



SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI AFFILIATED  
**Pravin Khodke Memorial Trust's**  
**Vinayak Vidnyan Mahavidyalaya**  
Tq. Nandgaon Khandeshwar, Dist. Amravati

**Department of Botany**

**Report of One Day Workshop Microgreens: A beginning towards the healthy nutrition**

**Permission letter of Principal**



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Tq. Nandgaon Khandeshwar, Dist. Amravati

**Department of Botany**

**Permission letter**

To  
The Principal  
Vinayak Vidnyan Mahavidyalaya  
Nandgaon (kh)

**Subject:** Seeking permission to organise "One day workshop"

Respected Sir,

Department of Botany wishes to seek your permission for the conduction of "One day workshop entitled Microgreens: A Beginning Towards The Healthy Nutrition". In collaboration with Amravati Garden club Amravati. The initiative is taken to improve the knowledge of students about healthy nutrition.

We request you to grant us the permission to conduct the above said activity on 6 Sept. 2020.

Regards.

Date: 01 Sept 2020

permission  
granted.  
*[Signature]*  
PRINCIPAL  
VINAYAK VIDNAYAN MAHAVIDYALAYA  
NANDGAON KH. DIST. AMRAVATI

*[Signature]*  
Dr. Suchita Khodke  
Head  
Dept. of Botany  
Vinayak Vidnyan Mahavidyalaya  
Nandgaon Kh.

## Notice of Activity



SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI (AFFILIATED)

### Pravin Khodke Memorial Trust's Vinayak Vidnyan Mahavidyalaya Tq. Nandgaon Khandeshwar, Dist. Amravati

Date: 01 Sept 2020

#### Notice

All the students of **B.Sc.** (I<sup>st</sup>, II<sup>nd</sup> and III<sup>rd</sup> year) are hereby informed that, Department of **Botany** is going to organize **One Day Workshop** on the subject **Microgreen: A beginning towards the healthy nutrition** on **6 Sept 2020**. All students are inform to join the program online at **02:00pm to 5:00pm**.

Further details regarding the topic will be provided accordingly in class.

Date: 01 Sept. 2020

*Sneha*  
Head  
Department of Botany  
**Dept. of Botany**  
Vinayak Vidnyan Mahavidyalaya  
Nandgaon Kh.

## Flyer of Activity



**Amravati Garden Club Amravati**  
&  
**Vinayak Vidnyan Mahavidyalaya, Nandgaon Kh.**

Entry Fee  
₹100

**Online Workshop on**  
**Microgreens : A New Beginning**  
**Towards Healthy Nutrition**

- Speaker -



**Dr. Suchita Khodke**

**Scientific Knowledge Transfer**  
**followed by Live Demonstration**  
**in Two Sessions**

**Sunday, 6<sup>th</sup> September, 2020 | Time : 2pm to 4pm**

**Workshop Details :**

- Detailed Knowledge About Microgreens
- How to Grow Nature's Own Healthy Food
- Practical Instructions with Live Demos
- Harvesting
- Learn Microgreens & How it applies to Your Personal Health.

**Registration Link :**

## **Report on Microgreens: A beginning towards the healthy nutrition**

During COVID-19 pandemic everyone stayed at home and avoided social gatherings. Besides the fear of infection, psychologists observed a negative impact on the mental health of people during this period of social isolation.

During this period, people became aware of importance of healthy diet and regular physical activity. So as the grocery shops and vegetable markets were closed down or open for a limited period of time people had to stay inside their homes. It was very difficult for them to go to the grocery store and vegetables shops and in an attempt to minimize exposure to the virus, people are reduced the frequency of visiting these places to buy the most fresh veggies. So People became interested in growing kitchen gardens for their own fresh vegetables.

Considering the need of the hour, Amravati Garden club Amravati in collaboration with Vinayak Vidnyan Mahavidyalaya had taken initiative to organize one day online workshop on Microgreens on 6<sup>th</sup> September 2020. In this workshop Dr. Suchita Khodke Head department of Botany was a resource person. She had given the detail information about the microgreens. Her presentation was divided In two sessions.

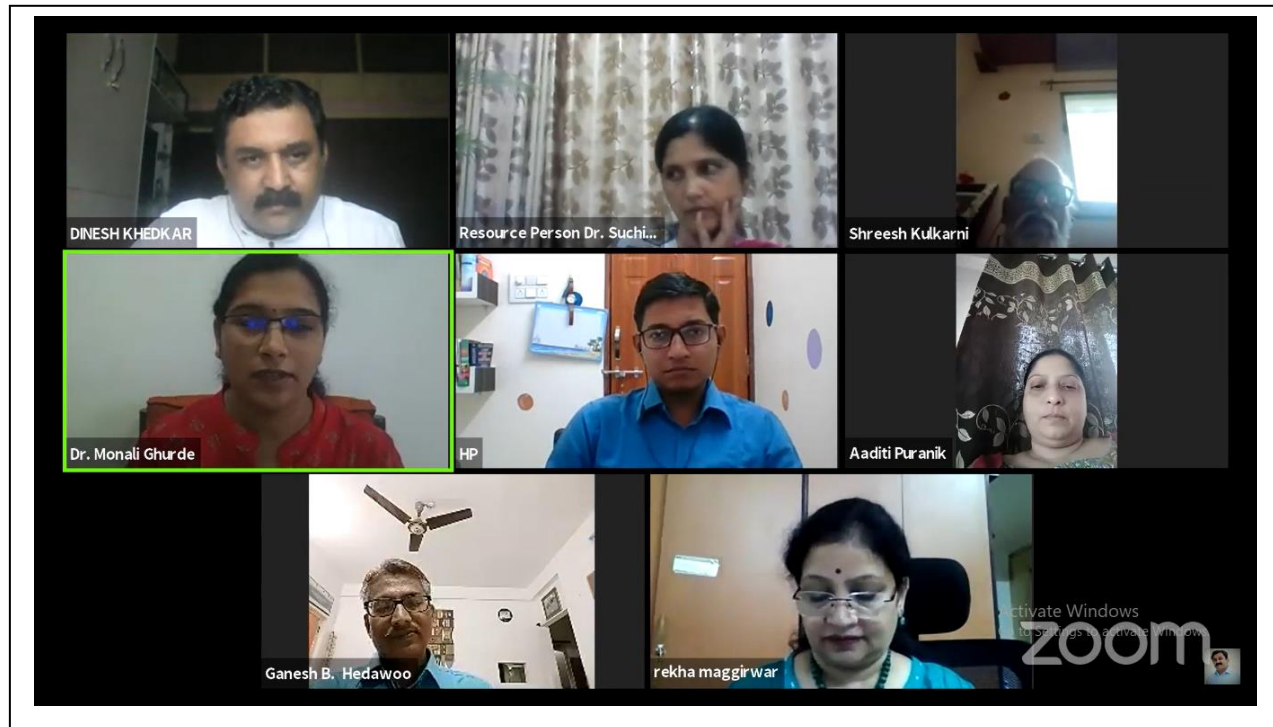
In the first session, she gave detailed information of Microgreens, what are microgreens, their different types, methods of cultivating them along with their nutritive values. In the second session, she demonstrated, all about how to grow them at home and caring of microgreens. After her demonstration ,a session of question and answers was conducted by President Dr. Dinesh Khedkar President Amravati Garden club Amravati. Students and garden lovers expressed their views about workshop and most of them curiously asked their queries got solutions from her. They were very happy and had given the promise that they

would definitely grow microgreens at their homes. The programme was anchored by Dr.Monali Ghurde and vote of thanks was given by Dr. Ganesh Hedawoo.



**Dr.Suchita Khodke is delivering the lecture**

### Attendance of Activity



## गार्डन क्लब ची मायक्रोग्रीन्स आधारित ऑनलाईन कार्यशाळा

**गाव दवडी वृत्तसेवा 8 सप्टेंबर**  
अमरावती शहरातच नव्हे तर संपूर्ण देशातील निसर्गप्रीमीना जोडणारा अमरावती गार्डन क्लब आपल्या नव संकल्पनेवर आधारित आयोजनासाठी परिश्रम घेत असते. या आयोजनाचा भाग म्हणून तसेच पंचतारांकित पोषण संस्कृती जनसामान्यांच्या घरोघरी पोहोचविण्याच्या दृष्टीने मायक्रोग्रीन्स (पोषण आहार) या विषयावर नुकतेच क्लब आणि विनायक विज्ञान महाविद्यालय नंदगाव (ख) यांच्या संयुक्त विद्यमान ऑनलाईन माध्यमातून कार्यशाळा रविवार 6 सप्टेंबर रोजी दुपारी 2 ते 4 या वेळेत संपन्न झाली. आजच्या या

धावपळीच्या युगात प्रत्येकजण व्यस्त आहे परंतु कोरोनामुळे उद्भवलेल्या संकट काळात व लॉकडाऊनमध्ये अनेकांच्या जीवनशैलीत बदल झाले आहेत. आपले जीवन स्वस्थ व मस्त राहावे यासाठी नियमित व्यायाम व योग्य आहार या कडे लक्ष दिले पाहिजे याच उद्देशाने अमरावती गार्डन क्लब तर्फे प्रथमच मायक्रोग्रीन्स (पोषण आहार) या नव्या संकल्पनेवर आधारित असणारी सदर कार्यशाळा आयोजित करण्यात आली.  
कार्यशाळेच्या प्रथम सत्रात गार्डन क्लब च्या माजी अध्यक्ष व वनस्पतिशास्त्र विभागाप्रमुख, विनायक विज्ञान

महाविद्यालय नंदगाव खंडेकर येथे कार्यरत डॉ. सुचिता खोडके यांनी मायक्रोग्रीन्स चे विविध प्रकार, त्यांचे योग्य प्रकारे लागवड कसे करावे आणि योग्य वेळी कापणी करून त्यापासून होणारे फायदे याविषयी पॉवर पॉईंट द्वारे विस्तृत माहिती दिली. यासाठी विशेष संवाद सत्र क्लबचे अध्यक्ष डॉ. दिनेश खेडकर यांनी आयोजित केले व ऑनलाईन कार्यशाळेची तांत्रिक बाजू अत्यंत यशस्वीपणे सांभाळली त्याचप्रमाणे डॉ. गजेन्द्र पचलोरे, डॉ. उमेश कनेरकर डॉ. मयूर गावंडे यांनी प्रात्यक्षिकाच्या सत्राचे आयोजन केले.  
या कार्यशाळेचे प्रास्ताविक



अमरावती गार्डन क्लबचे कोषाध्यक्ष व प्राचार्य श्री शिवाजी उद्यानविद्या महाविद्यालय अमरावती येथे कार्यरत असणारे डॉ. शशांक देशमुख यांनी केले. त्यांनी आपल्या प्रस्ताविकेतून मागील 40 वर्षांच्या क्लबच्या दिमाखदार वाटचाली अंतर्गत गार्डन क्लबने बाक्कामिसाठीच

नव्हे तर युवकांसाठी राबविलेल्या अनेक वैविध्यपूर्ण उपक्रमांचा आढावा घेतला व येणा-या 20 सप्टेंबर रोजी होवू घातलेल्या 'बोन्साय निर्मिती' या कार्यशाळेविषयी देखील माहिती दिली.  
मायक्रोग्रीन्स च्या कार्यशाळेचे सूत्र संचालन

आयोजन सचिव डॉ. मोनाली घुरडे, सहाय्यक प्राध्यक्ष, वनस्पतीशास्त्र विभाग, विद्याभारती महाविद्यालय अमरावती यांनी केले आणि आभार प्रदर्शन समन्वयक डॉ. गणेश हेडऊ, क्लबचे सह-सचिव तसेच सहयोगी प्राध्यापक, वनस्पतीशास्त्र विभाग, श्री. शिवाजी विज्ञान महाविद्यालय, अमरावती यांनी केले. गार्डन क्लबचे अध्यक्ष डॉ. दिनेश खेडकर यांच्या अध्यक्षतेत व मार्गदर्शनाखाली पार पडलेल्या या अध्यक्ष डॉ. दिनेश खेडकर, उपाध्यक्ष सुभाष भावे आणि सचिव डॉ. रेखा मगरीरवार यांनी केले आहे.