

BEST PRACTICE -1

(1). Title of the Practice: The Medicinal plants garden and its importance

(2). objective of the practice : To create awareness among the students about the medicinal plants and their use in day to day life.

(3). The context : Due to the modern way of life the number of deceases have increased among the people. Some deceases which were very rare in the past have become common deceases today. They are like asthma, diabetes, hypertension, acidity etc., There are number of medicine in the allopathic system of medicine today which causes so many side effects but our rich and traditional ayurvedic system has hundreds of years of history which is also considered as one of the best systems of medicine in the world without any side effects. Therefore there is a greater need today to popularise this system of medicine among the Indians particularly to the students. The medicinal plants which are at the core of all medicines of ayurveda are available in the abundant in our country. These medicinal plants are used for treating the common deceases like diabetes, burns, ashthama, cough etc.,

(4) Practice : Our institution is situated in a spacious campus area of 10 acres. Only 1/4th of campus is occupied by the buildings and in the remaining empty campus a large number of trees have been grown and given a green shade to the college. Besides an eco-friendly campus the college has the best practice of growing and maintaining a medicinal plants garden. Different types of medicinal plants are grown in this garden. The following are the medicinal plants with their scientific names.i) Ashwaganda, ii.) Aloe Vera iii) Nerium Indicum iv) Sentellaasiatica v) Bramhi vi)Leugas aspera vii)Secarasponteneum viii) Catharanthes Roseus ix) Ciss quadrangularis x) Tylophona Astham Tica

(5) Evidence of success: The students of all three programmes B.A, B.Sc and B.Com of our institution have a continues access and view of medicinal plants inside the campus. The students who pass near by this medicinal garden which is adjacent to the college canteen, out of curiosity watch those medicinal plants and know about their uses. As the awareness grows among the students about the use of each medicinal plants for different deceases they inculcate the habit of using them wherever and whenever it is necessary. Not only to the science students particularly in the Botany students and even the students of Arts and commerce too have a general knowledge and awareness about the use of these simple and easily available medicinal plants in abundance everywhere. Even the teaching and non –teaching staff and the public who visit the college have a common knowledge about these plants. Even students are encouraged to carry these plants and grow them in their backyards.

(6) Problems Encountered: There are no problems in maintaining these medicinal plant garden as there is enough place inside the college campus to grow theses plants. The maintenance of this garden is not expensive. But creating awareness continuously about the use of these plants among the students is a bit difficult task particularly among the Arts and Commerce students but this problem is overcome by generating interests among the students about the utility of these plants.

BEST PRACTICE -2

(1) Title of the Practice: Conducting Workshops.

(2) Objective of the practice: To enhance the skills and knowledge of the students.

(3) Context and Practice: The Seminars, conferences, workshops and special lectures help both the students and teachers in updating their knowledge and enhancing their skills from time to time. Therefore our institution has emphasised in this academic year on conducting various workshops for the benefit of students and teachers throughout the academic year particularly the department of commerce and mathematics have conducted the workshops in each department on different topics for the benefit of the students. Commerce department conducted a workshop on CBCS syllabus, job skills, entrepreneurial skills and also demonetisation. Even the department of mathematics too had conducted workshop for the benefit of students on 'Liner Algebra Science Lab and Maxima'.

(4) Evidence of success: Both the students and teachers have been much benefitted from these workshop as they express in their feedback at the end of each workshop about the need and use of these workshops in their academic activities.

(5) Problems Encountered: Financial resources are required to conduct the workshops. As institution is financial sound it does not seek any financial help from any other institution. These workshops are conducted with the initiatives from the department and financial support from the institution.