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Turmeric as Immunity Booster

A strong immune system is like a strong wall, which protects our body from foreign and domestic disease-causing pathogens. Building a strong immunity is indeed a time taking process, but you can always give a boost to it by including healthy herbs and concoction in your diet. Turmeric is known for its anti-inflammatory and antioxidant properties. It has been deemed the super food spice of choice for busting pain and inflammation for centuries now, but there is much more to this magical spice than just its amazing anti-inflammatory properties for building immunity against Covid-19. Turmeric contains lipopolysaccharides, endotoxins that boost immunity and lower the risk of colds, flu, and other infections. Turmeric contains curcumin which has anti-inflammatory properties that can help to boost immunity.

Here is a spice that should be added to your cold and flu prevention regimen! Turmeric is a natural way to help bolster the immune system by increasing the immunomodulating capacity of the body. Try adding extra turmeric into your diet during periods of stress or during flu season to help give your immune system a little boost. Additionally Turmeric is among the richest food sources of Iron - 67.8 mg per 100g of turmeric powder. One teaspoon (3g) of turmeric powder provides 2mg of Iron - 10% of the adult daily requirements.



IHT Education and Technology Demonstration

Amid a sharp rise in cases of COVID-19 infections, the Gautam Buddha Nagar, Noida, Uttar Pradesh administration where Institute of Horticulture is situated was officially put under lockdown restrictions in an attempt to wind down the spread of the virus in the district.

IHT had to discontinue the regular training programmes. In order to make different courses available, specialized modules were worked out for online classes for courses which are mostly in demand.

Technology Demonstration and Capacity Building Programmes

In a multi Institutional project on "Field Demonstration of Cultivation and Development of Processed Technologies of Aromatic Plants – Patchouli, Citronella and Sugandh Mantri in Assam" Farmers were provided trainings by IHT Mandira for Nursery Generation, Cultivation and Distillation of Patchouli, Citronella. During the month farmers were provided Patchouli plants for further multiplication at their places and subsequent plantation in their fields..This project is for the upliftment of the farmers of Northeast region as they are being encouraged and trained with new technologies developed for the cultivation and extraction of essential oil of Aromatic plants with assured buyback and extraction of oil.



Patchouli plants being provided to the beneficiary farmer in IHT, Mandira, Assam



View of the Patchouli plants in farmers field in Village Rongjuli, Sarderpara, Assam

The Patchouli oil is one of the best and important valuable perfumer's raw material. It is basically used as base note in perfumes since it imparts stability to the odour profile. Because of the complexity of the Terpene composition and its odour profile, it has not been possible to evolve a synthetic substitute for this oil. It is a good cost effective natural fixative in perfumery industry. It also finds application in formulations of Soap and Cosmetics.

Similarly Citronella is also very important aromatic plants, the major oil components are citral (9%), Citronellal (23.8%), Citronellol (10.8%) etc. Depending on various factors the oil yield range from 0.5 -1.0%. At present the world production of citronella oil is approx. 7000 t, the bulk of which is produced in Taiwan, China, Indonesia, Mexico and West Indies. India produces 300-400 t of citronella from Eastern Himalyan Region accounting to 80% of the current production in the country.

Commercial Hydroponics

Hydroponics offers wide range of opportunities for business and career. This is an intensive and high tech way of growing flowers, fruit, vegetables and other crops. It does not require as much land as more traditional crop production; and it offers the possibility of producing crops for an extended period; perhaps even all year round. It does require a greater level of technical knowledge than other forms of horticulture; IHT organized various training programs for entrepreneurs in hydroponic technology. Through these training programs trainees were explained to manage pH and nutrients to make sure plants are getting the exact nutrients. There were interactive lectures on climate control system in hydroponic crop production. This course help prospective entrepreneurs to know as how to start and set up your hydroponic farm, IHT experts give step-by-step guide for startup hydroponic farming.



Landscape Horticulture

Landscape horticulture includes a range of specialty areas like plant identification, landscape design, plant cultivation, and nursery and garden-center management. Landscapes connect humans directly to natural systems, while providing a setting for different kinds of uses. The one who want to design landscape, sometimes they may design it as well, and sometimes they do not. Designing a landscape is a job that requires a mixture of artistic and practical skills.

IHT organized online course on Landscaping. This course introduces trainees to sustainable landscape design and prepares to distinguish between favorable and unfavorable landscape practices. After this course trainees put their creative talents to work by designing eye-catching environments. The main content of the course were:

- Importance and Scope of landscape horticulture,
- Identification of ornamental Plants,
- Planting Design of Landscape horticulture,
- Selection and growing of Annual flowering Plants, Propagation,
- Style and type of garden,
- Principle and element of gardens,
- Soil Health Management and nutrient Management,
- Water Management and their uses in Gardening Plants,
- Micro irrigation and
- Integrated Disease and Pest Management of landscape Horticulture

Vegetables Nursery Management

A training program for entrepreneurs/students on "Vegetables Nursery Management" was conducted in May 2021. The major training sessions were planting material, nursery production, plant propagation, soil health management, bed preparation, moisture conservation, soil solarization, irrigation and fertigation, disease, pest and nutrient management, training. The trainees found the program very useful being practical oriented with hand on experience.



Upcoming e-Trainings in June, 2021 are summarized as here under:

S. No.	Title of Trainings	Dates	Duration
1.	Horticultural Plant Nursery	7th -14th June 2021	1 Week
2.	Commercial Hydroponics	31st May- 5th June 2021	1 Week
3.	Landscape Horticulture	14th -19th June 2021	1 Week
4.	Commercial Hydroponics	7th -14th June 2021	1 Week
5..	Home Gardening	14th -16th June 2021	3 Days

*Customized courses Protected Cultivation of Vegetable Crops, Commercial Hydroponics, Mushroom Cultivation, Vegetables Nursery Production, Forest Plant Nursery Management, Commercial Hydroponic also offered on demand.