

# WORKSHOP ON

## MICRO-GREENS

RESEARCH & INNOVATION STRATEGIES AND ADVANCEMENT  
TOWARDS ENTREPRENEURSHIP

### Tiny Greens : Mighty Nutrition

- **Why Microgreens?**
- Microgreens are young edible plants harvested in just 7–14 days. They're packed with nutrients, easy to grow, and perfect for students who are interested in entrepreneurship opportunities

#### COORDINATORS

Dr. Geetika Pant,  
Mrs. Soumya S Shanbhag

**HOD**

Dr. Savitha J

**PRINCIPAL**

Dr. Pushpa H



# CONTENT OF THE WORKSHOP

## overview of the workshop

- Introduction to microgreens
- Health & nutritional benefits
- Seeds, growing media & containers
- Step-by-step growing process
- Watering, light & care tips
- Harvesting & storage techniques
- Common mistakes & troubleshooting
- Entrepreneurship opportunities

REGISTRATION : FREE  
CERTIFICATES WILL BE PROVIDED FOR REGISTERED PARTICIPANTS  
LIMITED SEATS: 30  
PARTICIPANTS: BSC FINAL YEAR



Date: 26th Feb 2026, 9:30am onwards  
Venue: Food Tech. Lab, 2<sup>nd</sup> Floor