



# SALAD MAKING COMPETITION

Welspun Vidya Mandir organized a vibrant Tri-colour Salad Decoration Competition for the students of Grade VI on the theme “Salad for the Nation”, celebrating creativity and patriotism through healthy eating.

The participants were challenged to artistically represent the Indian tri-colour using only natural, edible ingredients. No sharp objects were permitted, ensuring a safe environment for all. Students were given 20 minutes for decoration and final presentation, showcasing their skills in both creativity and time management.



Prior to the event, they were instructed to wash all vegetables and fruits at home, and to carry essential items like aprons, caps, decorative plates or trays, newspapers, and all other required materials to prepare their masterpieces.



The competition saw an array of visually stunning and nutritious salads, reflecting the vibrant hues of saffron, white, and green in innovative ways.

From neatly layered platters to intricate artistic patterns, each entry displayed the students' dedication, imagination, and respect for the theme.



**FIRST POSITION**

**Ananya Mahar &  
Heer Palan**



**SECOND POSITION**

**Preyashi Kalaria &  
Paridhi Hadiya**



**THIRD POSITION**

**Dishita Nafaria &  
Sakshi Parihar**

**CONSOLATION WINNER**

**Shreeti Dama &  
Aadhya Rathod**



The activity not only promoted the importance of a healthy diet but also instilled in students a sense of national pride and teamwork. The enthusiasm and creativity on display made the event a colourful and memorable celebration, truly embodying the spirit of the nation through the art of healthy living.

**A report from Welspun Vidya Mandir**