

BEST PRACTICES IN BALAWAN COLLEGE

One of the aims of the Institution is to imbibe in student's self-reliance and the spirit of love for a clean, green, beautiful and healthy environment. Since the institution is located on a hill top with abundance of fresh air, soothing atmosphere and spacious campus, it is ideally suited for cultivation of many medicinal plants. It also serves as a way to conserve the species and to provide employment to the underprivileged individuals in the locality.

Medicinal plants can be defined as the plants that possess therapeutic properties or exert beneficial pharmacological effects on the humans as well as animals. Medicinal plants also called medicinal herbs have been discovered and used in traditional medicine practices since time immemorial. Consuming medicinal herbs help to prevent a lot of diseases; it may improve one's immune system as well. Medicinal plants grow abundantly on the pristine and dense green forests of Meghalaya; in fact, one can find the common herbs in one's backyard itself. This is probably one of the reasons why the people of Meghalaya use plants to treat almost all ailments known to human race back then and till date.

Some of the medicinal plants cultivated in the Institution include:

- (i) Turmeric or Shynrai (local name). Traditionally, it is used for digestive disorders, skin disorders and treatment of minor wounds.
- (ii) Phyllanthus Emblica (botanical name) or Gooseberry or Sohmylleng (local name). It promotes heart health, rich in anti-oxidants.
- (iii) Kaempferagalanga (botanical name) or Sying Khmoh (Local name). It is traditionally used for treatment of rheumatism, mouth ulcers, indigestion and food poisoning.
- (iv) Begonia Josephii (botanical name) or Jajew (local name). It is used for diarrhea and blood dysentery.
- (v) Centellaasiatica (botanical name) or Khliang Syiar (Local name). Besides using it as a salad, this plant is also used for treatment of stomach ache, acidity, diarrhoea.
- (vi) Chameleon plant or Jamyrdoh (local name). This plant is used for treatment of cholera, dysentery and as a salad as well.



Medicinal herbs are some of the basic essentials for human beings to live well and better. For ages plants are integrated with culture and tradition to educate and to spread awareness to the future generations. In the past years, it was easy to find almost all herbs in every home. However, due to evolution and spacious requirement, it is hard to find herbs in our homes in the present time.

Hence, with this purpose in mind, the Institution aims to take initiatives for conserving these medicinal plants to keep the environment clean, green, beautiful and healthy for everyone.