

Comprehensive Report on the Program: Growing Regenerative Food Forest in BPSMV Campus – A Shared Responsibility

Organized by Dhara Eco Club, Bhagat Phool Singh Mahila Vishwavidyalaya

Venue: Multipurpose Hall, Teaching Block-1, BPSMV

Date: 15 October 2024

Time: 10:45 a.m. – 1:00 p.m.

Report prepared by: Dr. Deepali Mathur

The program, "Growing Regenerative Food Forest in BPSMV Campus – A Shared Responsibility," was held on 15 October 2024 at the Multipurpose Hall, Teaching Block-1, Bhagat Phool Singh Mahila Vishwavidyalaya (BPSMV). Organized by Dhara Eco Club, the event focused on raising awareness about regenerative farming and its significance for sustainable agriculture, with the involvement of key university stakeholders and environmental experts.

Chief Guests and Special Guests:

- **Chief Guest:** Prof. Sudesh, Honorable Vice Chancellor, BPSMV
- **Resource Team:**
 - Mr. Sudhir Singh, Founder, Sahjeevan Foundation
 - Mr. Naresh, Member, Sahjeevan Foundation
- **Advisors of the Program:**
 - Prof. Ashok Verma, Director, IQAC, BPSMV
 - Prof. Shalini, University Chief Warden
- **Mentors:**
 - Dr. Deepali Mathur, Department of Social Work
 - Dr. Sudipta Sil, Department of Foreign Languages
 - Dr. Bhupinder Singh, Head, Department of Chemistry
- **Technical Support:**
 - Mr. Ankit, IQAC
 - Mr. Amit, IT Cell
- **Wardens of Hostels:**
 - Hostels 5 & 6, 12, 13, and 14





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पर्यावरण संरक्षण की दिशा में काम करें युवा : वीसी

बीपीएसएमवी कैपस ए शेयर्ड रिस्पॉसिबिलिटी विषयक कार्यक्रम आयोजित

हरिभूमि न्यूज़ ५४ गोहाला

भगत फूल सिंह महिला विश्वविद्यालय, खानपुर कला के धरा इको-क्लब द्वारा ग्रीडिंग रिजेनरेंटिव फूड फरिस्ट इन बीपीएसएमवी कैपस ए शेयर्ड रिस्पॉसिबिलिटी विषयक कार्यक्रम आयोजित किया गया। इस कार्यक्रम का उद्देश्य महिला विश्वविद्यालय में पर्यावरणीय जिम्मेदारी की संस्कृति को बढ़ावा देना और मुदा स्वास्थ्य को बेहतर बनाने व विविध परिसर के इकोलॉजिकल फुटप्रिंट कम करने के उपायों की खोज करना था।

मुख्यातिथि महिला विश्वविद्यालय की कुलपति प्रो.



महिला शिक्षा की कुलपति प्रो. सुदेश को स्मृति किन्ह भेट करते धरा इको-क्लब के सदस्य।

उपयोग से बचें और अपनी खानपान की आदतों को सुधारें। कार्यक्रम में बतौर रिसोर्स पर्सन सुधीर सिंह और नरेश ने मुदा उर्वरता के महत्व पर चर्चा करते हुए मिट्टी का पोषण बढ़ाने के प्राकृतिक तरीकों पर बात की। प्रारंभ में धरा इको-क्लब की मंटर डॉ. दीपाली माथुर ने स्वागत संबोधन किया। कार्यक्रम का संचालन में छात्राओं पवित्रा, साक्षी, मानसी, स्वाति व किरण ने सहयोग दिया। इस अवसर पर निदेशक आई.क्यू.ए.सी. प्रो. अशोक वर्मा, चीफ वार्डन प्रो. शालिनी, कैमिस्ट्री विभागाध्यक्ष डॉ. भूपेन्द्र सिंह व डॉ. सुदीप्ता सील मौजूद रहे।

सुदेश ने कहा कि युवा पीढ़ी विशेषकर विद्यार्थी पर्यावरण संरक्षण के लिए बेहतरीन प्रयास करते हुए राष्ट्र निर्माण में योगदान दें। किचन वेस्ट का खाद के रूप में इस्तेमाल करें। इससे मिट्टी के पोषक तत्वों में वृद्धि होगी। कुलपति ने छात्राओं को डोट गिव अप का मंत्र दिया। उन्होंने छात्राओं का आह्वान किया कि वे सोशल मीडिया के अनावश्यक

Program Highlights:

The event commenced with a welcome address from Dhara Eco Club mentors, followed by remarks from Dr. Deepali Mathur, who introduced the audience to the objectives of Dhara Eco Club and the significance of the event. The focus was on the shared responsibility of the university community in contributing to environmental sustainability by creating a regenerative food forest on the campus.

Key Points Discussed:

1. Importance of Soil Fertility:

Mr. Sudhir Singh emphasized the need to maintain and enhance soil fertility for long-term agricultural sustainability. He explained how regenerative food forests can improve soil health by fostering biodiversity and supporting natural processes.

2. Methods to Improve Soil Nutrition:

The resource team discussed practical approaches to enriching the soil, such as using organic matter, mulching, and fostering plant diversity. These regenerative practices help restore degraded lands and improve crop resilience.

3. Potential for Transforming the University Campus:

The vision of growing a regenerative food forest on the BPSMV campus was presented as a way to not only improve soil fertility but also reduce atmospheric temperatures, thereby creating a cooler microclimate for the university environment.

4. Use of Vetiver Grass and Agricultural Waste for Mulching:

Mr. Naresh elaborated on the benefits of using vetiver grass and agricultural waste for mulching. These practices help retain moisture in the soil, reduce erosion, and improve land fertility, contributing to overall environmental sustainability.

5. Regenerative Farming Practices:

Both Mr. Sudhir and Mr. Naresh outlined the concept of regenerative farming, emphasizing multi-layer farming techniques, also known as food forests, which enhance carbon sequestration. Crops such as drumstick (moringa), vetiver grass, and black turmeric were highlighted for their contribution to soil restoration and economic value.

Conclusion and Way Forward:

The program concluded with a vote of thanks from Dhara Eco Club volunteers, followed by a symbolic exchange of mementos between the Chief Guest and the guest speakers. The event successfully instilled in the students and faculty a renewed sense of responsibility toward environmental conservation.

Outcome and Future Plans:

As a key outcome, it was decided that the empty grounds of Hostels No. 5 and 6 would be transformed into a *regenerative food forest*. The *Sahjeevan Foundation* will inspect the area and prepare a list of required plants based on the ground's conditions. Additionally, each Dhara Eco Club volunteer will be provided with up to three saplings to grow at home, encouraging personal responsibility for the environment.

The plantation drive is scheduled to begin on **19 October 2024**, and it will be led by the members of Dhara Eco Club. The drive will involve not only planting the saplings but also their ongoing development and monitoring, ensuring the long-term success of the regenerative food forest.

This initiative is part of Dhara Eco Club's broader mission to engage the entire university community in sustainable practices, promoting environmental stewardship and fostering a love for nature among students.

Mr. Sudhir also detailed the regenerative farming method known as multi-layer farming, which mimics a mini food forest. This technique involves cultivating different layers of crops to enhance soil fertility, retain moisture, and sequester carbon, effectively restoring the environment and increasing local biodiversity. He discussed the need for immediate action to reverse the damage caused by modern farming practices and shared Sahjeevan's progress in promoting sustainable farming solutions.

Address by the Vice Chancellor:

Following Mr. Sudhir's presentation, the Vice Chancellor, *Prof. Sudesh*, expressed her deep appreciation for the initiative taken by the volunteers of Dhara Eco Club. She commended the students for their proactive involvement in environmental conservation rather than becoming

overly immersed in modern technological distractions. Prof. Sudesh encouraged the audience to "never give up" on their efforts to protect the environment, reinforcing the idea that the future lies in sustainable ground-level work. She also reaffirmed her personal commitment to supporting initiatives that uplift the environment.

Mr. Naresh's Presentation:

At 12:00 p.m., *Mr. Naresh* was invited to share his insights on the urgent environmental issues facing the world today. He identified five major challenges in India: soil degradation, declining groundwater levels, rising temperatures, the increasing prevalence of diseases such as cancer and hyperglycemia, and the growing unemployment rate. According to Mr. Naresh, regenerative farming offers a solution to these interconnected problems by restoring the soil's carbon content, which could help reverse 200 years of environmental damage.

He elaborated on the benefits of crops such as drumstick (moringa), vetiver grass, pulses, and black turmeric, which are particularly effective in carbon sequestration and soil regeneration. He explained that vetiver, in addition to its ecological benefits, has economic potential through its use in perfumes and traditional medicine. Black turmeric and drumstick, as multi-purpose crops, could also play a significant role in improving both soil health and local economies.

Interactive Q&A Session:

The presentations sparked great interest among the audience. Students, professors, and wardens asked a range of questions about regenerative farming and food forests, which were addressed in detail by Mr. Sudhir. The interactive session further deepened the participants' understanding of how multi-layer farming could be applied in their context and how it could transform the BPSMV campus.

The event concluded with a vote of thanks from the Dhara Eco Club members, who expressed their gratitude to the Vice Chancellor, the guests from Sahjeevan Foundation, and all attendees for making the event a success. The club presented mementos to the Vice Chancellor and the guest speakers in remembrance of the occasion, which was met with enthusiastic applause from the audience.

The session officially ended at 1:00 p.m., leaving the participants with a renewed sense of responsibility toward the environment and the motivation to contribute actively to the creation of a regenerative food forest on the BPSMV campus.

Plantation Drive in Hostel no. 5&6 on 19 October, 2025 in collaboration with Sehjeevan, NGO





पंजाब
केसरी

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वी.सी. ने छात्राओं को दिया 'डॉट गिव अप' का मंत्र

गोहाना, 15 अक्टूबर (अरोड़ा) : बी.पी.एस. महिला विश्वविद्यालय के धरा ईको-क्लब द्वारा 'ग्रीनिंग रिजेनरेटिव फूड फॉरेस्ट इन बी.पी.एस.एम.वी. कैम्पस-एशेयर्ड रिस्पॉन्सिबिलिटी' विषय पर मंगलवार को कार्यक्रम का आयोजन किया गया।

कार्यक्रम का उद्देश्य महिला विश्वविद्यालय में पर्यावरणीय जिम्मेदारी की संस्कृति को बढ़ावा देना और मुदा स्वास्थ्य को बेहतर बनाने व विश्वविद्यालय परिसर के इकोलाजिकल फुटप्रिंट कम करने के उपायों की खोज करना था।

वी.सी. प्रो. सुदेश ने कार्यक्रम का शुभारंभ किया। रिसोर्सपर्सन्स सहजीवन फाउंडेशन से सुधीर सिंह और नरेश रहे।

प्रो. सुदेश ने शैक्षणिक संस्थानों में सस्टेनेबिलिटी के महत्व पर बल देते हुए कहा कि युवा पीढ़ी विशेषकर विद्यार्थी पर्यावरण संरक्षण के लिए बेहतर प्रयास करते हुए राष्ट्र निर्माण में योगदान दें। उन्होंने हॉस्टलों में किचन वेस्ट को खाद में बदलने के लिए प्रेरित करते हुए कहा कि इससे मिट्टी के पोषक तत्वों में वृद्धि होगी।

वी.सी. ने 'डॉट गिव अप' का मंत्र देते हुए कहा कि विश्वविद्यालय

की तरक्की के लिए विद्यार्थियों का जागरूक होना आवश्यक है। उन्होंने छात्राओं का आह्वान किया कि वे सोशल मीडिया के अनावश्यक उपयोग से बचें और अपनी खान-पान की आदतों को सुधारें।

रिसोर्सपर्सन्स सुधीर सिंह और नरेश ने कहा कि स्वस्थ मिट्टी सस्टेनेबल कृषि की आधारशिला है। उन्होंने खाद्य वन उगाने जैसी कृषि प्रथाओं को अपनाकर मिट्टी का पोषण बढ़ाने के प्राकृतिक तरीकों पर भी बात की। उन्होंने वेटिवर जैसी प्राकृतिक घास के उपयोग, मल्लिचंग आदि तकनीकों से भी अवगत कराया।



कार्यक्रम में महिला विश्वविद्यालय के प्राध्यापकों के साथ वी.सी. प्रो. सुदेश।

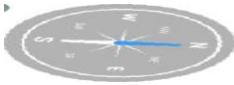
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Current status of Plantation drive

Approximately 450 saplings of native plants were planted and all are surviving. The plants are being taken care by the Horticulture Branch & Sanitation and hostel residents

Pictures taken on 12.11.2025 (After 1 year of plantation)

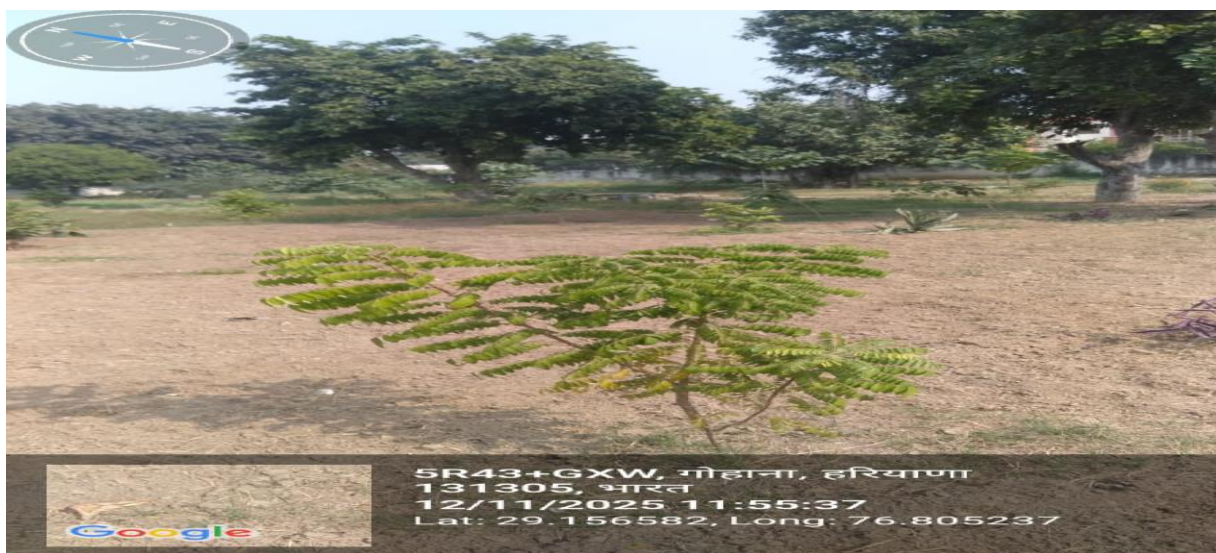




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Report Prepared by:

Deepali Mathur

Dr. Deepali Mathur, Associate Professor, Department of Social Work & Additional Director, Horticulture & Sanitation and Mentor, Dhara Eco- Club, BPSMV