

## BEST PRACTICES -1

Title of the Practice: *Medicinal Plants for the protection of major deceases.*



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## BEST PRACTICE - 1

**Title of the Practice:** *Medicinal Plants for the protection of major deceases.*

**Objectives of the Practice:** Medicinal plants have been used for healthcare right from the ancient period. Studies have been carried out globally to verify their efficacy and some of the findings have led to the production of plant-based medicines. Medicinal plants play major roles in disease prevention and their promotion strategies. The Department of Botany put conscious efforts to identify, recognize and position medicinal plants and implementation of these strategies. The study of medicinal plants is termed as pharmacognosy which is a branch of science concerned with history, collection, identification, selection, preservation, import and export of various plants that of drug yielding. Drug plants have their medicinal value due to the presence of a chemical substances (secondary metaboloids) that exert definite physiological influence on the human body most important of them are alcoholoids, Terpioniodes, Glycosoides, Tannins, Essential oil, Fatty oil, Gums and rhyshinesnmucilages.

**The Context:** To enrich the course curriculum, B.Sc-V students have to study on medicinal and economically valuable plants and further, Department of Botany along with students conducted a survey in and around Ranebennur Taluka, to find out the people suffering from various deceases including cancer, paralysis, skin deceases, Diabetic, etc., villagers find difficult to purchase allopathic drugs as the cost is high. To help people who are suffering from various deceases, the Department of Botany initiated the cultivation of medicinal plants.

**The Practice:** The college has various medicinal plants like;

**Aloes:** it is dried juice obtained from leaves of various species of aloes there are about 180 species of aloe belongs to family liliace. Uses: ointment of aloe gel for burns and skin irritation, as on ingredient of cosmastics, As Purgative

**Tinosporacordifolia:** The plants are used Diabetic, upset stomach, Lever disease stomach ulcer, Fever, Antibiotic, Antiviral

**PrickyChoff Flowers (Achyranthes Aspera):** The decoction of leaves seeds, and roots are used in treatment of asthma and cough, Antimaleria, Assets in expelling gases.

**Coconut:** Coconut Palm it is Tall unbranched tree, the whole plant roots by decoction bark made into ash. Uses: promote the flow of urine used in diseases of uterus used in sore throght used in general weakens Mimosa

**Pudica:** Sensitive plant grow in our garden and college campus parts used the whole plant uses lever diseases, dysentery and kidney problems for mouth and throght inflammation, skin diseases.

**Tulsi and Camkasturi:** part used roots leaves and seeds, It is used for bad cough, skin diseases (Ring worm) **Syzygium Cuminii:** Part used bark and seeds, use for taking care of excess sugar in the blood very effective in case of diabetic.

**Hibiscus Rosaneases:** part used whole plant. Uses: cough & cold

**Eucalyptus globulus:** part used leaves treatment of Asthma, bronchitis, whiffing cough respiratory problems to wash & Wound

**Periwinkle:** part used roots and leaves flower, uses: Diabetic, Cancer treatment, Blood pressure. The department of Botany regularly monitors botanical garden along with science students. With the support of NSS, NCC, the Department of Botany popularise every year the availability of medicinal plants in our campus.

#### **Evidence of Success**

The Department of Botany educated about the prominence of medicinal plants. Most of the parents visited the college to get medicinal leaves and are guided them to process of usage of such medicinal leaves. Further, the same is also educated many people of neighbouring villages. Our's is the only such botanical garden developed and maintained at college level in the entire vicinity of Ranebennur Taluka areas.

#### **Problem encountered and Resources Required**

Necessary financial support of provided by the Principal for the maintenance of botanical garden.



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## BEST PRACTICES -2

Title of the Practice: *Recharging of Ground Water Level*



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## BEST PRACTICE – 2

### **Title of the Practice:** *Recharging of ground water level*

**Objective of the Practice:** To reduce the water scarcity which is persistent in many areas of neighbouring villages. To implement ground water recharge programme on a large scale in an integrated manner to effectively implement conjunctive use of surface water and ground water. To promote efficient methods of water, use in the stressed areas. To explore the potential for rainwater harvesting in the college campus for the conservation of water and recharge of ground water level. To formulate an action plan for creation, revival and regeneration of groundwater recharge as well as rainwater harvesting potential in and around the Ranebennur Taluka.

**The Context:** There was huge water scarcity due to the changes in the climatical conditions in and around the college campuses. The output of the survey made by college NSS, NCC, YRC alongwith senior staff found out that, there is dire need of conservation of Rain water. Due to the heavy humidity during summer season in this part of Ranebennur, ground water level gets down and getting water through borewell was challenging. To avoid water scarcity in the campus and also to help surrounding residents of the college to get water recharge through borewell, college, collectively decided to utilise the some portion of land to construct a big pond and channalise the rain water to accumulate and thereby conserved water can be helpful to recharge ground water level, recharging of borewell, etc. The same practice of the college is also educated to neighbouring villagers from time to time.

**The Practice:** With the support of IQAC, NSS NCC volunteers prepare a channel to pour rain water to the pond established by the college. Pond size is of 80 feet width; 8 feet length and with depth of 5 feet. After getting successful impact of this pond, college has constructed another pond with bigger size. The water so conserve to these ponds helpful to get increase ground water table increasing to get sufficient water through borewell. The water is used for gardening, botanical garden and maintenance of campus during summer season.

**Evidence of Success:** In the part of Ranebennur Taluka, this is one of the best practice and appreciated by public, villagers, public representatives, government officials. College also conducts regularly on Increase of Ground Water Level by implementation of rain water harvest mechanism. Due to the awareness programme by the college, it has helped many neighbouring villages to implement this scheme in their campus, which are evidential greatly.

**Problem Encountered and Resources Required:** In implementation of this particular practice by the college, college and management has equally encouraged and provided necessary financial support to construct ponds. Hence, there is no any financial constraint to implement.



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## BEST PRACTICES -3

Title of the Practice: *Blood Donation Camp*



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## **BEST PRACTICES-3**

### **Title of the Practice: Blood Donation Camp**

#### **1. The context**

The motto behind education is not only to impart education but also to train the students in such a way that they should become an asset to nation. With the help of extension activities, an educational institution must engage the students in civic participation. Thus, our institution is organizing Blood Donation Camps regularly that grabbed the attention of public. Students, faculties, alumni members and the public being the active participants, Blood Donation Camps can be considered as successful events of the institution.

#### **2. Objectives of the practice**

The main objective is to embed the education in community services and to reduce the gap between institution and communities it serves. Though we have evolved scientifically and medically, hospitals, medical institutions and blood banks are running on low reserves. This causes adverse effect on the patients. Thus, as an institution we have social responsibility to give something to the society. As part of it, we are conducting blood donation camps.

#### **3. The practice**

Red Cross, Red Ribbon Club and NSS units of our college, frequently organize blood donation camps in association with the District Red Cross Society, District Prevention of Aids Society and District Blood Bank. And it is supported by alumni and faculty members. Drawing blood from the donors is always done under the supervision of trained personnel and only 300 ml blood is collected from each donor. Blood transfusion is made available to every individual irrespective of his/her economic or social status. More than 70 units of blood have been collected in the year 19-20. Institution has ensured smooth conducting of Blood Donation Camp by taking necessary precautions.

#### **4. Obstacles faced if any and strategies adopted to overcome them**

As few students had some wrong notions regarding blood donation, initially they were hesitating to donate blood. But the awareness programme arranged by the institution had helped them to come out of their fear and they willingly donated blood afterwards. As we had requested the District Authority of the Blood Bank to conduct this camp with the help of advanced instruments, they agreed to institution's plea and had come well equipped with all the necessary instruments and experts, which made the camps successful.

#### **5. Impact of the practice**

The main intention of this Practice is to create an awareness among students about competitive examinations, which makes them confident and gives proper guidance pertaining to these

exams. As a result of this, a greater number of students of our college are attending competitive examinations. And it gives an immense pleasure to the institution to reveal that some students have been selected to Indian Military Service and to various departments of the Govt. of Karnataka. And two of the Alumni members have cleared State Eligibility Test.

#### **6. Resources required**

More number of interested, experienced and dedicated teachers are required to fulfil the objective of this practice on a larger scale.



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## BEST PRACTICES -4

Development of Values through education and community service, in contribution towards national development



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## **BEST PRACTICE- 4**

**Title of the Best Practice:** Development of Values through education and community service, in contribution towards national development.

### **1. Objectives of the Practice**

While our first practice focuses on obtaining knowledge, RTES College – a complete awareness, also demands passing on this knowledge. A student must therefore not only obtain education, but also use this education contribution to the society. The education we provide is not just a piece of paper, but also, values that encourage community service. We therefore work towards building individuals with a strong sense of social responsibility that feel the urge to contribute, in any terms, to society and build the nation.

**2. The Context:** As students spend their time on campus, attending various theory class, laboratories, physical training and certificate course. The university mandates EC and CC activities and materializes it by offering marks. Our students are taught, every task, cleaning or teaching, is noble and must be done with passion and good intention.

### **3. The Practice**

Values are imparted and the community benefited through the following ways: Every department organizes outreach programs each year, where our students visit various schools nearby and under the guidance of the teachers, demonstrate their knowledge and teach the school students. Science through experiments, importance of language and vocabulary, career counselling and guidance are some of the topics taught and discussed. Some departments discuss and raise awareness on social issues and national missions at these schools. During the Covid-19 lockdown the Army wing of N.C.C and NSS the college is also active in providing the community with the necessary awareness and service programs. They develop communities during the Annual Special Camp and other camps, render service to various associations and institutions and have also produced and distributed over 500 face masks to public workers during Covid-19 crisis. The Red ribbon, Youth Red Cross NSS and NCC units also work towards community development through numerous services like COVID 19 Vaccination drive, AIDS, Anti-Tobacco, Prevention of Heart attack, Environment Day etc.

### **4. Evidence of Success**

Success of this practice is visible in the form of the reputation of RTES Arts Science and Commerce Degree College that has helped the community since 1967. In the past years, nearly 100 outreach programs have been organized during the pandemic period. Over 50% of these outreach activities were conducted by our students. Our efforts have built leaders and communicators who are desired by recruiters (PKK, OPTUM, Deshpande Foundation etc.)

who keep coming back looking for RTES students to recruit. Alumni of the batches are today well known for their social service.

### **5. Problems Encountered and Resources Required**

The following are the problems encountered in pursuit of community service:

While we are motivated and passionate about contributions to the community, several activities require financial support regularly. For example, the Annual Special Camp isn't funded sufficiently by the University and requires constant collection of contributions from our alumni.

### **6. Notes (Optional)**

Several associations, institutions and organizations constantly approach RTES Arts Science and Commerce Degree College for their activities, remembering us for our contributions to the society. Nehru Yuva Kendra, JCI (Junior Chamber of International), Rotary Club, Lion's Club and several other organizations that render public service through awareness, activism. These organizations also help us demonstrate our knowledge and skills and help us to reach out efficiently the community and helps spread the knowledge.



  
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