

**“SUSTAINABILITY VALUES ROOTED IN INDIAN
KNOWLEDGE TRADITIONS”
COURSE DESIGN BY DR AVANI KANAKIA**

MOCKTAIL MAKING COMPETITION



**MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION**

Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE "B"

Under Environment Cell

Organises

VALUE ADDED COURSE 2

**“SUSTAINABILITY VALUES ROOTED IN INDIAN
KNOWLEDGE TRADITIONS”**

**MOCKTAILS
COMPETITION**

Theme:

Garden-to-Glass

Using fresh, sustainable garden ingredients



Date: 06 May 2026



Venue: 501 Classroom

**EVENT INCHARGE
DR AVANI KANAKIA**

**I/C PRINCIPAL
DR VARSHA MARU**

**VISION: SHAPING THE PUPIL TEACHER TO SHOULDER THE RESPONSIBILITY
OF SHAPING THE FUTURE YOUTH OF THE NATION**

“PROMOTING SUSTAINABILITY THROUGH EDUCATION, VALUES, AND ACTION.”

“SUSTAINABILITY VALUES ROOTED IN INDIAN KNOWLEDGE TRADITIONS” COURSE DESIGN BY DR AVANI KANAKIA

Date: 6th May 2026

Time: 11.00 am

Venue: 501 (Classroom)

Course Instructor: Dr Avani Kanakia

INTRODUCTION:

Value Added Course 2 focuses on developing sustainability values inspired by traditional Indian knowledge systems. The course highlights how nature, health, and responsible consumption are deeply rooted in Indian culture. As a part of this course, a Mocktail Making Competition with the theme “Garden to Glass” was organized to encourage students to use natural, home-grown, and chemical-free ingredients. This activity helped students understand the importance of choosing healthy alternatives rather than processed drinks. It promoted creativity, teamwork, and awareness of sustainable food practices. The competition also emphasised minimising waste, using eco-friendly materials, and valuing locally available resources. Overall, the activity blended learning with hands-on experience, making the concept of sustainability practical and enjoyable.

OBJECTIVES:

- To promote the use of natural, plant-based ingredients in daily consumption.
- To encourage creativity and teamwork through healthy mocktail preparation.
- To understand sustainability concepts through practical and engaging tasks.
- To develop respect for traditional Indian food wisdom and eco-friendly practices.
- To reduce dependence on artificial and packaged beverages.

PARTICIPANTS:

The FYB.Ed students actively participated in the Value Added Course activity, with a total of seven teams showcasing their creativity in the Garden to Glass mocktail-making competition. Most students worked in pairs, collaborating to blend flavours inspired by sustainability and traditional Indian knowledge. A few students, however, participated individually, demonstrating confidence and innovation through their solo mocktail creations. This mix of teamwork and individual effort highlighted the diverse skills and enthusiasm of the participants, making the event lively, engaging, and truly reflective of experiential learning.

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| Sr.no. | Participants Name | Mocktail Name |
|---------------|------------------------------------|------------------------------|
| 1. | Shaikh Samrin Zakir Husain | Silky Grain Fusion (Sattu) |
| 2. | Ansari Nida and Khan Maryam | Rang-Barse Chaas |
| 3. | Reshma Ali | Mango Jaggery sattvic splash |
| 4. | Sumaiya | Sharbat e mohabbat |
| 5. | Shaikh Tasmiya and Saifi Samsunisa | Tropical Fire & Gold Elixir |
| 6. | Uzma Kalam & Fatima Shamim | Mango Mastani |
| 7. | Khushi Shaikh and Hena Shaikh | Chia Almond Bliss |

CONTENT

- Introduction to sustainability in Indian knowledge traditions.
- Explanation of the theme “Garden to Glass”.
- Use of natural ingredients such as herbs, fruits, flowers, jaggery, spices, and homemade extracts.
- Preparation of healthy mocktails using minimal waste and eco-friendly methods.
- Presentation of mocktails with creativity, nutritional value, and cultural inspiration.
- Evaluation based on taste, sustainability, presentation, and innovation.

LEARNING OUTCOMES

- Students understood the importance of sustainability in food choices.
- Enhanced knowledge of natural ingredients and their health benefits.
- Improved teamwork, coordination, and creativity.
- Developed awareness about Indian traditional practices related to food and wellness.
- Learned to prepare healthy, refreshing drinks without artificial additives.
- Gained confidence in presenting and explaining their ideas.

CONCLUSION

The Garden-to-Glass Mocktail-Making Competition successfully connected classroom learning with real-world application. It strengthened students’ understanding of sustainability rooted in India’s rich knowledge traditions. Participants demonstrated creativity, responsibility, and environmental awareness through their mocktail preparations. The activity encouraged students to adopt healthier choices and appreciate natural resources. Overall, the event was enriching, enjoyable, and an effective way to promote sustainable habits among FYB.Ed students.

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Mocktail Making Tour

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