

## **Best Practices**

### **1. Organization of Seminars/ Conferences in the College**

#### **Objective of the Practice**

To organize National and State level seminars in the college to give exposure to the college students about the latest innovations in a subject so as to keep them abreast with the new findings in a subject.

#### **The Context**

The long standing loophole in the academic environment of the college has been the lack of interaction to the academic community outside the college. As our college could not muster enough resources to organize state/ national level seminars/ conferences and symposiums in the past few years. We consider this to be a serious handicap for the healthy academic environment of the college. These interactions with the academic community that lies outside the bounds of the college campus can offer vital inputs on various subjects that would eventually help the students and the staff alike in keeping pace with the changing times.

#### **The Practice:**

The IQAC of the college has taken a policy decision this year to organize such events every year as Public and Private partnership initiatives. Under the aegis of the IQAC of the college it was decided that two of the college departments the Dept. of English and Dept. of History will organize National level seminars to plug the academic lacuna that was hindering the academic health of the college. Following the resolution the college has organized two national seminars successfully, one in English on the topic “(Re) Defining Indian Ethos in Indian Writing in English” and the other in History on the topic “ Gandhi and Subhash’s viewpoint” where learned academicians and subject experts from all across the country participated in absorbing discourses on the above mentioned topics. The college plans to organize such events every year in the future too.

## **Conclusion**

Academic events like National Level Seminars and conferences rejuvenate the teaching and learning environment of the college like nothing else. Since the college is situated in a remote rural area there are no ways open for our students to have access to thought provoking discourses and the opportunity to meet subject experts and resource persons outside the bounds of the small city in which they happen to live. The two seminars did wonders to the enthusiasm of the students who got the opportunity to listen and learn from the academic stalwarts.

## **2. Plantation and Identification of the plants of the Medicinal value**

### **Objective 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.

### **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, Giloy, 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 and nutritional purposes.

### **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.

## **Medicinal Plants (Importance and Uses)**

### **Introduction**

The term medicinal plants include various types of plants used in herbalism and some of these plants have medicinal activities. These medicinal plants are considered as a rich resource of ingredients which can be used in drug development and synthesis. Besides that these plants play a critical role in the development of human cultures around the whole world.

Moreover, some plants are considered as an important source of nutrition and as a result of that these plants are recommended for their therapeutic values. These plants include ginger, green tea, walnuts and some other plants. Other plants consider their derivatives as an important source for active ingredients which are used in aspirin and toothpaste.

### **Alternative Medicine**

These days the term "Alternative Medicine " has become very common in western culture, it focuses on the idea of using the plants for medicinal purposes. But the current belief that medicines which come in capsules or pills are the only medicines that we can trust and use. Even so, most of these pills and capsules we take and use during our daily life came from plants. Medicinal plants are frequently used as raw materials for extraction of active ingredients which are used in the synthesis of different drugs. Like in case of laxatives, blood thinners, antibiotics and antimalarial medications, contain ingredients from plants. Moreover the active ingredients of Taxol, vincristine, and morphine are isolated from foxglove, periwinkle, yew, and opium poppy, respectively.

### **Characteristics of Medicinal Plants**

Medicinal plants have many characteristics when used as a treatment, as follow :

- Synergic medicine- The ingredients of plants all interact simultaneously, so their uses can complement or damage others or neutralize their possible negative effects.
- Support of official medicine- In the treatment of complex cases like cancer diseases the components of the plants proved to be very effective.
- Preventive medicine- It has been proven that the components of the plants are also characterized by their ability to prevent the appearance of some diseases. This will

help to reduce the use of the chemical remedies which will be used when the disease is already present i.e., reduce the side effect of synthetic treatment.

### **Conclusion**

Therefore it is a very important point for the open access journals to encourage researchers and clinicians to work hard in order to clarify the main active ingredients which can be extracted from medicinal plants. Moreover, to clarify their role in the treatment of present diseases, and how they can be used to produce or synthesize more effective drugs.



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