

## **Shri Amarnathji Yatra-2013**

# **Expert Committee prescribes Food Menu for Yatris**

Jammu, February 11, 2013 – Shri Amarnathji Shrine Board has prescribed the Food Menu to be served by the Langar Organizations to the Yatris during this year's Shri Amarnathji Yatra which is scheduled to commence on 28<sup>th</sup> June, 2013 and conclude on 21<sup>st</sup> August, 2013. This was disclosed by Mr. Navin K. Choudhary, CEO, SASB. He informed that all fried and high caloric fatty items like poori, bhatoora, pizza, burger, stuffed prantha, dosa and fried roti, bread butter, cream/butter based food, and all other fried/fast food, cold drinks, high caloric sweet dishes and intoxicants have been banned.

Mr. Choudhary informed that high protein food like cereals, pulses, potato, saag, nutrela (soya chunks), basin curry, roti, tandoori roti, bread, rusks, tea, coffee, fruit juice, vegetable soup, kheer, dry fruit etc which provide stamina and keep body light, have been permitted to be served to the Yatris. Shri N. N. Vohra, Governor, who is Chairman of the Shri Amarnathji Shrine Board, has asked CEO, SASB to ensure effective implementation of the expert advice received and revise the Terms and Conditions of the Langer permissions to bind the Langars to serve food to the Yatris strictly in accordance with the Food Menu.

Mr. Choudhary further informed that the Special High Powered Committee constituted by the Supreme Court had earlier observed that a large number of food items included in the Menu of Langar Organizations were not suitable for pilgrims who are required to trek in high altitude areas and recommended that an Expert Committee should prepare an appropriate Food Menu to be adhered to by the Langar Organizations.

The Food Menu has been formulated by the committee comprising Mr. Navin K. Choudhary, Chief Executive Officer, Shri Amarnathji Shrine Board,

Col. Rajul Gupta (High Altitude Medicine Specialist) from Union Health Ministry, Dr. Jahangir Bakshi and Dr. Sham Gopal from the J&K State Health Department in its meeting held on 7<sup>th</sup> January, 2013 at Jammu. A table containing the permitted/banned food items in the Yatra area is as under:

<b>S.No</b>	<b>Permitted Menu</b>	<b>Banned Menu</b>
1	Cereals, Pulses, Green Vegetables, Potato, Saag, Nutrela (Soya Chunks), Besan Curry, Plain Dal, Green Salad, Fruits, boiled / instant noodles, Chowmein, Sprouts.	All Non-Vegetarian foods, Alcohols, Tabacco, Gutka, Pan Masala, Smoking, other intoxicants.
2	Plain Rice, Zeera Rice, Khichri and Nutrela Rice.	Heavy Pullav / Fried Rice.
3	Roti / Phulka, Dal Roti, Missi Roti, Makki ki Roti (Un-fried), Tandoori Roti, Bread / Kulcha/Double Roti, Rusk, Chocolate, Biscuits, Roasted Channa and Jaggery, Samber, Idli, Uttapam, Poha, Vegetable Sandwich with cream/ butter/cheese, Bread Jam, Kashmiri nan (girda), steam dumplings (vegetable momos).	Poori, Bathura, Piza, Burger, stuffed Parantha, Dosa and Fried roti, Bread butter , Pickles, Chutney based foods, butter based foods, Pickle, Chutney and fried papad, all other fried / fast food.
4	Herbal Tea, Coffee, Curd, Sharbat, Lassi, Lemon Squash / Water, Low fat milk, Fruits Juice, Vegetable Soup, tomato soup, mineral water.	Cold drinks and Kharrah.
5	Kheer (Rice / Sabudana), White Oat (Daliya), Figs, Raisins, Apricots, Other Dry fruits (only roasted / raw), Low fat milk, sawain, Honey, Boiled sweets (candy), Roasted Papad, Khakra, Tila ka Ladoo, Dhokla, Chikki (Guchak), Reweri.	Halwa, Jalebi, Gulab Jamun, Laddu, Khoya Burfi, Rasgulla and all other Halwai items, Crunchy Snacks (high in fat and salts) Chips / kurkure, Matthi, Namkeen Mixture, Pakora, Samosa, Fried dry fruits and all other deep fried items.

.....