

DOSSIER

On

"Green on My Plat -Activity by Eco Club"

Social and Heritage Club RDIAS

On

October 6 , 2018



| S.NO. | Particulars | Pg.No. |
|-------|---|--------|
| 1. | Form-A : Proposal to organize an event | 3 |
| 2. | Form B : | |
| | Part I - Aim of the event | 4 |
| | Part II - Abstract | 4-5 |
| | Part III - Conclusion | 6 |

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FORM A

Proposal :

- **Name Of the event to be organized :** "Green on My Plat -Activity by Eco Club"
- **Date :** October 6 , 2018
- **Time :** 9:30
- **Venue :** RDPS, Pitampura
- **Organized By:** Social and Heritage Club RDIAS
- **Motivation for the activity :** Any act of kindness no matter how small is never wasted. Social and heritage club of RDIAS believes in the same ideology so organized a healthy eating and safety drive "Green on my Plate" on its annual Sports Day "Spirit 2018" in pursuance of Department of Food Safety, Govt. of NCT of Delhi.

Form B

Part 1

Aim of the event :

"Prevention is better Than Cure prevention is better than cure (an ounce of prevention is worth a pound of cure)" - it's easier to stop something happening in the first place than to repair the damage after it has happened. With this aim, a general awareness drive on healthy eating habits and food safety, Social & Heritage Club, RDIAS had organized an activity "green on my Plate" during its Annual Sports Meet "Spirit 2018", in pursuance of Department of Food Safety, Govt. of NCT of Delhi.

Part 2

Abstract :

The world requires everyone to join hands for different social causes and create better world. Thus, a "Green on my Plate " - was an event or campaign whose primary purpose was to create a general awareness among the students about the good eating habit for healthy life as well as about the food safety. Social and heritage club helped in this drive by putting some healthy food stalls at Sports Meet- "Spirit 2018". The volunteers actively participated for the preparation of the dishes which required washing, chopping, cutting of vegetables and created mouth-watering dishes of sprouts, chickpeas as the central idea to promote healthy eating in students. The stalls were decorated with different colorful creative and innovative marketing tactics to promote it among the students and faculty of RDIAS. The eateries stall called "Green on my plate" and the lemonade stall blended well with the need of Sports Meet to relax after participating in the thrilling games.

The team member of social and Heritage Club put stalls having healthy food Like

- Sprouts
- Bhelpuri
- Refreshing drinks (Lemonade & Tang)

The aim was to serve good quality and healthy food for realizing the importance and sensitivity of health & safety in a person's life. The sprouts was cooked at home by the students keeping in mind about the hygiene during the serving, as the student were wearing caps on their head, gloves in their hands as well as they were using hand sanitizer also whenever required.

The basic slogan of the activity was "Eat healthy, serve healthy" which was strictly adhered, to the environmental standards. The drive of creating general awareness of good eating habits and food safety was successful, as everybody enjoyed food and drinks and learned about the importance of good eating habits and food safety.

Part 3

Conclusion

The event was conducted for all the students of RDIAS at the Rukmini Devi Public School, Pitampura from 9 a.m. to 5:30 p.m. which had maximum participation. It was a fruitful event as the members of social heritage club enjoyed the fun activity and delivered through team work inclusive of juniors and seniors by providing a good knowledge about the good eating habits. It helped delivered appetizing dishes to the customers who were exhausted due to participation in multiple games. All in all, it was a great contribution in terms of team work, highly motivated students as they knew they were helping to reach a milestone and supporting a social cause altogether.

Snapshot



Volunteers posing in front of the lemonade stall after making arrangement



Lets cook something healthy !!!!!



Eating is a necessity but learning cooking is an art!!!



Social Heritage Club Coordinators and volunteers making Fresh & Healthy Food



5. Come enjoy yummy food!!!!!!!