



SRI GVG VISALAKSHI COLLEGE FOR WOMEN
(Autonomous)

Affiliated to Bharathiar University

Accredited at \mathcal{A}^+ Grade by NAAC (4th Cycle)

An ISO 9001:2015 Certified Institution

Udumalpet - 642 128




**Beyond the Campus Environmental Promotional
Activity**
- Promotion of Herbal Garden

Beyond the Campus Environmental Promotional Activity

Promotion of Herbal Garden

The purpose of this activity is to promote gardening of herbal plants in their home and neighborhood. This activity created awareness on traditional medicine followed by our ancestors which has no side effects among the students. 50 students of B.Sc mathematics planted herbal plants like Tulasi, karpooravalli, Aloevera, fernugreek plants, spinach, piper betle, mint, Horseshoe Vitex (Nochi), turmeric, Solanum Trilobatum (thuthuvalai) in their habitat. They learnt the uses of these plants through the elders in the family and used it. Hence this activity helped them to get knowledge about the medicinal values of herbal plants and the value of traditional medicine.

HERBAL PLANTS



NAME : MAADHUDHARSHINI.S
CLASS : III – B.Sc.,
MATHEMATICS(AIDED)
REGISTER NUMBER : 19BM8154

NAME : Pirandai

SCIENTIFIC NAME : *Cissus quadrangularis*

Stage 1



Stage 2



Stage 3



USES :

- It treats indigestion, fractures and sprains, is a best worming medicine, treats piles, menstrual problems and is also the best home remedy for ear pain.
- Pirandai thogayal treats all digestion related problems like gastritis, indigestion and lack of appetite.
- Pirandai poultice is very good for treating sprains and swollen joints (suluku in Tamil).
- This treatment for bleeding piles has to be done continuously for at least 7 to 10 days to see results.

NAME : Kuppaimeni

SCIENTIFIC NAME : Acalypha Indica.

Stage 1



Stage 2



Stage 3



USES:

- Kuppaimeni has amazing anti inflammatory properties.
- the paste of the plant as a poultice on wounds, it helps reduce both the inflammation and pain.
- kuppaimeni leaf juice or the decoction of the juice is taken to get rid of intestinal worms.
- Kuppaimeni has both amazing anti bacterial and anti fungal properties making it one of the best ingredients to use for skin care.
- kuppaimeni extract has proven to reduce ulceration, gastric secretion and acidity significantly.

NAME: Thulasi

SCIENTIFIC NAME : Holy basil

Stage 1



Stage 2



Stage 3



USES :

- Tulsi can help cure fever.
- Tulsi leaves are used to treat skin problems like acne, blackheads and premature ageing.
- Tulsi is used to treat insect bites.
- Tulsi is also used to treat heart disease and fever.
- Tulsi is also used to treat respiratory problems.
- Tulsi is used to cure fever, common cold and sore throat, headaches and kidney stones.
- Tulsi helps in treating Asthma.

NAME : Karpuravalli

SCIENTIFIC NAME : Coleus amboinicus

Stage 1



Stage 2



Stage 3



USES :

- Helps in the treatment of breast prostate cancer.
- The leaves, when consumed, boosts the immune system.
- It gives relief from stress and anxiety.
- It stimulates urination and helps keep the kidneys healthy.
- It cures respiratory issues.
- Eliminates mucus and phlegm from your respiratory tracts and clear out your sinuses.

NAME : Pudhina

SCIENTIFIC NAME : Mentha

Stage 1



Stage 2



Stage 3



USES :

- Rich in Nutrients.
- May Improve Irritable Bowel Syndrome.
- Irritable bowel syndrome (IBS) is a common digestive tract disorder.
- May Help Relieve Indigestion.
- Could Improve Brain Function.
- May Decrease Breastfeeding Pain.
- Subjectively Improves Cold Symptoms.
- May Mask Bad Breath.
- Easy to Add to Your Diet.

NAME : Katralai

SCIENTIFIC NAME : Aloe vera

Stage 1



Stage 2



Stage 3



USES :

- It contains healthful plant compounds
- It has antioxidant and antibacterial properties.
- It accelerates wound healing.
- It reduces dental plaque.
- It helps treat canker sores.
- It reduces constipation.
- It may improve skin and prevent wrinkles.
- It lowers blood sugar levels.

NAME : Keezhanelli

SCIENTIFIC NAME : Phyllanthus niruri

Stage 1



Stage 2



Stage 3



USES :

- × Phyllanthus niruri is a plant with possible health benefits. It may play a role in treating ulcers and urinary tract stones
- × Used for dysentery
- × diseases that mainly affect the genitals, particularly the urinary tract.
- × It has been widely used in Ayurveda and Homeopathy.
- × It has been used for treating jaundice, hepatitis, kidney stones, hair problems, asthma and fever.
- × Keezhanelli has amazing antimicrobial properties and traditionally it has been used for treating various skin problems from small wounds, itching, cracked heels, rashes, etc.
- × Keezhanelli hair oil is very popularly used to promote hair growth in Tamil Nadu. The plant extract has amazing hair growth promoting properties and is especially helpful for people those who are suffering from male pattern baldness.

NAME : FENUGREEK (VENDHAYAM)

STAGE 1



STAGE 2



STAGE 3



USES :

- × Fenugreek prevents anaemia
- × It may be used to reduce the risk of cancer, diabetes and heart conditions
- × It maintains liver and kidney health
- × It Eliminates mucus and phlegm from your respiratory tracts and clear out your sinuses
- × It balances cholesterol
- × It reduces fever

CURCUMA LONGA (TURMERIC)

Stage 1



Stage 2



Stage 3



USES :

- *It contains a yellow coloured chemical called cucumin.*
- *Turmeric is often used to color foods and cosmetics.*
- *Turmeric is commonly used for conditions involving pain and inflammation, such as osteoarthritis.*
- *It is used for hay fever, depression and high cholestrol.*
- *It helps a type of liver disease and itching*
- *It helps in improving symptoms of depression and arthritis.*
- *Tumeric is the most active compound curcumin have many scientifically proven health benefits.*
- *It helps in alzheimers and cancer.*
- *9.It promotes weight loss.*

CENTELLA ASIATICA (VALLARA KEERAI)

Stage 1



Stage 2



Udumalaipettai, Tamil Nadu, India
14/95B, Udumalai - Kozhumami Rd, S V Puram,
Udumalaipettai, Tamil Nadu 642128, India
Lat N 10° 34' 14.5596"
Long E 77° 16' 3.2772"
12/05/21 04:33 PM

Stage 3



USES

- *Vallarai keerai helps to improve brain functions.*
- *Vallarai keerai helps to boost immune system.*
- *It helps to maintains heart health.*
- *It helps to relaxes muscle cramps.*
- *It helps to treats constipation.*
- *Vallarai keerai also known as gotu kola is a powerful herb that confers immense health benefits.*
- *Vallarai keerai is a popular green leafy vegeatable utilised extensively in convensional south ndian cooking.*
- *A flourishing herbal wonder, vallarai keerai abounds in vitamin c.*

SESBANIA GRANDIFLORA (AGATHI KEERAI)

Stage 1



Stage 2



Stage 3



Uses:

- Agathi keerai bolsters immunity.
- Agathi leaves imbued with powerful antioxidants guards the cell membrane against against radical oxidation.
- It scavenges against free hydroxyl radicals and avert DNA damage.
- Agathi keerai helps in antimicrobial effects.
- It regulates diabetes.
- It prevents cancer.
- Agathi keerai strengthens bones.
- Do not eat agathi keerai often. take it twice in a month or in alternative weeks for healthy and peaceful body.
- It helps in asthma prevention.
- It helps in lowering blood pressure.