



ST. GREGORIOS COLLEGE KOTTARAKARA

7.2.1 BEST PRACTICE I SANJEEVANI



BEST PRACTICE I:

Title: **Sanjeevani**

The cultivation and conservation of medicinal plants within the college campus.

Objectives:

- Raise awareness about the value and importance of medicinal plants.
- Transform the campus into a pollution-free, environmentally friendly zone, emphasizing conservation and energy generation.
- Preserve indigenous medicinal plants to support traditional healthcare practices.
- Foster a green and lush environment.
- Offer sustainable natural resources to benefit both students and the local community.

Context:

Kerala's medicinal plant tradition is based on the use of herbs and plants in Ayurvedic and siddha medicine. *Hortus Malabaricus*, 17th century Latin botanical treatise, describes the medicinal properties of plants in the Kerala. St. Gregorios College is located in Gregorios Mount, a scenic and serene site in Kottarakara Kerala. Gregorios Mount, once a serene and verdant hill, was renowned for its rich biodiversity, particularly in the realm of medicinal plants. The hill was a sanctuary of nature, home to a vast array of flora, each known for its unique therapeutic properties. These plants had been used for centuries by local communities and herbalists, forming an integral part of traditional healing practices that were passed down through generations. The hill itself had become a symbol of natural healing, offering both beauty and profound benefits to those who sought its natural remedies.

However, the tranquil landscape of Gregorios Mount was marred by the rapid expansion of the college, which led to the clearing of significant portions of the hill to make space for construction. In the process, many of the rare and valuable medicinal plants were uprooted or destroyed, leaving the hill's once vibrant ecosystem severely diminished. The loss of these plants not only deprived the surrounding community of valuable natural resources but also caused a disruption to the delicate balance of the local environment. Recognizing the profound importance of preserving this natural heritage, the college took a bold step toward reviving the lost tradition of herbal medicine. Determined to restore the hill to its former glory, the college initiated a comprehensive reforestation project aimed at reintroducing the vast diversity of medicinal plants that had once flourished there. This initiative sought to preserve not only the plants themselves but also the ancient knowledge associated with them.

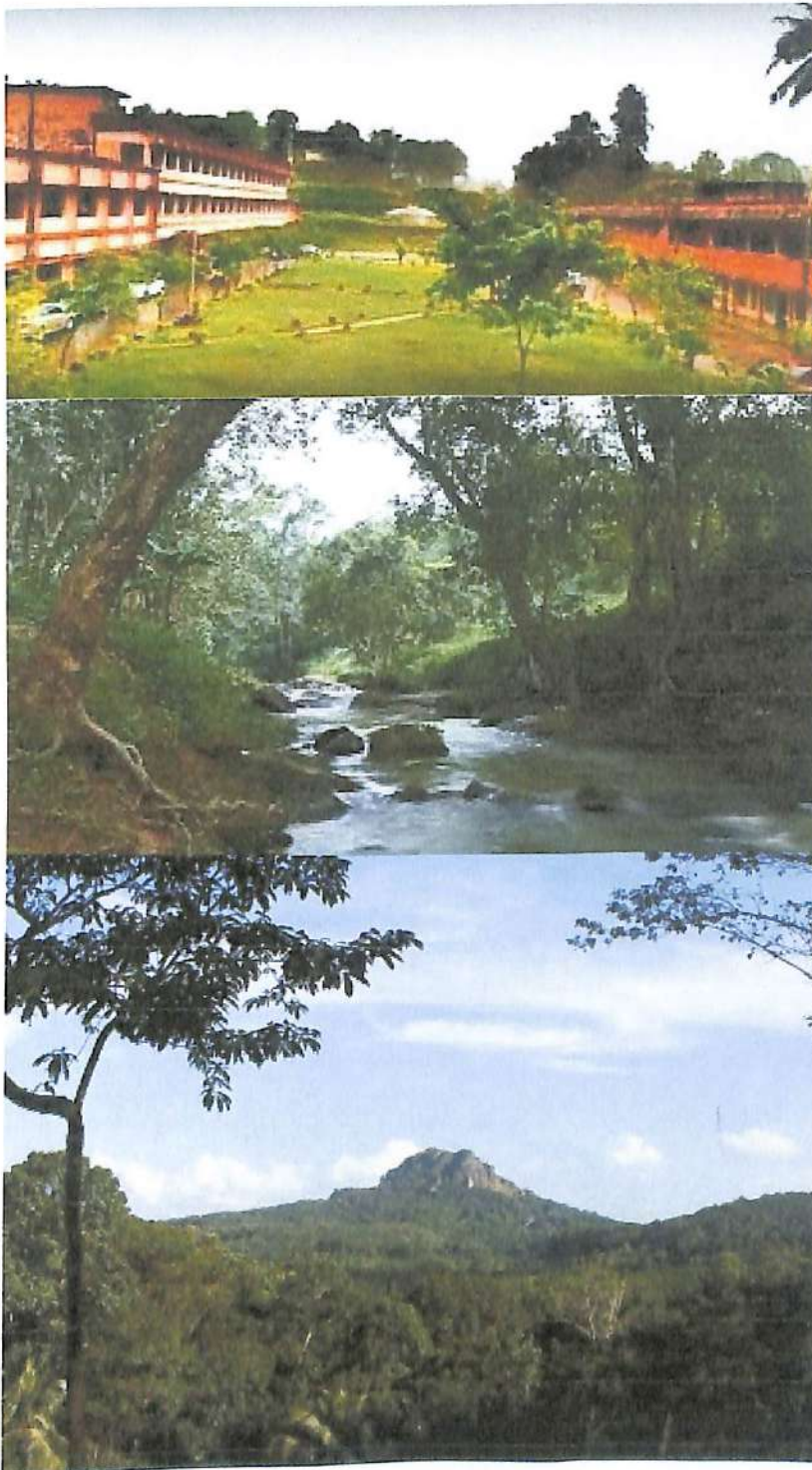
Through careful planning, collaboration with local herbalists, and the involvement of experts in botany, the project focused on planting a wide variety of native medicinal plants that were once abundant on the hill. The reforestation efforts aimed to rehabilitate the natural environment while also providing educational opportunities for students and the surrounding community to learn about the significance of these plants.

In addition to the ecological restoration, the college made it a priority to educate future generations on the value of traditional herbal medicine. By establishing research programs and workshops, they hoped to inspire a renewed interest in the healing power of nature, fostering a




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PRINCIPAL IN CHARGE
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sustainable relationship between people and the plants that had once been so vital to their wellbeing. Thus, Gregorios Mount became a symbol of resilience, where nature, science, and tradition converged. Through these efforts, the hill was not only restored to its natural beauty but also became a living testament to the importance of preserving our herbal heritage for future generations.



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Practice:



Medicinal plants derive their therapeutic properties from natural compounds, with their phytochemical constituents playing a vital role in healing and curing various human ailments. These plants have been utilized for medicinal purposes since ancient times, and the demand for medicinal herbs continues to grow significantly. This increasing demand makes the cultivation of medicinal plants a highly profitable endeavour. Treatments using medicinal plants are considered safe, with minimal or no side effects. In today's world, advancements in science and technology have led many people to move away from nature. However, as humans are inherently a part of nature, it is our responsibility to contribute to its preservation and promote the cultivation of medicinal plants. These plants are natural, eco-friendly, safe, and often locally available, making them an invaluable resource. Recognizing their importance, the college has undertaken efforts to preserve medicinal herbs that hold traditional significance for the people of Kerala.

The first step in preserving more than 50 medicinal plants involves identifying and selecting species based on their ecological importance, conservation status, and potential for sustainable growth. Once selected, these plants are propagated through seed collection, cloning, or transplantation to protected areas, botanical gardens, or research facilities. Establishing clear conservation goals and monitoring protocols ensures their survival and supports long-term preservation efforts. Among the medicinal plants cultivated on the college campus, turmeric (*Curcuma longa*, family Zingiberaceae) and ginger (*Zingiber officinale*, family Zingiberaceae) are prominent. Both are rich in protective compounds and widely known for their health benefits. Ginger contains antioxidants that can prevent heart disease and cancer, while turmeric is effective in reducing cholesterol and contains curcumin, a chemical compound with anti-inflammatory, anticancer, and antioxidant properties. Additionally, these plants are extensively used in food processing and preservation technologies, further highlighting their significance.

The cultivation of ginger and turmeric on campus was initiated by the Botany Department in collaboration with the Sanjeevani club, the Eco Club, the Bhoomitrasena, with active participation from the college's NSS unit, which oversees the plantations. This initiative not only supports ecological conservation but also encourages awareness about the medicinal value of these plants and their importance in sustainable living practices.




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
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List of Plants

Common Name	Binomial Name	Malayalam Name	Image
Slender dwarf morning-glory	<i>Evolvulus Alsinoides</i>	കൃഷ്ണക്രന്തി (<i>Krishnakranthi</i>)	
Indian doab or Bahama grass	<i>Cynodon dactylon</i>	കറുക (<i>Karuka</i>)	
lilac tasselflower	<i>Emilia Sonchifolia</i>	മുയൽ ചെവിയൻ (<i>Muyal chevian</i>)	








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Morning glory	Ipomoea Sepiaria	തിരുതാളി (Thiruthaali)	
Mountain knotgrasses	Aerva lanata	ചെറുള (cheroola)	
Golden eye-grass	Curculigo Orchioides	നിലപ്പന (Nilappana)	







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False daisy	Eclipta alba	കയ്യുണ്ണി (Kalyunniam)	
Little ironweed	Cyanthillium cinereum	പൂവാങ്കുരുന്നില (Poovaamkurunnila)	
Biophytum sensitivum	Biophytum Sensitivum	മുക്കുറ്റി (Mukkutti)	
Balloon plant	Cardiospermum halicacabum	ഉഴിഞ്ഞ (Uzhinja)	






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Common Leucas	<i>Leucas aspera</i>	തുമ്പ (Thumba)	
touch-me-not	<i>Mimosa pudica</i>	തൊട്ടാവടി (Thottavadi)	
Siam Weed	<i>Chromolaena odorata</i>	കമ്യൂണിസ്റ്റ് പച്ച (Communist Pacha)	
Ground Cherry	<i>Physalis angulata</i>	മുട്ടാമ്പുളി, ഞെട്ടങ്ങ... (Njotta njodiyan)	






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Bala	Sida cordifolia	കുറുമ്പത്തൂട്ടി (Kurumthotti)	
Green chiretta	<i>Andrographis paniculata</i>	കിരിയാത്ത (Kiryath)	
Thurke y Berry	Solanum Torvum	ചുണ്ടയ്ക്ക... (Chundakka)	







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<p>Crown Flower</p>	<p>Calotropis gigantea</p>	<p>എറുക്ക് (Erukku)</p>	
<p>Red Spiderling</p>	<p>Boerhavia Diffusa</p>	<p>തഴുതാമ (Tazhutama)</p>	
<p>Prickly Leaved Elephants Foot</p>	<p>Elephantopus Scaber</p>	<p>അനച്ചുവടി (Anachevidi)</p>	






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Vetiver	Chrysopogon n Zizanioides	രാമച്ചം (Ramacham)	
Madder	Rubis Coedifolia	മഞ്ചട്ടി (Manchatty/ Manjistha)	
Gulagan ji	Abrus Precatorius	കുന്നിച്ചെടി (Kunnichedi)	


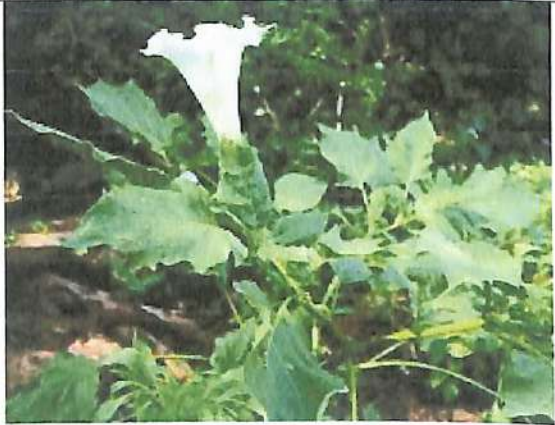



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<p>Butterfly Pea</p>	<p><i>Clitoria Ternatea</i></p>	<p>ശംഖുപുഷ്പം (Shankupushpam)</p>	
<p>wild water lemon</p>	<p><i>Passiflora foetida</i></p>	<p>പൂച്ചപ്പഴം... (Poochapazham ? Poodapazham)</p>	
<p>Heartleaf moon seed / Giloy</p>	<p><i>Tinospora cordifolia</i></p>	<p>ചിറ്റമുത്ത് (Chittamruthu)</p>	






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<p>Sickle Senna</p>	<p>Senna Tora</p>	<p>ചക്രതകര ChakraThakara</p>	
<p>Jimsonweed</p>	<p>Datura stramonium</p>	<p>ഉമ്മം (Ummam)</p>	
<p>Alpinia Calcarata</p>	<p>Alpinia Officinarum</p>	<p>Chittaratta</p>	






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Gotu kola	Centella asiatica	മുത്തിശ്ശ, കുടങ്ങൽ Muttill	
bone setter	<i>Cissus quadrangularis</i>	ചങ്ങലപ്പറണ്ട. Chengalam paranda	
lemongrass	Cymbopogon flexuosus	ഇഞ്ചിപ്പുല്ലി Injipullu	







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<p>Portia tree</p>	<p><i>Thespesia Populnea</i></p>	<p>പൂവരശ്ശി poovarashu</p>	
<p>Indian Indigo</p>	<p><i>Indigofera tinctoria</i></p>	<p>നീലയമരി. Neelaamari</p>	
<p>Garden Rue</p>	<p><i>Ruta graveolens</i></p>	<p>അരൂത (Arutha)</p>	






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<p>Bael Tree</p>	<p>Aegle Marmelos</p>	<p>കൂവളം Koovalam</p>	
<p>Malabar Glory Lily</p>	<p><i>Gloriosa superba</i></p>	<p>മേന്തോണി Menthonni</p>	
<p>Neem</p>	<p><i>Azadirachta indica</i></p>	<p>ആര്യവെപ്പ് Aryaveppu</p>	







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<p>Lavender orchid-tree</p>	<p><i>Bauhinia acuminata</i></p>	<p>മന്ദാരം Mantaram</p>	
<p>Rose Mallow/ Hibiscus</p>	<p><i>Hibiscus rosa-sinensis</i></p>	<p>ചമ്പരത്തി Chemparatti</p>	
<p>Jungle geranium</p>	<p><i>Ixora Coccinea</i></p>	<p>ചെത്തി Chetti</p>	






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<p>Ashoka Tree</p>	<p><i>araca asoca</i></p>	<p>അശോകം Ashokam</p>	
<p>Devil's Tree / Milkwood</p>	<p><i>Alstonia scholaris</i></p>	<p>ഏഴിലമ്പാല Ezhilampala</p>	
<p>Sappan-Wood</p>	<p><i>Ceasalpinia sappan</i></p>	<p>കുചന്ദനം/ പതിമുഖം Pathimugham</p>	






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<p>Gooseberry</p>	<p><i>Phyllanthus emblica</i></p>	<p>നെല്ലി Nelli</p>	
<p>Turmeric</p>	<p><i>Curcuma longa</i></p>	<p>മഞ്ഞൾ Manjal</p>	
<p>Ginger</p>	<p><i>Zingiber officinale</i></p>	<p>ഇഞ്ചി Inchi</p>	





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<i>Shrubby Basil,</i>	Ocimum gratissimum	കാട്ടുതുളസി Kattutulasi	
Bay Leaf	Cinnamomum malabatum	വഴുന (Vayana)	



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Angadi Marunnu	Acacia caesia	ഇഞ്ചെ Inja	
Golden shower	Cassia fistula	കണിക്കൊന്ന (Kanikonna)	

Evidence of Success:

The college has made significant progress in preserving medicinal plants and cultivating ginger and turmeric. An awareness program was organized for students and local women to highlight the importance and practical uses of medicinal plants. This initiative successfully enhanced awareness among students and the community, while the Botany Department played a pivotal role in educating participants on the medicinal benefits of these plants.

Challenges and Resources Needed

- Managing the field and selecting high-quality planting materials remain challenging tasks.
- Effective pest and disease management is difficult to ensure.
- Water availability for irrigation is limited during the dry season.
- The college faces financial constraints in sustaining these efforts.
- Finding dedicated personnel for field management is challenging, as students are often preoccupied with academic responsibilities.



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