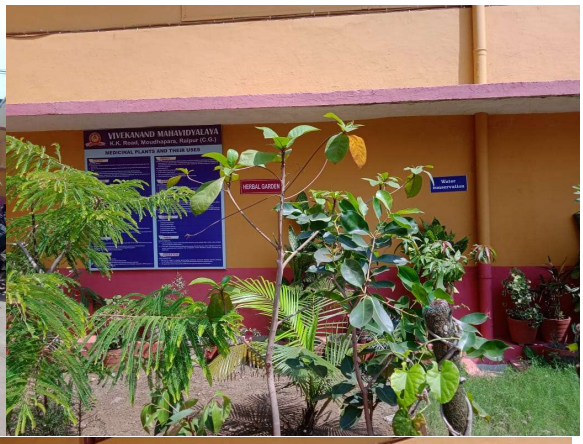
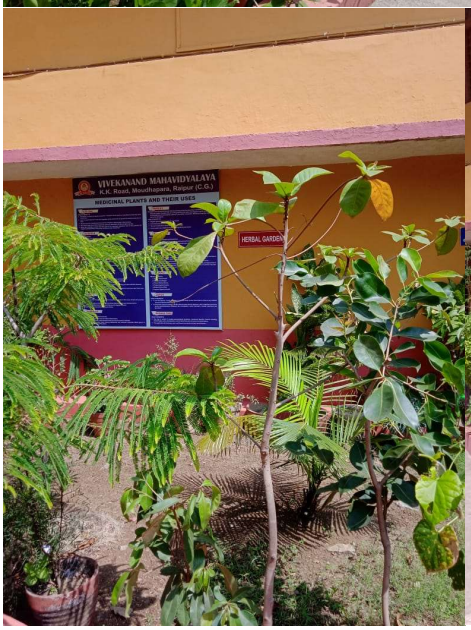
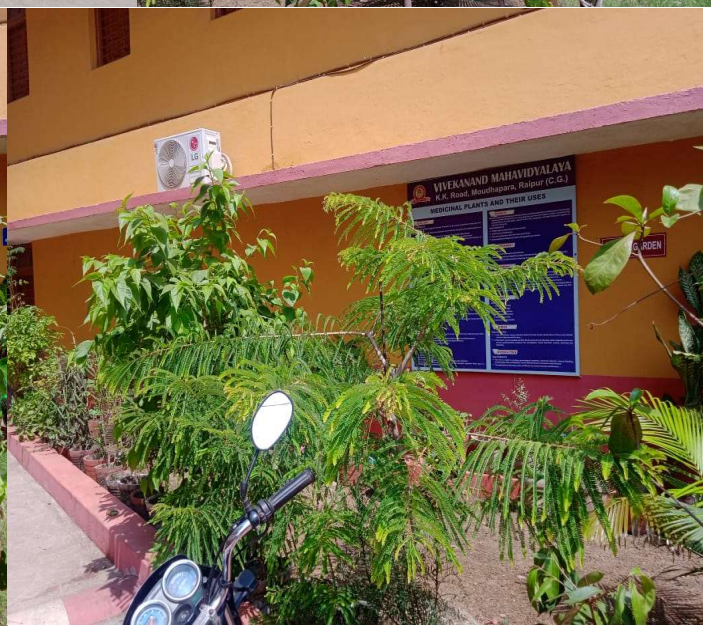
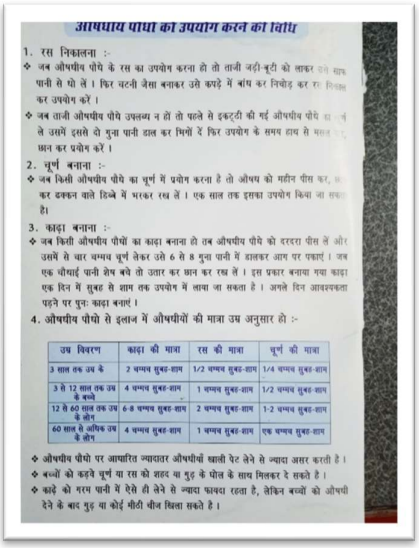
Herbal Garden as a Best Practice







Herbal Garden Awareness Program



औषधीय पौधा का उपयोग करने का विधि

1. रस निकालना :-
❖ जब औषधीय पौधे के रस का उपयोग करना हो तो ताजी जड़ी-बूटी को लाकर उसे साफ पानी से धो लें। फिर घटनी जैसा बनाकर उसे कपड़े में बांध कर निचोड़ कर रस निकाल कर उपयोग करें।
❖ जब ताजी औषधीय पौधे उपलब्ध न हों तो पत्ते से इकट्ठी की गई औषधीय पौधे का चूर्ण ले उसमें इससे दो गुना पानी डाल कर मिलों दें फिर उपयोग के समय हाथ से मसल कर छान कर प्रयोग करें।

2. चूर्ण बनाना :-
❖ जब किसी औषधीय पौधे का चूर्ण में प्रयोग करना है तो औषध को महीन पीस कर, छान कर ढक्कन वाले डिब्बे में भरकर रख लें। एक साल तक इसका उपयोग किया जा सकता है।

3. काढ़ा बनाना :-
❖ जब किसी औषधीय पौधों का काढ़ा बनाना हो तब औषधीय पौधे को दरदरा पीस लें और उसमें से चार चम्मच चूर्ण लेकर उसे 6 से 8 गुना पानी में डालकर आग पर पकाएं। जब एक चौथाई पानी शेष बचे तो उतार कर छान कर रख लें। इस प्रकार बनाया गया काढ़ा एक दिन में सुबह से शाम तक उपयोग में लाया जा सकता है। अगले दिन आवश्यकता पड़ने पर पुनः काढ़ा बनाएं।

4. औषधीय पौधो से इलाज में औषधीयों की मात्रा उम्र अनुसार हो :-

उम्र विवरण	काढ़ा की मात्रा	रस की मात्रा	चूर्ण की मात्रा
3 साल तक उम्र के	2 चम्मच सुबह-शाम	1/2 चम्मच सुबह-शाम	1/4 चम्मच सुबह-शाम
3 से 12 साल तक उम्र के बच्चे	4 चम्मच सुबह-शाम	1 चम्मच सुबह-शाम	1/2 चम्मच सुबह-शाम
12 से 60 साल तक उम्र के लोग	6-8 चम्मच सुबह-शाम	2 चम्मच सुबह-शाम	1-2 चम्मच सुबह-शाम
60 साल से अधिक उम्र के लोग	4 चम्मच सुबह-शाम	1 चम्मच सुबह-शाम	एक चम्मच सुबह-शाम

❖ औषधीय पौधो पर आधारित ज्यादातर औषधीयां खाली पेट लेने से ज्यादा असर करती है।
❖ बच्चों को कड़वे चूर्ण या रस को शहद या गुड़ के घोल के साथ मिलकर दे सकते है।
❖ काढ़े को गरम पानी में ऐसे ही लेने से ज्यादा फायदा रहता है, लेकिन बच्चों को औषधी देने के बाद गुड़ या कोई मीठी चीज खिला सकते है।

BEST PRACTICE - PASHU SEWA

7.2 Best practice.

BEST PRACTICE I

Title of the practice: Community outreach with special reference to "GAU SEWA".

Objectives of the Practice

- ✓ To create awareness among the students of college about the importance of conservation and protection of cows.
- ✓ To contribute in fodder of cows in Gaushalas from time to time.
- ✓ To spread awareness about rich medicinal qualities of cow products.
- ✓ To impart social welfare and practical education amongst students of college about cow welfare.

The context

Cows are indispensible part of our agricultural economy which has thrived alongside cow welfare. The natural gifts such as dairy products, manure, medicinal and natural products derived from cow dung made it all the more important. With a perspective of rational development of society as a whole, care for cows initiative will help in imparting education, awareness, action regarding cow conservation.

The Practice

In this practice our college along with students does following activities for cow welfare:-

- ➢ Visits to gaushalas near the locality from time to time.

- Contribution in fodder.
- Collection of chapattis from the students and staff in the premises and distribution to different nearby gaushalas.
- Educating students about the cow products and its use.

Challenges:

- Additionally focusing on animal welfare specially “Gau Sewa “as important CSR(College social responsibility) in not just beneficial for an organization but can also help in betterment of mental health of students and employee and make the country a more peaceful and sustainable place to live in.”
- It is a big challenge to make understand the above concept to students.

Evidence of success

- Increasing participation of students.
- Motivating students to involve in cow welfare activities on local basis.
- More sensitivity towards cow protection.
- Timely visits to gaushalas provide experiential learning about medicinal care of abandoned cows to students.

Problems encountered:

- Lack of adequate funds.
- Limited public awareness and participation.
- Lack of reasonable response from gaushala near locality.
- Facing difficulty to encourage students to participate in gaushala activities.

Best practice II

Title of the practice: "HERBAL GARDEN"

Objectives of the Practice:

- To encourage and create awareness about herbal plants.
- To inculcate a sense of familiarity with surrounding biodiversity and its conservation.
- To educate students about medicinal properties of plants and their uses.
- To cultivate habit of using herbs in daily diet.
- To connect with green initiatives and campaigns.

Context:

This initiative helps students and staff members to learn about the various uses of medicinal plants, growing them and using them in daily life.

Challenges:

- Seeds not sprouting properly.
- Plants too "leggy" or weak.
- Leaves dropping or turning yellow.
- Bugs and other insects.
- Plant not flowering.
- Drying out of plant etc.

The practice

A small herbal garden is created in the campus acts as a display area for plants, herbs, and spices .The plants are cultivated and preserved .They are well labeled for easy identification. The plants are exchanged with nearby

community and colleges. Being a Commerce, Management and Computer courses college this is unique and an added benefit in terms of exposure to students.

Evidence of success

- Enthusiasm of students is real motivation for this initiative.
- Encourage students to suggest ideas about herbal garden

Problems encountered

- Providing the right amount of light and humidity to plant.
- Ensuring proper drainage.
- Avoiding overwatering.
- Proper caring during vacation period.
- Safety security and protection of plant.