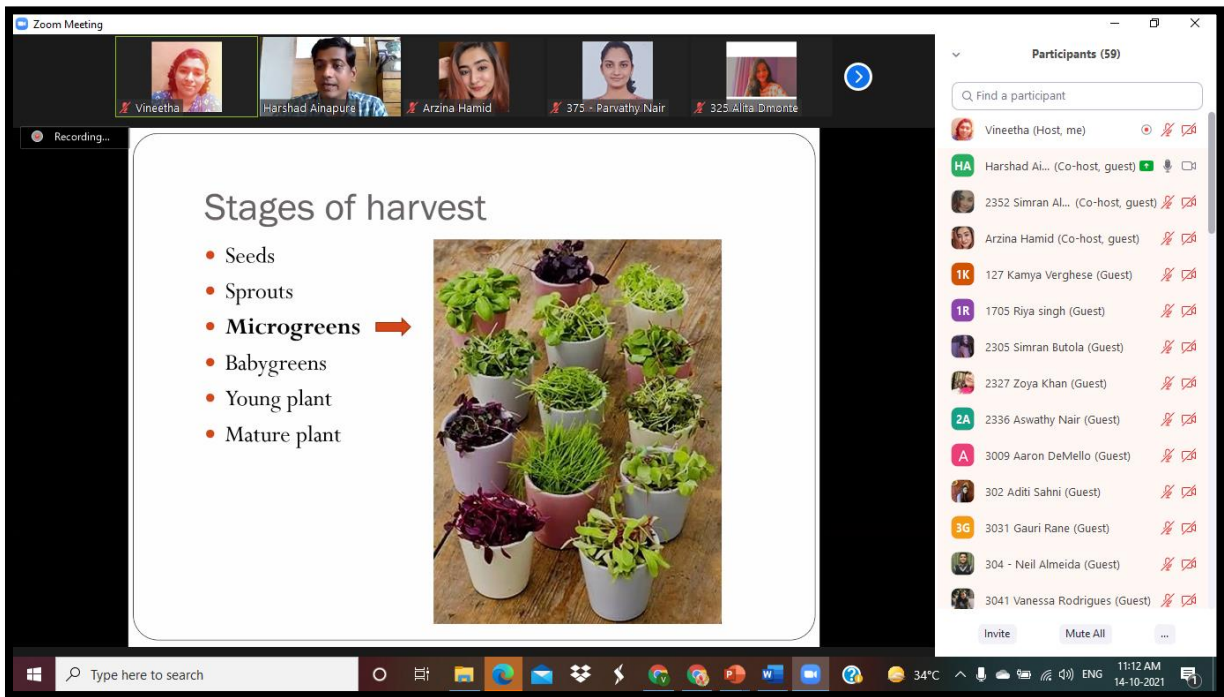


2021-2022

- The Department of Environmental Studies in collaboration with the Nature Club organised a **workshop “Grow your microgreens”** on 14 October, 2021. It was conducted by Mr. Harshad Ainapure, one the founders and directors of Nature First Horticultures Consultancy & Services LLP based in Thane. The session provided the participants insights on health implications of modern farming and trained them to produce their own microgreens with least possible resources.




Zoom Meeting

Recording...

Stages of harvest

- Seeds
- Sprouts
- Microgreens** →
- Babygreens
- Young plant
- Mature plant



Participants (59)

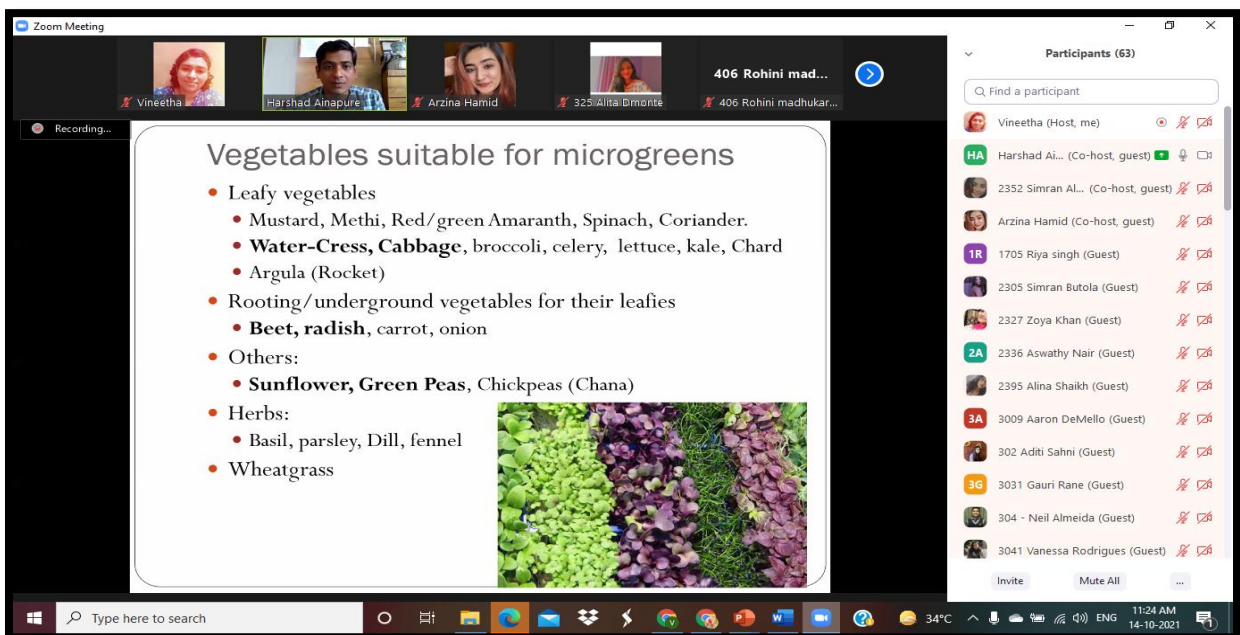
Q. Find a participant

- Vineetha (Host, me)
- HA Harshad Ai... (Co-host, guest)
- 2352 Simran Al... (Co-host, guest)
- Arzina Hamid (Co-host, guest)
- 1K 127 Kamyia Verghese (Guest)
- 1R 1705 Riya singh (Guest)
- 2305 Simran Butola (Guest)
- 2327 Zoya Khan (Guest)
- 2A 2336 Aswathy Nair (Guest)
- A 3009 Aaron DeMello (Guest)
- 302 Aditi Sahni (Guest)
- 3G 3031 Gauri Rane (Guest)
- 304 - Neil Almeida (Guest)
- 3041 Vanessa Rodrigues (Guest)

Invite Mute All

Type here to search

34°C 11:12 AM 14-10-2021




Zoom Meeting

Recording...

Vegetables suitable for microgreens

- Leafy vegetables
 - Mustard, Methi, Red/green Amaranth, Spinach, Coriander.
 - Water-Cress, Cabbage**, broccoli, celery, lettuce, kale, Chard
 - Argula (Rocket)
- Rooting/underground vegetables for their leafies
 - Beet, radish**, carrot, onion
- Others:
 - Sunflower, Green Peas**, Chickpeas (Chana)
- Herbs:
 - Basil, parsley, Dill, fennel
- Wheatgrass



Participants (63)

Q. Find a participant

- Vineetha (Host, me)
- HA Harshad Ai... (Co-host, guest)
- 2352 Simran Al... (Co-host, guest)
- Arzina Hamid (Co-host, guest)
- 1R 1705 Riya singh (Guest)
- 2305 Simran Butola (Guest)
- 2327 Zoya Khan (Guest)
- 2A 2336 Aswathy Nair (Guest)
- 2395 Alina Shaikh (Guest)
- 3A 3009 Aaron DeMello (Guest)
- 302 Aditi Sahni (Guest)
- 3G 3031 Gauri Rane (Guest)
- 304 - Neil Almeida (Guest)
- 3041 Vanessa Rodrigues (Guest)

Invite Mute All

Type here to search

34°C 11:24 AM 14-10-2021

- **A Field Trip to the Flamingo Sanctuary at Airoli** was organised on 26 February, 2022. The participants were explained the significance of Mangrove conservation and its niche in maintenance of estuarine ecosystems, role in protecting coastal areas from erosion, role in water table maintenance as well as its role as a carbon sink and regulator of climate.

