



SALDIHA COLLEGE

[B⁺ NAAC Accredited) 2nd Cycle]

P.O. SALDIHA • DIST. BANKURA • PIN-722173

Phone : (03242) 262224 • Fax : 913242-262224

Website : www.saldihacollege.ac.in

E-mail : saldihacollege@gmail.com

Ref. No. **SC/MISC/25/81**

Date: **21.03.2025**

NOTICE

It is hereby notified to all concerned that, an **ADD ON COURSE ENTITLED "ETHNOMEDICINAL PLANTS, HUMAN HEALTH AND YOGA"** jointly organised by the Department of Botany and Department of Physiology, Saldiha College in collaboration with IQAC, Saldiha College will be commenced on and from April, 2025 to June, 2025 through blended mode and the detail of the said course is appended below herewith.

All the interested students are informed to enroll their name in the concerned departments within 01.04.2025.

Co-ordinator of the Course: Dr. Chandan Kumar Pati, Associate Professor and Head, Department of Botany, Saldiha College, Bankura
Contact No. (9474444609)

Jt. Co-ordinator of the Course: Dr. Supriya Kumar Misra, Assistant Professor and Head, Department of Physiology, Saldiha College, Bankura, Contact No. (6297302009)

For any query, contact the Co-ordinator/Jt. Co-ordinator of the course.

N.B.:- *The schedule of classes for the above course may change for convenience.*

Thanking you,

Yours faithfully,

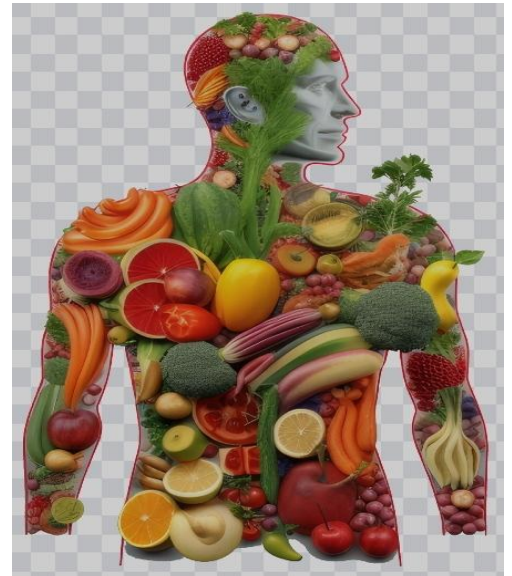
Principal
Saldiha College
Saldiha, Bankura

Principal
Saldiha College
Saldiha, Bankura



**Add-on-Course
On**

**ETHNOMEDICINAL PLANTS,
HUMAN HEALTH AND YOGA**



Jointly Organized By



*Department of Botany and Department of Physiology
Saldiha College (Affiliated to Bankura University)
Saldiha-722 173, Bankura, West Bengal, India*

In Collaboration With

IQAC, Saldiha College

Venue: Seminar Hall (Bio-Building, 2nd Floor)

COURSE DESIGN

Course background

- Holistic development of the participating students.
- Development of scientific temper among students by bringing them in direct contact with the environment.
- Understanding the practical applicability of the elements of nature in their vicinity.
- Correlating the situations of the institution with the curriculum.

Expected course learning outcomes

After completing the course, the students will have the knowledge and skills to do the following:

- Understanding the ethno-medicinal plants and human health
- Establishment of the knowledge of using medicinal plants as economical and aesthetic values.
- To know the tricks of the trade of the medicinal plant products and human health.
- Relationships between plants and indigenous/traditional cultures
- Describe how botany and biochemistry are used in identifying and understanding the ethnobotanical value of a given plant species
- Know and/or identify important medicinal plant species
- Understanding the effect of Yoga and Meditation on Human Health

Objectives of the course

Introduction to Ethnobotany and medicinal plants explores the fundamental relationships that exist between plants and indigenous/traditional cultures from around the world. The course presents the history of indigenous/traditional plant use in relation to cultural development as well as how modern scientific approaches to ethnobotanical investigation are revealing new and exciting applications for plant materials in human health. Thus, this course will enable the students to –

- Know about the traditional knowledge of plants and their uses especially their roles in curing various human diseases
- Understand various phytochemicals involved in therapeutics
- Study certain important plants involved in home remedies

Correlation to situations of the institution

Since the institution is located in a rural belt of Bankura District rich in floral resources, the course will largely benefit the participating students to appreciate their surroundings and learn the practical applicability of the resources in their proximity. It will also make them aware of the hidden potentialities of nature in their surroundings. It will aid to develop love for local biodiversity and enable them to make the local people aware of the blessings of nature which will thereby promote their interests for conservation of natural resources.

Career prospects

Students will develop skills in preparing home medicine and know its role in identification of medicinal plants. They will come close to understanding the correlations between ethnobotany, ayurveda and human health. Development of research aptitude will help them in their future aspirations. In terms of employability skills they can find positions in NGOs related to plant conservation and biodiversity conservation projects.

Process of continuous assessment and grading

It will be based on the following:

- Attendance of the students
- Continuous assessment in both theoretical class and field visits
- Multiple Choice Questions
- Viva-voce
- Submission of field study report

Student feedback

It will be collected via Google Form/off-line mode after completion of the course.

Syllabus contents

Units	Course contents (Theory)	Class/Lectures
1	Introduction and objective of Ethnobotany and Human Health	02
2	Ethnobotany as an interdisciplinary science	02
3	The relevance of ethnobotany and human health in the present context.	02
3	Health and Diseases (Communicable and Non-Communicable Diseases)	04
4	Health and Hygiene	02

5	Some common ethnic groups or Tribals of India and their life styles; Plants used by the Tribals: a) Food plants b) Medicines and miscellaneous uses	03
6	Role of ethno botanical practices in modern medicine with example of some common medicinal plants	03
7	Biopiracy, Intellectual property rights and traditional knowledge	02
8	History, Scope and importance of medicinal plants with some common examples; Application of natural products to certain common diseases	04
9	Conservation of medicinal plants	02
10	Effect of Yoga and Meditation on Human Health	02
Total no. of lectures		28*

* **Duration of 01 class/lecture = 01 hour.**

* **Mode of class/lecture = blended mode**

Practical/Field study/Project	
1	Study of medicinal plants in the locality/out station/botanical garden (4+8 = 12 hours)

Examination pattern:

1. Multiple Choice Questions – 30 marks
2. Viva-voce – 10 marks
3. Field study report – 10 marks

Full Marks: 50

N.B.:- CERTIFICATE WILL BE PROVIDED TO THE PARTICIPANTS AFTER COMPLETION OF THE COURSE

Gradation pattern:

Percentage of marks obtained	Grade
90-100	Excellent - A
70-89	Good - B
50-69	Fair - C
40-49	Not Eligible for Certificate - D


Inaugural session:

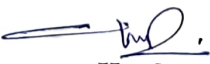
Date	Time
02.04.2025	10.00 AM – 11.00 AM

Course Routine (tentative):

Date	Name of Teachers	Time of Class	Duration
02.04.2025	H. Mallick (RS, BKU)	11.00AM- 12.00 Noon	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00PM	
03.04.2025	Dr. S. K. Misra (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	S. K. De (Saldiha College)	3.00PM - 4.00PM	
09.04.2025	P. Das / Dr. A. Ghosal (Saldiha College)	11.00AM- 12.00 Noon	2 hours
	Dr. C.K.Pati (Saldiha College)	3.00PM - 4.00PM	
10.04.2025	Dr. S. K. Misra (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	S. K. De (Saldiha College)	3.00PM - 4.00PM	
16.04.2025	S. Ghosh (RS, BKU)	11.00AM - 12.00 Noon	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00PM	
17.04.2025	S. K. De (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00PM	
23.04.2025	S. K. De (Saldiha College)	11.00AM- 12.00 Noon	2 hours
	P. Das / Dr. A. Ghosal (Saldiha College)	3.00PM - 4.00PM	
24.04.2025	S. K. De (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00PM	
07.05.2025	P. Das(Saldiha College)	11.00AM - 12.00 Noon	2 hours
	Dr. C.K.Pati (Saldiha College)	3.00PM - 4.00PM	
08.05.2025	S. Dutta (RS, BKU)	12.00Noon- 01.00 PM	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00 PM	
14.05.2025	S. K. De/Dr. A. Ghosal (Saldiha College)	11.00AM - 12.00 Noon	2 hours
	Dr. S. K. Misra (Saldiha College)	3.00PM - 4.00 PM	
15.05.2025	Dr. S. K. Misra (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	H. Mallick (RS, BKU)	3.00PM - 4.00 PM	
21.05.2025	P. Das / Dr. A. Ghosal (Saldiha College)	11.00AM- 12.00 Noon	2 hours
	Dr. C.K.Pati (Saldiha College)	3.00PM - 4.00PM	
22.05.2025	P. Das (Saldiha College)	12.00Noon - 01.00 PM	2 hours
	H. Mallick (RS, BKU)	3.00PM - 4.00PM	
28.05.2025	Field Study (local)		4 hours
04.06.2025	Field Study (outstation)		8 hours
11.06.2025	Examination (MCQ, Viva-voce, Field Report Submission)		
12.06.2025	Valedictory Session and Certificate Distribution		

N.B.:- The schedule of the above course routine may change for convenience.


Head
 Dept. of Physiology
 Saldiha College
 (Jt. Co-ordinator)
HBAD
 Department of Physiology,
 SALDIHA COLLEGE
 Saldiha, Bankura


Head
 Dept. of Botany
 Saldiha College
 (Co-ordinator)
HEAD
 Department of Botany
 Saldiha College, Bankura
 West Bengal, India


Co-ordinator, IQAC
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