

## INSTITUTION DISTINCTIVENESS

The TEI strongly believes in putting continuous efforts towards fulfilling its vision, mission and objectives. The vision and mission of the institute are to provide the students with innovative and effective ways of teaching and learning. It is to help them develop holistically so as to make them better humans and not only good educators. The objective of the institution is to provide medical relief and welfare to the society.


In view of achieving all this, the institute has been able to create a great value of distinctiveness over the years. The campus has successfully invested its mind and soul in establishing horticulture in the campus. By doing so, it ensures that the environment is clean, healthy and green. The campus has a well maintained garden with a lot of nutritious herbs, fruit trees, vegetable plantations etc. There are a few medicinal herbs and plants as well. They also add to the beauty of the campus. These are sometimes even distributed among the staff members in the campus for free. The student teachers are educated regarding the benefits of various plants in order to spread awareness through them. There are many flowering plants in the garden which attract a lot of butterflies which creates a refreshing environment in the campus, and helps in maintaining good mental health. The institution's aim is to not only provide quality education to the students, but also to help them develop a positive outlook towards life and maintain good health. As a continuous practice that the institution follows towards maintaining natural inhabitant the college is also **recognised 'Swachhta Action Plan Institute' by Mahatma Gandhi National Council of Rural Education [MGNCRE], Department of Higher Education, Ministry of Human Resource Development, Government of India.**



## Certificate



*This is to certify that **DNYAN GANGA EDUCATION TRUST'S, COLLEGE OF EDUCATION (B.ED.), THANE** is now a **Recognized Swachhta Action Plan Institution**. The Institution has successfully formed the Swachhta Action Plan Committee and constituted the working groups Post COVID-19 for **Sanitation & Hygiene, Waste Management, Water Management, Energy Management and Greenery** along with the observation of two environment related days to inculcate in faculty, students and community, the practices of Swachhta and Reduction, Reuse and Recycling of Resources.*

  
Dr. W G Prasanna Kumar  
Chairman

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Human Resource Development  
Government of India

No.:Cert./SAP/KS



# **Dnyan-Ganga Education Trust's College of Education (B.Ed.)**

*To Enlighten... To Endeavour..... To Excel....*

Behind D'Mart, Kasar-Vadavali Naka, G. B. Road, Thane (W), Thane. - 400 615.

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NCTE Code : APW/05327/123655 (Co-Ed.) Recog. by : NCTE, Govt. of Maharashtra & Affi. to University of Mumbai.

Ref. No : \_\_\_\_\_

Date : \_\_\_\_\_

It is the moral responsibility of each and every citizen to protect the environment and adopt energy conservation, waste management and water conservation practices to fulfil the goals of sustainable development.

## **FOLLOWING ARE THE INSTITUTION'S POLICY FOR SUSTAINABLE DEVELOPMENT AND GREEN PRACTICES**


All the members associated with the institute must note:

1. The lights and fans must be switched off when not in use.
2. Avoid using electricity if natural sunlight is adequate.
3. Do not waste water. Close the taps after use.
4. Follow the principal of 3Rs: Reduce, Reuse, Recycle
5. Strictly NO plastic in the campus.
6. Avoid wasting paper.
7. Do not use the electrical appliances unnecessarily.
8. Use the E-waste disposable box only for discarding the electrical waste.
9. Throw the garbage accordingly in the dry or wet waste bins only.
10. Encourage positive behaviour towards conservation of energy resources
11. Faculty members and the students must try to participate in the campaigns to promote awareness towards sustainable development.
12. Participation in the cleanliness drives and tree plantation drives is compulsory for all.
13. Maintaining hygiene around the campus is important.
14. Do not harm the infrastructure.
15. Do not pluck flowers or harm the plants.
16. Only potted plants are to be presented as token of gratitude to the guests, such as resource persons or guest speakers.

Preservation of energy resources is a step towards a better future, and one should always be ready to promote this thought process.

  
The Principal  
Dnyan-Ganga Edu. Trust's  
College of Education (B.Ed.)  
At Borivade, Kasar Vadavali Naka  
G. B. Road, Thane (W).



  
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## **A. REPORT ON HERB GARDEN**

There is a well maintained herb garden as well as a butterfly garden within the campus. It is maintained by the trust. The herb garden consists of different medicinal herbs and trees. To name a few there are water apple (rose apple) trees, drumstick plants, Tulsi, Allspice etc.

Apart from these, there are mango trees, coconut trees, vegetable plants, ornamental plants as well. The garden provides massive green cover to the campus, thus contributing to a cleaner environment.

### DETAILS OF THE PLANTS

Certain varieties of plants come under the category of medicinal herbs for the following benefits they provide:

#### 1. Water Apple

This fruit is also known as “jaam”.It is rich in Vitamin C and phytochemicals. It is also full of fibre and anti-oxidants, as well as has high water content. This fruit aids in digestion, helps in controlling cholesterol & blood sugar, helps in removing toxins from the body. It also helps in preventing heart attacks and strokes. It aids in reducing the risk of prostate and breast cancer, as well as in preventing skin diseases.

#### 2. Drumstick

It is also called as “Moringa”.It is rich in Vitamin A, C and E, and in contains minerals such as Iron, potassium, amino acids and calcium. It is an anti-oxidant in nature, and helps in improving digestion. It helps in normalising blood sugar, as well as in maintaining blood pressure. It helps in improving energy and endurance and thus can be really beneficial for sports persons. This vegetable also helps in maintaining skin and hair health. It also helps in boosting the milk production in lactating mothers.

#### 3. Allspice

The Allspice (Pimenta Diocia) plant is a tropical evergreen tree. The dried berry of the allspice plant has a flavour that combines cloves, cinnamon, and nutmeg, and is used in baking, mincemeat, and mixed pickling spice.

It is known for its anti-oxidant properties. It has a history of use as a home remedy for colds, menstrual cramps, indigestion, headache, fatigue, and nasal congestion. It also aids in treating bacterial and fungal infections. It also helps in lifting depression.

Following is the complete list of various trees and plants in the premises:

Sr. No	Common Name	Scientific name	Medicinal Use
1.	Bamboo	Bambusa Vulgaris	They are used as a traditional medicine with demonstrated effects of anti-oxidation, free radical scavenging, anti-inflammatory, liver protection and ameliorating cognitive deficits. Bamboo leaf is mainly used for the treatment of atherosclerotic, diabetic and nervous system diseases.
2.	Kufiya	Cuphea	Cuphea plants are widely used in traditional South American and Mexican medicine as anti-inflammatory, diuretic, antipyretic, antimicrobial, astringent, and hypotensive agents.
3.	Guava	Psidium Guajava	It is used not only as food but also as folk medicine, and various parts of this plant have a number of medicinal properties ranging from antimicrobial activity to anticancer property.
4.	Jackfruit	Artocarpus Heterophyllus	Jackfruit leaves and roots contain chemicals that might help control blood sugar increases after eating. Its fruit is a source of vitamin A, fiber, and protein
5.	Hibiscus	Hibiscus rosa-sinensis	The whole plant of hibiscus, including the flower, stem, leaves, roots and seeds, has beneficial properties. It have antiseptic properties, anti-spasmodic properties (relieves muscle spasms), blood pressure-lowering properties, mild laxative effect (help constipation) diuretic effect, blood sugar-lowering properties
6.	Mango	Mangifera Indica	The mango contains tocopherols, carotenoids, dietary fibre, ascorbic acid, gallic acid, quercetin and mangiferin. These biologically active compounds may help in normalising blood glucose levels.
7.	Night Jasmin (Parijat)	Nyctanthes arbor-tristis	It cures various nauseous types of fever including malaria, dengue, and chikungunya fevers.
8.	Thyme	Thymus Vulgaris	Thyme contains chemicals that might help bacterial and fungal infections. It also might help relieve coughing and have antioxidant effects.
9.	Turmeric	Curcuma Longa & Curcuma aromatica	It has antioxidant, antiinflammatory, anticarcinogenic, antithrombotic, and cardiovascular protective effects.
10.	Ti Plant / Palm Lily	Cordyline fruticosa	A drink from boiled green ti leaves is used to aid nerve and muscle relaxation. The fragrant flowers are used for asthma.
11.	Jatropha ( black physicnut)	Jatropha gossypiifolia Linneus	Traditionally used to treat bacterial and fungal infections or febrile diseases, muscle pain or jaundice.
12.	Custard Apple	Annona squamosa	have plant cytotoxicity, antimalarial, antidiabetic, and immunosuppressive activities.
13.	Coconut Tree	Cocos Nucifera	fruit like coconut kernel and tender coconut water have numerous medicinal properties such as antibacterial, antifungal, antiviral, antiparasitic, antidermatophytic, antioxidant etc.
14.	Pinwheel Flower	Tabernaemontana Divaricata	Pinwheel flower bud juice mixed with oil and applied to the skin to treat inflammation and externally to the eyes in treatment against Ophthalmia, & inflammation of the eyes.
15.	Tropic Snow/ Dumb Cane	Dieffenbachia seguine	
16.	Moses in the Cradle / Oyster Plant	Tradescanta Spathancea	used globally as ethnopharmacology to assist problems like, colds, sore throat, whooping cough nose-bleed, anti-fertility agent, fever, bronchitis, tuberculosis, diarrhoea, hypoglycaemic, snakebites and kidney diseases



17.	Red Flag Blush	Mussaenda erythrophylla	This species is also used in traditional African and Asian <b>medicine for the treatment of eye infections, intestinal worms, body ache, diarrhea etc</b>
18.	Dwarf Umbrella	Schefflera Arboricola	To treat pain in trigeminal neuralgia, headache, sciatica, and rheumatism, and for trauma, liver complications, and other disorders.
19.	Pigeon Berry	Rivina Humilis	
20.	Holy Basil	Ocimum Tenuiflorum	This herbal medicine term means that this substance is thought to help the body respond to stress and restore normal function. Other uses of holy basil are to: Reduce anxiety and stress. Lower blood sugar in people with diabetes.
21.	Aloe Vera	Aloe barbadensis miller	Aloe vera benefits can include reducing dental plaque, accelerating wound healing, preventing wrinkles, and managing blood sugar.
22.	Indian Almond	Terminalia catappa	Leaves and barks of Indian almond tree are widely used in human as a traditional medicine to treat hepatitis, dermatosis, oral infections, and intestinal ailments in children and adults.
23.	Ajwain /Caraway	Trachyspermum Ammi	It also has antifungal and antibacterial properties. Active enzymes in ajwain improve the flow of stomach acids, which can help to relieve indigestion, bloating, and gas.
24.	Periwinkle	Catharanthus Roseus	
26.	glorybower	Clerodendrum infortunatum	glory bower has been reported to retain antidiabetic, antipyretic, anti-inflammatory, antioxidant, anticancer, analgesic, anticonvulsant, anthelmintic and antidandruff properties.
27.	thorn apple/bitter apple	Solanum Incanum	
28.	Siamese rough bush, khoi, serut	Streblus Asper	
29.	Green Amaranth	Amaranthus Viridis	Amaranth is widely used in the pharmaceutical industry to produce medicinal products against atherosclerosis, stomach ulcers, tuberculosis, as well as antiseptic, antifungal, and anti-inflammatory preparations
30.	Turkey Berry	Solanum Torvum	Cooked fruits of Solanum torvum are traditionally used as an adjunct therapy for people with anemia, and the ripened fruits are also used in preparing hemopoietic agents
31.	Rose Apple	Syzygium Jambos	Rose apples are effective against smallpox and joint inflammations. The leaves help treat sore eyes
32.	Lemongrass	Cymbopogon Citratus	this is used to improve digestion, nausea and menstruation problems and ailments like headaches, muscle cramps, spasms and rheumatisms.
33.	Curry Leaves	Murraya Koenigii	It helps in the treatment of dysentery, diarrhea, diabetes, morning sickness, and nausea by adding curry leaves to your meals.
34.	Damask Rose	Rosa Damascena	treatment of abdominal and chest pain, strengthening the heart
35.	Rangoon Creeper	Combretum Indicum	The plant is traditionally used <b>for treating headache, skin disease, diarrhea, fever, cough, flatulent distention of the abdomen, etc</b>
36.	Bay Leaf	Laurus Nobilis	Leaves are used for the treatment of skin rashes, earaches, and rheumatism
37.	Karatas	Bromelia Karatas	The juice of the plant is used to cicatrize recent sores and wounds[
38.	Papaya	Carica Papaya	Papaya has many benefits, including protection against heart disease, reduced inflammation, aid in digestion, and boosting your immune system.
39.	Ashoka Tree	Saraca Asoca	Ashoka helps to manage various gynecological and menstrual problems in women such as heavy, irregular and painful periods.

40.	Malabar nut	Justicia Adhatoda	The leaves, roots, flowers, and bark of this plant have been used in the treatments of cough, colds, asthma, to liquefy sputum, as a bronchodilator, bronchial catarrh, bronchitis, and tuberculosis.
41.	Drum Stick	Moringa Oleifera	The fresh leaves of the drumstick tree are used in anaemia as they are rich in iron which may help improve haemoglobin levels.
42.	Spinach	Spinacia Oleracea	Spinach is an excellent source of lutein, an antioxidant known to protect against age-related eye diseases such as macular degeneration and cataracts.
44.	Chilli Red	Capsicum Annuum	chili is used as a condiment, appetizer, and very good digestive support in cases such as poor eating, slow digestion, abdominal pain due to damaged spleen, diarrhea, rheumatism, bone pain, malaria, measles.
46.	Egg Plant	Solanum Melongena	Eggplant has antioxidants like vitamins A and C, which help protect your cells against damage. It's also high in natural plant chemicals called polyphenols, which may help cells do a better job of processing sugar if you have diabetes.
47.	American black nightshade	Solanum Americanum	Used in the treatment of headaches, ulcers and wounds. Used as an antispasmodic, diaphoretic, emollient, diuretic, emetic and sedative
48.	Common purslane	Portulaca Oleracea	It is used as a purgative, cardiac tonic, emollient, muscle relaxant, and anti-inflammatory and diuretic treatment makes it important in herbal medicine. Purslane has also been used in the treatment of osteoporosis and psoriasis.

### SOCIAL ACTIVITY

The above-mentioned plants/herbs/fruits whenever available are distributed among the staff members, especially the helping staff, at low cost and sometimes even free of cost. The student-teachers are also made aware of the garden and its benefit. All this is done to spread awareness among the students and staff regarding the health benefits achieved from consuming these herbs. The student-teachers are now also being trained to conduct awareness programs in the neighbouring areas to promote the health benefits of the mentioned products.

We are planning to organise campaigns with the help of student-teachers for the same. We are also planning to host the visits of family members of our school students, Degree College & junior college students to the herb garden for propagating the benefits of these plants

## **B. REPORT ON BUTTERFLY GARDEN**

The campus also has its own small and beautiful, well maintained butterfly garden. This is a small initiative w.r.t. contributing towards better and cleaner environment.

The garden has variety of flowers to attract butterflies. Many different species of butterflies can be seen in the garden during the early hours of the day. It not only adds to the cleaner and greener environment, but also creates a beautiful space for students to unwind and refresh themselves.

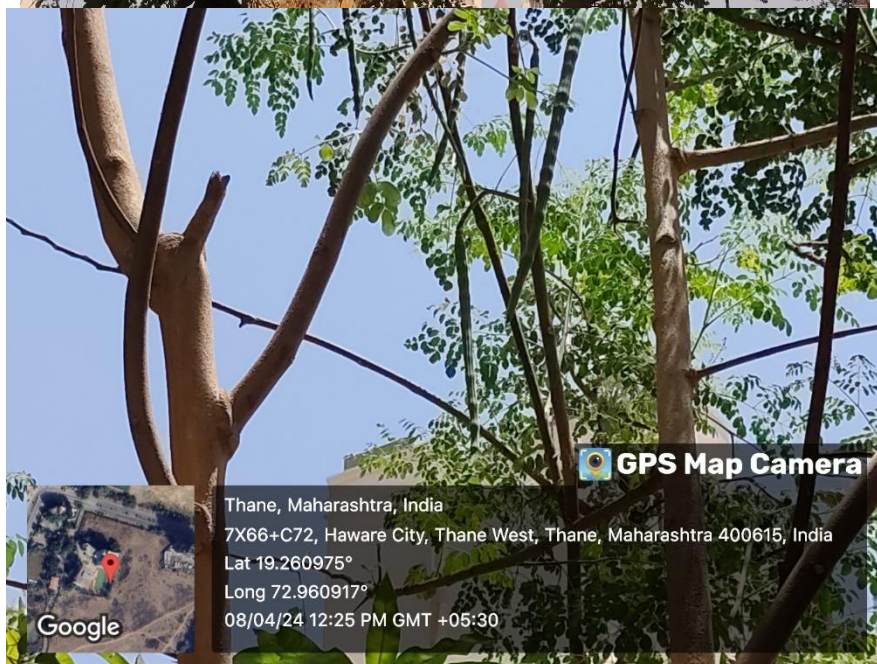
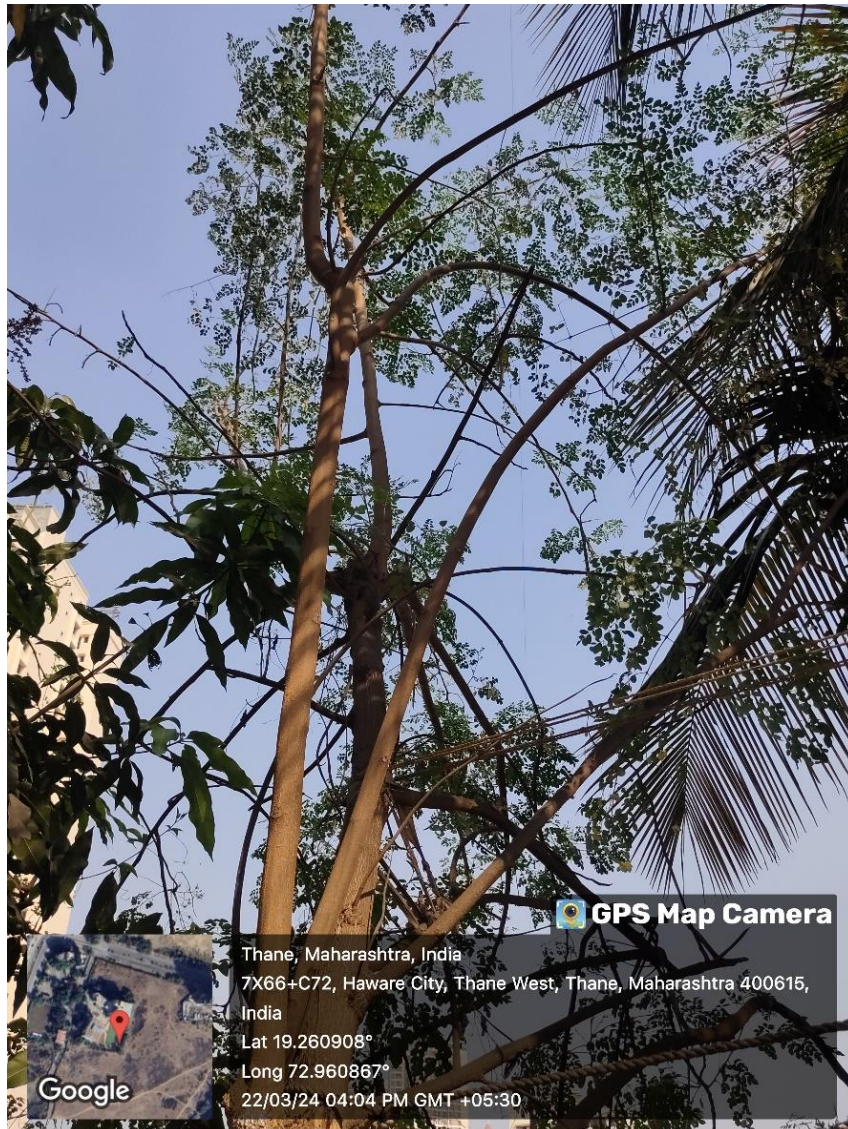
### **SOCIAL ACTIVITY**

Sometimes our institution arranges visits of students from different practice-teaching schools for a rejuvenating experience in the butterfly garden. It also serves the purpose of teaching science topics.

### **CONCLUSION:**

Presence of herb garden and butterfly garden is an asset for the campus as they not only help in spreading educational awareness but also helps in maintaining clean and green environment, as well as enhances the beauty of the campus.

# DRUMSTICK





# NEEM TREE



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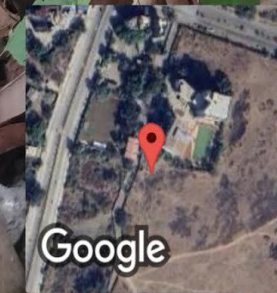




ALLSPICE HERB



 **GPS Map Camera**



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WATER APPLE/ROSE APPLE



Thane, Maharashtra, India

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# DISTRIBUTION OF VEGETABLES





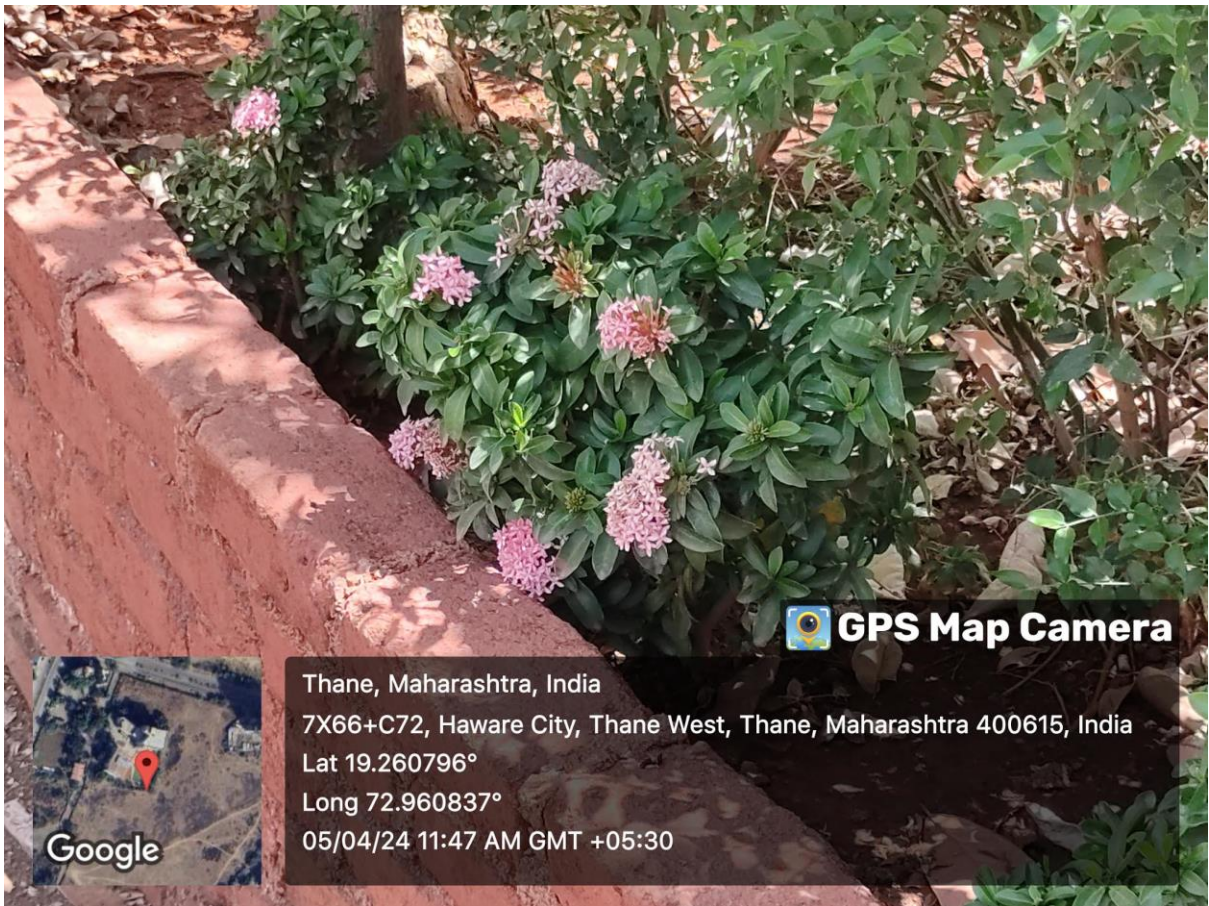
# BUTTERFLY GARDEN





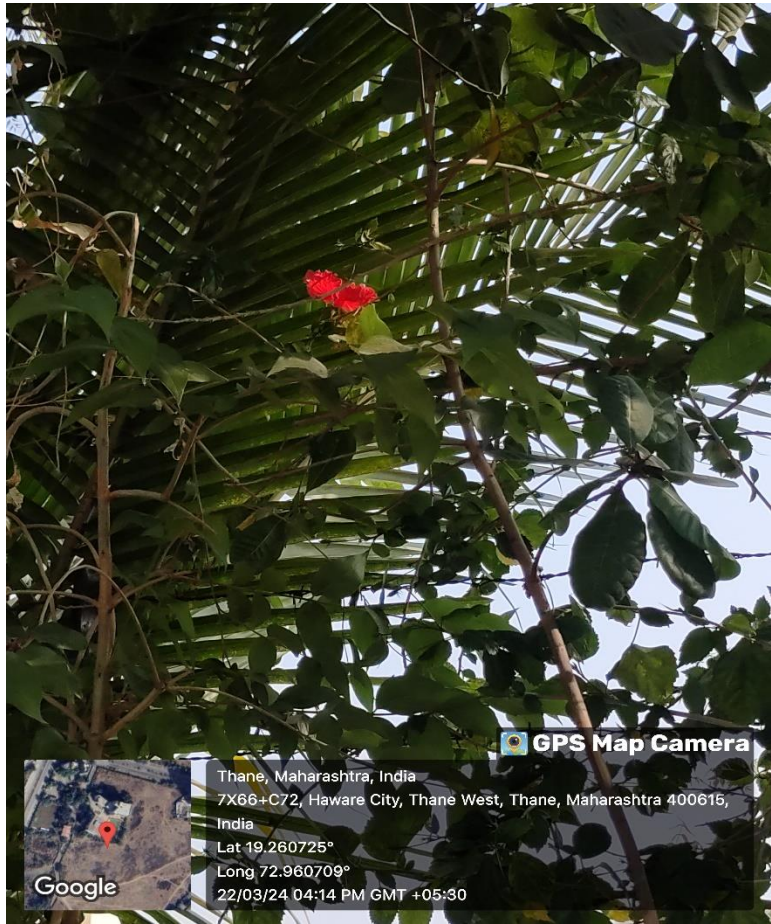
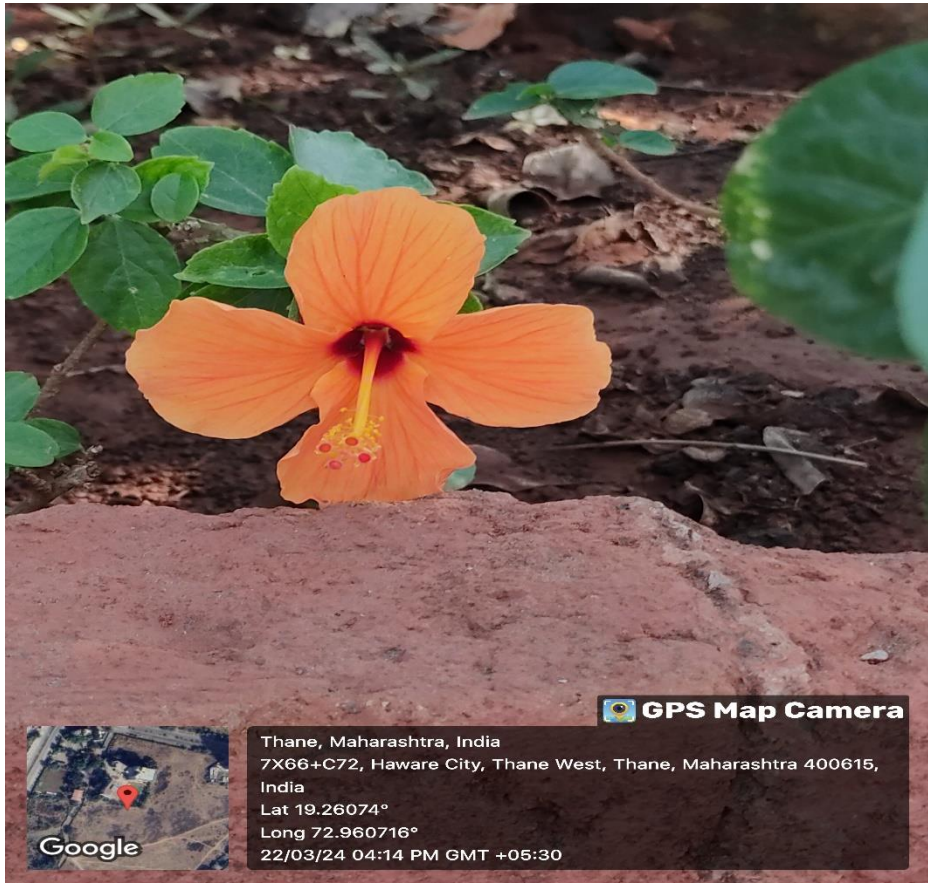


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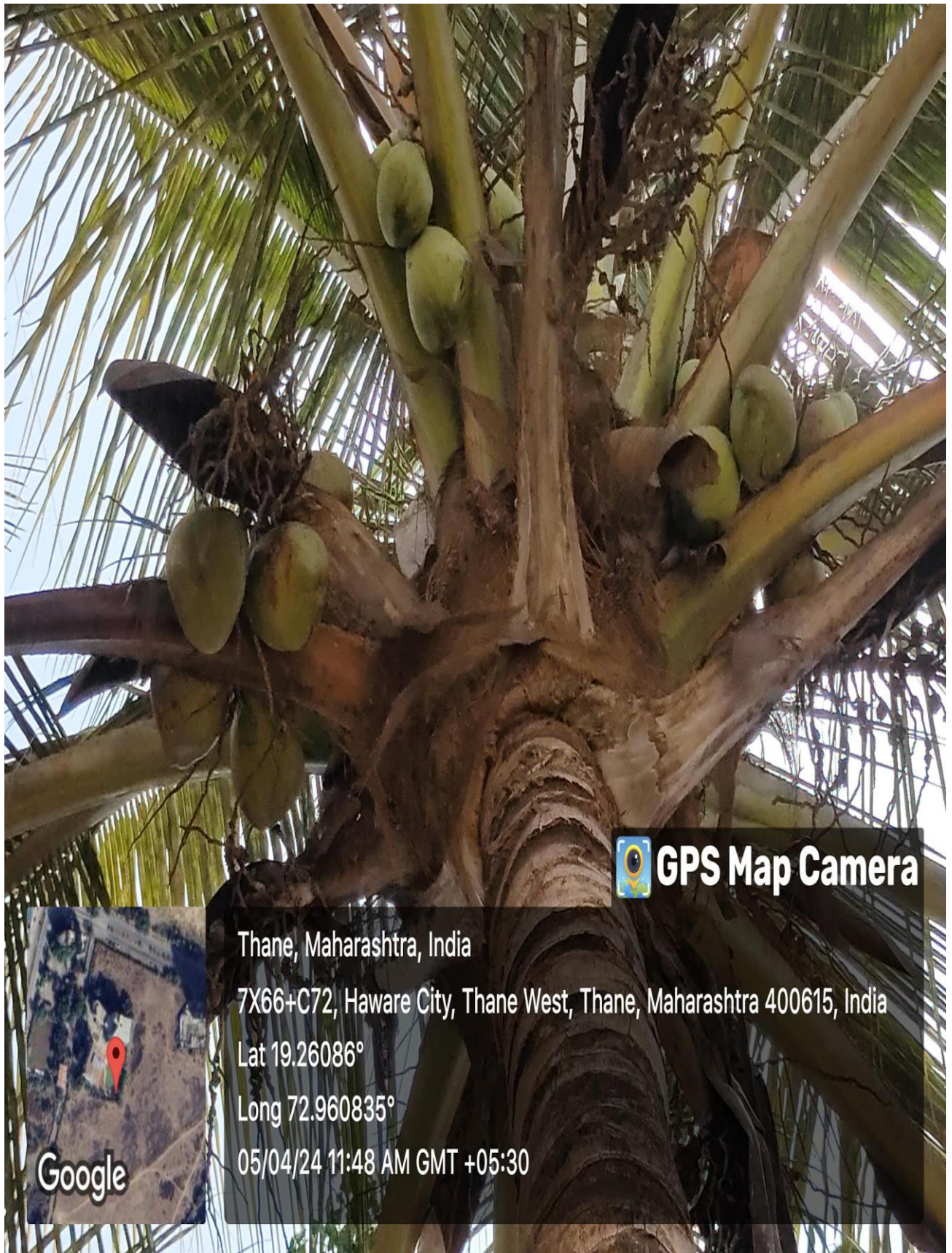






OTHER VARIETIES OF TREES/PLANTS/HERBS

COCONUT



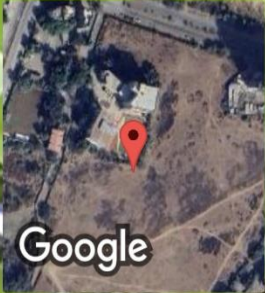


CHICKOO



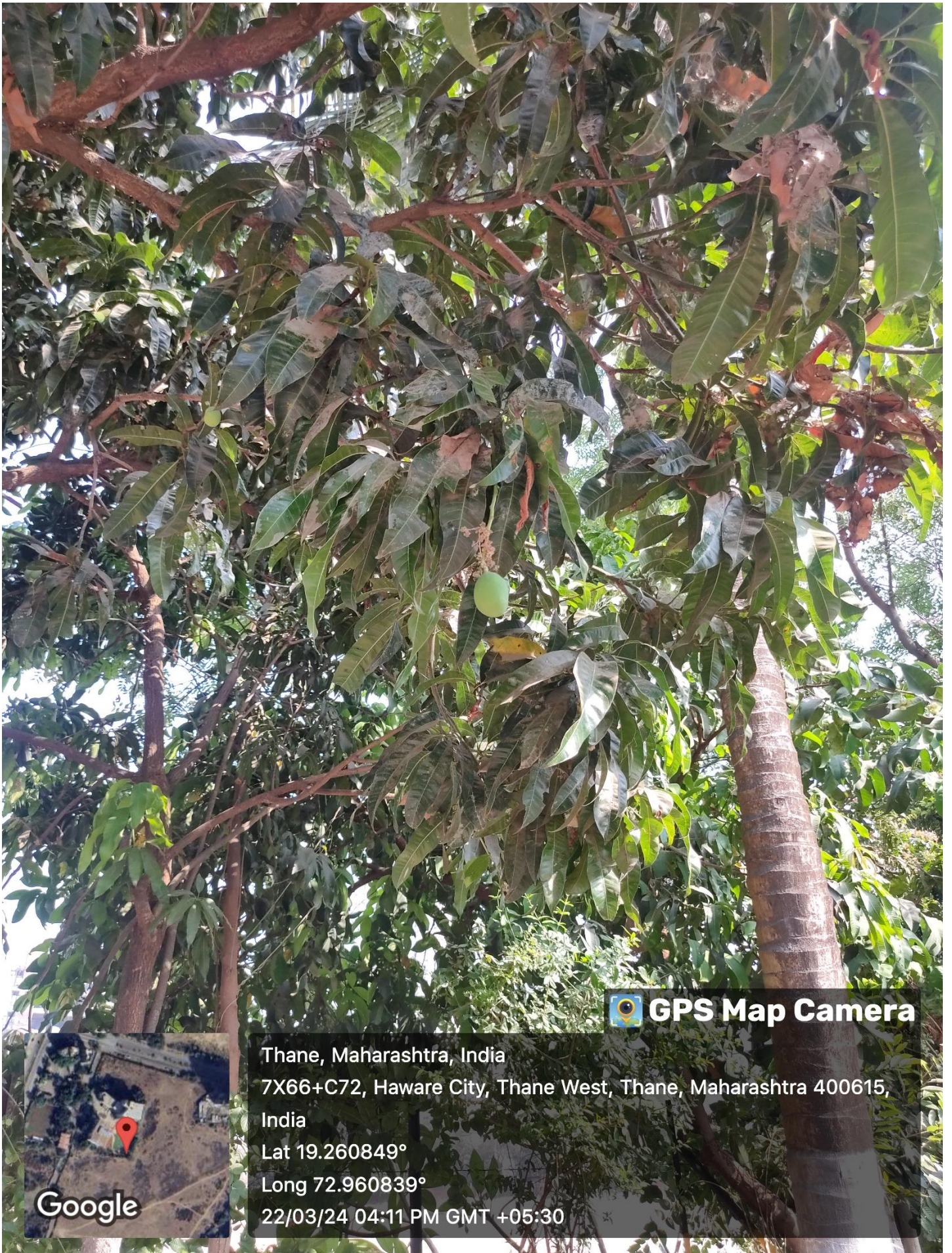
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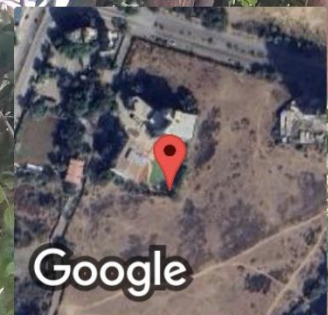


# MANGO



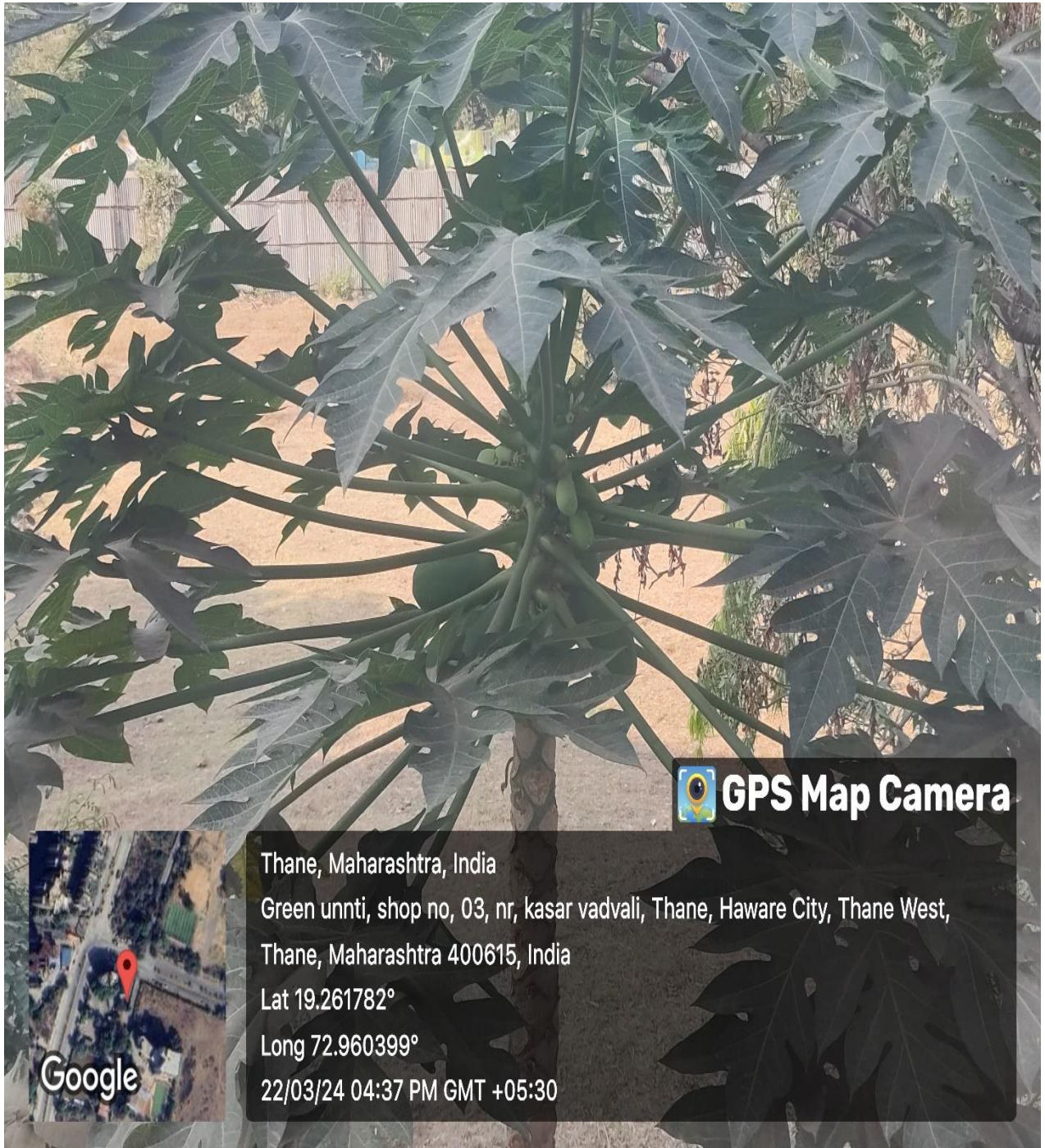
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# PAPAYA



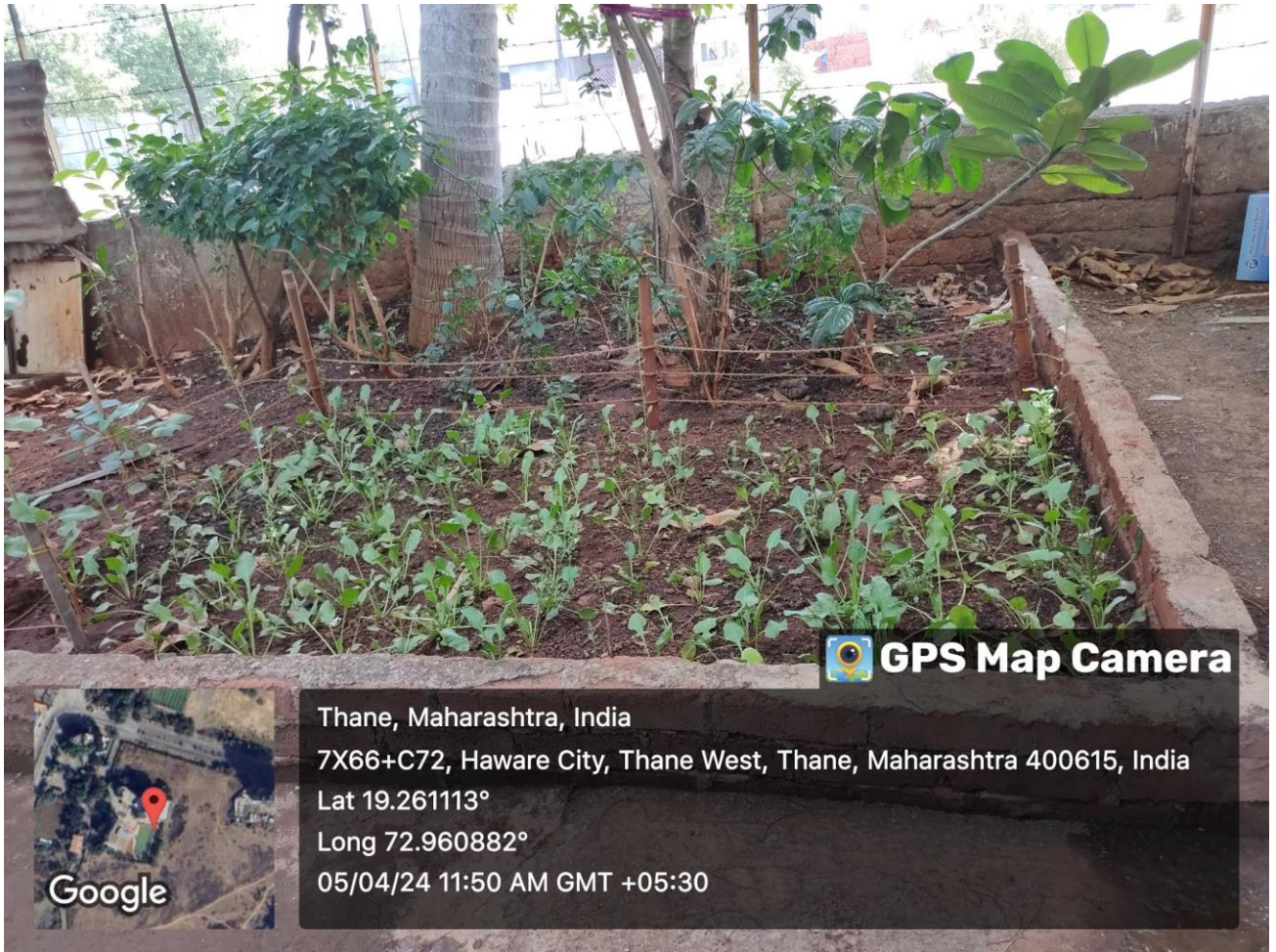
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 Google




# SPINACH





# CHILLIES



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# TOMATO



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ALOE VERA



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