MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

(AUTONOMOUS)

VANIYAMBADI, TIRUPATTUR DT – 635 751

- Recognized u/s 2(f) & 12(B) of UGC Act 1956
- Permanently Affiliated to Thiruvalluvar University
- Supported by DST – FIST | DBT STAR College Scheme

NAAC A+ | INSTITUTIONS INNOVATION COUNCIL

PG & Research Department of Foods and Nutrition

Organizes

Workshop on Kitchen and Terrace Gardening

Supported by

DBT STAR COLLEGE SCHEME

Grow Green... Live Healthy...



Resource Person

Ms. V. Priya Rajnarayanan

Traditional Seed Conservator
Natural Way Farmer and Trainer
Tiruppur

Date : 13.10.2026 | **Time :** 11.00 am | **Venue :** Sri Arihanth Seminar Hall

Marudhar Kesari Jain College for Women (Autonomous) Vaniyambadi - 635 751. Tirupattur District

Sri. V. Dilip Kumar Jain	Sri. Anand Singhvi	Dr. M. Inbavalli	Dr. M. Gomathi	Ms. R. Mahalakshmi
President	Secretary	Principal	DBT STAR College Coordinator	Head

PG and Research Department of Foods and Nutrition

Organizes

Workshop on

KITCHEN AND TERRACE GARDENING

Supported by DBT Star College Scheme

Date: 13-10-2026 | **Time: 11.00 am** | **Venue: Sri Arihanth Seminar Hall**

Agenda

Prayer	
Welcome address	: **Ms. Ananya R** II-B.Sc. Nutrition, FSM and Dietetics
Felicitation	: **Dr. M. Inbavalli** Principal, MKJC
Chief Guest Introduction	: **Ms. Twinkle Kanwar A** II - B.Sc, Nutrition, FSM & Dietetics
Chief Guest Address	: **Mr. V. Priya Rajnarayanan** Traditional Seed Conservator, Natural way Farmer and Trainer, Tirupur
Vote of Thanks	: **Ms. Libina Cristy S** II-M.Sc. Foods and Nutrition
National Anthem	

All Are Cordially Invited

PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District

Activity Report

WORKSHOP ON KITCHEN AND TERRACE GARDENING

Input

The PG & Research Department of Foods and Nutrition, Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi, organized a workshop on "Kitchen and Terrace Gardening" on 13th October 2026 at 11.00 a.m. at Sri Arihanth Seminar Hall, with support from the DBT STAR College Scheme. The resource person was Ms. V. Priya Rajnarayanan, a traditional seed conservator, natural way farmer and trainer from Tiruppur. The workshop aimed to create awareness among students about gardening, sustainable growing practices and the importance of growing plants at home. The session combined an introductory discussion with practical hands-on planting activities.

Objectives of the Programme

The major objectives of the programme were to:

- To understand the meaning and importance of gardening in everyday life.
- To differentiate natural farming from organic farming.
- To introduce students to simple and budget-friendly methods of planting and maintaining plants.
- To help students identify the characteristics of a healthy plant.
- To create awareness of the relationship between plant health and insects.
- To provide hands-on experience in planting and encourage kitchen and terrace gardening.

Process

Theory Session:

The morning session was conducted by Ms. V. Priya Rajnarayanan, Traditional Seed Conservator, Natural Way Farmer and Trainer ,Tiruppur .She began by explaining what gardening is, why people practice it and its importance in daily life. She highlighted how kitchen and terrace gardening can encourage people to grow plants in available spaces and develop an interest in cultivating greenery at home.

The resource person explained the difference between natural way farming and organic farming, helping students understand that the two approaches are not necessarily identical. She then demonstrated the basic steps involved in planting a tree and discussed practical, budget-friendly ways to begin gardening without requiring expensive materials.

Students were taught how to recognize a healthy plant by observing its general growth and condition. The resource person also discussed the role of insects in the garden and explained the idea that "insects do not kill a healthy plant," using examples to help students understand the relationship

between plant health and insect activity. The discussion encouraged students to observe plants carefully and develop a better understanding of natural growing practices.

Practical Session:

She demonstrated a session in MKJC Herbal Garden, on how to prepare a suitable planting mixture by combining dry leaves and soil to make a compost-based mixture. Students learned how to prepare the Soil compost, quantity of water, mud, and use the prepared mixture for planting. They then practised planting seedlings using the demonstrated method. The resource person also explained the importance of providing adequate water and sunlight for the healthy growth and development of plants. The practical session enabled students to understand the basic steps involved in planting, the preparation of a suitable growing medium and the essential care required for maintaining healthy plants. This workshop encouraged students to adopt simple, affordable and sustainable gardening practices in their homes.

Output

- Gained an understanding of gardening and its importance.
- Learned the difference between natural way farming and organic farming.
- Understood the basic steps involved in planting a tree.
- Learned budget-friendly approaches to starting a garden.
- Identified key features of a healthy plant and discussed the role of insects in plant health.
- Gained practical experience through hands-on planting activities.

The programme contributed to SDG 2- Zero Hunger, SDG 4 – Quality Education by providing learning through discussion and practical experience. It also supported SDG 12 – Responsible Consumption and Production by encouraging mindful, resource-conscious gardening practices, and SDG 15 – Life on Land by promoting an interest in plants, greenery and plant care.

Outcome

- Enhanced awareness of the importance of kitchen and terrace gardening.
- Improved understanding of natural way farming and organic farming.
- Developed basic knowledge of planting and affordable gardening methods.
- Improved ability to observe plant health and understand the role of insects in the garden.
- Encouraged students to practice gardening and apply the skills learned in their homes or available spaces.

The workshop successfully combined theoretical learning with practical planting experience. It encouraged students to appreciate gardening, explore affordable ways to grow plants and apply the knowledge gained through the guidance of the resource person.

R. Malini 26/10/26
HOD

29/10/26
DBT Star Co-ordinator & Dean, SLS

27/10/26
IQAC Director

Principal

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Vaniyambadi - 635 751.
Tirupattur District

MARUDHAR KESARI JAIN

College for Women (Autonomous), Vaniyambadi

33 Years of Educational Excellence...

Topic: Workshop on "Kitchen and Terrace Gardening"
Date: 13.10.2026
Organized by: PG and Research Department Of Foods and Nutrition
Venue : Sri Arihanth Seminar Hall





R. Malini 21/10/2026

Head

Principal

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