Govt. Niranjan Kesharwani College, Kota
Dist.-Bilaspur (C.G.)

NAAC accredited (Cycle-II) with CGPA 2.55 in September 2015

E-Mail ID. : gnkckota@gmail.com **Telephone No** : 07753-253210
Website : https://gnkckota.ac.in **Special College Code** : 2809
AISHE Code : C-22387

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BEST PRACTICES : (2020-21)

1. **Title of the practices (First)**: -

PLANTATION AND IDENTIFICATION OF THE PLANTS OF THE MEDICINAL VALUE

2. **Objectives of the Practice**: -

To plant and identify plants of medicinal value around the vicinity of the college so that the vast resources of such plants are utilized for the well being of the community.

3. **The Context**: -

Sitting cosily amidst the scenic mountains belonging to Maikal ranges the college is the home of diverse flora and fauna. Because of sustained and systematic tree plantation drives since its inception the college is now the home of an amazing variety of medicinal plants like Ashwagandha, Goloy, Sarpagandha, parijaat, Sahjan, Chiraita, Kaitha, Aloevera, Pudina, Tulsi, Neem are a few to mention among more than 50 local and exotic varieties of medicinal plants in the college campus. These plants are sparingly used by the members of the college family and local populace alike for medical nutritional purposes.

4. **The Practice**: -

A specialized committee appointed by the principal of the college does the preliminary groundwork of the Green Audit; under the supervision of the Department of Botany a team of teachers as well as students conduct a thorough survey of the area adjacent to the college for the plants of medicinal value. Identifying and labeling of the plants is done and plants that need proper attention are segregated. An awareness drive is organized to make students aware of the properties of such plants.

5. **Evidence of success**: -

The plants play a valuable and important role in the economic, social, cultural and ecological aspect of Local communities the world over. Medicinal plants can be defined as botanicals that provide people with medicine to prevent diseases, maintain health and cure elements. The medicinal plants are an integral component of many local trade supply chains. They are parts of the traditional medicinal system. Founding numerous local communities around the world and comparing a wide range of species with different sources.

6. **Problem Encountered and resources Required**: -

The plants are globally valuable sources of medicinal products. Conservation and sustainable use of plants resources to provide a reliable reference for the conservation (in-situ and ex-situ conservation and cultivation practices)

7. **Notes (Optional) (Outcome)**: -

The different plants are generally known and popular for a number of health benefits such as decreasing blood pressure, prevention of cardiovascular diseases and reducing the risk of cancer also due to their antioxidant activity. Medicinal plants have been resources for healing in local communities around the world for thousands of years. Still it remains of contemporary importance as a primary health care for approximately 85% of the world population and as a resource for drug recovery with 80% of all synthetic drugs deriving from them.

Concurrently the last few hundred years have been a prolific rise in the introduction development and advancement of herbal substance analysis. Humans have been identifying and selecting medicinal plants and foods based on organoleptic assessment of suitability and quality for thousands of years. But, it is only in the span of the last several decades since the invention of basic analytical techniques e.g. Paper Chromatography that has seen rapid development from sight, toughness and smell to using sophisticated instrumentation.

Plant Identification

List of Tree Species of Government Niranjan Kesharwani College Kota, Dist.: Bilaspur (C.G.)

S. No.	Botanical Name	Family	Common Name	Number
01	Mangifera indica	Anacardiaceae	Mango	04
02	Araucaria hetrophylla	Auraceriaceae	Christmas Tree	01
03	Phyllantrus enclica	Phyllantheceae	Amla	04
04	Delonix Regia	Poyal Polonica	Gulmohar	01
05	Saraceasca	Fabaceae	Ashoka	06
06	Mangolla Champaca	Mangnolia	Champa	06
07	Callistmore	Mirtaceae	Bottel Brush	01
08	Livistonachensis	Ptalnu	China Palm	05
09	Nyctanthis orbor tristis	Olives	Harsingar	04
10	Fiscus	Mullbery	Cauller	01
11	Moringolifera	Moriginaceae	Sahajan	01
12	Citrus Sinensis	Rutaceae	Naurang	06
13	Ziziphusmauritiana	Rhamnaceae	Ber	04
14	Axadiractaindica	Meliaceae	Neem	04
15	Syzygium communi	Mirtaceae	Jamun	01
16	Psidium guagava	Mirtaceae	Guava (Amrud)	06
17	Neolamarckia cedanba	Rubiacear	Kadam	03
18	Delbergia sissio	Fubaceae	Sissu	01
19	Tanarandus Indica	Fumaceae	Tamarind	01

20	Polvalthia longifollia	Annonaceae	Ashoka	06
21	Butea Monosperma	Fabaceae	Palas	16
22	Aegel Marmelos	Rutaceae	Bael	02
23	Calotropic gigantean	Apocynaceae	Madar	12
24	Anacardium Accidertele	Anacardiceae	Badam	02
25	Fiscus bengalerri	Moraceae	Baigan	03
26	Fiscus retigiosa	Moraceae	Pippel	03
27	Phyllarths enbelica	Euphortriceae	Amala	03
28	Prichellia champa	Maghotiaceae	Champa	02
29	Jhuja Oxydentalis	Inphaceraceae	Ephedra	03
30	Nyctanthis arbostris	Nyctaginaceae	Harsingar	04
31	Cassia fistula	Amaltash ciseae	Amaltash	02
32	Citrius auretifollia	Myrtaceae	Nibbu	05
33	Marium Oleander	Aprcynaceae	Marium	06
34	Parkinsonia acculeta	Ceaselpenide	Parkinsonia	01
35	Bombex malbarium	Bombaceae	Bamboo	03
36	Carica rappya	Caraceae	Papaya	04
37	Ipomea quamoclit	Convolvulaceae	Cyprus	03
38	Hanrana camara	Verblnaceae	Lantanna	02
39	Ocimum tenuliforium	Lamiaceae	Tulsi	14
40	Phrythanium nustrophors	Astracae	Congress Grass	03
41	Anona Squmosa	Examagnoniaceae	Sitaphal	04
42	Caralluma umbleta	Cypraceae	Nagphani	06
43	Carisa carandus	Uphorbeaceae	Karonda	03

GOVERNMENT NIRANJAN KESHARWANI COLLEGE, KOTA, BILASPUR (C.G.)

Green Audit Year

Medicinal Plant in College Campus of

GOVERNMENT NIRANJAN KESHARWANI COLLEGE, KOTA, BILASPUR (C.G.)

S.No.	Plant Name	Botanical Name	Utility Part	Utilization
01	Tulasi	Ocimum Sanctum	Hole Plant	Heart disease, Asthma, Broncites, Skin Disease
02	Satvar	Aspargus Vacemosus	Root	Liver and Kidney Disease
03	Amla	Phylanthus Emblic	Fruit	Stomach disorder, Diabetes, Eye Disorder
04	Sarpgandha	Rauvolfia Serpentina	Root	Control OF High Blood Pressure
05	Gritkumari or Allovera	Alorbarba densis	Leaf	Splin disorder and Cosmetics use
06	Gurud or Aeloe	Tinospora Cardifolia	Stem	Typhoid and Liver disorder
07	Aswagandha	Withenisomeni Fera	Root, Leaf, Seed	Ulsar Healthy Tonic
08	Bell	Agel Marmelos	Fruit, Leaf, Bark	Carmati, Piles
09	Neem	Azadirachta Indica	Hole Plant	Skin disease
10	Ashok	Polyaltheia Longifolia	Leaf	Anti Cancer

11	Sadhasuhagan	Catharanthus roseus	Flower	Anti Cancer
12	Champa	Michellia Champa	Root	Ulsar
13	Haldi	Barberies Aristala	Rhizme	Blood Purifier
14	Bhumi Amla	Phyllanthus Amarus	Leaf	Diabetes
15	Chiraivata	Anndrogranic Paniculata	Leaf and Seed	Diabetes
16	Giloy	Tinopora Cardifollia	Stem	High Immunity Power Plant
17	Lajwanti	Minaosia Pundica	Hole Plant	Disentry
18	Patthar Chatta	Bryophyllum	Leaf	Kidney Stone
19	Thuja	Thuja Oxidentalies	Leaf	Messa disease
20	Harsingar	Nyctanthus Arbor trusties	Stem	Arthrites
21	Madar	Calotropic Procera	Stem Latex	Pyratysis
22	Gulmohar	Delonix regia	Seed Oil	Antibacterial
23	Amaltash	Cassia Fistula	Fruit, Bark	Heart Disease
24	Ashok	Polyalthia longifolia	Leaf	Anticancer
25	Pipal	Fiscusreligossa	Leaf, Bark	Ulsar
26	Bargad	Fiscus Bengalensis	Latex, Bark, Leaf	Dysentry, Piles
27	Sami	Prosopis Conerria	Bark	Snake Bites
28	Pururka	Bohernavia Diffusa	Whole Plant	Fever
29	Palas	Butea Monosperna	Gummy Bark, Seed	Dysentry

30	Opuntia	Caralluma Procera	Leaf	Pain Killer
31	Karonda	Carasia Carandus	Root	Skin Disease
32	Nimbu	Citrus Auranti folia	Fruit	Digestive
33	Dhatura	Dhatura Metal	Fruit Root	Teeth Pain
34	Gudhal	Hibiscus Rosa Sinensis	Flower	Women Prader Disease
35	Charpania	Marsellia Minuta	Whole Plant	Pellia, Cough
36	Kaner	Marium Oleander	Leaf	Laprosy
37	Parkin Sonia	Parkinsonia aculeta	Whole Plant	Maleria, Fever
38	Amrud	Psidium guagava	Whole Plant	Digestive
39	Genda	Tagetos Erecta	Whole Plant	Wounds
40	Mango	Manifera Indica	Bark	Tonsil

1. Dr. K.P. Namdeo
2. Prof K. Minj
3. Prof. Y.K. Upadhyay
4. Shri Lale Painkra
5. Smt. Diksha Naidu

Principal

GOVERNMENT NIRANJAN KESHARWANI COLLEGE, KOTA, BILASPUR (C.G.)

HERBAL GARDEN PLANT

S.No.	Plant Name	Botanical Name	Utility Part	Utilization
01	Tulasi	Ocimum Sanctum	Whole Plant	Heart Disease, Asthama, Broncites, Skin Disease
02	Satawar	Asprogus racemosus	Root	Liver Disease, Kidney Disease
03	Sarpgandha	Rauvolfia Serpentina	Root	Control OF High Blood Pressure
04	Allovera	Aloeberabadensis	Leaf	Splin Disease and Cosmetics
05	Aswagandha	Withenisomeni Fera	Root, Leaf, Seed	Ulsar Healthy Tonic
06	Haldi	Curcorma longa	Rhizome	Blood Purifier
07	Patthar Chatta	Bryophyllum	Leaf	Kidney Stone
08	Sami	Prosopis Conerria	Bark	Snake Bites
09	Adusa	Addnatoda zeylanica	Leaf, Bark	Asthma, Fever
10	Kulungan	Alpinia Calcareta	Rhizome	Cough
11	Mushli	Chlorophytum tuberosum	Rhizome	Healthy Tonic

12	Dudh Mongara	Cryptolesis buchanani	Rhizome	Leprosy
13	Adrakh	Gingiber officinetes	Rhizome	Flue and Fever
14	Nagarmotha	Cyprus Rodontus	Rhizome	Fever
15	Podina	Mentna Spicata	Whole Plant	Stomach Disease
16	Tikhur	Curcuma Aungustifolia	Rhizome	Ulsar
17	Sadabahar	Catharanthis rosecues	White Flower	Anicancar Plant
18	Anantmul	Hamidesmus indicus	Root	Asthama Bronchites
19	Chirrayta	Andrographic paniculeta	Leaf and Seed	Diabetes

1. Dr. K.P. Namdeo
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1. **Title of the Practices (Two)**: -

Regular Health Awareness and Checkup Programme

2. **Object of the Practices: -**

Health is a prime indicator of quality of life as we know that a healthy mine lives in a healthy body. At government level there are no schemes implemented to improve the health of youth in all sectors. Educational institutes can play a pivotal role in providing health education awareness and health checkup.

3. **The Context**: -

Regular health checkup and awareness campaigns are one of the important activities of the college. The Red Cross and NSS organized health checkup camps in and off the campus every year. In this camp sugar level, blood pressure, blood group and HB has been conducted. Lectures on malnourishment, drug abuse and mental health are organized for the students and the staff of the college on a regular basis. This facility provided for the college students to monitor their health status. Health checkup of the rural population is an integral part of a 7 days NSS camp in the village. Besides this, guest lectures by renowned medical personalities of the city, on various health issues were organized. Such programs help the students to identify their health problems and make them aware of Health & Hygiene.

4. **The Practices**: -

It is almost customary for the Red Cross Society to organize a blood group test camp for the students of the college every year. Wherein the majority of the new students participate with gusto the event becomes all the more useful when it is followed by a formal address by the Block Medical Officer, Dr. Samual and Assistant Medical Officer, Dr. Amit Dubey on various relevant health issues for the students. This year the topics of discussion were “Balanced Diet”, “Causes and Remedies of Anemia”, “First Aid Training” and “Non Communicable and Communicable Diseases”.

Students and villagers do not come forward for blood tests. They are also quite hesitant to discuss their health issues freely with medical personnel. It is not easy to organize frequent health checkup due to the tight examination schedule of the college.

5. **Evidence of success**: -

Health Promotion is concerned with improving the health status of population. Health Promotion research is primarily concerned with the assistant of both the result of interventions and the relative effectiveness of the means used to the achieve their result. If it does not attempt to do both it may be laying itself spent to scientific creation and political spectrum.

However, it is likely to limit effectiveness studies to intervention slowly concerned with changing in population health status.

6. **Problem Encountered and Resources Required**: -

Progress on the Public Health Problem in a democratic society requires agreement about the mission and content of public health sufficient to serve as the basis for public action. There is no clear agreement among public decision makers, public health workers, private sector, health organization and personnel end opinion headers about the translation of broad view of mission into specific activity.

7. **Notes (Optional):** -

Outcome of Health Checkup

In recent years there has been a growing and dissembling interest in the area of health outcomes following an intervention. This interest has not been confirmed to be clinical like understandable may be concerned with quality and outcome of treatment but has also been extended to planners and policy makers. There have been a number of reasons for the first. It is apparent that my clinical interventions along with medical and other health practices are not based on demonstrable need for evidence.

IQAC Coordinator
Govt. Niranjan Kesharwani College
Dist.-Bilaspur (C.G.)

PRINCIPAL
Govt. Niranjan Kesharwani Collage
Kota Dist - Bilaspur(C.G.)