

TRICOLOR FOOD COMPETITION

Parivartan, the NSS Unit of Mata Sundri College for Women, is organising Tricolor Food Competition on the occasion of Unity & Integrity Festival: A Tribute to the Nation.

Date: 20 January 2026

Time: 12:30 PM

Venue: Tutorial Room

No. of Volunteers Participated:17

Programme Officer: Dr. Uzma Nadeem

Parivartan, the NSS Unit of Mata Sundri College for Women, organized a tricolor cooking food activity on the occasion of Republic Day of India which is celebrated on 26th January. It aimed to promote patriotism and national unity among students. The activity encouraged creativity through themed cooking and presentation. Dishes were prepared using the colors of the Indian flag - saffron, white and green. It provided a platform for students to display their culinary skills. The program created a lively and enthusiastic atmosphere in the college. It encouraged volunteers to think innovatively about food presentation. The event promoted cultural diversity and unity in diversity. The activity created awareness about national symbols and their importance. Many volunteers worked in teams, which helped them develop coordination and cooperation. Natural ingredients like cucumbers, carrots curd, etc. were used. Overall, the event successfully combined learning with enjoyment and created a spirit of unity and enthusiasm among all volunteers.