

By DEPARTMENT OF EDUCATION

B.Ed 3rd Semester December 22nd 2021

PLANT SPECIMEN TABLE

Sl no	Common Name	Scientific name	Photo	Uses	Collected by
1	Kanchan	Bauhinia variegata		 1.Kanchan leaves are beneficial in managing diabetes. 2.Kanchan stem might help manage weight by improving metabolism. 3.Kanchan powder along with honey or lukewarm water helps manage the thyroid. 4.Kanchan helps in wound-healing. 5.Kanchan powder mixed with honey helps manage skin problems such as acne, pimples. 	Anusmita Mondal
2	Four o'clock flower	Mirabilis jalapa		 The juice extracted from the leaves promotes increased production of urine. In case of any skin infections like rashes or boils, the juice extracted from the leaves of this plant can be applied on the affected area to promote faster healing. It is also used to treat wounds and cuts. It is beneficial for treating snake, scorpion, and insect bites. The leaf juice extracted from the plant is directly applied to the ears to treat earaches. 	
3	Cassava	Manihot esculenta		1,The juice of the grated tubers is used to treat constipation and indigestion 2.A flour made from the roots can be used as a dusting powder on the skin	

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				in order to help dry weeping skin	
				3.The leaves are infused in bath water to treat influenza and fevers	
				4.The leaves are heated and rubbed across sore eyes	
				5.Cassava salt solutions can be taken by children by mouth to treat mild to moderate dehydration caused by diarrhea.	
4	Matikaduri	Alternant hera sessilis		1.Used for simple stomach disorders, dysentery, diarrhoea. 2.Plaster for wounded or diseased skin. 3.It is used to cure snake bite by grounding its leaf to powder. 4.It is also used to treat lung problems, asthma and bronchitis. 5.It is being used to treat headache	
5	Dupor tenga	Bryophyll um sp.		1. The leaves have mild pain relieving properties and can be put on scratches too in order to stop the stinging pain. 2. They are also used to put on minor burns and scalds. 3. The leaves can be used against kidney stones. For this one has to consume 4-5 leaves with a glass of water first thing in the morning for about two months. 4. They are eaten for diabetes. 5. It is useful for preventing viral and toxic liver damages.	
6	Sal- kunwori	Aloe vera		 The gel of the plant is used for the treatment of diabetes. Latex of the plant is useful for treating constipation. The gel of the plant is useful for treating skin problems. The plant is anti-inflammatory, 	Ananya Gogoi

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				and accelerates wound healing. 5)It reduces dental plaque.	
7	Neel plant	Indigofer a hirsuta		 The plant's leaves are used for pain relieving. The plant is helpful for treatment of liver problems, pulmonary problems, and paralysis. The decoction of leaves is used to treat stomach problems. The root of the plant is used to treat kidney problems. The plant is also helpful for treating food poisoning. 	
8	Negro coffee	Senna occidenta lis		 The leaves of the plants are mixed with honey to alleviate coughing. The decoction of its flower is used for treatment of asthma. It is also helpful for bowel movement. The plant is useful for the treatment of urinary retention. Its seeds are helpful for whooping cough. 	
9	Huhoni bon	Acmella oleracea		 It is also used to treat toothache and throat and gum infections. Flower heads are used as dried powder to treat toothache. It is also used to treat dysentery and rheumatism. 	

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				4) It is also anti-malarial.5) The heads of the flowers are antibacterial and anthelmintic.	
10	Gendheli	Ageratum conyzoide s		 It is used to treat epilepsy. It is used to treat wounds and cuts. It is also used to treat common colds, headaches. The leaves of the plants are also used to treat uterine disorders. It is also used to treat eye problems. 	
11	Turk's turban (Akal-bih)	Cleroden drum indicum		 It is a good anti-inflammatory agent and also helps in healing wounds. It improves circulation of blood in the body. The root increases appetite and lowers fever (Unani medicine). The leaves and roots are used externally to treat tumours and certain skin diseases. It is also useful for asthma, cough, and scrofulous affections. 	Devolokhi Deori

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12	Fireweed	Crassoce phalum crepidioi des		 The leaves are used to treat indigestion. The leaf sap is given to treat upset stomach and treatment for fresh wounds A leaf lotion or decoction is used to treat headaches. A mixture of the leaf sap, combined with <i>Cymbopogon giganteus</i>, is used orally and externally for the treatment of epilepsy. The dried leaf powder is applied as a snuff to stop nose bleeding and smoked to treat sleeping sickness 	
13	Climbing hempvine (Japani lota)	Mikania micranth a		 The gum of the leaves is used as an antidote for insect bite and scorpion sting. The leaves can be used as a topical ointment for eliminating discomfort of hornet, bee and ant stings The leaves are also used for treating stomach ache. Use of juice of <i>Mikania</i> as a curative agent for itches. (Reported from Malaysia) It is used as a medicinal plant to treat cuts and nausea. 	

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14	Wild Gooseberry	Physalis angulata		 The plant is used in the Pacific Islands to facilitate childbirth; to treat infertility in women and dengue fever. The seeds are cooked with Phyllanthus amarus seeds in a preparation given to women after childbirth. Added to palm wine, they are used to cure fever and to calm attacks of asthma, vomiting and diarrhoea. The leaves have been used to treat stomach disorders and Bright's Disease. The leaves are used externally to treat a wide range of skin ailments such as itch, smallpox pustules, whitlow lesions, infected scarification wound and rheumatic pain, and to relieve muscular stiffness and pain. 	
15	Asiatic dayflower	Commeli na communi s		 The leaves of this plant are excellent in treating external wounds, especially bed sores. It can also be used to treat wounds, acne, boils and prickly heat. To use, grind the leaves and apply as a poultice over the affected area. The leaves when boiled along with pounded cumin seeds and peppercorns are a good home remedy for fever. We can cook the plant with little toovar dal and consume it like regular greens to increase the strength and vitality. 	

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16	Babool	Acacia farnesian a		 The flowers of the plant are used to treat headaches. The roots of the plant are used for the treatment of sore throats. The roots are also used for the treatment of diarrhoea. An infusion of the pod has been used in the treatment of sore throats, diarrhoea, and conjunctivitis. The juice of the bark is used to treat swellings. 	Rakhee Gogoi
17	Cluster fig	Ficus racemosa		 Antiulcer: Inhibit ulcer formation. Hepatoprotective: Ethanolic extract of leaves induce liver damage. Anti-diabetic: Root sap is used for treating diabetes. Fruits are useful in miscarriage, menorrhagia. The root sap is also used for the treatment of mumps and other inflammatory enlargements. 	
18	Pig grass	Synedrell a nodiflora		 Juice of leaves is used for the treatment of earache and infected gums. Decoction of leaves is used to treat haemorrhoids and diarrhea. The leaves of the plant are also used for treating rheumatism. The plant is also used to treat epilepsy. 	

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				5) It has laxative property.	
19	Insulin plant	Chamaec ostus cuspidatu s		 Decoction of the leaves are used for controlling diabetes. The leaves are also helpful for lowering the cholesterol level. The plant is full of antioxidants, which help to reverse the oxidative stress of the liver, kidney and pancreas. 	
20	Elephant ear fig	Ficus auriculat a		 Stem bark juice is effective for diarrhea, cuts and wounds. Latex of the root is used in mumps, cholera, and vomiting. The leaf is also used for the treatment of diabetes. The roasted fruit is used in the treatment of diarrhea and dysentery. The leaves of the plant are rubbed on bee stings to soothe them. 	
21	Neem	Azadirac hta indica		 Neem has an anti-inflammatory property which helps reduce acne. Neem is a rich source of Vitamin E which helps repair damaged skin cells. Neem has scientifically proven antifungal property which helps treat fungal infections. Neem has antifungal and antibacterial properties which help eliminate dandruff 	Juri Barman

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22	Curry tree	Murrya koenigii		 Curry leaves are used in treating piles, inflammation, itching, fresh cuts, dysentery, bruises, and edema. The roots are purgative to some extent. They are stimulating and used for common body aches. The bark is helpful in treating snakebites. 	
23	Bhedai Lota	Paederia foetida		 They are commonly used for the treatment of intestinal complaints such as abdominal pain, colic, cramps, flatulence and dysentery; They are also used for treating rheumatism and gout. The leaves are also used to treat infertility and paralysis. 	
24	Tulsi	Ocimum tenuifloru m		 Tulsi is a natural headache reliever which can also relieve migraine pain. Tulsi is an age-old ingredient for treating fever. It is one of the prime ingredients in the formulation of various ayurvedic medicines & home remedies. Tulsi is a natural mouth freshener and an oral disinfectant. Ocimum Sanctum can also cure mouth ulcers. 	

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25	Jetuka	Lawsonia inermis		 The mehndi plant adds nutrition to the hair and clears dandruff. Mehndi is useful against heat stroke and used against a headache. Mehendi bark and root are used for the treatment of liver enlargement and jaundice. Mehndi leaves are soaked in water and drunk to cure cracking of nails and adds nutrition to the body. 	
26	Thumbai	Leucas aspera		 It is reported to have antifungal, prostaglandin inhibition, antioxidant, antimicrobial, antinociceptive and cytotoxic activities. It is used in the traditional medicine of the Philippines to treat snake bites. It is also an antipyretic; it is an herb that has the ability to help reduce fevers. The plant is used traditionally as an antipyretic and insecticide 	Nirmali Deori
27	Spiny pigweed	Amaranth us spinosus		 It is used in the treatment of internal bleeding, excessive menstruation, and vaginal discharges. It is also used in snake bites, boils, stomach disorders, diarrhoea, ulcerated mouths, nosebleeds and wounds. A paste of the root is used in the treatment of menorrhagia, gonorrhoea, eczema and colic. 	

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28	Usava	Smilax zeylanica		 The powder of the root of Usava is mixed with honey and consumed to treat joint pain and swelling of the joint. The decoction of the root of <i>Smilax</i> is consumed in a dose of 40-50ml to treat skin diseases, gout and arthritis The decoction prepared from the leaves acts as a blood purifier. The cold decoction of the root is consumed in conditions of syphilis and gonorrhoea. 	
29	Shilikha	Terminali a chebula		1. Terminalia is most commonly used for heart ailments including heart failure and chest pain. 2. It is also used for diabetes, high cholesterol, and many other conditions, but there is no good scientific evidence to support these uses. 3. The harar fruit is antiseptic, diuretic, astringent, cardiotonic, and febrifuge in action. 4. It is an important ingredient of 'triphala', an Ayurvedic formulation used in the treatment of constipation, colic pain and kidney dysfunctions, eye diseases, and sore throat. 5. Certain rural folks utilised this plant in the management of sore throat, high cough, asthma, ulcers, gout, heartburn, vomiting, diarrhoea, dysentery, bleed-ing piles, and bladder diseases	

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30	Outenga	Dillenia indica		 This plant is used in the treatment of abdominal disorders. Fruits are mixed with sugar to be used against coughs. The bark is used as a mouthwash to treat thrush. 	
31	Laijabbori	Drymaria cordata		 Cordata leaves are used for the treatment of diverse ailments including cold, headache and bronchitis. It is used for the treatment of various diseases including diabetes. An infusion of the leaves or whole plant is used as a treatment for jaundice, colds, biliousness and malaria. 	Hiranya Devi Phukan
32	Thupukilat a	Stephania japonica		 This plant is considered as one of the important medicinal plants in the treatment of a variety of ailments, including inflammation, pain, rheumatism, cancer, bone fracture and fever. It is rich in important phytochemicals, including alkaloids, steroids and fats. It is used in the treatment of diarrhoea and dysentery; fevers; stomach ache and dyspepsia; hepatitis; and urinary diseases. 	

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33	Tora gas	Alpinia malaccen sis		 An infusion of the ripe and unripe fruits, with a little salt, is taken as an emetic. Alpinia is used to treat fever, muscle spasms, intestinal gas,; to kill bacteria; and as a stimulant. The pounded rhizome is used to cure wounds and sores. 	
34	Bor- manimuni	Centella asiatica		 It was used to heal wounds, improve mental clarity, and treat skin conditions such as leprosy and psoriasis. It can improve blood circulation. It may help reduce anxiety and stress. It may help ease Insomnia 	
35	Hewali	Nyctanth es arbor- tristis		 Leaves have been used to treat a different kind of fever, cough, arthritis, worm infestation, etc. This small, aromatic, white flower works wonderfully for gastric complaints and respiratory complaints. Stem powder is very good to treat joint pain and malaria. 	
36	Lajuki Lota Or Touch me not plant	Mimosa pudica		1. The root part of this plant is used in Dysentery, smallpox, fever, ulcer, jaundice, leucoderma, inflammations, asthma, haemorrhoids, and fistula, Expedition of delivery and Rheumatism. 2. Leaves are used for treatment of hydrocele, haemorrhages, fistula, conjunctivitis, haemorrhoids, and wounds and Antibacterial. 3. Whole plants have	Saurav Das

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				some medicinal value Treatment of cancer, rheumatism, edema, and myalgia. 4.Leaves and seeds decoction of this plant use for urinary tract infections and increased diuretic activity	
37	Black nightshade Or Pokmou			1. The juice of the plant is used on ulcers and other skin diseases. 2. The fruits are used as a tonic, laxative, appetite stimulant, and for treating asthma. 3. The juice from its roots is used against asthma and whooping cough.	
38	Turkey Berry Or Bhi-tita	Solanum torvum Sw.		1.Treatment of Anaemia 2.Treatment of Indigestion and diarrhoea 3.Prevents intestinal worms 4.Treatment of Diabetes 5.Prevention and healing of Colds and flu	
39	Cotton-tree flowers Or Simolu	Bombax ceiba L.		1. They are used to treat cutaneous troubles 2. The young roots are diuretic and tonic. 3. they are used in the treatment of cholera, tubercular fistula, coughs, urinary complaints, nocturnal pollution, abdominal pain due to dysentery, and impotency	
40	Zolphai Or Indian olive	Elaeocar pus serratus		1.Olives are very high in vitamin E and other powerful antioxidants.2. Studies show that they are good for the heart and may protect against osteoporosis and cancer.	

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41	Hairy Spurge	Euphorbi a hirta		1. Euphorbia hirta is often used traditionally for female disorders, respiratory ailments. 2. Euphorbia is used for breathing disorders including asthma, bronchitis, and chest congestion. 3. It is also used for mucus in the nose and throat, throat spasms, hay fever, and tumours. 4. Euphorbia hirta is used for breathing disorders, dengue fever, digestive problems, severe diarrhoea (dysentery), and many other conditions.	Izazul Hoque
42	Philippine Violet	Barleria cristata		1.Ethnomedical uses of the plant have been observed in lung disorders, inflammatory conditions, toothache, anaemia, snake bite, diabetes and tuberculosis. 2.It is used in the treatment of serious catarrhal infections. 4. The plant parts are rich in various phytochemical constituents including triterpenes, phenolic compounds, glycosides and flavonoids type phenolic compounds.	
43	Kordoi	Averrhoa carambol a		 1.they are good sources of fibre. 2.may help with anaemia. 3.may give a good night's sleep. 4.keeps digestive system regular. 	

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44	Lemon	Citrus limon		1.Support heart health.2.Help to control weight.3.Prevent kidney stones.4.protect against Anaemia.	
45	Narji or Marigold	Tagetes erecta		 Marigolds are highly valuable for medicinal purposes like headaches, swelling, toothache, wounds and many skin problems. They have been used in cooking. Marigold since ages have been used to treat irritated skin problems like burns, wounds and rashes. Marigold helps in the body's detoxification process by removing all toxic materials that have accumulated in the body. 	
46	Bishalyakar	Alternant hera brasilian a		1)The plant is said to be aphrodisiac.2)The plant could be useful as an antiviral agent.3)The leaf juice is squeezed into vinegar and drunk as a refreshing, anti-diarrhoeic infusion.	Neelam Jaisy
47	Tengechite nga	Oxalis articulata		 Oxalate extracts from the leaves have been shown to exhibit antifungal properties. It is used in the treatment of influenza, fever, urinary tract infections, enteritis, diarrhoea, traumatic injuries, sprains and poisonous snake bites. The juice of the plant, mixed with butter, is applied to muscular 	

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				swellings, boils and pimples.	
48	Era-gos	Ricinus communi s		1) Various parts of <i>R. communis</i> have been widely used in traditional medicine. 2) Such as abdominal disorders, arthritis, backache, muscle aches, bilharziasis, chronic backache and sciatica, chronic headache, constipation, expulsion of placenta, gallbladder pain, period pain, menstrual cramps, rheumatism, sleeplessness, and insomnia. 3) The compounds have been reported to exhibit antidiabetic, antifertility, anti-inflammatory, antimicrobial, antioxidant, hepatoprotective, insecticidal and wound-healing activities.	
49	Aparajita	Clitoria ternatea		1.Herbal tea prepared from this plant is incredible for diabetic patients by controlling the absorption level of sugar into the bloodstream. 2. These flowers play a vital role in treating various eye problems and improve eyesight. 3. It shows promise effects of memory improvement. Also, has a wide spectrum of neurological benefits, particularly antidepressants, anxiolytics, antipyretics. The Leaves extracted from the Aparajita plant scientifically proved to have properties that reduce the infection. The fine paste of Aparajita plant leaf shows positive effects on healing wounds.	

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50	Brahma kamal	Epiphyllu m oxypetalu m		1.It is used as a medicine for rashes.2.It is also used in fever treatment.3.The stem of the plant is used for treating diabetes.4.It is known for the treatment of hemoptysis and edema.	

OVERVIEW OF THE PROGRAMME

Survey and identification of the plant specimen

We completed our plant survey in two days. Firstly on 5th December we went at around 6.30 am in the morning. For that we all gathered at Essentials. From there we went to the area near the botanical garden, where we observed a number of plants. Many plants among them were medicinal. We roamed around the area and identified some. Then we wrote the names in our copy. Some of the names were not known to us and for that we used an online app. The name of the app was- PlantNet. We gathered a total of 30 names in our 2 hours visit. Then we returned back to the hostel.

Next on 18th December we did our 2nd survey. We gathered at Essentials again, from there we visited the area near Kendriya Vidyalaya. There were also a variety of plants present. We collected a total of 25 plant names from that area. So our target of 50 plants was complete. Now the next task was to know about the medicinal use of all the plants.

Preparation of the exhibition programme

The preparation of the exhibition was a planned event, for which we began discussing the medicinal plants, what all things needed to be included. And we decided that we will be gathering information about 50 medicinal plants. And we all decided that we will not use live plants, as it will not be good to cut them. So we took photographs of the plants and pasted them in cardboard along with its medicinal use. And on the day of exhibition, we placed those card boards on each table (5 in each). Thus one photo of a plant with some of its medicinal use written on it was pasted in a single cardboard. We also decorated the exhibition room with a plant based theme. We also prepared some posters (with quotes written in it) related to plants and placed them too in the exhibition room. The entrance of the room was also decorated by placing a banner and dried plants on both sides of the door.

We started the exhibition by a ribbon cutting ceremony, which was done by our respected HOD sir. The exhibition program began which was visited by faculties from our department along with other departments too, then by research scholars and our fellow friends (trainee teachers).

Organization of the exhibition

After the survey, our next task was to organize and do the preparation of the program. For that we all planned what all things needed to be included in our program. After that we noted down the things which were supposed to happen. Lastly the program was about 4 hours as planned by us. So the different events under the program as discussed by us, includes-

<u>For Exhibition:</u> Introduction speech (By Ananya Gogoi), objective of our work (By Devolokhi Deori), speech on medicinal plants (By Neelam Jaisy). The following activities are done throughout the way-

- Video presentation of our work
- Speech by the HOD
- Speech by the teachers
- Beginning of the exhibition (In which each member has explained 5 different medicinal plants)

For Poster competition

- Declaration of the theme/ topic
- Beginning of the competition (Time = 30 minutes, Theme: Magic of Plants)
- Declaration of results (By Amarnath Sah sir)
- Prize distribution and photograph session
- Vote of thanks (By Rakhee Gogoi)

Thus the whole plan or our preparation happened accordingly. As the work was divided among all of us equally. For the felicitation of teachers in our event we bought some plants also.

8) REFLECTION

The School Internship has become the backbone for the teaching -learning process for every B.Ed Trainee. Under this School Internship programme, the Component "Organization of School Activities" has given us a chance to explore new aspects of the University Campus. The University Campus is a rich hub of many rare medicinal plants. So, on this aspect we organized an exhibition programme to create awareness among the students and teachers about the value of medicinal plants in our life. The exhibition is a small step towards this novel cause. In the near future, we want to spread a strong message to each and everyone residing inside the university about the value of these medicinal plants. At last, we want to develop a Medicinal Plant Garden in our Education Department in the near future.

9) **CONCLUSION**

From the above organisation of school activity, we can conclude by saying that exhibition work refers to projects, presentations, or products through which students "exhibit" what they have learned, usually as a way of demonstrating whether and to what degree they have achieved expected learning standards or learning objectives. An exhibition is typically both a learning experience in itself and a means of evaluating academic progress and achievement. That means we have learnt a lot from this group activity, as we thought that before starting this activity, there may be the possibility of many students unaware about the Plants common names with its scientific name within university campus. We tried to make them aware about plants' common names with scientific names and also their Medicinal Uses in our daily life. To achieve this goal, we searched for plants from the university campus. As we collected 50 medicinal plants and also for its scientific names and its medicinal uses, we searched on the internet. Then

we collectively arranged all the activities, then our coordinator also guided us and gave us some tips or ideas regarding this activity, which helped us a lot in giving a complete shape for this group exhibition work. After all the organisation of activities, we have invited all the faculties formally, peer teachers and others departments students for exhibition work and also invited students for participated in **Inter Departmental Poster Competition**, so that we have come to know that how much the students with different fields were aware about the magic of plants and making the events successful.

All the activities were done accordingly and successfully, we received good remarks from all invited personnel. So, we have a great experienced from this exhibition work or we can say organisation of school activity, where we can say that there are many plants available in our university campus those have medicinal benefits, so students should be aware of it and also teacher will also make them aware about its different uses in their daily life.

<u>APPENDIX I</u> (PHOTO GALLERY)













