



## आहार क्रांति चलचित्र व पटकथा प्रतियोगिता

### Aahaar Kranti Video and Script Competition

Open to Every Teacher

₹1,50,000+ in Prizes

### Aahaar Kranti – A Revolution through the Camera and the Script

What we eat directly impacts our learning ability, cognition, and thought. **Shiksha Shilpi** appeals to all the teachers to help bring back awareness about India's culinary diversity and the importance of balanced, nutritious diet.

1. Figure out your Group.

- Group I: Class I to VIII Teachers  
Group II: Class IX to XII Teachers  
Group III: Higher Education Teachers

2. Choose a topic related to nutrition.

Local Fruits/ Vegetables/ Grains, Uniqueness, Uttam Aahaar – Uttam Vichaar, Traditional Recipes, Balanced Diet and Natural Nutrition, Preservation Methods, Any Other Topic Related to Nutrition

3. Choose a format that you like.

Storytelling, Poetry, Paper presentation, Essay, Poster, Mind map, Short play, Stage performance (Dance/ Formation), Drawing/picture, One act play, Miscellaneous/ Any other relevant mode

4. Submit a Video or Script on  
Balanced Nutrition by **Oct 31, 2021**

5. Win prizes in each group.

- 1st Prize - ₹10,000/-  
2nd Prize - ₹7000/-  
3rd Prize - ₹5000/-  
10 Consolation Prizes of ₹3000/- each

India has a rich culinary heritage. Every city, region, and state of our Incredible India is marked by its unique landscape, people, and of course, its food. In the last few decades, due to globalization, we are moving away from our rich food heritage and putting our health in great danger. **It is high time to bring the goodness of food culture back.**

To bring awareness and create a healthy dietary habits, this competition is part of Shiksha Shilpi's appeal to all the teachers to come forward and embark on a mission of delivering awareness of a balanced and nutritious diet: **Aahaar Kranti – A Revolution through the Camera and the Script.** The Shiksha Shilpi's- Aahaar Kranti competition is **a perfect mix of the Chalk and the Challenge** and specially designed for our beloved teachers who are the architects of the society.

So, come let's be part of **Aahaar Kranti, A Nationwide Movement for Positive Nutrition.**



Register at <http://shikshashilpi.vvm.org.in/aahaarkranti>

