

2016-17

Go Green and Grow Healthy

Best Practices -1

A significant part of knowledge and tradition is currently being eroded due to modernization, acculturation and availability of alternatives. Therefore, it is urgent to inculcate young minds to realize the fascinated knowledge and tradition associated with these resources and help them to understand the immense potentialities of herbal plants possess for the future.

Objective

1. To acquire knowledge of all the synonyms of plants.
2. Promoting herbal garden in the institution was an initiative started to help students, teachers learn about and recognise the importance of the herbal plants that are part of our everyday life.
3. To encourage students to use herbs in food and health.
4. To educate students in identifying different types of herbs & their medicinal uses.
5. To encourage and promote students to introduce herbal garden concept.
6. To inculcate a sense of familiarity with surrounding bio-diversity and its conservation especially herbal plants.

The Practices

The institution sanctioned an area inside the premises for herbal garden. Medicinal plants have been integral part in health care. Some of the very popular and religiously important ones like Holy Basil, Neem, Aegle, Aloe Vera etc. have been planted in the herbal garden. Not only the Botany department but also students and staffs taking great interest in the herbal garden.

Evidence of Success:

The plants in the herbal garden are not fully grown. Still students of Botany often visit the garden for identification of plants species. The process of development is going on, if it is properly developed, it will be beneficial for students and research worker of botany.

Problems encountered:

- Enough space, financial assistants are the main problems.
- Maintaining different species of plants, watering, weed-eradication, preparation of organic manure are biggest challenges.

Making an herbal garden is an opportunity to grow herbs for use and simultaneously it helps in popularising the usefulness of commonly available and frequently used medicinal plants among the various stakeholders and sensitize the students about our traditional knowledge.



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“KARO YOG, RAHO NIROG”

Best Practices 2- Yoga for Well being

The word “Yoga” is derived from the Sanskrit root “Yoj” meaning to join or to unite. It involves physical possess, concentration and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility and well-being. Yoga is now a popular form of exercise around the world.

Objective

The main objective of yoga is

- to integrate the body and mind.
- To enable the students to have good health.
- To maintain emotional stability.
- To improve self-awareness within students.
- To integrate moral values and spirituality.
- Helps in reducing stress, anxiety and frustration as well as improving memory.

Practice

1. Yoga classes were conducted once a week for all the faculties and students.
2. Awareness training programs on Yoga were organized by the YOGA trainer of Patanjali Seva Samiti.
3. Meditation is practiced in the value based spiritual class being allotted in the time table.
4. Yoga Nidra sessions were being conducted by the well-trained teachers.
5. Yoga sessions for nearby slum children were organized by NSS volunteers.

Problems Encountered

1. Lack of space in the college to arrange Yoga Training classes more than 60 students.
2. Rain hinders the yoga practices during rainy season.



Yoga combines strength and flexibility exercises with relaxation and meditation. Studies have revealed that yoga can help in curing a wide range of mental and physical health problems.

