



Aahaar Kranti Mission

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- **Vijnana Bharati (Vibha) and Global Indian Scientists' and Technocrats' Forum** have jointly **launched the 'Aahaar Kranti Mission'** with the **motto of 'Good Diet-Good Cognition'**. Its goal is to **understand** the need for a **nutritionally balanced diet** and the importance of accessible to **all local fruits and vegetables**.
- The **aim** of the 'Aahaar Kranti Mission' is **to find a solution to the peculiar problem of hunger and many diseases** faced by India and the world. Studies estimate that India produces as much as two times the amount of calories that it consumes, but many people in the country are still malnourished. The root cause of this phenomenon is a lack of nutritional awareness in all sections of society.
- **The United Nations has also declared 2021 as the 'International Year of Fruits and Vegetables'**. Also, the **UN Sustainable Development Goal-3 is related to 'Good Health and Well Being'**, which aims to ensure healthy lives and promote well-being for all at all ages. Diet and well- are inseparable partners.
- **The mission will focus on training teachers**, who, in turn, will pass on the message to the multitudes of students, and through them to their families and finally the society at large. Such a strategy was also adopted for the eradication of Polio.

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