

BEST PRACTICES

The Institution ensures and encourages innovations and best practices. Some of the innovations introduced during the assessment period are as follows:

Establishment of innovative Bore well Recharge technique (Sustainable ground water management) and Medicinal-park.

RAIN WATER HARVESTING

Rain water harvesting through bore well reviving is a technique of amazing and storing rain water for reuse and recharge ground water. This recharge technique is unique in the way that it is a

1. Simple technology
2. Low Cost
3. More recharge in shorter time.

These days more bore wells are drying up because of increase in well density and over exploitation of ground water. There is water scarcity everywhere these days. Under 'Save water' Concept College has decided to adopted a technique of rain water harvesting through Bore well reviving in the college premises to provide more water facilities to meet its requirements. It covers an area of 19 Cubic feet.

Bore well reviving has following advantages:

1. Quick recharge
2. Improvement in water level.
3. Evaporation losses minimize
4. Local material for filtration
5. Improves water quality (Slit and bacteria free)
6. Easy to maintain

Maintenance

Once in a year top sand to be replaced. The pit is filled with boulders gravels and coarse sand and charcoal which act as filtration layer to avoid impurities that are carried along with the first flow of water. The bore well pipe itself is perforated with drill machine and the holes are covered by a nylon mesh to let only the water but not the dirt. Finally it is sealed with cement. When rain Water is diverted in to this well it gets filtered and seeps in to the casing pipe refilling the bore well. With only two or three good raining enough water enters the aquifer to provide the water for use some time.





MEDICINAL-PARK

Medi Park is filled with medicinal Ayurvedic plants. It is well maintained by the botany department and Plant Club. It is theme-based ‘Medi Park’ – “Divyaoushadha for better life”. Curative medicinal plants include tree spices, herbs, shrubs, and climbers for body ailment and energizing the body. In the past seven years efforts have been made by the institution for developing this theme based Medi Park. A bore well has been drilled for this purpose in the college premises for watering plants. Its purpose is to attract not only botany students but also all the others to know about Ayurvedic medicinal value. Dr.Ashwini from the Hassan Ayurvedic College is the consultant for this project. Some medicinal plants were planted and protected by fencing it. There is an aquatic plant in mini – pond which is located at the centre of Medi Park.





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Department of Botany
MEDI-PARK

Revitalizers (Immunity & Strength)

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Withania somnifera</i>	Solanaceae Ashwagandha	Leaf Root	Immunity Strength promoter Reduce anxiety & Depression Stress relief
2	<i>Asparagus racemosus</i>	Liliaceae Shathavari	Root Tubers	Immunity Strength promoter Promotes Lactation Estrogen production digestive
3	<i>Sauropus androgynous</i>	Euphorbiaceae Chakramani (Multi-vitamin plant)	Leaves	Immunity power anemia Cold Fever Digestion
4	<i>Centella asiatica</i>	Apliacaeae Ondelaga	Whole Plant	Brain tonic Stress reliever Anti depressant Wound healing
5	<i>Moringa oleifera</i>	Moringaceae Nugge gida	Leaf Fruit	Reduce inflammation Reduce Blood sugar Digestion Eye diseases

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Trikatu

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Zingiber officinale</i>	Zingiberaceae Shunti	Rhizome	Cold & Cough Wetness Anti-inflammatory Immunity promoter Cancer
2	<i>Piper longum</i>	Piperaceae Hippali	Fruit	Indigestion Stomach heaviness Hot cough
3	<i>Piper nigrum</i>	Piperaceae Kaalu menasu	Fruits	Dry Cough

Triphala

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
4	<i>Terminalia chebula</i>	Combretaceae Alale kayi	Fruits	Digestive Eye diseases Drooping eyelids Cardiac tonic
5	<i>Terminalia thalictoria</i>	Combretaceae Thare kayi	Fruits	Digestive Leads, both low Cancer Anticancerous
6	<i>Terminalia bellirica</i>	Euphorbiaceae Nellikayi	Fruits	Stimulant Strength promoter Hair care

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Skin & Hair Care

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Aloe vera</i>	Flacourtiaceae Chitru meli	Leaves Gel	Wound healing Sunburn Skin irritation
2	<i>Chenopodium</i>	Papilionaceae Danda Putai	Leaf	Anti-inflammatory Skin irritation
3	<i>Cucurbita</i>	Zingiberaceae Kaala pirakas	Root	Anti-inflammatory Skin irritation

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Skin, Hair Care & Cardiac Tonic

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Lythraea</i>	Lythraceae Rohadi	Leaf	Anti-inflammatory Skin irritation
2	<i>Asteraceae</i>	Asteraceae Bhahadi	Leaf	Anti-inflammatory Skin irritation
3	<i>Lithospermum</i>	Lithaceae Lithospermum	Leaf	Anti-inflammatory Skin irritation
4	<i>Myrica</i>	Myricaceae Kandam	Leaf	Anti-inflammatory Skin irritation
5	<i>Melastoma</i>	Melastomaceae Danda Putai	Leaf	Anti-inflammatory Skin irritation
6	<i>Empeltia</i>	Empeltiaceae Kandam	Leaf	Anti-inflammatory Skin irritation

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Aromatic Plants

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Lippia</i>	Lamiaceae Kanna Sathari	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache
2	<i>Lippia</i>	Lamiaceae Mint	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache
3	<i>Lippia</i>	Lamiaceae Mint	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache
4	<i>Lippia</i>	Lamiaceae Mint	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache
5	<i>Lippia</i>	Lamiaceae Mint	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache
6	<i>Lippia</i>	Lamiaceae Mint	Leaf	Antispasmodic Sore throat Cough & Flu Stomach ache

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Mini & Thulasi species

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Lippia</i>	Lamiaceae Pepper mint	Leaves	Tooth aches Mouth freshness Digestive disorder
2	<i>Lippia</i>	Lamiaceae Mint	Leaves	Fresh Stomach aches Carminative Stimulant, Anesthetic
3	<i>Lippia</i>	Lamiaceae Chastity mint	Leaves	Stomach ache St used as perfume
4	<i>Lippia</i>	Lamiaceae Shiva	Leaves	Headache Stomach ache Cold Fever
5	<i>Lippia</i>	Lamiaceae Kricha	Leaves	Headache Stomach ache Cold Fever
6	<i>Lippia</i>	Lamiaceae Lavanga	Leaf & Stem	Antispasmodic Treatment of cold Fever, Headache Dysentery Bleeding

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Cancer treatment

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Apocynaceae</i>	Apocynaceae Nithya pushpa	Leaves & Stem	Cancer treatment Diabetes Blood pressure Menstrual problem Asthma
2	<i>Simarouba</i>	Simaroubaeae Laxmi tharu/Simarouba	Bark	Cancer treatment Dysentery Malaria

Red Listed & Endangered

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
3	<i>Euphorbia</i>	Euphorbiaceae Nagadanthi	Root	Anti-inflammatory Liver disorder Piles Blood purifier
4	<i>Zingiber</i>	Zingiberaceae Kalya Soudandi	Rhizome	Fever Anti-rheumatic Tonic & Gastritis
5	<i>Apocynaceae</i>	Apocynaceae Sapragandha	Bark	Poisonous snake bite Blood pressure
6	<i>Agave</i>	Liliaceae Agnimantha	Leaf	Head ache Arthritis Anti-inflammatory Digestive disorder Eye problem

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Women & Child

Sl.No	Botanical Name	Family & Kannada Name	Part Used	Uses
1	<i>Ruta graveolens</i>	Rutaceae Nagaadali	Whole Plant	Cough Fever Ear pain
2	<i>Saraca asoca</i>	Caesalpinaceae Sitha ashoka	Flower Bark	Gynecological Problems Skin allergies
3	<i>Ipomoea mauritiana</i>	Convolvulaceae Bhoo Chakra Gedde	Tubers	Immunity Strength promoter Breast milk enhancer Kidney complaint Blood pressure
4	<i>Myristica fragrans</i>	Myristicaceae Jayi kayi & Jayi Pathro	Nutmeg & Mace	Diarrhea Nausea Stomach Intestinal gas Cancer Kidney disease
5	<i>Talinum paniculatum</i>	Talinaceae Neila basale soppu	Whole Plant	Liver Kidney problems bad smelling urine Irregular Menses



