

A.S.D.GOV.T. DEGREE COLLEGE FORWOMEN (A),

(Re-Accredited by NAAC with B Grade)

Jagannaickpur, Kakinada - 533002, Kakinada District , Andhra Pradesh

**DEPARTMENT OF BOTANY &
HORTICULTURE**



**BEST PRACTICE
MEDICINAL PLANT DRIVE**

2018-2025

Title : Medicinal Plant Drive to create awareness about medicinal Plants in maintaining health and wellness

Objectives:

The primary objectives of the Medicinal Plant Drive are:

- To raise awareness among students, faculty, and the community about the health benefits of medicinal plants and their role in promoting wellness.
- To encourage the use of natural, sustainable, and cost-effective remedies for common health issues, reducing reliance on chemical medications.
- To promote conservation efforts for medicinal plants and increase their availability through cultivation on campus and in the surrounding areas.
- To instill knowledge in students about the importance of traditional medicine and its integration with modern healthcare systems.
- To engage students in hands-on learning experiences by involving them in the identification, cultivation, and use of medicinal plants.

Context:

In today's world, the rapid growth of synthetic medicine has often overshadowed traditional knowledge of medicinal plants, which have been used for centuries for their healing properties. The Department of Botany recognized the need to reconnect with these age-old traditions by promoting awareness about the importance of medicinal plants in maintaining health. With the increasing popularity of herbal and natural remedies, this drive aims to provide a platform for both students and the local community to understand the value of medicinal plants and adopt them in daily life.

The campus provides an ideal setting for such an initiative, with the availability of land for growing and cultivating medicinal plants.

The Practice:

- Faculty & students of the Department conduct Medicinal plant drive every year which includes activities like organizing awareness programmes such as workshops, and interactive sessions to the Experts from the field of herbal medicine and Botany were invited to share their knowledge about medicinal plants and their uses in health and wellness to the Staff and Students . Faculty & Students are given knowledge about medicinal importance of plants used as Vinayaka Chavithi Patri
- A medicinal garden on the campus was established to grow a variety of medicinal plants. This garden includes plants such as *Ocimum sanctum* (Tulasi), *Aloe Vera*, *Costus igneus* (Insulin Plant), *Cissus quadrangularis* (Nalleru), *Vitex nigundo* (Vavili) and others known for their therapeutic properties.
- Department of Botany engages the students by organizing field trips, practical demonstrations, and cultivation sessions. Students learn to identify, grow, and care for medicinal plants, gaining first hand experience of their significance.

- The Department of Botany initiated the distribution of free medicinal plant saplings to the local community, faculty, and students, encouraging them to cultivate these plants at home.
- The medicinal plant drive also integrated health and wellness programs where the community was educated about the benefits of using medicinal plants for preventive care, immunity boosting, and first aid.

Through these activities, the department not only educates the people about the importance of medicinal plants but also empowers them to incorporate these natural resources into their health and wellness practices.

Problems Encountered:

- Initially, there was a lack of awareness and interest in medicinal plants, and people were hesitant to adopt traditional remedies due to a strong inclination towards modern medicine.
- Maintaining the medicinal plant garden required consistent care and attention. Issues like pest infestation, water management, and seasonal changes posed challenges to plant growth.
- The available space on campus was limited, making it difficult to grow a wide variety of medicinal plants, especially large ones, within a small area.

Evidence of Success:

- The drive successfully increased awareness about the uses and benefits of medicinal plants. Many students and local community members now actively use medicinal plants for everyday health concerns like immunity, skin care, and digestion.
- The medicinal plant garden has flourished, with an increasing number of plants being cultivated, and it has become a point of interest for faculty and students
- There has been positive feedback from both students and faculty members who have incorporated medicinal plants into their daily lives.
- The local community has actively participated in the drive, with many people learn about the medicinal plants and receive saplings for cultivation.

Conclusion:

The Medicinal Plant Drive has been an impactful initiative that has successfully fostered awareness and understanding of medicinal plants and their role in health and wellness. The collaboration between the Department of Botany, students, and the local community has enhanced the knowledge of natural health practices while encouraging sustainable living.

This practice not only highlights the importance of traditional knowledge but also promotes a holistic approach to health, contributing to the overall well-being of the campus community and beyond. The Medicinal Plant Drive stands as a testament to the Department of Botany commitment to sustainable practices and health education.

ONE DAY NATIONAL WORKSHOP REPORT

Brief Report on the Activity:

Department of Botany & Department of Sanskrit jointly Organized One day National workshop on Vedic Approaches on Medicinal plants & Ayurveda on 24.1.2020 to create awareness among the participants about Health through Ayurveda system of Medicine ,advantages of using probiotic Medicines. Smt. M. Suvarchala has given opening remarks and discussed about the importance of Ayurveda medicine in our daily life

Dr. M. Niraja Medical officer Govt .Ayurvedic Dispensary, Pithapuram , & Dr. J.V.Sudhakar Asst.Professor in Botany , Dr. SRK Govt. Arts College , Yanam acted as Resource persons

Dr.J.V.Sudhakar delivered his Lecture on Plants which are Used as Medicine in Vedic Period with reference to Charaka Samhitha and Sushrutha Samhitha

Dr. M.Niraja spoke on Principles of Ayurvedha, Basic concepts of Ayurveda system of Medicine and advantages of using probiotic medicines .

Hands on Training was given by Dr.M.Niraja on Preparation of Triphala churna , Amruthanjan and different hair oils

Certificates have been issued to the participants by the Resource persons at the end of the programme



Dignitaries on the Dias



Lightening the lamp by the principal Dr.M.Suvarchala





The resource person Dr. M.Niraja delivering Lecture



Hands on Training on preparation of different hair oils



Hands on training on preparation of different hair oils



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Medicinal plant drive

2018-2025

Brief report on activity :

Faculty and students of Department of Botany & Horticulture visits the surrounding locality of the college and bring awareness about the importance of various Medicinal plants in our daily life among the public people. The Department conducts this activity every year



Students taking part in medicinal plant drive on 22-01-2018





Students taking part in medicinal plant drive on 7-01-2019





Students taking part in medicinal plant drive on 03-02-2020





Faculty & students taking part in medicinal plant drive on 06-01-2022





Faculty & students taking part in medicinal plant drive on 05-01-2023





Faculty & students taking part in medicinal plant drive on 29.12.23







Faculty & students of the Dept. participating in Medicinal Plant drive on 28.11.2024







Awareness programme on importance of medicinal plants used as Vinayaka Patri





Students of the Department of Botany explaining about the medicinal importance of plants used as Vinayaka Patri to Respected J.D Sir Dr.Ch.Krishna garu , CCE, Andhrapradesh

