swachh Bharat people were not taking seriously. Today we all know that awareness has been generated so well that we sitting in our cars also, we feel shy in throwing a small wrapper out of our cars. Normally we keep it in our pocket so that we can discard at a right place. So this is the awareness which brought in our mind set of all of us and something similar can be done about the issues of adulteration issues of package food labelling. I think beginning has to be made somewhere. You have made a good beginning I wish all the best. I hope it will create such awareness. It will perhaps lead to good mechanism, good thinking and good policies. Thank You all for inviting me for useful dialogue, very useful deliberation."

When AK Sharma ended his deliberation, then Chander Mishra thanking him he said,"Thank You sir for investing your time on this issue and we will take your advise on it."

Then, Dr Lenin Raghuvanshi said, "As he spoke in English, BJP's UP Vice President MLC said there should be strong FOPL. There is a need to educate them and they need to learn that malnutrition also needs to be eliminated. We saw BJP's UP Vice President & MLC AK Sharma, he was speaking in English. Villagers have come, policy should be made, their government is we think they will make policy, said very important thing, there should be strong FOPL, should be straight-written. There is a need to educate them and they need to be told that like clean India, malnutrition also needs to be eradicated. BJP's Sunita Singh has come, who is the regional vice president of Mahila Morcha (Kashi region), I want Shabana ji to welcome her. Shalini Yadav ji, the symbol of our voice and the carrier of the tradition of Kashi, is amongst us, who constantly defends her resistance and debate, pluralism and inclusive culture, is among us and we invite her directly to the growing packaged foods. But it should be FOPL, AK Sharma just said that it should also happen and Shalini ji, who has spoken to other political parties, is cordially invited for what she wants to say.

When AK Sharma ended, Dr Lenin Raghuvanshi said, "As we were seeing BJP's UP Vice President & MLC addressing us through zoom and he was speaking in English so those who have come from villages should understand what policies have to be made. As he said there should be a strong FOPL and message should be clearly written on packed foods, people need to be made aware of it, just as like Swacch Bharat Mission and malnutrition also needs to be eradicated. BJP's Sunita Singh, who is Mahila Morcha's Vice President in the Kashi region I want Shabana ji to welcome her. Shalini Yadav ji, the symbol of our voice upholding tradition of Kashi, who constantly resists and dialogues to defend pluralism and inclusive culture she is in midst of us. She would directly deliberate on packaged food and it should have front of packaging labeling (FOPL) on it. AK Sharma just said that it should also happen and other political parties have spoken on it and now we cordially invite her to address the gathering.

Shalini Yadav took to the centrestage and said, "PVCHR, Savitri Bai Phule Mahila Panchayat and Jan Mitra Nyas under whose aegis 'Public Dialogue on Children's Nutrition Health and Packaging Food Labelling' has been organized, MLC Ashutosh Sinha ji, Sudha Chaurasia ji, BJP's Mahila Morcha functionary Sunita Singh ji, Vandana Shah ji and successful moderator of this programme, Dr Lenin Raghuvanshi ji, who is conducting the 'Public Dialogue' with finesse and all the

responsible citizens of India who are sitting here in front of me, sisters and brothers seated here.

Today, due to the pressure of work, packaged food is catching up fast in India as it is in foreign countries. In our country, when we did not get sick so much, there were fewer diseases and the fatal diseases were negligible because we are all somewhere, the medical facilities were lacking. In our country, when medical facilities were lacking in proportion to the population, the incidence of diseases and fatalities were lower because we did not get sick so often. Some people used to use fresh spices and food items directly, for example, buying spices from the market and grinding them. There was grain kept in every house, which were grinded. Even mustard oil, which is a raw material, is something you will remember being crushed. These nutrients were directly beneficial to the body. In recent years, however, the country has seen that even here in our country, food items packaged in plastic are now being used indiscriminately due to the low level of employment and the minimal family size.

They are used in developed foreign nations, but they have created so many standards and follow them very strictly. As a result, the nutrients of those food items remain intact, but not in India, where there is no big regulation and amount of fat, sugar, and salt should be limited for the preparation of food items. There is no monitoring system in India so it has the opposite effect on health. I appreciate the efforts of PVCHR and its affiliates to keep a public dialogue on such an important issue today, and I congratulate Abhimanyu Singh ji, Shabana Khan ji, and Shruti ji, who work very hard.

When Shalini Yadav finished her deliberation then Dr Lenin Raghuvanshi said, Ashutosh Sinha ji, MLC and Member of the Standing Committee on Prevention of Food Adulteration & Circulation of spurious drugs in UP Assembly, will take the floor. I cordially invite him. FOPL needs to be implemented but Food Safety and Standards (Safe Food and healthy diets for School Children) Regulations, 2019 prohibits sale and even promotion of unhealthy food items in schools and near by schools has to be made more functional for its effective implementation.

Ashutosh Sinha took the floor and said, "Thank you very much Lenin ji. Sudha Chaurasia ji is among us, Vandana ji, BJP's State Vice President, Abhimanyu

ji, Shruti ji, Shabana Khan ji, and everyone else here. I am deeply grateful for being invited to the 'public dialogue'. I want to thank you all for what you did, the subject is very serious and such a serious one, and you are all seated for a long time, listening to people talk, so I believe you understand a lot. Must have gone and also will do the explanation after leaving here because the packaging of our food really bothered us and you have to think how much damage actually weakened our immunity, a lot of people fell victim to COVID-19. Apart from this, people are becoming mentally weak somewhere, and the future of our country is in the hands of young children. These children have become weak somewhere, their immunity is weakened, their minds are weakened, so packaged foods have a lot to

do with this. It's time for us and you to stop this. We must stop this, and I kept talking to Lenin ji about it. Food Safety and Standards (Safe food and balanced diets for children (in schools) Regulations) have never been implemented honestly. One of the members of the Legislative Council, AK Sharma, who was connected to the people through Zoom and said many things that many people could not understand. He belongs to the ruling party in the state, so they cannot understand what the people are saying. I believe that there is a lack of connection between the government and the people, so we, as the opposition, try to fill in these gaps.



**Shalini Yadav**





**Ashutosh Sinha**

My greatest strength will be to keep your matter in the Legislative Council, and I want to assure you that since I serve on the Standing Committee on Prevention of Food Adulteration and Circulation of Spurious Drugs, whatever food items are available in the state, I will also work to ensure that they are strictly adhered to as a member of the Legislative Council. At the next meeting of the standing committee, I will ensure that packaged foods are not within 500 meters of school premises because it is important to keep children away from packaged foods. Nutritional information becomes difficult to identify for consumers. If nutritional information is placed on the back or side of the labels, consumers may be less likely to understand the nutritional information needed to make healthy food choices. Thus, the nutrients present in the food product should be clearly stated on the front packet in an easy, direct, simple and understandable manner. Actually, we do not even know that it is written in the cigarette packet or the bottle of alcohol, it still remains written whether someone smokes or drinks from his mind that is another matter, added SP leader

I have full confidence that previous speakers have said a lot, not just to say anything; I thought of something to add, but after listening to everyone's speech for a long time, what I wanted to say was included in their speech.

While concluding Ashutosh Sinha said, "I promise you two things, first, until the Samajwadi Party government is not formed, then I will assure you that through the standing committee, I will work to amend that act, and second, I will work

to raise your fight in the Legislative Council. We at the Samajwadi party support a strong FOPL. If our party forms the government in UP after the assembly elections, a significant decision will be made on the FOPL in its first cabinet meeting, making the state an effective state. Thank you all so much for your love and support.”

When Ashutosh Sinha ended, then Dr Lenin Raghuvanshi moderating the session said, “What’s inside packaged food, we should know that after all. Now we would listen to Sunita ji, then Siddharth Kalahans ji will deliberate and decide the strategy for future course of action.”

Then Sunita Singh took the floor and she said, Thank you very much Lenin ji, thank you very much chote bhai Abhimanyu ji I got a call yesterday inviting me for today’s ‘Public Dialogur’ and at 9 pm I got a call from BJP office that I have to go to Ghazipur, I am rushing straight from there so I apologize for the delay.

Bahen Shabana ji, bahen Shruti ji, thank you very much, bahen Vandana ji, It wouldn’t be complete if I didn’t acknowledge those seated in front of us, so baheno and bhaiyo, I salute all of you from the core of my heart. It wouldn’t be complete if I didn’t acknowledge those seated in front of us, so baheno and bhaiyo, I salute all of you from the core of my heart. I bow before you. Many have spoken before me Ashutosh Sinha ji has also spoken something. Let me assure you that no one can match Modi ji or anyone can be like him not in the future. Modi ji works continuously, while you people listen to him talk about Yogi ji, how much development has been made, I assure you Modi ji and Yogi ji will always bless those people. Packaged foods have caused so many problems here, and that is what is happening here. For many years, people have seen that since childhood, our mothers used to make gulab jamuns at home, they used to make halwa too, good dishes were made at home, and when we had a birthday, we did not know what is cake? We have moved away from the situation where halwa was made inside the house, coconut was spread on it, and puja katha was performed. Today, even our own children enjoy food we dislike. In terms of food and drink, children have completely different tastes. Earlier, the stairs used to stand, but only then could people climb them comfortably. Coriander was used to make spices and mustard oil was crushed in our homes. Only salt was purchased for the houses, everything else in the house could be used as much as it could come from farming. As the daughter of a farmer, I have seen that all of these things

were produced in our fields, and we ate and drank only what was grown in our fields. Children today choose fast food, packaged food, whatever they can get their hands on.

However, you have been listening patiently and attentively for a long time. As a result of the COVID, we were all confined to our homes, where working women



**Sunita Singh**

and housewives developed their cooking skills by watching cooking videos on YouTube and Google, and children also started eating at home. Due to the daily rush to work prior to the pandemic outbreak, many working women had practically forgotten to cook, there was no time to prepare meals. Baheno and bhaiyo, mother power is here, and I am humbly asking you to feed the children and encourage them. Prior to pandemic outbreak daily they had to rush outside for work, many working women had basically forgotten to cook, there was no time to prepare food. Baheno and bhaiyo, mother power is here, my humble request to you is that to encourage children and feed them. It will become a habit to eat. We will try our best to feed and encourage our children whatever is available at home. I apologize to all of you and thank you very much for listening to my speech. Bharat Ki Jai," said BJP leader Sunita Singh

As Sunita Singh ended, Dr Lenin Raghuvanshi took the floor and said, " Since you weren't there, I had requested not to raise slogans, as this wasn't a political party meeting. Here, we are talking about the country, as AK Sharma ji said. In the run-up to the assembly elections, some things need to happen, key

functionaries of all political parties - BJP, Samajwadi Party, Congress, BSP, and SBSP participated in this public dialogue, and have promised to incorporate FOPL and related issues into the election manifesto. The goal of this work is to save the nation. I am calling Siddharth Kalhans ji for two reasons, FOPL needs to be implemented and different people have their own perspectives regarding packaged foods, we won't dwell on that. The focus should be on packaged foods. In 2019, Modi ji's government has already brought a law, which has been sent to the Union Health Ministry for implementation. .Now the stage is opened to Siddharth ji and Shruti ji. I would request Siddharth Kalhans ji to conclude, how we see and how a journalist observes, he is the Principal Correspondent of Business Standard, a leading journalist in Uttar Pradesh, who is here from Lucknow to to communicate with us, to carry forward the struggle."

Siddharth Kalhans took the centrestage and succinctly putting forth the roundup of the public dialogue, he said, "Thank you Lenin ji, Shruti ji, Shabana and all the friends who have sat here for listening to weighty matters for a long time and since you must have realized that there is no need to repeat them again and again. Possibly some among the speakers have said there should be a boycott of packaged foods, which is not the intention of this programme. We are not opposed to packaged foods, nor can we do this. As many things as been stated within the requirements, packaged foods are required in a similar mode; the only question is what is contained in packaged foods - should it be prominently displayed, should it be told in larger fonts, and why should it also be told? It has been told and at the beginning of the deliberation, Vandana Shah, Arvind ji, and Lenin ji clarified many of the things while moderating the sessions. Sugar, salt, and fat cause hypertension, diabetes, and obesity, which create other diseases, so you should be aware of how much of each you are eating, it is your responsibility to do so. Invite diseases or eat things that are less likely to cause them. One most beautiful thing about today's public dialogue is that we did not even expect to be able to start a process so easily, thanks to the organizers. Good news for the organizers, almost all the political parties with a significant role in Uttar Pradesh participated in the 'Public Dialogue'. All parties, including the BSP, Samajwadi Party, SBSP, Congress and BJP, agree on one point that whay is inside the packet and its contents should be clearly stated on the front label. Moreover, some parties went right ahead, which I considered to be a good start as in the last session of the public dialogue, MLC Ashutosh Sinha ji even promised that if his party forms a government after the assembly elections, a resolution would be tabled in its



**Siddharth Kalhans**

first cabinet meeting and passed for the passage of FOPL, which I found very positive. As far as I know, everyone was in agreement on this, and I hope

that in the coming time, the process, which started today in Varanasi, will also be held in Uttar Pradesh. During elections, many issues are raised, and parties make too many promises.”

Further the senior journalist added, “While many things are included in the election manifesto, the FOPL is such an important issue that there appears to be agreement among all the parties on similar processes. I think there will also be a consensus in Lucknow if it starts there. It is logical to expect that all parties will include in their manifesto that this negotiation process should start everywhere and be agreed upon. This is expected to happen in the coming days, as there is such a thing that is beneficial to everyone and does not harm anyone

In the interests of the people, not a paise of the Government’s exchequer has to be spent. Assuming a similar process starts in Lucknow, if it starts in other important cities in UP and if other leaders are included, then this point will definitely be included in the manifesto when it is drafted. Today, if the car was started, it would be in gear, its gear should be continually changed, it should also come at full speed. I would like to say on behalf of media that many among us did not know about this until Dr. Lenin and his associates had made us aware of this, many things were not known, but today it might be clear. The way you

obtained the information today, if it starts with our friends in the media, however, if they know about it, only then will they tell you, otherwise, if they don't know, then what will they tell you."

"Media friends should be made aware that they should know the salt, sugar, and fat content of any food items they consume, whether it is biscuits, mixtures, Maggie, or any other food item. Then they can start writing about it so that pressure is created, pressure from you, pressure from the people. A similar 'Dialogue' should be launched in other cities of the state and similar media awareness sessions should be organized. I believe this process will begin in the coming days. We should also tell them why we are running this campaign and why you need to step up this campaign so that there is a need to continuously push what is called hammering, and then the car will reach its destination. Thank you so much for coming here," added Siddharth Kalhans.

Dr Lenin Raghuvanshi took the floor and said, "The programme has been going on for a very long time, so I invite Shruti ji. She will give a vote of thanks, and I hope when we go back to our areas when political leaders come during electioneering, we will ask them about this issue. Raises voice- Would you ask or not? What's inside the packet?"

Shruti Nagvanshi took the centrestage and said, "Thank you, don't worry, I won't say anything, but the percentage of women participating in this Public Dialogue is higher. They are always aware of their responsibilities to their families, even when they have to listen to two or four things from the other members. We have been able to move forward as a result of today's meeting, which was very successful. As we approach the Assembly elections in February-March 2022, we will be able to make it as an issue out of what we see today. Siddharth bhai mentioned that the government has not a spend a single paise. Those making packaged foods, they need to write small fonts at the back, and they should put at the front what the ingredients are, and in what quantity, if we think we should eat, then we will eat, or if we feel we should abstain, then we should avoid abstinence. We are carrying out this agenda with so much thought for the mission. Vandana ji said at the beginning that if the government takes policy action and implements FOPL, then India will be a leader and a model for others. All of the products have it, but in small fonts so it doesn't catch the eye. We are grateful that all the political parties whom

we invited, everyone came here. It is a matter of thanks that all the political parties that we invited, everyone came. Madam is the only one left here after political leaders left, so we wish to express our heartfelt gratitude to everyone.”

Further she added, ‘Here are some of the experts helping us on health and nutrition issues, activists and members of the community from Savitribai Phule Mahila Panchayat, as well as members of Dastkar Bunkar Adhikar Manch, PVCHR who made this event a success. I will not be able to take each team member’s name separately. Today we accomplished this task because everyone worked very hard. This programme will not end today. We will remind all political parties by email again through correspondence that you should include this issue in the election manifesto. Last but not least, we must thank the hotel staff who supported us in this programme. Once again, many thanks to all who contributed to the success of the programme.

While concluding the ‘Public Dialogue’ Dr Lenin Raghuvanshi said “ Many Thanks to Abhishek bhai.”



Shruti Nagvanshi