

SCHOOL KITCHEN GARDEN WORKSHOP

**ORGANISED BY
DEPARTMENT OF SOCIAL WORK-PG, ST.
EDMUND'S COLLEGE**

IN COLLABORATION WITH

**NORTH EAST SLOW FOOD AND
AGROBIODIVERSITY SOCIETY (NESFAS),
SHILLONG**

DATE: 7TH JUNE 2023

**VENUE: ST. MARY'S HIGHER SECONDARY
SCHOOL, PAHAMMARDOLOI VILLAGE**

Introduction

The Department of Social Work-PG, St Edmund's College, Shillong in collaboration with North East Slow Food and Agrobiodiversity Society (NESFAS), Shillong organized a School Kitchen Garden Workshop on 7th June 2023 in St. Mary's Higher Secondary School, Pahammardoloi Village. This workshop aimed to facilitate and bring the students together to promote their local food diversity and disseminate awareness on the daily nutritious meal to be consume as to enhance the Mid-Day Meal Program of the students. The workshop was conducted for the target groups of the Upper Primary Section from class 6 to 8 for both boys and girls. The Resource Person of the Workshop was Ms. Ruth B Sohtun, Associate Team Member of North East Slow Food and Agrobiodiversity Society (NESFAS), Shillong.



About the Workshop

The workshop started with a welcome speech by the MSW 2nd semester which was followed by a brief felicitation and introduction about the Resource Person and the organization, NESFAS. An introductory speech was given by the Headmistress of St. Mary's Higher Secondary School, Pahammardoloi, Sister Linda Manih, and in her address she express her gratitude and acknowledge the efforts of the department of Social Work-PG, St Edmund's College, for organizing this important workshop for the Upper Primary students of the schools as it will enable them to understand the importance of having a kitchen garden in the school.



The Resource Person started the session with a brief introduction on the working of the organization, NESFAS. After that, she divided the Workshop in two sessions and in the first session she presented about the School Kitchen Garden. Initially, she started the first session with a question, "From where do we get our food?" and "what did you have yesterday morning till today morning?". This was done to make the students understand the various sources of obtaining the food and to create an environment with interaction

and discussion with the students. And she responded with practical and sensible answers. Hence, she suggested and encourage the students to include 4 to 5 varieties of food in their daily diet for a healthy and nutritious diet.

Furthermore, she presented on the different steps that need to be followed while practicing Kitchen Garden. These, includes:

- Giving Awareness/Workshop

- Identification of various seasonal plants: To identify vegetables and wild edible vegetables that grows in particular season.
- Collection of seeds: After identification of seeds discussion with parents of the students on contribution of seeds for school garden.
- Connecting School day with Mid Day Meal: The main purpose of School Kitchen Garden is to incorporate the Mid Day Meal program by teaching and enhancing the students about the Nutritious and Healthy food system in growing and consuming.
- Evaluation: To monitor and observe and to conduct regular check and examine on the varieties of crops.

In the second session, the resource person conducted an activity with the teachers and students and this activity was done with the division of the students into 5 groups. This activity is known as Sensory Game. This sensory game was conducted with an objective to enable the participants to identify the varieties of crops by using their senses and to promote the students to know the various types of wild edible and nutritious food vegetables that can be grown and consumed by the school students. In this sensory game, three wooden box was arrange with each



crop in it and inside the box three varieties of crops are kept including Millet, Garlic Chives, locally known as 'Jyllang' and Job's Tears, locally known as 'Sohriew'. The participants had to touch, feel and smell the crops inside the box and identify all the three varieties of crops.

Thus, the students showed keen interest on learning more about various nutritious wild vegetables and crops that can be consumed to have a proper healthy diet and it can be analyzed that the School Kitchen Garden Workshop was insightful, informative and a great learning experience for the students as it was introduced to the Upper Primary School children in order to have an opportunity to grow, harvest, prepare and share healthy and nutritious, seasonal food and to provide a positive attitudes towards the environment and its surroundings and to develop the sense of ownership and encourage among the school children to take in all the nutritious food and stay healthy.



Towards the end of the program, a vote of thanks was proposed by the MSW s2nd semester student, to acknowledge and thank all the important people involved in the success of the program.

Eventually, to capture and mark the productive memories of the fruitful event, a group photo was taken.

ANNEXURE 1

LIST OF PARTICIPANTS

St. Edmund's College
"Facta Non Verba"

Rural Camp 2023
Pahammardoloi Village

Name of the Programme: School Kitchen Garden Workshop
Date: 02/10/23
Venue: Pahammardoloi Village

Sl. No.	Name	Gender	Occupation/Class	Signature
1	Dani KA-orah	F	VI	Dani
2	Saktia Makki	F	VI	S. Makki
3	Kawaniyaprasanna Sigitia	F	VI	K. Sigitia
4	Syria Nur Hafidha	F	VI	S. Nur Hafidha
5	Jenesta Rizki	F	VI	J. Rizki
6	Sofia Nur Hafidha	F	VI	S. Nur Hafidha
7	Banyasa Sigitia	F	VI	B. Sigitia
8	Egita Makki	F	VI	E. Makki
9	Bharadewya Sigitia	F	VI	B. Sigitia
10	Masyi'atun Sigitia	F	VI	M. Sigitia
11	Mrs. Niska Sigitia	F	Teacher	M. Sigitia

ANNEXURE: 1.1

St. Edmund's College
"Facta Non Verba"

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Pahammardoloi Village

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Sl. No.	Name	Gender	Occupation/Class	Signature
13	Bovita Makki	F	VI	B. Makki
14	Nitasari Sigitia	F	VI	N. Sigitia
15	Neraha Makki	F	VI	N. Makki
16	Sonalia Mering	F	VI	S. Mering
17	Phylita Mering	F	VI	P. Mering
18	Rozalia Mering	F	VI	R. Mering
19	Nelena Sigitia	F	VI	N. Sigitia
20	Shabrina Sigitia	F	VI	S. Sigitia
21	Nandita Makki	M	VI	N. Makki
22	Siti Nur Hafidha	M	VI	S. Nur Hafidha

ANNEXURE: 1.2

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Sl. No.	Name	Gender	Occupation/Class	Signature
1	Sofia Nur Hafidha	F	VI	S. Nur Hafidha
2	Dian Nur Hafidha	F	VI	D. Nur Hafidha
3	Maria Nur Hafidha	F	VI	M. Nur Hafidha
4	Nur Hafidha	F	VI	N. Nur Hafidha
5	Shabrina Sigitia	F	VI	S. Sigitia
6	Nelena Sigitia	F	VI	N. Sigitia
7	Phylita Mering	F	VI	P. Mering
8	Rozalia Mering	F	VI	R. Mering
9	Nitasari Sigitia	F	VI	N. Sigitia
10	Bovita Makki	F	VI	B. Makki
11	Nandita Makki	M	VI	N. Makki
12	Siti Nur Hafidha	M	VI	S. Nur Hafidha
13	Mrs. Niska Sigitia	F	Teacher	M. Sigitia

ANNEXURE: 1.3

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Sl. No.	Name	Gender	Occupation/Class	Signature
1	Siti Nur Hafidha	F	VI (Six)	S. Nur Hafidha
2	Shabrina Sigitia	F	VI (Six)	S. Sigitia
3	Nelena Sigitia	F	VI (Six)	N. Sigitia
4	Phylita Mering	F	VI (Six)	P. Mering
5	Rozalia Mering	F	VI (Six)	R. Mering
6	Nitasari Sigitia	F	VI (Six)	N. Sigitia
7	Bovita Makki	F	VI (Six)	B. Makki
8	Nandita Makki	M	VI (Six)	N. Makki
9	Siti Nur Hafidha	M	VI (Six)	S. Nur Hafidha

ANNEXURE: 1.4

St. Edmund's College
"Facta Non Verba"

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Sl. No.	Name	Gender	Occupation/Class	Signature
1	Siti Nur Hafidha	F	Class VII	S. Nur Hafidha
2	Shabrina Sigitia	F	Class VII	S. Sigitia
3	Nelena Sigitia	F	Class VII	N. Sigitia
4	Phylita Mering	F	Class VII	P. Mering
5	Rozalia Mering	F	Class VII	R. Mering
6	Nitasari Sigitia	F	Class VII	N. Sigitia
7	Bovita Makki	F	Class VII	B. Makki
8	Nandita Makki	M	Class VII	N. Makki
9	Siti Nur Hafidha	M	Class VII	S. Nur Hafidha

ANNEXURE: 1.5

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Sl. No.	Name	Gender	Occupation/Class	Signature
1	Siti Nur Hafidha	F	Class VII	S. Nur Hafidha
2	Shabrina Sigitia	F	Class VII	S. Sigitia
3	Nelena Sigitia	F	Class VII	N. Sigitia
4	Phylita Mering	F	Class VII	P. Mering
5	Rozalia Mering	F	Class VII	R. Mering
6	Nitasari Sigitia	F	Class VII	N. Sigitia
7	Bovita Makki	F	Class VII	B. Makki
8	Nandita Makki	M	Class VII	N. Makki
9	Siti Nur Hafidha	M	Class VII	S. Nur Hafidha

ANNEXURE: 1.6

ANNEXURE 2



**“SCHOOL KITCHEN GARDEN
WORKSHOP”**

**ORGANISED BY MSW 2ND SEMESTER
DEPARTMENT OF SOCIAL WORK-PG
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**DATE: 7th JUNE 2023
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PAHAMMARDOLOI**

ANNEXURE 2: Banner