



OFFICE OF THE PRINCIPAL
DEGREE COLLEGE BEERWAH, KASHMIR
NAAC ACCREDITED GRADE "B"



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Expert Talk on Medicinal Plants



The Department of Botany arranged an extensive lecture for Botany students of the college on **27th August, 2022**. In this programme an expert Dr. Akhtar Malik from Kashmir University was invited speaker. The speaker threw light on the high demand medicinal plants in Jammu and Kashmir region like Harad (*Terminalia chebula*), Amla (*Embllica officianalis*), Ashwagandha (*Withania somnifera*), Baheda (*Terminalia bellirica*), Arjun (*Terminalia arjuna*), Banafsha (*Viola odorata*), Gilo (*Tinosporia cordifolia*),

Tulsi (*Ocimum sanctum*), Kahzaban (*Borage officianalis*), Asal us soos (*Glycirriza glabra*), Saffron (*Crocus sativus*), Banafsha (*Voila odorata*), Behidana (*Cydonia oblonga*), Gul-e-Zoofa (*Hyssopus officinalis*), Parshianshan (*Adiantum capillus*), Kalonji (*Nigella sativa*), Kansi (*Cichorium intybus*). The importance of all these plants were highlighted in the expert talk as well.

The expert also highlighted that the Council for Scientific and Industrial Research (CSIR) is helping the farmers of the state with expert guidance and provide them saplings of as many as nine varieties of medicinal and aromatic plants. The plant varieties, selected for Jammu and Kashmir, include five different varieties of lemon grass (*Cymbopogon*), Rose (*Rosa*), Mint (*Mentha*), Ashwagandha (*Withania somnifera*) and Phalsa fruit plant. Different CSIR institutions like Indian Institute of Integrative Medicine (IIIM), Jammu, Institute of Himalayan Bio-resource Technology (IHBT), Palampur, Central Institute of Medicinal and Aromatic Plants (CIMAP) Lucknow, National Botanical Research Institute (NBRI), Lucknow and North Eastern Institute of Science and Technology (NEIST), Johart have been associated for the implementation of this scheme in Jammu and Kashmir.

