

**Report - 'Ek Bharat Shreshtha Bharat' – Punjab**  
**Grade : VI –VIII**

**"Our ability to reach unity in diversity will be the beauty and the test of our civilization." — Mahatma Gandhi**

“Ek Bharat, Shreshtha Bharat” aims to promote national integration, cultural exchange, and mutual understanding among the diverse states and regions of India. The Ek Bharat, Shreshtha Bharat activities were held on October 13th, 2023 for students in grades VI to VIII at DPS, Gurgaon to celebrate Punjab's rich culture and traditions. The primary aim of this event was to promote a deeper understanding and appreciation of Punjab's heritage.

The standout feature of the day was the presentation of traditional Punjabi cuisine; students brought delectable dishes like Stuffed Paranthas with white butter, Dal Makhani, Chole Bhature, Rajma Chawal, Lassi, and Pinni. The students not only savored these flavors but also gained insight into the art of Punjabi cooking. Sharing these dishes offered a taste of Punjab's culinary delights and appreciation of the diversity that exists in India. Additionally, the students exhibited a diverse collection of Punjabi artifacts, including Phulkari embroidery, Pidhis (traditional Punjabi cushions), Jootis (Punjabi footwear), Durries (rugs), and Parandis (ornamental hair accessories). These artifacts added a visual and tactile dimension to the experience, allowing students to explore the intricate craftsmanship and artistry of Punjab.

This activity promoted cultural sensitivity, encouraging students to appreciate the unique aspects of Punjab's heritage. It also facilitated a cross-cultural exchange, enabling students from different backgrounds to share their regional traditions, promoting unity in diversity. Overall, the Ek Bharat, Shreshtha Bharat (Punjab) Activity for grades VI to VIII was an educational and culturally enriching experience, fostering unity in diversity and instilling a sense of pride in India's rich heritage.



