



# LOKEPARA MAHAVIDYALAYA

*Affiliated to the University of Burdwan*

ESTD.- 2010

VILL.- LOKEPARA + P.O.- KULIARA + DIST.- BIRBHUM + PIN- 731218

Principal / Secretary

Ref. No.....

Date.....

## **Best Practice - 2**

### **1. Title of the Practice : Plantation, Conservation and Awareness of Medicinal Plants**

#### **2. Objective of the Practice**

The following objectives can we mentioned in plantation, conservation and awareness of medicinal plants ---

a) The importance of Ayurvedic Scriptures in ancient India was immense. But due to the lack of care of that scripture it is gradually lost. But the importance of medicinal plant is known in Atharva Veda, Shushruta and Charaka Sanhita. Aristotle's student Theophrastus was the first research and promote medicinal plants. The Jivaka of ancient India, specifically mentioned, used herbs for medicinal proposes. That is, one of its goals is to make students aware of the tradition through the preservation medicinal plants.

b) This initiative being undertaken to teach students that underappreciated herbs are not neglected, but have immense value.

c) The reactions faced in modern medicine is not seen in the proper use of medicinal plants. So its another objective is to inculcate this awareness among the students. In other words, medicinal plants have immense connection with health, hygiene, environment etc. and its purpose is to convey this message to the students and society.

d) It's also a larger goal to reconcile modern Medical Science and ancient Ayurveda Scriptures.

#### **3. The Context**

A joint initiative of IQAC and NSS of Lokepara Mahavidyalaya suggested planting the first medicinal plant and soon after that the plan was put into practice. A place within the campus is first selected while working. The place is surrounded by fence. Students specially made aware of the benefits of medicinal plants and what types of plants are medicinal plants. Initiatives are taken to collect medicinal plants from different places. Medicinal plants and planted appropriately. Adequate watering is provided consistently for these plants to survive. Special care should be taken to ensure that medicinal plants are not killed by excessive rain or sun. Since Lokepara Mahavidyalaya has no fixed boundary, cows, goats or any other animals can enter and eat the herbs. So special care is taken to ensure that cows, goats or other animals do not harm the plants. Apart from this special challenges, traditional challenges such as indiscriminate felling of plants, due to population growth, destruction of such plants by over exploitation, loss of trees due to environmental disturbances etc. are also to be dealt with.

#### **4. The Practice**

a) Planting medicinal plants will make the campus greener, as such small plant it do not harm to anyone. They do not have large roots, so there is no chance of college building being damaged by roots.

  
Dr. Mrinal Kanti Das  
Principal  
Lokepara Mahavidyalaya  
P.O.-Kuliara, Dist.-Birbhum

b) The main vision of planting medicine plants is sustainable future. It is the responsibility of all of us to protect the rich resources of our country through these small initiatives to inform the present and future generations. First by studying each herbs, the students are told how and how much these herbs can benefit people. College students are also made interested in these plants by listening to lectures by renowned experts who have extensive knowledge about this herbs. But how the common people are constantly ignoring these plants is also understood. In other words, the work is going on to convince the students first and then the social people to know about the benefits of medicinal plants property . Such inisiatives will show hands-on how individual, societies and nation can prosper as a result. The use of modern medicine has many side effects. But if this plant is properly used and applied in the treatment of minor ailments, it can give positive results and if used long term, it can provide relief from severe ailments and salvation in found--- attempting to deliver the messages.

c) Such an initiative will enable the fusion of the positive practices of ancient Indian Ayurvedic Scriptures with the progressive practices of modern Indian Medical Sciences.

d) If such ventures are widely successful, small colleges like Lokepara Mahavidyalaya will return to financial prosperity and if the local people are also enthusiastic about this, they too will be able to produce such plants commercially. In other words, the local residents will also be economically independent and prosperous.

e) One of the reactions of colonialism is the separation of village and towns. Colleges located in rural areas like Lokepara Mahavidyalaya can contribute in a very small way to alleviate this isolation by planting and preserving medicinal plants. Colleges located in cities have rich laboratories and expert scholars, but there are no resources of such plants. So researchers, scientists or doctors cannot collect such plants properly from primary sources even if they wish. As a result of such small efforts, it will be possible to supply these rare plants that are not available in the city to large research centres or laboratories and by collecting the components, the research work of the researchers will be successful. That is, higher education has an inextricable link with such endeavours and has immense value in the world of research.

### **5. Evidence of Success**

a) Just as nature, plantation and environmental awareness levels are involved and health, cleanliness and prosperity issues are also associated with planting medicinal plants.

b) Under the leadership of the principal the students did the fencing successfully.

c) Students spontaneously studied and collected medicinal plants from nearby villages.

d) Under the initiatives of IQAC, arrangements have been made to give lectures on medicinal plants by renowned persons. Not only the students were present there, some people from the villages were also present as audience.

e) In the future, a large number of medicinal plants will be collected, workshops will be conducted in different villages and it will be understood that the villagers nurture them with care. What are the benefits of this type of plants, how one can get help of financial support from it if preserved.

f) The students constantly being made aware of how they can pursue various courses and earn a living on medicinal plants and several students have expressed interest in this. This is one of the success of such initiatives.

### **6. Problems Encounter and Resources Required**

#### **A. Problems Encountered**

It is heard that in ancient India, Jivaka told his 'acharyadeva' or teacher that he did not find any plant in the forest surroundings the 'brahmacharyashrama' that did not have medicinal value. In other words, in ancient India there are virtuous people who know the importance of medicinal plants. But one of the characteristics of ancient India was 'sangupti', i.e. secrecy and due to the absence of any printed media at that time it was not possible to preserve the knowledge of the virtuous people. As a result that knowledge was lost over time. This is the main problem in planting and conservation of medicinal plants.

b) So far there is no department like Botany and Biochemistry in Lokepara Mahavidyalaya, so it is not possible to study plants in depth --- this is also one of the problems.

  
Dr. Mrinal Kanti Das  
Principal  
Lokepara Mahavidyalaya  
P.O.-Kuliara, Dist.-Birbhum

### B. Resources Required

Lokepara Mahavidyalaya is a very poor college. There is no lack of will, but lack of money. Adequate funding to make such initiative truly fruitful is evidently in short supply. Such initiatives have come about only with money from college funds and individual efforts of faculty and students. With proper resources, this work can be implemented successfully and the initiative can reach its goals.

### 7. Notes (Optional)

When it is possible to collect different types of medicinal plants in large numbers, then all the colleges in the city, with which Lokepara Mahavidyalaya has signed MoU, will also be proposed to implement such initiatives under the leadership of students of Lokepara Mahavidyalaya. As there is lack of green space in the city and there is less possibility of getting such plants, some plants from Lokepara Mahavidyalaya will be provided to them and the scope of planting, conservation, benefits of medicinal plants will be widened. Even later the university will be requested to inspect it and if there are more than one rare plant, some of them will be given to the university subject to the approval of Lokepara Mahavidyalaya. The aim of signing MoU with a major scientific institution will also be pursued. It is hoped that Lokepara Mahavidyalaya will prosper as a result of such a larger goal.

  
*Dr. Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
P.O.-Kuliara, Dist.-Birbhum