

## **Best Practices:**

**1. Title of the Practice: “The Medicinal Plants Garden”**

- 2. Objective:** i). to provide them with an opportunity to work closely with medicinal plants.  
ii). to inculcate a sense of familiarity with surrounding biodiversity and its conservation.  
iii). to educate or train the students in identifying different types of medicinal plants and their uses in everyday life. iv). to popularize the utility of usually available medicinal plants and to conserve the associated traditional knowledge for future generations.

- 3. The context:** Uttarakhand is one of the hilly states in the Indian Himalayan region. Because of its unique geography and diverse climatic conditions it harbors the highest number of plant species known for medicinal properties. Medicinal plants have been used in healthcare since time immemorial. Studies have been carried out globally to verify their efficacy and some of the findings have led to the production of plant-based medicines. Due to the modern way of life the number of deceases has increased among the people. Medicinal plants based traditional systems of medicines are playing important role in providing health care to large section of population, especially in developing countries. To obtain optimum benefit and to understand the way these systems function, it is necessary to have minimum basic level information on their different aspects. Indian Systems of Medicine are among the well known global traditional systems of medicine. There is number of medicine in the Allopathic system of medicine today which causes so many side effects but our rich and traditional Ayurvedic system has hundreds of years of history which is also considered as one of the best systems of medicine in the world without any side effects. Therefore there is a greater need today to popularize this system of medicine among the Indians particularly to the students. The medicinal plants have potent activity in treating some prevalent and common ailments like malaria, diarrhea, tuberculosis, pneumonia, diabetes, burns, asthma, cough etc.

- 4. Practice:** Our college campus area is about 16 acres and there is lot of space for planting medicinal plants. The Eco Club at the College run by Botany Department has planted about 25 precious medicinal plants, known for their invaluable medicinal values. Besides, an eco-friendly campus, the college has the best practice of growing and maintaining medicinal plants in the garden.

5. **Evidence of success:** Students learn to focus and patience, cooperation, teamwork and social skills. They gain self-confidence and a sense of capableness along with new skills and knowledge in cultivation/conservation and know about their uses. Garden-based teaching addresses different learning styles and intelligences. The college campus is diversified and beautified. Knowledge of medicinal plants is important and frequently used by local inhabitants to support their health care. Most of the highly useful plants of Himalaya are threatened with over exploitation and irregular harvesting and now limited to few pockets. *Ex situ* and *in situ* conservation should be implemented to conserve biodiversity and these valuable medicinal plants. Cultivation, rather than wild-harvest, of threatened valuable medicinal plants may support the traditional uses documented here, while also protecting wild populations. Not exclusively to the science students and surprisingly, the students of Arts and Commerce also have overall information and mindfulness about the utilization of these straightforward and effectively accessible medicinal plants in abundance all over the place.
6. **Problems Encountered:** There is no issue to maintain the medicinal plants garden inside the campus because there is a sufficient space for this. Besides there is no extra expenses on maintaining this. However, it is difficult to create continuous awareness among students of Art and Commerce about the cultivation, conservation and utility of medicinal plants. To overcome this, from time to time they are familiarizing with the help of plantation, rally, debates, and field visits.

1. **Title of the Practice:** “Student Affairs and Leadership”

2. **Objectives:** i). to provide support students in social and emotional, behavior and learning. ii). to identify those students who need additional support and evaluate the impact of intervention strategies. iii). to raise awareness concerning areas of need among staff and students. iv) to develop leadership qualities in students by giving them suitable opportunities.
3. **The context:** Student Welfare brings about everything that a college community does to meet the personal and social needs of students and enhance their well-being. It involves

recognizing, valuing and developing each student as a total and unique person in the society. The student welfare program is organized by the college to promote student welfare. Leadership qualities have become a must-have for anyone to succeed in the highly competitive world of today. Student leadership refers to education principles and practices that give young people the opportunities and support to find their voices, to participate in decision-making, understand their rights, and responsibilities as active citizens. To acquire an understanding of leadership roles in educational institutions, education teaches to guide and direct the individuals in an appropriate manner towards the implementation of their tasks and functions, provide solutions to various types of problems and challenges, make effective decisions and create amiable environmental conditions which would facilitate the achievement of academic goals and objectives.

- 4. Practice:** Faculty mentorship is widely seen as an important factor in encouraging students to pursue their careers and dreams. It allows them to create their own environment where they define success. Amid increasing diversity of students in the college, there has evolved additional support services that have contributed to the academic and personal development of students, including academic skills development programs and specific support to students. Such services contribute to the quality of the academic experience and help students to achieve learning potential. To fostering leadership qualities, frequent consultations with faculty members through meetings will bring out a feeling of ownership of the responsibilities, transparency in dealing with issues and accountability in delivering the outputs. The prominent activities, i.e. Annual Prize Distribution (Culture/Sports), Annual cultural/youth festivals and other student-related activities, enhance the leadership qualities among students.
- 5. Evidence of success:** Many of the students have the competitive spirit as well as hardworking nature, so that many students overcome their hazards and weakness and achieve many awards and rewards. Many students benefited with special prizes, such as gold medals and cash awards which were sponsored by wealthy people and kind-hearted people. Many students have higher cognitive ability, more self-confidence, and more motivation or drive. Students are motivated and connected to the school because they trust their teachers.

**6. Problems Encountered:** Most of the students of our college are from rural areas and from different backgrounds, i.e., socially, economically, culturally, religious etc. so there is a challenge to streamline. Therefore, to overcome the ambiguity, the college has taken welfare programs for such students to continue their education and to achieve their goals.