**DEPARTMENT OF HOMESCIENCE**

**ACTIVITY:** WORK SHOP

**DATE:** 11.01.2020

**NAME OF THE PROGRAM:** “ORGO – NUTRI – GREENS” (Micro Green Cultivation and Vermicomposting)

**INDUSTRY ASSOCIATED WITH:**

* Dr. Gayatri, Researcher, Dept. of Environmental Science, Mount Carmel College, Bengaluru.
* Ms. Sowmya, Assistant Professor, Dept of Botany, Mount Carmel College, Bengaluru

**BRIEF REPORT:**

Awareness among consumers to the benefits of consuming organic products is very important in boosting up the organic market in India. The consumers must be made aware of the amount of toxic chemicals they consume when they use products of conventional farming.

As part of Swach Bharat Mission and reaching out the college community with organic food, we the Department of Home Science, aim at developing vermicompost in our lab and also grow micro greens using this compost. These micro greens would be used in ‘Mrithika’ (Extension service of out department were millet nutri rotis and salads are made and served in the college at an affordable price). Apparently as part of an entrepreneurial activity we also are in a process of growing more micro greens and sell it to the college community .

With regard to this project, this workshop would aim in imparting knowledge as to the methods and measures of making vermicompost and also on the techniques involved in micro green cultivation. Our nutrition lab segregates the kitchen waste (vegetable waste) and we are in the process of making vermi-compost. A few varieties of Micro greens are grown in the lab and are used in salads and rotis which had captured high appreciation from the students and staffs. The students are given hands on workshop wherein they gain knowledge about organic food products, vermicompost and benefits of microgreens. The students would take the information to their parents and fellow beings thereby the awareness in spread widely which inturn helps in developing a healthy community. All the activities happening in this nutri green project would be documented.

Why Vermicompost and Micro Green cultivation ???

Vermicomposting lets us recycle just like nature does. A vermicompost bin mimics natural processes, allowing organic waste to break down into nutrient-rich compost, which can be returned to the soil to help new things grow.

Microgreens are a young vegetable green - between sprout and the larger counterpart. They have harvested anywhere from a week to two weeks after germination. A research by the University Of Maryland College Of Agriculture and Natural Resources (AGNR) and the United States Department of Agriculture (USDA), approves that microgreens have more nutritional value than what their mature counterparts have.

The lifespan of microgreens is much shorter (1-2 weeks) than that of their adult counterparts (4-6 weeks). Hence, by the time you cultivate and produce a mature vegetable or fruit, you can do 3 to 4 yields of microgreens. Microgreens have good market-value. It could be a great business opportunity for the bloomimg entrepreneurs. The Government’s also supports the farmers and entrepreneurs through the Department of Agriculture Research and Education and Department of Agriculture, Co-operation and Farmers Welfare.

Therefore, we put our hands together to increase literacy and awareness nation wide regarding health and fitness by developing vermicompost and microgreen cultivation and marketing.

**NUMBER OF PARTICIPANTS**

* 1ST AND 2ND YEAR B.SC HOME SCIENCE STUDENTS (100 Students)
* Other students and faculties of Mount Carmel College