

# **Banarsides Chandiwala Institute of Physiotherapy**

## **Generating Herbal Garden within the Campus**

**Date: 26<sup>th</sup> September 2024**

### **Introduction:**

On 26<sup>TH</sup> September 2024, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, conducted an activity of generating herbal garden within the campus. The event aimed to promote afforestation and environmental awareness.

### **Objectives:**

The goal of the event was to establish a dedicated herbal garden on campus, promoting biodiversity, promoting environmental awareness and providing a hands-on learning experience for participants in herbal gardening.

### **Participants:**

**Event coordinator: Dr. Prithvi Parasher**

**Participants:** The event saw participation of 10 BPT students.

### **Activity Description:**

- In the weeks leading up to the event, the organizing team researched suitable herbal plants for the local climate and collaborated with Forest Department GNCT to source quality plants.
- **Demonstrations:** Experienced gardeners provided demonstrations on planting techniques and care for herbal plants.
- **Planting Session:** Participants worked individually to plant various herbs, including:
  - Holy Basil Plant
  - Tamarind Plant
  - Bryophyllum Plant
  - Hibiscus Plant
  - Java Plum
  - Curry Leaves Plant
  - Henna Plant

### **Outcome:**

- **Successful Plantation:** A total of [insert number] herbal plants were successfully planted, with all participants actively involved.
- **Skill Development:** Participants gained practical skills in planting and maintaining herbs.

- Sustainable Practices: The event raised awareness about the importance of herbal gardening for sustainability.

**Challenges:**

It was challenging to coordinate with the forest department to arrange 30 saplings free of cost.

**Conclusion:**

The Herbal Garden Plantation was a successful initiative that engaged the campus community and laid the foundation for a thriving herbal garden. Future plans will include regular maintenance sessions and workshops to educate the community about the benefits of herbs.

---



