



Report on student centric methods, such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences

1. Title of the activity: Gardening: A connection with nature

Date: November 2023- April 2024

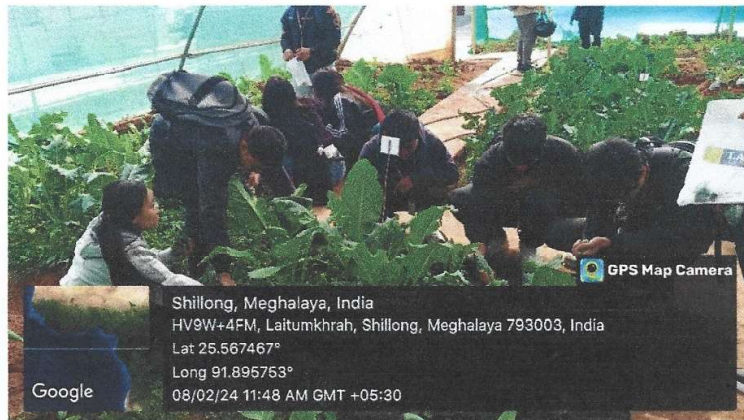
Venue: Department of Botany, St. Edmund's College

Duration: 6 months

This is an activity which promotes personal growth through unique experiences, particularly in nurturing social, emotional, and cognitive skills. Natural settings like gardens offer valuable opportunities for this development while fostering a connection with nature. Gardening is presented as a beneficial activity for individuals of all ages, contributing to physical and mental health by reducing risks of various diseases and enhancing mood through exposure to sunlight and fresh air. It also allows individuals to cultivate social and emotional competencies, shaping their attitudes, beliefs, and self-perceptions. Additionally, gardening provides the joy of consuming home-grown produce. In this context, St. Edmund's College has launched a project called "Gardening: A connection with nature" for Botany honors students, where they engage in planting, monitoring growth, and harvesting their own plants. The participants were the Botany Major and Honours students.



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