

Report on Herbal Gardening

Domkal Girls' College

Date: 09/01/2023



In order to sensitize the students about conservation of the rich biodiversity and in particular the role of medicinal plants in providing a holistic health care both in traditional and modern systems of medicine, it is proposed for setting up herbal gardens in the College under the promotional scheme. We executed a project for promotion for the use of medicinal plants & herbs as household remedies amongst the students of Domkal Girls' College. The project was supported by Department of Environmental Science and IQAC, Domkal Girls' College. The students of the Domkal Girls' College gave their whole hearted support and co-operation in achieving our objective and in making the mission a success. The students and few faculties have participated in planting herbal plants.

During this, we first cleaned up the area, then leveled it and removed all weeds and wild shrubs. Thereafter, primarily we converted it into two beds and we planted in one corner of a bed. Few students in the leadership of Mr. Abdullahi Baki, SACT, Department of environment Science, Mr. Parantap Chakraborty, Assist. Professor, Department of English and Mr. Bulbul Sarkar, cashier have plotted few Chirata. Principal Dr. Alak Kumar Das have also participated in this Programme.



Swertia Chirayita, also known as Chirata is a herb that is traditionally used to treat a variety of conditions like malaria, diabetes, and liver disorders.



Chirata

Chirata contains several compounds that contribute to its medicinal value. The compounds include Xanthenes, alkaloids, and glycosides. They also consist of ophelic acid, chiratin, steric acid, oleic acid, and palmitic acid. Swertanone, amarogenin, and chiratol are other important components present in Chirata. It has been used by different native population groups in several ways for various purposes. It is used in Ayurveda, Unani, and Siddha medicine to cure various health conditions.

- It may have liver-protecting properties.
- It may help to maintain normal blood sugar levels and is effective in treating diabetes.
- It may be helpful in the treatment of asthma and shortness of breath.
- It may have beneficial properties for anemia.
- It may have immune boosting properties.
- It may have blood pressure controlling properties.
- It may be able to boost appetite.



GPS Map
Camera Lite

4HF2+GQM, Azimganjagola, West Bengal 742303, India

Latitude
24.12439214°

Longitude
88.55160137°

Local
GMT 01:11:05 PM
07:41:05 AM

Altitude
Date 8.48 meters
Mon, 09 Jan 2023



GPS Map
Camera Lite

4HF2+GQM, Azimganjagola, West Bengal 742303, India

Latitude
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Longitude
88.55160021°

Local
GMT 01:09:49 PM
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Altitude
Date 8.48 meters
Mon, 09 Jan 2023



GPS Map
Camera Lite

4HF2+GQM, Azimganjagola, West Bengal 742303, India

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Longitude
88.55160152°

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GMT 01:06:47 PM
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Altitude
Date 8.48 meters
Mon, 09 Jan 2023



GPS Map
Camera Lite

4HF2+GQM, Azimganjagola, West Bengal 742303, India

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Longitude
88.55161805°

Local
GMT 01:14:11 PM
07:44:11 AM

Altitude
Date 8.48 meters
Mon, 09 Jan 2023



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12/03/2024

Signature of Principal
Domkal Girls' College

PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad

