Monthly Programme Report

R Sanakar Memorial SNDP Yogam Arts And Science College Koyilandy BMC

Institution Name: **R Sanakar Memorial SNDP Yogam Arts And Science College Koyilandy**

BMC Code: **KZH/2010/08**

ProgrameTitle: **Microgreen project**

Program Category: **Special/Innovative Programmes**	Activity Type: **Action Program**	No.of participants: **74**
Planned Date: **01-11-2024**	Renewed date: **-**	Program Date: **01-11-2024**
Budgeted Amount: **Rs 0/-**	Total expenditure: **Rs 250/-**	Extra Amount: **Rs 250/-**

Brief Report

RSM SNDP YOGAM ARTS & SCIENCE COLLEGE, KOYILANDY

BHOOMITHRASENA CLUB & NATURE CLUB - 2024-25

MICROGREEN PROJECT – 2025

The RSM SNDP Yogam Arts and Science College Nature Club & Bhoomitra Sena Club launched an eco-friendly Microgreen Cultivation Project to promote sustainable and healthy eating habits among students. This initiative, implemented annually at the college, commenced on October 10, 2024, and received great enthusiasm from students and faculty alike.

Objectives of the Project:

Encourage students to develop an interest in agriculture and environmental conservation.

Raise awareness about sustainable food habits and the nutritional benefits of microgreens.

Promote organic farming as an easy and effective way to integrate healthy food into daily life.

Microgreens, known for their high nutritional value and ease of cultivation, were grown by sprouting chickpea, cowpea, and horse gram seeds in small disposable containers. Within two weeks, these seedlings were ready for harvest, provided they received adequate light, water, and care. The organic agriculture sector of the college served as the primary site for cultivation, where students took charge of nurturing the plants under the guidance of Bhoomithrasena Club Coordinator Dr. Mini Abraham.

To deepen student engagement, an awareness session was conducted on the health benefits of microgreens, emphasizing their role in preventing nutrient deficiencies. Additionally, a hands-on workshop demonstrated innovative ways to incorporate microgreens into meals, such as salads, smoothies, and garnishes.

The project not only enhanced students' understanding of sustainable agriculture but also inspired them to practice urban gardening at home. Many students expressed interest in growing microgreens on their balconies and terraces, reinforcing the long-term impact of the initiative.

The first phase of the project was successfully completed, gaining widespread appreciation from students and faculty. Encouraged by its success, the club plans to expand the project by introducing other nutrient-rich crops and integrating more sustainable farming techniques in future initiatives.

Expenditure Statement

Item	Expenditure	Remarks
Grains	Rs 250	NIL

Budgeted Amount	**Rs 0**
Total Expenditure	**Rs 250**
Extra Amount	**Rs 250**

Photographs