



## Launch of 'Zayka'

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### Why in News

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On October 15, 2021, Indira Gandhi Rashtriya Manav Sangrahalaya, Bhopal started the **traditional food program 'Zayka' of the Bhil tribe** on the demand of visitors visiting the museum.

### Key Points

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- In this regard, Director Dr. Praveen Kumar Mishra said that in the last two decades, all the big scientists of the world have proved through their research that adopting the natural diet of the tribes can get rid of many diseases caused by the deficiency of nutrients.
- In the canteen of the museum every Saturday and Sunday from 1 pm to 4 pm, traditional food of Bhil tribe of Madhya Pradesh, Makke ki Roti, Baingan Ka Bharta, Coriander-Garlic Chutney, Jaggery etc. is available.
- By consuming Makke ki roti, the body gets fibre, which helps in getting relief from digestive problems. It also helps in controlling the cholesterol level in the body. Also, a diet rich in fibre does not cause hunger for a long time.