

Report on Educational Visit to Ayurvedic and Spices Gardens

Nutraceuticals and Functional Foods Practical

Department of Nutrition & Dietetics

JSS Academy of Higher Education & Research, Mysuru

Date of Visit: 30th May 2026

Places Visited: Karapuzha Spices and Ayurvedic Garden, Wayanad and Chasam Ayurvedic & Spices Garden, Vythiri, Kunnathidavaka, Kerala

As a part of the Nutraceuticals and Functional Foods practical curriculum, the B.Sc. VI Semester students of Food, Nutrition & Dietetics, JSS Academy of Higher Education & Research, Mysuru, along with the faculty members of the Department of Nutrition & Dietetics, undertook an educational visit to Karapuzha Spices and Ayurvedic Garden, Wayanad, and Chasam Ayurvedic & Spices Garden, Vythiri, Kunnathidavaka, Kerala on 30th May 2026.

The visit was organized with the objective of providing students with practical exposure to medicinal plants, spices, and their applications in nutraceuticals and functional foods. The students were introduced to a wide variety of medicinal herbs, aromatic plants, and traditional spices cultivated in the gardens. Experts at the gardens explained the medicinal properties, therapeutic uses, and nutritional significance of these plants in maintaining health and preventing diseases.

During the visit, students learned about several medicinal plants such as turmeric, ginger, cinnamon, cardamom, cloves, pepper, aloe vera, tulsi, ashwagandha, brahmi, and many other herbs commonly used in Ayurvedic preparations and functional food products. Detailed information was provided regarding the cultivation practices, processing methods, storage, and commercial value of these plants.

The resource persons also demonstrated various products formulated from medicinal plants and spices, including herbal teas, essential oils, natural supplements, immunity-boosting preparations, Ayurvedic powders, and health drinks. Students gained knowledge about the role of these plant-based products in promoting overall health, improving immunity, and preventing lifestyle-related disorders.

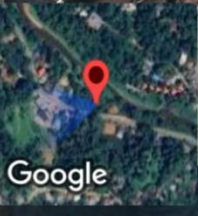
The visit enhanced the students understanding of the practical applications of nutraceuticals and functional foods and helped bridge the gap between theoretical learning and real-world practices. It also created awareness regarding the importance of traditional medicinal systems and the utilization of natural plant resources in the food and health industries.

Overall, the educational visit was highly informative and beneficial for the students. It provided valuable insights into the medicinal and nutritional importance of spices and herbs and enriched their knowledge in the field of nutrition, dietetics, and functional food science.

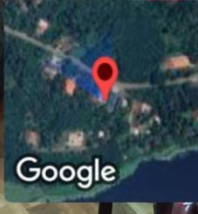
#JSSAHER#Nutrition&Dietetics#Nutraceuticals#FunctionalFoods#EducationalVisit
#Ayurveda#MedicinalPlants#Kerala#StudentLearning #Health&Nutrition

Glimpses of the visit

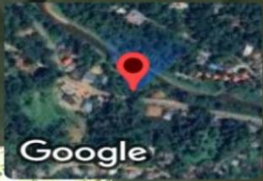




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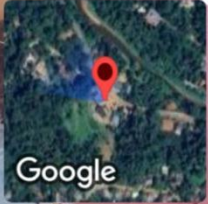


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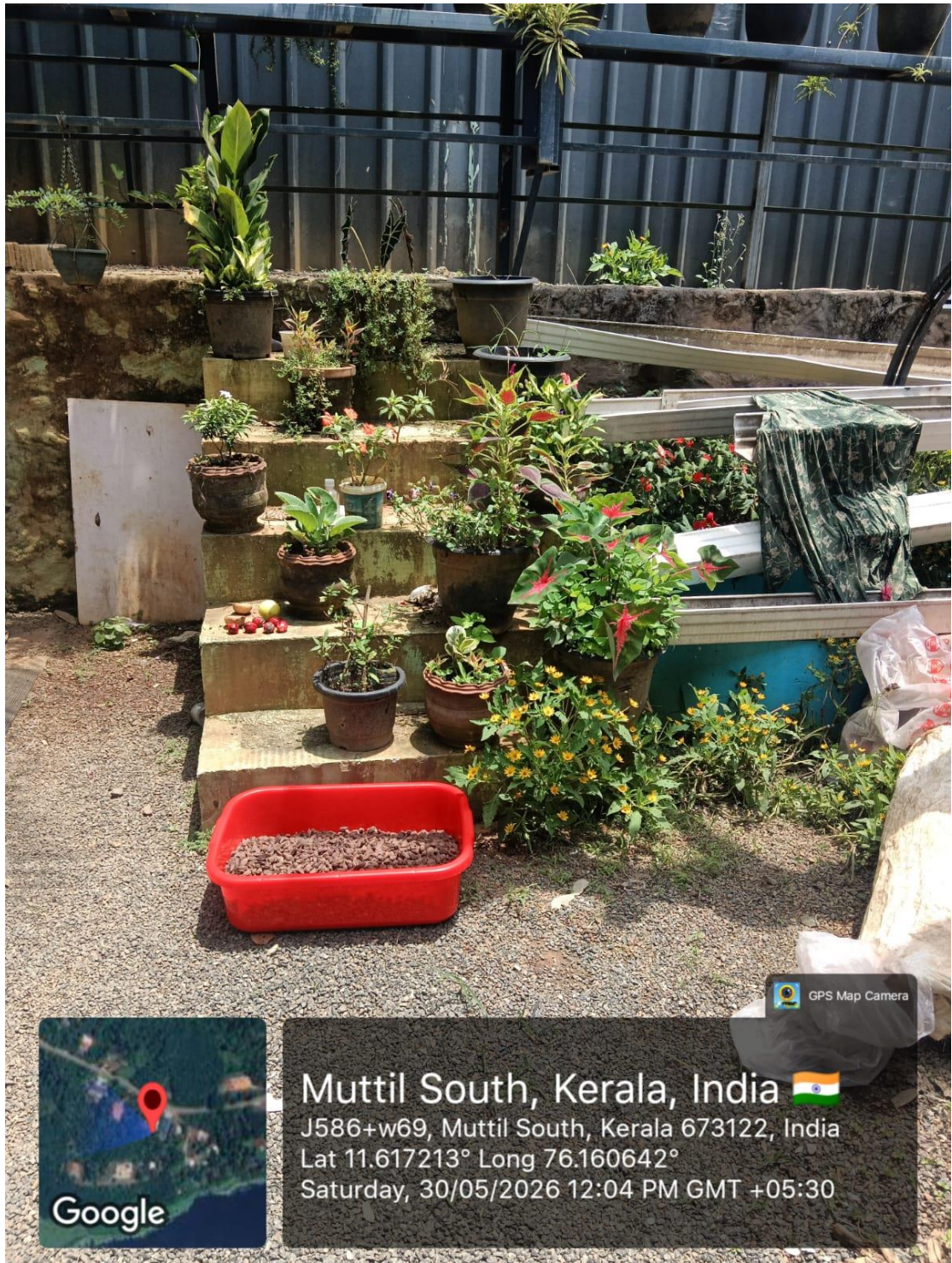


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GPS Map Camera



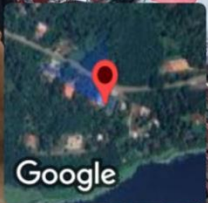
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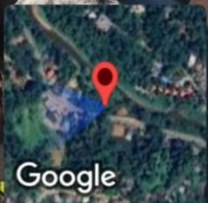
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