

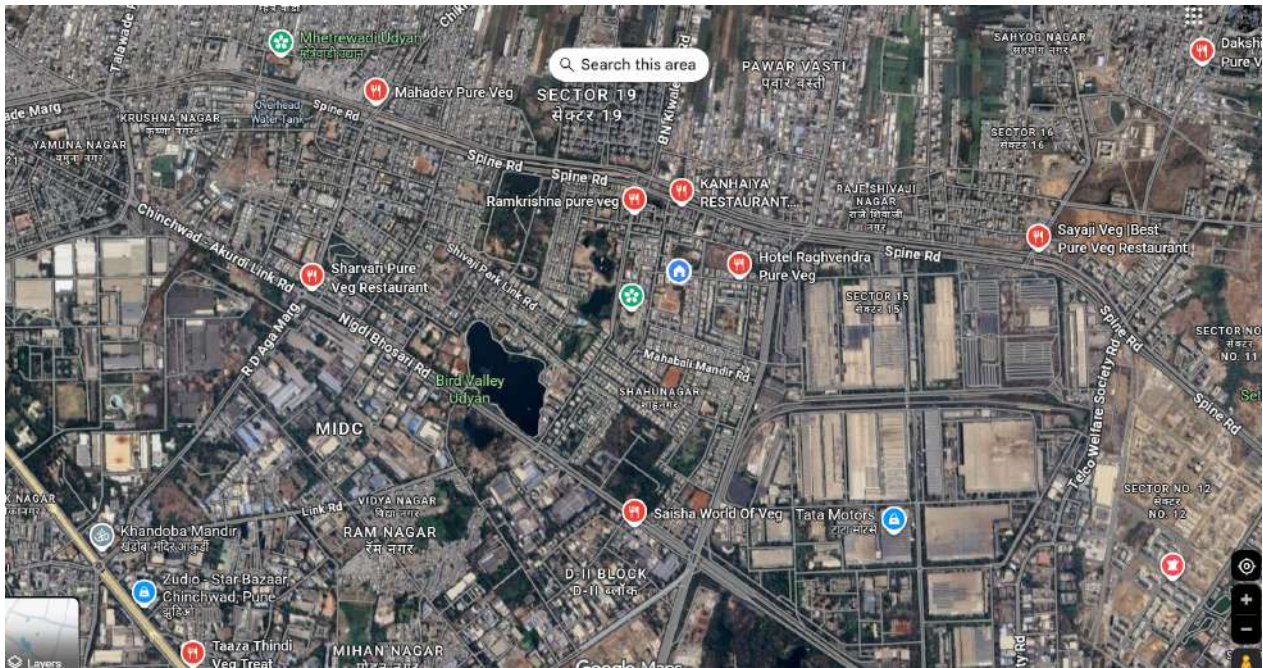
🌍 PGC2025 Day 20 Greener Challenge: My Food Map 🍏

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Introduction

This document serves as my submission for the PGC2025 "My Food Map" challenge. It explores local plant-based dining options, highlighting the rich cultural traditions that inspire these choices, and connects them to a broader understanding of sustainable eating. 🌍🍏

📍 My Food Map: Local Plant-Based Discoveries



Highlighted Local Spots & Cultural Influences:

My food map showcases five exemplary "Pure Veg" restaurants in my local area, each reflecting a deep cultural connection to plant-based eating:

1. **Hotel Raghvendra Pure Veg:** Exemplifies the widespread tradition of vegetarianism in India, often rooted in religious and philosophical principles, offering traditional plant-based dishes.

2. **Ramkrishna Pure Veg:** Another staple of pure vegetarian cuisine, demonstrating how plant-based diets are a long-standing cultural norm rather than a modern trend.
3. **Kanhaiya Restaurant (Pure Veg):** Reinforces the strong cultural prevalence of purely vegetarian establishments that cater to diverse preferences while adhering to plant-based principles.
4. **Akash Misal House & Pure Veg Restaurant (Since 1972):** Highlights traditional regional Maharashtrian plant-based cuisine, such as Misal Pav (often lentil-based), showing how indigenous dishes are naturally plant-forward.
5. **Raaga Thali & Pure Veg Restaurant:** The "Thali" concept showcases the cultural tradition of offering a complete, balanced, and diverse plant-based meal experience, reflecting a holistic approach to food.

These establishments collectively represent a cultural landscape where plant-based eating is a cornerstone of identity, health, and tradition.

Instagram Post

Post Link

https://www.instagram.com/p/DQDIwQ9iGOL/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



Caption:

Food maps aren't just about finding delicious meals; they're a journey through culture, tradition, and conscious choices! 🌍

In India, plant-based eating is deeply woven into the fabric of our culture, often inspired by **age-old traditions and philosophical beliefs like Ahimsa (non-violence) and religious practices**. This isn't a new trend for us; it's a way of life that has honored plants, people, and

the planet for centuries. These local restaurants are vibrant examples of how delicious and diverse plant-based cuisine can be when it's rooted in rich heritage. Celebrating these flavors is celebrating a sustainable past and a healthier future!

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