



Yogoda Satsanga Palpara Mahavidyalaya

NAAC Accredited ('B' Grade) and NCTE Recognized (B.Ed. and M.Ed Courses)
affiliated to
Vidyasagar University, Midnapore and WBUTTEPA, Kolkata, (Govt. of West Bengal)

At + P.O : Palpara, Dist : Purba Medinipur, PIN Code – 721458, West Bengal, India

HERBAL GARDEN

The Herbal Garden of Yogoda Satsanga Palpara Mahavidyalaya has been planned during pandemic period on keeping in mind about the efficacy of herbs in medicinal purposes. Mrs. Sayanti Bagchi, Assistant Professor & HOD, Dept. of Botany, is assigned as convener of the herbal garden from 07/07/2021. The preparation work of Herbal garden, selection of location, construction of cement pots for plants started from November 2021. After completion of all the preparation some medicinal herbs were purchased from nursery and some collected from various location and collected by our students and those herbs were planted for constructing the garden. On 11/01/2023 the Herbal Garden was inaugurated by our Honourable Principal sir, Prof (Dr) Pradipta Kumar Mishra & Dr. Tushar Kanti Mondal, Associate Professor & HOD, Dept. of Economics by planting and watering the newly germinated herbs. Our Herbal garden consisting of 3-4 stages of plantation depending on different climatic condition, humidity, intensity of sunlight, some changes made, alternatively new herbs are planted.

OBJECTIVES

Establishing a herbal medicinal garden on a college campus can serve multiple objectives, including:

- Educational Resource:** The garden can be used as a living laboratory where students learn about medicinal plants, their identification, cultivation, and uses.
- Promoting Traditional Knowledge:** The garden helps in preserving and promoting traditional knowledge about herbal medicine, which is part of cultural heritage. .
- Sustainability and Conservation:** The garden can support conservation efforts by cultivating rare or endangered medicinal plants. It also encourages sustainable practices and environmental stewardship among students.
- Health and Wellness:** By growing medicinal plants, the garden can contribute to the health and wellness of the college community. It may be used to prepare herbal teas, balms, or remedies that promote natural healing.
- Research and Development:** It provides a platform for students and faculty to conduct research on the medicinal properties of various plants, explore new medicinal uses, and contribute to the field of herbal medicine in future.
- Community Engagement:** The garden can serve as a community engagement tool, where workshops, tours, and educational events are held to raise awareness about the benefits of herbal medicine and encourage community involvement in sustainable practices.



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7. **Aesthetic and Recreational Value:** Apart from its educational and medicinal purposes, the garden enhances the campus's aesthetic appeal and provides a peaceful space for relaxation and reflection, contributing to the overall well-being of students and staff.

LIST OF MEDICINAL PLANTS PRESENT IN THE HERBAL GARDEN

Scientific Name	Common Name
1. <i>Nyctanthes arbor-tristis</i>	Night Flowering Jasmine
2. <i>Mimosa pudica</i>	Shy plant
3. <i>Catharanthus roseus L.</i>	Madagascar periwinkle
4. <i>Cymbopogon citratus</i>	Lemon grass
5. <i>Lawsonia inermis L.</i>	Henna tree
6. <i>Calotropis procera</i>	Crown flower
7. <i>Cissus quadrangularis</i>	Veldt grape
8. <i>Aloe vera</i>	Medicinal aloe
9. <i>Asparagus racemosus</i>	Asparagus plant
10. <i>Centella asiatica</i>	Indian Pennywort
11. <i>Andrographis paniculata</i>	Green Chiretta
12. <i>Datura metel</i>	Devil's trumpet
13. <i>Rauvolfia serpentina</i>	Indian Snakeroot
14. <i>Chamaecostus cuspidatus</i>	Insulin Plant
15. <i>Vernonia amygdalina</i>	Bitter leaf
16. <i>Sauropus androgynus</i>	Multivitamin plant
17. <i>Gynura procumbens</i>	Longevity spinach
18. <i>Curculigo orchoides</i>	Golden eye grass
19. <i>Simarouba glauca</i>	Paradise tree
20. <i>Eclipta alba</i>	False Daisy
21. <i>Elettaria cardamomum,</i>	Cardamon
22. <i>Piper nigrum</i>	Black pepper
23. <i>Cinnamomum verum</i>	Cinnamon
24. <i>Terminalia chebula</i>	Myrobalan
25. <i>Zingiber officinale</i>	Ginger
26. <i>Bacopa monnieri</i>	Waterhyssop
27. <i>Phyllanthus embilica Linn.</i>	Indian gooseberry
28. <i>Ayapana triplinervis</i>	Water hemp
29. <i>Cinnamomum tamala</i>	Bay leaf
30. <i>Ocimum tenuiflorum</i>	Holy basil
31. <i>Mentha spicata</i>	Mint
32. <i>Artemisia sp.</i>	Mugwort
33. <i>Curcuma longa</i>	Turmeric
34. <i>Clitoria ternatea</i>	Asian pigeonwings



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Some pictures of our Herbal Garden:



Herbal Garden, Yogoda Satsanga Palpara Mahavidyalaya



Inauguration of Herbal Garden



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The Stages of the Herbal Garden Preparation