



DELHI PUBLIC SCHOOL GANDHINAGAR

Academic Session 2024- 25

Event Report

Title: Health is Wealth: Tricolour Salad Making Activity	Date: 16.01.2025
Venue: Classrooms	Class: I (A – I)

“Colour your plate, nourish your body, and honor your country.”

About the Event:

To celebrate the spirit of patriotism and inculcate healthy eating habits, a **“Health is Wealth: Tricolour Salad Making Activity”** was organized by Delhi Public School Gandhinagar for **Class I** students on **16 January, 2025**. It was a delightful blend of creativity, nutrition, and patriotism. The activity centered around the theme of the Indian tricolor, with students creatively incorporating ingredients like carrots, cucumbers, and radishes to represent the saffron, white, and green of the national flag. The event also included a brief discussion on the nutritional benefits of the ingredients used, fostering awareness about balanced diets.

Objectives of the Event:

- To encourage students to adopt healthy eating habits by incorporating fresh fruits and vegetables into their diet.
- To promote an understanding of the significance of the Indian flag's colors.
- To enhance creativity and motor skills through hands-on preparation and presentation.

The Event and Participation:

Delhi Public School Gandhinagar organized **“Health Is Wealth: Tricolour Salad Making Activity”** for the students of **Class I** on **16 January, 2025**. It was a delightful blend of creativity, nutrition, and patriotism. The activity revolved around creating salads using ingredients that represented the three colours of the Indian flag: saffron, white, and green. Students enthusiastically participated by bringing ingredients such as carrots, cucumbers, radishes and other fresh vegetables. The students exhibited great enthusiasm, and their colorful creations were a testament to their talent and dedication. The event concluded with a discussion about the nutritional value of the ingredients used and the importance of a balanced diet. This engaging and educational activity not only deepened the students' love for their country but also encouraged them to make healthier food choices.

A few glimpses of the Activity are enclosed below.





