



**“TRADITION IN A GLASS – A SUMMER DRINK FEST”**  
**AN INTERACT CLUB INITIATIVE**



Dear Parents,

As the summer sun beats down, we find comfort in the age-old wisdom passed down through generations – the cooling, nourishing summer drinks of India. These time-honoured beverages are more than just thirst-quenchers; they are stories in a glass, reflecting the rich cultural, linguistic, and culinary diversity of our nation.

With over 22 official languages and thousands of dialects, India's regional drinks — like Aam Panna from the North, Panakam from the South, or Gond Katira from Rajasthan — represent not just taste, but tradition, sustainability, and ancestral knowledge. Every sip is a connection to our heritage, local climate, and healing practices.

In celebration of this cultural legacy and to promote hands-on, experiential learning, Bal Bharati Public School, Noida, under the aegis of the Interact Club, is excited to present:

**“Tradition in a Glass – A Summer Drink Fest”**

Final Showcase Date : Saturday, 3rd May 2025  
Venue : School Premises  
Last Date for Submission of Videos : Monday, 28th April 2025

**EVENT OBJECTIVES & LEARNING OUTCOMES:**

- Cultural Awareness - Understanding India's regional traditions and food heritage.
- Health & Wellness Education - Promoting the use of natural, traditional ingredients for hydration and nutrition.
- Collaboration & Teamwork - Encouraging meaningful student-parent-teacher partnerships.
- Creativity & Innovation - Showcasing presentation skills through recipe cards and videos.
- Entrepreneurial Skills - Managing stalls, handling sales, and learning financial responsibility through budgeting and pricing.
- Communication Skills - Expressing ideas confidently through storytelling and video narration.

**LIST OF FEATURED TRADITIONAL SUMMER BEVERAGES:**

**Class VI**

- Aam Panna - A tangy raw mango-based coolant packed with Vitamin C and electrolytes.
- Sattu Sharbat - A protein-rich, energizing drink made from roasted gram flour.

**Class VII**

- Chaas & Neer Mor - Probiotic-rich buttermilk variations from North and South India.
- Tanka Torani - A fermented rice-water drink from Odisha with cooling properties.

**Class VIII**

- Gond Katira Sharbat - A jelly-like drink known for regulating body heat.
- Kanji - A tangy, fermented black carrot drink rich in gut-friendly probiotics.

### Class IX

- Panakam - A South Indian jaggery-based drink with dry ginger and cardamom.
- Thandai - A festive milk-based drink with saffron, rose, and nuts.

### Class X

- Kokum Sharbat & Sol Kadhi - Coastal beverages aiding digestion and hydration.
- Bel Sharbat - Made from wood apple, known for its digestive benefits.

### Class XI

- Phalsa Sharbat - A purple berry drink full of antioxidants.
- Jaljeera - A spicy, tangy drink made with cumin and mint.

### Class XII

- Aam Ras - Sweet mango pulp, a seasonal favorite in Indian households.
- Cucumber Mint Cooler - A modern hydration drink made with cucumber, mint, and lemon.

### PARTICIPATION GUIDELINES:

- Open to students of Classes VI to XII.
- Each team must include a student representative and one parent.
- Prepare one drink from the list above.
- Submit the recipe in an innovative format (handwritten, illustrated, or digital).
- Record a 1-2 minute video of the preparation process, highlighting:
  - a) Ingredients
  - b) Cultural background
  - c) Health benefits
  - d) The activity must be recorded in the school uniform.
  - e) The video must be short in landscape format only
  - f) Students must use collar mike or microphone while recording the video for better voice clarity.

The submission of the recipe and the video is to be made to the respective class teacher latest by 28 April 2025.

### FOLLOW-UP ACTIVITY:

On 3rd May 2025, selected teams will set up stalls during the school event to display and sell their traditional summer drinks.

Students will apply financial literacy principles by managing pricing, hygiene, and sales.

The team that raises maximum revenue while maintaining quality and hygiene standards will be featured on the school's official social media platforms.

We invite our school community to join us in this flavorful journey that blends tradition, creativity, and learning.

Let's raise a glass to India's culinary heritage!

*Asha Prabhakar*

Asha Prabhakar  
(Principal)

Kindness, Resilience, Respect



### Distribution

VPL, HM (Pr.) & HM (Sr)

Class Broadcast Groups Staff, Website I/C

