



Workshop on Earth Day 2019 : Our Food, Our Planet, Our Choice

Date : April 23, 2019

Venue : TERI School of Advanced Studies, New Delhi

Attended By : 10 Students of Class X and XI
Ms. Shikha Sikka, Ms. Pratishtha Gupta

Organised By : TERI School of Advanced Studies, New Delhi

The greatest discoveries of science have always been those that forced us to rethink our beliefs about the universe and our place in it.

~Robert L. Park

Students of ITL Public School attended a multi-disciplinary, active learning workshop at the TERI School of Advanced Studies'. The theme of this program was "My Food, My Planet, My Choice" in line with the theme of Earth Day 2019. This program under the aegis of Climate Jamboree-2019 of TERI was aimed at promoting plant-based diet and to instil a consciousness amongst youth on the importance of a well- balanced and sustainable diet.

The program was inaugurated by Dr. Leena Srivastava, Vice Chancellor TERI. The event featured knowledge sessions from various experts and stakeholders from the food and nutrition domain, contests around food (*No Cooked Food* and *Food Atlas*) and other activities.

Emphasis was laid upon mindfulness while eating, zero wastage of food, shift to plant based diet and the role of food in social and mental well-being.

Students and teachers participated in all events and thoroughly enjoyed the experience. They brought home the message of making right food choices and their impact on health of an individual, other sections of society and the environment.



ITL team at TERI School of Advanced Studies



Inauguration of Climate Jamboree



Celebrity Chef Manjit S. Gill sharing his ideas about Role of food in social and mental well being



Dr. Leena Srivastava , Vice Chancellor TERI giving the welcome address



Teachers enthusiastically participated in the event "No Cooked Food"



Taking the message home to make 'Sustainable Food Choices'