



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR



I-GAUGE
INDIAN COLLEGE & UNIVERSITY RATING

GOLD

Community Outreach Activity of Plantation 2019-2020



FACULTY OF INDIAN MEDICAL SYSTEM



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Community Outreach Activity Plantation of Medicinal Herbs At Kheda Khurrampur



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Name of the faculty- FACULTY OF INDIAN MEDICAL SYSTEM

Name of the event/ programme. – Community Outreach Activities

Type of the programme- Plantation of Medicinal Herbs

Date- 17-07-2019, Time – 09:00 AM onwards ,

Venue- Kheda Khurrampur Village

BACKGROUND: On June 17, 2019 the school student volunteers of 7th and 8th standard at Khed Khurraampur village were chosen for CAG synergy and trained regarding introduction of Ayurveda, medicinal herbs their morphology, their medicinal benefits, easy formulations and their preparations and which will be helpful for their own, and at their home also.

ORGANIZERS: Community Action Group

CO-ORDINATORS: Dr. Vidyavati V Hiremath

OBJECTIVE OF THE PROGRAMME:

1. To promote common home remedial use of herbs.
2. To expose the benefits of medicinal herbs among students and villagers.

Number of Students participated- 04

Number of Faculty Participated- 01

Collaborating Partner- Khed Khurraampur Village



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Brief Report of the Programme:

- Team of Faculty of Indian Medical System visited Govt. middle school and Govt. primary School Khurrampur. Every Monday from 10am to 1pm and the work done during that time is as follows.
- On June 17, 2019 introduction of medicinal herbs was given to the students of 7th and 8th standard with their benefits. The student volunteers were chosen for CAG synergy trained regarding the medicinal benefits of herb. They are as follows
 - 1) Deepanshu (8th standard)
 - 2) Saurabh (8th standard)
 - 3) Deepak (8th standard)
 - 4) Ishwar (7th standard)
- On August 19, 2019 sapling / cuttings of *Tinospora cordifolia* (Guduchi / Giloya) from the SGT university were taken to the school and plantation was done along the school students . After plantation the students were trained about Guduchi – the medicinal herb along with its morphology, part used and its formulations.
- On August 26, 2019 the sapling of Aloe vera from the SGT university were carried to the school and plantation was done along the school students. After plantation the students were trained about Aloe vera – the medicinal herb along with its morphology, part used and its indications.
- On September 2, 2019 the sapling of *Ocimum sanctum* (Tulsi) from the SGT university were carried to the school and plantation was done along with the school students . After plantation the students were trained about tulsi – the medicinal herb along with its morphology, part used and its preparation.



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- On September 9, 2019 we took the sapling of *Catharanthus roseus* (vinca rosea) from the SGT university were carried to the school and plantation was done with the school students. After plantation the students were trained about vinca rosea – the medicinal herb along with its morphology, part used and its preparation.
- Students Involved – Arti Rao, Vijeta, Bhakti Bansal, Tanvi Arora, Nivedita Arora, Aksanksha.





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