



**2021-2022**

**Name of the Department/Society:** Haritima- The Environmental Awareness Society

**Name of the Event 4:** Speaker session with Ms. Maitri Bheda

**Date of the Event:** 21<sup>st</sup> September 2021

Under Adopt a plant Challenge 3.0, we organized a session with Ms. Maitri Bheda; Herbalist, and a Teacher for Plant-Based skincare formulations and Founder of Plants' Academy.

The topic of the session was- 'Magical World of Plants'.

In the session participants discussed about:

- Importance of Phytochemicals in daily lives and the need to propagate preserve and promote 'Herbal remedies' in the current era.
- Current scenarios on the environment.
- Main aim was to teach the youth population about the practical approach towards plants and their products, equating it with the direct and indirect benefits of plants on human beings.

