

CONSUMER VOICE

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Consumer interest above all

35
years and going strong

JAGO GRAHAK JAGO

Vanaspati Ghee

Look for the trans fat level while buying

TOP PERFORMER



Instant Noodles

Here's how you can choose the safe one

Product Survey

Water Purifiers

Personal Loans by NBFCs

5 companies compared

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VOICE OUTREACH

World Day of Remembrance

The World Day of Remembrance for Road Traffic Victims (WDR) was commemorated on the third Sunday of November every year. The event was organized to remember the many millions killed and injured on the roads, globally together with their families, friends, and others.

a) Lucknow, Uttar Pradesh

Consumer Guild, Lucknow, Uttar Pradesh with support from Consumer VOICE, Delhi, had organized “Shraddhanjali Sabha” to pay tribute to road traffic victims on the occasion of World Day of Remembrance on 17th Nov 2019 and a peaceful walk and demanded safer roads for all. The organizers demanded the state government to strongly implement the new rules of MVA 2019. Over 50 people participated in the peace walk, including representatives from NGOs, lawyers, students, doctors, nursing associations, bankers, corporate sector representatives, ex-army welfare federation among others. Many victims /family members joined the event.



b) Guwahati, Assam

Consumers’ Legal Protection Forum, Assam, with support from Consumer VOICE, Delhi organized a peaceful walk from Guwahati Medical College Road, Bhangagarh on Sunday 17 November in association with Chakshu, Guwahati to pay tribute on the World Day of Remembrance for Road Traffic Victims and demanded safer roads for all. Dr. Karavi Barman, Principal-In-Charge, NEF Law College inaugurated the peace walk. Students, residents, NGO representatives/CSO’s working on road safety and lawyers participated in the walk.

c) Ambala, Haryana

Similarly, Citizens Awareness Group, with support from Consumer VOICE, Delhi organized another event to strengthen road safety and pay tribute to road safety victims on November 16th November 2019 in Haryana. Among the participants were Satyanarayan SHO Traffic, Bhushan, Senior Road Safety Inspector, Rashit Bajaj, Senior Road Safety Associate who participated and addressed the gathering. They discussed the positive aspects of the MVAA.

d) Delhi

In the capital similar event was organized by the Manav Kalyan Samiti, Delhi along with Consumer VOICE. The day was observed with a peace-walk at Mayur vihar in Delhi with participation from residents, mainly parents of school-going children. Citizens demanded strict implementation of MVAA. Furthermore, a talk was also organized in which S C Sharma of Manav Kalyan Samiti and Shri Hemant Upadhyay addressed the parents and children about road safety and the main provisions of MVAA.



e) Bhopal, Madhya Pradesh

In Bhopal, MP-a stakeholders’ consultation on strengthening road safety was organized by the National Centre for Human Settlements & Environment (NCHSE), Bhopal in association with Consumer VOICE (New Delhi) on 19th Nov 2019. The objective of the event was to mark

the World Day of Remembrance for Road Traffic Victims and to create awareness about road safety to minimize road accidents. Naresh Annotia, DSP, Traffic had spoken about how the youth need to be disciplined and follow traffic rules not only to reduce the chances of road accidents but to help smooth flow of traffic and reduce vehicular pollution in cities. Shri Himanshu Tiwari, Subedar (Traffic) spoke at length about the magnitude of road accidents, their causes and the lives it takes every year in India and Madhya Pradesh. He explained various precautionary measures and traffic signage which every motor vehicle driver should know and follow to remain safe.

Green Action Week (GAW)

The problem we tried to tackle –Air Pollution in Delhi. Workshop with student’s community at Soami Nagar Model School, New Delhi

Consumer VOICE organized an interactive workshop with more than 40 students of Soami Nagar Model School, New Delhi, as part of its GAW Activities 2019. On 17th September 2019, the enthusiastic students with their teachers, school staff and Consumer Voice members joined hands to fight air pollution in the city. A few selected students from last year’s workshop also shared their experience on the theme of ‘Sharing Community’ and their efforts to minimize air pollution. Noted environmentalist Verhaen Khanna of New Delhi Nature Society along with Rinki Sharma, Head –Projects & CSR, Consumer VOICE interacted with the students and shared their experiences of planting saplings in their home which helped in purifying the air around.



Workshop at Rajpur Kurd

Consumer VOICE organized an interactive workshop as a part of GAW activities with the residents of Rajpur Khurd village who enthusiastically planted trees for a cleaner and greener environment on the theme of sharing community. Participants were sensitized on the problem of air pollution and how joint efforts can contribute towards the solution. More than 50 participants were encouraged to adopt green practices such as discarding single-use plastic from day to day life, using kitchen waste into a compost pit, using cloth bags instead of plastic bags, reducing chemicals in day-to-day life, etc.

Workshop with Resident Welfare Association

Consumer VOICE organized an event on 31st October 2019 with the residents of Vivek Vihar and Ghaziabad (NCR). The residents joined hands by planting air-purifying plants and trees to contribute towards clean air for all campaign activities. Women participants shared their experiences on green practices and working together in the community. They enthusiastically participated in the planting activities and decided to involve their kids in environmentally friendly activities.



State Level consultation for sensitization of stakeholders to mandate the strict implementation of Vendor Licensing-Goa

Consumer VOICE Delhi in collaboration with the National Organisation for Tobacco Eradication (NOTE) Goa had organized a stakeholders’ consultation in Goa on November 1, 2019. The objective was to discuss the implementation of the Goa Government’s policy on mandating licensing for vendors who sell tobacco products. Amarjeet Singh, Legal Advisor, Consumer VOICE discussed the tobacco menace and emphasized on how vendor licensing implementation is important in Goa. Uday Madkaikar, Mayor-City Corporation Panji (CCP), Sanjit Rodrigues, Commissioner, CCP were the chief guests of the event

Trans Fat Activities

a) Workshop in Gyandevi Public Sr. Sec School Sector 17A Gurugram

Paramjeet Singh, Director - Research, along with Vaibhav Jaiswal, Sr. Projects Officer had conducted a workshop with the students of Gyandevi Public Sr. Sec School Sector 17 Gurugram to make understand the importance of avoiding trans fats in foods. Singh in his speech, informed about the amount of fat a body requires and its usefulness. He elaborated on the difference between natural trans fats found in food items such as milk and meat items-which are not harmful. But artificial trans fats those generally found in vanaspati oil are harmful and should not be consumed.



b) Sr. Secondary School, Vasundhra Enclave

Hemant Upadhyay, Advisor, with Naresh Prasad, Manager Project, Consumer Voice had conducted a workshop on ill-effect of trans fats with teachers of Sr. Secondary School, Vasundhra Enclave. A presentation on trans fat and cardiovascular disease was made by Upadhyay and he presented his thoughts explaining the amount of fat a body requires and its usefulness. At the end of the workshop, he answered queries raised by teachers on fat consumption and its process through which one can avoid trans fat foods. Teachers were given posters, stickers, and pamphlets to be distributed among the school children.

c) Workshop in Swati Public School, Kundali, Delhi

Hemant Upadhyay, Advisor, Consumer Voice along with Aman Nayan, Social Media Manager, and Naresh Prasad, Project Manager interacted with students and teachers of Swati Public school, Kundali, Delhi.

In his presentation, Upadhyay pointed out the importance of controlling the eating habits and consumption of trans fat foods. To increase the interest of students, the VOICE team distributed pamphlets and stickers among children so that they can carry the message to their parents and friends. Posters on ill-effects of trans fats were given to teachers to be placed at the important visible places in the school.

SNIPPET

Certificate of recognition being handed over by Pranay Sheth, Head-Marketing, Consumer Voice to SKM Maelanandhan, Chairman, SKM Group of Companies on PORN A being awarded with the first position in the Comparative Product Testing of Rice Bran Oil published in the November issue of Consumer Voice. Also, in the pic from left are - C.Shyamala Sharmili, Director and Dr. M. Chandrasekar, Managing Director, SKM Foods (edible oil division) and from right- T. Allen Jeevagan, GM, Sales & Marketing.





Vanaspati Ghee

Look for the trans fat level while buying

Commonly known as dalda ghee, vanaspati is any refined edible vegetable oil (generally palm oil) or oils subject to a process of hydrogenation. Hydrogenation is performed using nickel metal as a catalyst, in reactors at low medium pressure. Vanaspati ghee is a cheaper substitute for the clarified butter (desi ghee) made from milk fat. Since vanaspati is one of the cooking medium in the country, it is desirable that proper quality controls are exercised in the making of this product. To make the buying decision easier for consumers, we tested 10 vanaspati brands available in the Indian retail markets and ranked them as per their performances for each parameter. Read on to know the best vanaspati brand!

A Consumer Voice Report

Each brand was tested based on parameters including trans fat, unsaponifiable matter, refractive index, vitamin A, nickel, adulteration test for animal fat, baudouin test, moisture, acid value, argemone oil among others.

How We Test

The test program for comparative testing was

developed by following the Food Safety & Standards Regulations. However some other consumer centric parameters were also used in this test from Indian standard IS:544-2014. And the examination was conducted at an NABL accredited laboratory.