

Nature's Rhythms **An Extension Program from Bench top to Granite top**

Nature's Rhythms, An extension Programme for Public intended to encourage a lifestyle in harmony with Nature and Environment, held its first official meet in the afternoon of 16th October 2018 at Mar Mathew Pothanamuzhi Hall to commemorate World Food Day with a Public Awareness lecture on **Home Vegetable Garden and launching of Home Vegetable Garden Programme**. Rev. Dr. Vincent Joseph, Principal of Newman College presided the function conducted by Department of Botany & Biotechnology in collaboration with Mathrubhumi Seed (Student Empowerment for Environmental Development) Programme. **Prof. Dr. V. S. Devadas**, Former Professor & Associate Director of Research, Kerala Agricultural University, Thrissur gave Awareness lecture to the students and public on scientific aspects for the establishment of Kitchen Garden or Nutritional Garden at home. Mr. Ajith K. K., District level executive of Seed Programme elaborated the activities of Mathrubhumi Seed to the gathering.

The presidential address pointed the need to elaborate the venture undertaken by Department of Botany & Biotechnology to a wider community to encourage healthy food habits and to revive the long lost tradition of self sufficiency in food. Dr. Saju Abraham, Head, Department of Botany in his welcome address highlighted the importance of the extension programme in the current scenario.



The invited lecture by Prof. Dr. V. S. Devadas highlighted various vegetable crops that can be cultivated in our climate with details regarding its care and propagation. The general lay out plan for a proper kitchen garden and details for making various organic fertilizers were discussed.



The **Seed Distribution** Ceremony after the lectures was inaugurated by Prof. Dr. V. S. Devadas by giving vegetable seeds to parent representatives. Mr. Ajith K. K.; Dr. Stephen Joseph; Dr. Saju Abraham; Dr. Anju T R; Ms. Parvathy S; Ms. Jismol George distributed the seeds to the other participants of the programme.



Dr. Anju T R and Ms. Sindhu Rachel Joy were the program coordinators and Dr. Saju Abraham, Dr. Stephen Joseph; Ms. Parvathy S; Ms. Jismol George were the supporting team for the programme. The programme concluded in the evening with vote of thanks by Dr. Anju T R.

