



Our Prime Minister of India, Mr. Narendra Modi stated “The Azadi Ka Amrit Mahotsav means elixir of energy of independence; elixir of inspirations of the warriors of freedom struggle; elixir of new ideas and pledges; and elixir of Aatmanirbharta. Therefore, this Mahotsav is a festival of awakening of the nation; festival of fulfilling the dream of good governance; and the festival of global peace and development”.

Std Three teachers and students celebrated Amrit Mahotsav with Show & Tell Activity by taking Indian cuisine of different states & Union Territories (favourite & famous food) as a life line to connect the diversity with the vast expanse of people , culture and tradition.

The respective teachers briefed about Amrit Mahotsav to their students as Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of it's people, culture and achievements. The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023.

Putting the traditional dishes in the spotlight , students-

- ♣ **showed the mouth watering pictures of the delicacies and**
- ♣ **spoke about the –**
 - **ingredients used ,**
 - **their nutrients value ,**

➤ food group variety they belong to etc...

The students gained knowledge about wide ranging Indian food and teachers took the opportunity to integrate the Ev.S lesson ' What's Cooking ' with respect to the method of food preparation like boiling , baking , frying , steaming , broiling , roasting etc....

The program was well planned and executed with a week's time frame and with the utmost co-operation from parents .



“ With Zeal in our hearts, Let's Salute , our great country .”

Gallery :

Invitation



Roll Number	Indian State	Cuisine
1	Andhra Pradesh	Pootharekulu
2	Arunachal Pradesh	Thukpa
3	Assam	Papaya Khar
4	Bihar	Litti Chowkha
5	Chhattisgarh	Chila
6	Goa	Sannas
7	Gujarat	Dhokla
8	Haryana	Bajre Ki Khichdi
9	Himachal Pradesh	Dham
10	Jharkhand	Dhooska
11	Karnataka	Bisi Bele Bath
12	Kerala	Appam
13	Madhya Pradesh	Bhutte Ka Kees
14	Maharashtra	Vada Pav
15	Manipur	Kangshoi
16	Meghalaya	Pu Saw, Tpu Saru
17	Mizoram	Bai
18	Nagaland	Zutho
19	Odisha	Chenna Poda
20	Punjab	Makki Di Roti & Sarson Da Saag
21	Rajasthan	Dal Baati Churma
22	Sikkim	Momo
23	Tamil Nadu	Pongal
24	Telangana	Biryani
25	Tripura	Chakhwi
26	Uttar Pradesh	Chulai Ka Saag
27	Uttarakhand	Kafuli
28	West Bengal	Shukto
29	Andaman and Nicobar Islands	Amritsari Kulcha
30	Chandigarh	Chhole Bhature.
31	Dadra and Nagar Haveli and Daman and Diu	Rotla and saag
32	Delhi	Paranthas
33	Jammu and Kashmir	Dum Aloo
34	Ladakh	Dumpling
35	Lakshadweep	Mus kavaab
36	Puducherry	Baguettes and croissants