

**HSNC UNIVERSITY, MUMBAI**  
**Kishinchand Chellaram College**



**A Workshop titled 'Grow Microgreens'**  
**Under the Aegis of DBT- Star Status Activity**  
**Organized By**  
**Department of Life Sciences**  
**in association with**  
**Farm Studio Pvt. Ltd.**



**August 19, 2020**

The Department of Life Sciences organized a number of online webinars for the students and faculty members of their own college as well as extended the activity to other academicians and others across the country and beyond. The webinar titled 'Grow Microgreens- Superfoods, A step towards self reliance' was the 29<sup>th</sup> webinar of the series and was organized in association with the company, Farm Studio, that specialize in Horticultural products and services. A total of 77 participants included students and faculty members from K.C.College and 10 more colleges across Mumbai. There were many academicians and professionals who attended the webinar, including an ex-faculty member from Singapore. The webinar began with a welcome address by the Head of the Department of Life Sciences, Dr. Sagarika Damle, who mentioned the importance of this webinar as a step towards 'Atmanirbharta' in sufficing nutritional needs at person level and also appealed to all to spread this knowledge to others. Dr. Tejashree Shanbhag, senior faculty of the department, highlighted the exemplary achievements of Mr. Husain Bharmal, a new age innovator in the field of Sustainable living and resource person of the day.

Mr. Husain Bharmal introduce the term Microgreens and their dietary importance from nutrition point of view. His illustrative presentation included various types of Microgreens, their growing and harvesting technique, containers to be used, nutritious recipes where these microgreens can be used, health benefits and many more tips of growing these microgreens using all the common material that can be found at home. Mr. Husain's demonstration of growing Microgreens, using household resources, was well received by the participants. He presented some visuals on the commercial activity of maintaining Greenhouses and the an entrepreneurship opportunity for young graduates. He patiently answered all questions asked by the participant and was assisted by Mr. Abdullah from Microgreens, during the Q and A session conducted by Mr. Gaurav Bingi, the faculty member of the Life Sciences Department. Mr. Husain reassured the participants to extend any help to promote various horticultural techniques such as Vertical Gardening, Hydroponics in addition to cultivating Microgreens, as a career prospect. The webinar ended with a vote of thanks offered by Dr. Mayuresh Joshi, another faculty member of the department. The participants were requested to fill out a feedback form and the responses from the participants were very heartneing.

**Feedback:** The webinar was successful in stimulating interest in the audience to learn more about Microgreens and motivating them towards being self reliant and helping others in need. It was an energising and enlightening webinar with hands on demonstration by the resource person, Mr. Husain Bharmal, where the audience worked along enthusiastically. The webinar helped the participants by introducing them to easy, eco-friendly and money friendly ways of successfully growing their own Microgreens. The webinar was greatly appreciated and loved by the audience.

