CHITKARA UNIVERSITY

CHITKARA UNIVERSITY | Centre of Excellence for Sustainability

AMRIT MITTI SESSION

Towards Organic Farming and a Healthier Planet





Amrit Mitti Session aims to promote organic farming, natural soil enrichment and healthy food choices for a greener, healthier and more sustainable future.

Objective

To create awareness about organic farming, natural soil enrichment, healthy food choices, and sustainable agricultural practices.

Resource Persons

Ms. Shivani Malhotra,
Mr. Anurag Tewari, Mr. Sube Singh

Audience

100 Female Support Staff Members

Key Highlights

- Organic food and healthy eating
- Amrit Mitti and soil health
- Preparation of Amrit Mitti using dried leaves and plant waste
- Amrit Jal using cow dung, cow urine, jaggery and water
- Practical exposure at Yellow Point Farm (YPF)

SDGs Covered

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

8 DECENT WORK AND ECONOMIC GROWTH

13 CLIMATE ACTION

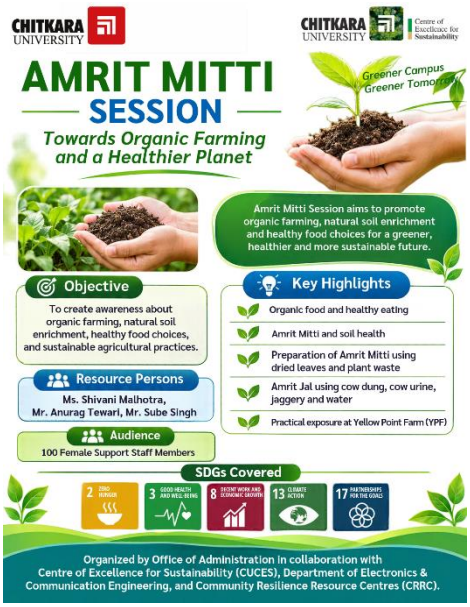
17 PARTNERSHIPS FOR THE GOALS

Organized by Office of Administration in collaboration with Centre of Excellence for Sustainability (CUCES), Department of Electronics & Communication Engineering, and Community Resilience Resource Centres (CRRC).

Event details	
Event Name	Amrit Mitti Session
Date	22 October 2026
Organizers	Office of Administration in collaboration with the Centre of Excellence for Sustainability (CUCES), Department of Electronics & Communication Engineering, and Community Resilience Resource Centres (CRRC)
Venue	Faraday Hall, Edison Block
Resource Person	Ms. Shivani Malhotra, Mr. Anurag Tewari, Mr. Sube Singh
No. of Participants	100 female support staff members
SDG No.	2, 3, 8, 13, 17

OBJECTIVE

The session aimed to create awareness about the importance of **organic farming, natural soil enrichment, healthy food choices**, and **environmentally sustainable agricultural** practices. It focused on introducing participants to the concept, preparation, and benefits of **Amrit Mitti** and **Amrit Jal**, highlighting their role in improving soil quality and supporting healthy plant growth using **natural** and **organic materials**. The initiative also aimed to provide practical exposure to sustainable cultivation methods and encourage participants to understand the importance of reducing dependence on chemical-based agricultural practices.



DESCRIPTION

The resource persons discussed various aspects of organic farming and sustainable agriculture, including:

- Importance of organic food, organic farming, and healthy eating habits.
- Introduction to Amrit Mitti and its role in improving soil quality and supporting plant growth.
- Preparation of Amrit Mitti using dried leaves, plant waste, and other natural materials.

- Introduction to Amrit Jal, prepared using cow dung, cow urine, jaggery, and water.
- Practical understanding of the preparation and application of Amrit Mitti for plantation.
- Importance of adopting organic and sustainable practices in everyday life.

The session began with an awareness video on organic farming, highlighting the importance of organic food and healthy eating habits. The resource persons explained the preparation of Amrit Mitti and Amrit Jal and their benefits for soil health and plant growth.

The participants subsequently visited **Yellow Point Farm (YPF)**, where they observed cultivation practices using Amrit Mitti. They were also provided with Amrit Mitti to try plantation at home and encouraged to adopt organic and sustainable practices in their daily lives.

OUTCOMES

The session provided **100 female** support staff members with practical knowledge about organic farming, Amrit Mitti, and Amrit Jal. Participants gained an understanding of natural soil enrichment methods and their role in supporting plant growth. The visit to **Yellow Point Farm** further enhanced their practical exposure to sustainable cultivation practices and encouraged them to adopt organic plantation methods at home.

CONCLUSION

The Amrit Mitti Session served as a meaningful initiative towards promoting organic farming, healthy food choices, and environmental sustainability. It strengthened awareness among female support staff members about natural farming practices and encouraged them to contribute towards a healthier and greener environment through simple sustainable actions.









