

### **Sainik School Gopalganj**

preparation of fenugreek carrot sabzi, flaxseed pinni, tomato chutney, sweet curd bada, rajma, rice, making with spices and nutritious food. They wrote the process and prepared the dishes. In the activities of Ek Bharat Shreshtha Bharat, the cadets were informed about the traditional local cuisines of the partner state Haryana and their methods of preparation. During the program, all the cadets participated enthusiastically. They wrote about the preparation before making green coriander, dhuliya, curry pakodas and malpua. They also learnt about Singdi ki sabzi, Besan masala roti and mixed lentils, curd, garam masala and ginger cooked with cumin and rice, methods of cooking and presented articles on different topics. This activity was organized on 25th July 2022 in which total 120 students participated. Debate Competition A debate competition was organized among the students on cultural, agricultural and historical subjects of partner state Haryana in which total 8 participants participated. This competition was organized on 27-July 2022 in which students from class IX to XII participated. In this matter the subject of the dispute competition was "Haryana is a best state of India in historical, cultural and agricultural work". This competition provided a unique opportunity to the students to learn about the state of Haryana.