

## Best Practice - I

**Title:** Plantation of rare and endemic plant species with medicinal value in the college campus

**Goal:** To raise awareness among the students regarding the significance and usage of a large no. of medicinal plants in everyday life

**The context:** The inadequate supply of drugs, prohibitive cost of treatments, side effects of several synthetic drugs and development of resistance to currently used drugs for infectious diseases have led to increased emphasis on the use of plant materials as a source of medicines for a wide variety of human ailments like diabetes, asthma, acidity, thyroid, etc. Some of these diseases which were once considered as rare have become quite common in every household today. In a country like India where the traditional ayurvedic system of medicine is of utmost importance, the knowledge of treatment of a good no. of ailments with such medicinal herbs as well as the promotion of their usage needs to be stressed upon the younger generations too.

**Practice:** The Nowgong Girls' College campus is an eco-friendly campus situated on the banks of the Kolong river. Apart from flower and kitchen garden within the campus, there is a well managed medicinal plant garden developed and maintained under the initiative of the Department of Botany. Workshops and seminars are also organised time to time to provide training to the students for proper identification of medicinal plants and other plants along with their herbarium techniques. The following are the medicinal plants that are managed in the garden:

Sl. No.	Scientific name of plants	Common names
1.	Achyranthusaspera	Ubhotkata
2.	Aloe vera	Salkuwori
3.	Amarathus spinosus	Kata khutoria
4.	Andrographis paniculata	Kalmegh
5.	Argemone Mexicana	Siyalkata
6.	Bryophylumpinnata	Dupor tenga
7.	Canna indica	Parijat
8.	Centella asiatica	Xoru manimuni
9.	Cheilocostus speciosus	Jomlakhuti
10.	Clerodendrum infortunatum	Bhet tita
11.	Curcuma longa	Halodhi
12.	Datura stramonium	Dhatura
13.	Drymaria cordata	Laijabori
14.	Eclipta prostrata	Kehraj
15.	Elettaria cardamonum	Elasi
16.	Euphorbia hirta	Gakhiroti bon
17.	Houttuyunia cordata	Masundari
18.	Hydrocotylsibthorpioides	Bor Manimuni
19.	Justicia adhatoda	Boga Bahok tita
20.	Menthaarvensis	Poduna
21.	Ocimum tenuiflorum	Kola tulosi
22.	Oxalis corniculate	Tengesi tenga
23.	Peperomia pellucida	Pononua
24.	Rauwolfia serpentine	Sarpagandha
25.	Ricinus communis	Era gos
26.	Sauropus androgynus	Multivitami plant
27.	Solanum nigrum	Bhekuri tita
28.	Spilanthes acmella	Piraza
29.	Widelia calendulacea	Maha-bhringaraj
30.	Zingiber	

officinale Aada. Apart from just growing these herbs, emphasis is also placed on proper documentation with proper naming so that it can be used for further research.

**Evidence of success:** All students of our college, the teaching as well as non-teaching staff have an access to the medicinal garden. Everyone is curious to learn more and know more about the benefits of such plants which they can grow in their own backyards.

**Problems encountered:** Since the maintenance of this garden is not quite expensive, hence there lies no such problem in managing it. A caretaker is also constantly engaged in nurturing and looking after the plants.

## **Best practice - II**

**Title:** Extension service of the college library to the community library of Adopted village

**Goal:** The primary aim of providing extension service of the college library to the village library is to nurture the reading habits of the villagers which will in turn help in creating social awareness among the user community.

**The context:** The growing use of the television and the advent of the internet facilities has gradually led to the decline of reading habits among all specially amongst the youth. Sad but true, reading has started to vanish from our lives. Besides this, many youths belonging to the lower income group, with a desire to read may not get the desired platform nor may have the required money to buy some.

**The practice:** With the above objective in mind, the Nowgong Girls' College administration decided to extend service to the community library of the adopted village named Itapara. The college library, known as Mahesh Chandra Dev Goswami Library, started in the year 1964, is a very large and resourceful library with around forty two thousand books including encyclopedias and menu scripts. Apart from providing services to students and teachers of the college in general, the library also extends its materials and services to the inhabitants of the adopted village by lending good books and other reference materials for school and college going students, for those preparing for some exams and for all those who wish to read. This kind of extension service by the Nowgong Girls' College library aims to create and stimulate the desire for good reading which can be done by only bringing books and readers together.

**Evidence of success:** The initiative taken up by the college library as a part of its extension service is no doubt, providing a platform for villagers, young and old alike to read books, exchange ideas and being aware of what is happening in and around the society. The villagers have lauded the effort of the college in bringing in their community library within its purview of service.

**Problems encountered:** The major impediment in this arena lies in the fact that most of the villagers are illiterate and it becomes very difficult for the community library to be fully functional in the true sense of the term. The only readers are the school and going college students. Thus, a huge task lies first on making the entire community realise the importance of learning. Only then can the village grow in intellectual terms.