



GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING

Report

Plantation Activities as Poshan Vatika



Date :18 September, 2021

It was a group Activity and total 5 groups participating 3 from Section - A and 2 from Section - B. There were various topics like **Herbal nutri gardens, kitchen garden, Medicinal plants plantation, Nutritional fruits and vegetables availability** according to which pupil teachers presented their activities. The activity started at 10:55 Am.

1st Group was A1 which included **Mansi (leader)**, Bharti, Suman, Amrita, Reetu yadav, Aisha, Dinky, Vaishali.

Topic : Medicinal plants: They presented a video in which planting plants like Alovera (Reetu yadav), Neem (Vaishali) were presented. Mansi, Aisha, Dinky, Suman presented benefits and use of medicinal plants and Amrita presented use of Neem and its importance.



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All over they received a Good feedback but audio of video was not audible.

2nd Group was **B1** which included **Bhawna sharma(leader)**, Barkha, Sakshi, Poonam, Anushi, Shivani, Vandana singh, Anjali

Topic: Kitchen Gardening: Bhawna started the presentation and introduced her group and started presentation Their video consist plantation of Coriander(Barkha), Oregano(Sakshi), Red chilli(Poonam), Tomato(Anushi), Lady finger (Shivani), Curry plant(Vandana), Garlic(Anjali). They also asked riddles about various vegetables like Tomato(Barkha), Potato(Sakshi), Bittergourd(Shivani). Then Anjali concluded the presentation by explaining the nutritional value and advantages of growing vegetables in kitchen Garden.

They received a good feedback Teachers appreciated their riddles and plantations.

3rd Group was **A2** which included **Amisha (leader)**, Shruti(d/o Kuldeep), Bhavya mann, Bhavya Arora, Ananya, Priyanshi sharma, Chanchal, Tisha

Topic: Medicinal plants: Amisha introduced her group and started the presentation with the help of a video and ppt. They also planted plants like Pattharchatta(Amisha), money plant(chanchal). Bhavya Arora and Ananya explained importance of medicinal plants and Tisha explained about Tulsi plant and its importance. Priyanshi sharma explained benefits of plants and Shruti presented a poem and Bhavya mann concluded the presentation.

They also received a good feedback. Mam appreciated their presentation and poems which they included.



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4th Group was **A3** which included **Jyoti (leader)**, Bhawna(d/o Anil), Khushi yadav, Anjali, Vanshika, Khushboo, Himani, Shruti(d/o Naveen). Jyoti introduced her group and started presentation on **Nutritional fruits and vegetables**.

Bhawna explained importance of growing vegetables at home. Anjali showed chilli plantation. Shruti antil watered plats and planted plantlet. Himani, khusbhoo and Vanshika explained importance of various vegetables and their growth.

They received a good feedback and Their attire and explanation was also appreciated.

5th Group was **B2** which includes **komal Tomar(leader)**, Kamakshi, Akanksha, Vidya, Vaishali sehrawat, Arti, Nikita, Chanda. Kamakshi started the presentation with introducing her Group and the Akanksha planted medicinal plant, Vidya (belpattra), kamakshi(bryophyllum), Vaishali (Tulsi), Nikita (Tulsi), and komal, Arti, Chanda explained about Giloe, Alovera, and snake plant respectively. They also explained benefits of medicinal plants and their uses.

Their presentation was also good mam appreciated their explanation and also their plantation.

All over everyone presented very nice plantation activities and the most important thing that pupil teachers planted plants and has contributed to protect mother nature. Praveen mam and Jasmeet mam both liked presentations and also appreciated the Display pictures of pupil teacher as they have used plants images as their Display picture. At the end it was a good and important activity as it aroused awareness about plants around us and was conducted successfully.