



MAHARASHTRA EDUCATIONAL SOCIETY'S  
**HUMERA KHAN COLLEGE OF EDUCATION**  
H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)  
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)  
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## HEALTHY SALAD MAKING COMPETITION

**MAHARASHTRA EDUCATIONAL SOCIETY'S  
HUMERA KHAN COLLEGE OF EDUCATION**  
Oshiwara, Jogeshwari (W), Mumbai-400102

**NAAC ACCREDITED GRADE "B"**

**Under Environment cell  
Organises**

# Healthy Salad Making competition

**Theme: Satvik Aahar**

Date: 11 April 2026  
Venue: 501 Classroom

**EVENT INCHARGE  
DR AVANI KANAKIA**

**I/C PRINCIPAL  
DR VARSHA MARU**



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**Date: 11th April 2026**

**Time: 11:00 AM**

**Venue: F.Y.B. ED 501 (Classroom)**

## **INTRODUCTION:**

The Environment Cell of Humera Khan College of Education organised, under **The Value-Added Course 2 on “Sustainability Values Rooted in Indian Knowledge Traditions”**

a **“Healthy Salad Making Competition” on 11th April 2026 under the theme “Satvik Aahar.”**

The event aimed to promote the importance of healthy eating habits and the value of consuming pure, natural, and nutritious food.

The competition was conducted under Value-Based Course 2, with the guidance of Dr Avani Kanakia, Event In-Charge, whose continuous support ensured the smooth execution of the program. The event was also encouraged by the I/C Principal, Dr. Varsha Maru, who emphasised the importance of adopting a healthy and sustainable lifestyle.

The concept of “Satvik Aahar” highlights food that is simple, pure, and beneficial for both body and mind. Through this competition, students were encouraged to connect traditional food values with modern healthy living practices.

## **OBJECTIVES:**

- To promote awareness about healthy and nutritious food habits.
- To introduce the concept and benefits of Satvik Aahar.
- To encourage the use of fresh, natural, and eco-friendly ingredients.
- To develop creativity and presentation skills among students.
- To create awareness about sustainable and healthy lifestyle practices.

## **CONTENT:**



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The Healthy Salad Making Competition was organised as an engaging, practical activity under the theme “Satvik Aahar.” The event focused on promoting healthy eating habits through the preparation of nutritious salads using fresh, natural, and locally available ingredients.

Students actively participated by preparing a variety of creative and healthy dishes, demonstrating their understanding of balanced nutrition and sustainable food practices. The participants and their dishes were as follows: Matki Healthy Salad by Miss Kaneez Fatima, Protein Power Rainbow Bowl by Miss Ayesha, Protein Power Sprout Salad by Miss Samrin, Healthy Bloom Platter by Miss Tasmiya, Cabbage Crunch Cups by Miss Fatima, Soaked Moong House of Protein by Miss Reshma, Petal Plate Salad by Miss Khushi, Detox Delight Salad by Miss Sneha, and Gut-Friendly Bowl by Miss Mariyam.

Each participant presented their dish creatively and explained its nutritional value and health benefits, which enhanced their knowledge and communication skills. The competition was evaluated based on criteria such as nutritional value, creativity, presentation, originality, and relevance to the theme.

The activity created a vibrant and interactive learning environment, encouraging students to apply theoretical knowledge into practice while developing awareness about healthy lifestyles and eco-friendly habits.

## **PARTICIPANTS:**

The Healthy Salad Making Competition witnessed enthusiastic participation from students, who showcased their creativity and knowledge of nutrition through a variety of healthy and innovative salad preparations. Each participant prepared a unique dish using fresh and natural ingredients, aligning with the theme “Satvik Aahar.”

The details of the participants and their dishes are as follows:

1. **Matki Healthy Salad** – Miss Kaneez Fatima
2. **Protein Power Rainbow Bowl** – Miss Ayesha
3. **Protein Power Sprout Salad** – Miss Samrin
4. **Healthy Bloom Platter** – Miss Tasmiya
5. **Cabbage Crunch Cups** – Miss Fatima
6. **Soaked Moong House of Protein** – Miss Reshma
7. **Petal Plate Salad** – Miss Khushi



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8. **Detox Delight Salad** – Miss Sneha

9. **Gut-Friendly Bowl** – Miss Mariyam

Through this activity, students demonstrated their understanding of healthy eating by selecting nutritious ingredients and presenting them in creative and visually appealing ways. Each participant explained the health benefits and nutritional value of their dish, which enhanced their practical knowledge and communication skills.

The competition not only encouraged innovation in food preparation but also reinforced the importance of balanced diets, eco-friendly practices, and sustainable living.

### **SIGNIFICANCE:**

The Healthy Salad Making Competition under the theme “Satvik Aahar” was significant in promoting health awareness and sustainable living among students. It encouraged the adoption of nutritious, balanced diets and highlighted the importance of consuming fresh, natural, and chemical-free food for overall well-being. The event also emphasized traditional Indian food practices, fostering purity and holistic health. Additionally, it enhanced students’ creativity, presentation skills, and practical knowledge through experiential learning. By promoting the use of locally available ingredients and reducing food wastage, the competition helped develop responsible, health-conscious, and environmentally aware individuals.

### **CONCLUSION:**

The Healthy Salad Making Competition provided meaningful and practical learning experiences for students by helping them understand the importance of healthy eating habits and balanced nutrition for overall well-being. Participants gained knowledge about the concept of Satvik Aahar, emphasizing purity, simplicity, and natural food choices. The activity enabled students to apply theoretical knowledge into practice by preparing nutritious salads, while also enhancing their creativity, presentation skills, and communication abilities. It fostered essential life skills such as teamwork, confidence, and decision-making, along with promoting awareness about sustainable practices like using fresh, locally available ingredients and minimizing food wastage. Overall, the competition was a successful and enriching event that combined learning with creativity, encouraged healthy lifestyle choices, and developed responsible, health-conscious, and environmentally aware individuals, leaving a positive and lasting impact on all participants.



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## SATVIK AAHAR: SALAD MAKING COMPETITION





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