

# HERBAL GARDEN INCEPTION

October 2023



In the month of October, **The Eco Club MSIT- PRAKRITI** in association with UBA and NSS MSIT took a significant step towards environmental sustainability by establishing an Herbal Garden on Campus. This initiative accorded with Green Consumer Day, emphasizing our commitment to creating a greener and more sustainable future.

The primary purpose of this Garden is to promote the cultivation of medicinal plants and raise awareness about the importance of herbal remedies. We aim to provide a nurturing environment for the cultivation of various medicinal plants, promoting the sustainable use of these resources.



Under the supervision of the Director (MSIT) and with the support of the management of Maharaja Surajmal Institute of Technology, the creation of the Herbal Garden was made possible. Students understood their roles and took the responsibilities of specific plants. They demonstrated a strong commitment to environmental responsibility by utilizing metallic nameplates instead of disposable plastic nameplates. The creative team, an essential part of the project, helped in the creation of nameplates and craft-related work for the Garden.

## Herbal Plants, we planted are:



### DARWIN PEA

Peas are a good source of vitamins, including vitamin C and vitamin K, as well as minerals like manganese, folate, and dietary fiber. The fiber content in peas can aid in maintaining heart health by helping to lower cholesterol levels.



### INSULIN

The insulin plant is a medicinal plant that is believed to have properties that can help lower blood sugar levels. Some people use the leaves of the Insulin Plant in traditional medicine for managing diabetes.



### **PERIWINKLE**

The plant contains alkaloids vincristine and vinblastine, which are used in the treatment of various cancers, particularly leukemia and lymphoma.



### **HIBISCUS**

Hibiscus tea is thought to have antihypertensive properties and may help lower blood pressure. Hibiscus tea may have mild diuretic properties and can promote healthy digestion.



### **NEEM**

Neem twigs are traditionally used for oral hygiene as they have antibacterial properties that may help prevent gum disease and maintain oral health.



### **LEMON GRASS**

The aroma of lemongrass is used in aromatherapy to promote relaxation and reduce stress and anxiety. It is often used as an herbal remedy to support the immune system and may aid in fighting off common colds and infections.



### **CURRY LEAVES**

Curry leaves are included in weight loss diets due to their potential to help reduce appetite and control weight gain. These leaves contain carotenoids that can support eye health and prevent conditions like cataracts and macular degeneration.



### **CAROM SEEDS**

In traditional medicine, carom seeds are used to manage respiratory issues such as asthma, bronchitis, and coughs due to their potential to alleviate congestion and improve airflow.



### **LEMON**

Lemons are well-known for their high vitamin C content, which supports the immune system, aids in collagen production for healthy skin, and has antioxidant properties.



### BASIL

The aroma of basil essential oil is thought to have calming and stress-reducing effects. Basil is rich in antioxidants, which can help protect cells from oxidative damage.



### INDIAN GINSENG

Some people use Indian Ginseng to improve the quality of their sleep and combat insomnia. Indian Ginseng is believed to improve memory and cognitive function.



### NIGHT JASMINE

The calming aroma of night jasmine is thought to help with sleep. Some people place night jasmine flowers in their bedroom to improve sleep quality.



### ALEOVERA

Aloe vera promotes the healing of minor wounds and cuts. Its antimicrobial properties can help prevent infections, and it may stimulate the production of collagen, which is essential for wound healing.



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