

**PANCHAKOT MAHAVIDYALAYA**

**SARBARI, NETURIA, PURULIA**

Affiliated to Sidho Kanho Birsha University, Purulia



**Department of Botany**

**Add-on/ Certificate Course**

**Ayurvedic Medicinal Plants &  
Herbs**

**Session: 2021-22**



# Brochure



## Panchakot Mahavidyalaya

SARBARI, NETURIA, PURULIA, WEST BENGAL

### Ayurvedic Medicinal Plants & Herbs

Add On Course, Dept. of Botany

Duration: 32 hrs.

For detailed schedule log-on to: [www.panchakotmv.ac.in](http://www.panchakotmv.ac.in)

Course Coordinator: Srimanta Kanji, HOD, Dept. of Botany

**NO  
FEES**

**Aim of the Course:** Ayurveda is a traditional Indian system of medicine. It aims to preserve health and wellness by keeping the mind, body, and spirit in balance and preventing disease rather than treating it. To do so, it employs a holistic approach that combines diet, exercise, and lifestyle changes.

Ayurvedic herbs and spices are also an important component of this approach. They're thought to protect your body from disease and offer a variety of health benefits, including improved digestion and mental health.

In this course, a few Ayurvedic herbs and spices and their benefits will be discussed.

#### Who can participate?

Students from any stream, specially who have interest in botany.

**Course Content:** Ayurveda and its historical root. Pancamahabhutasor theory- Five basic elements viz. Akasa(Space), Vayu(Air), TejaorAgni (Fire), Jala (Water) and Prithvi (Earth). Four basics of ayurveda - the dosha, dhatu, mala and agni. Charaka - the father of ayurveda, Charaka Samhita.

Medicinal Herbs, Phytochemicals and their uses: Ashwagandha (*Withania somnifera*), Boswellia, also known as Indian frankincense, Triphala: Arnla, Bibhitaki, Haritaki. Brahmi (*Bacopa monieri*), Tulsi, Cumin, Turmeric, Licorice root, Gotu kola (*Centella asiatica*), Bitter melon (*Momordica charantia*), Cardamom (*Elettaria cardamomum*).

Ayurvedic herbs and spices as an integral part of traditional Indian medicine.



To  
The Principal  
Panchakot Mahavidyalaya  
Sarbari, Neturia, Purulia

Applicant: Srimanta Kanji, Department of Botany

Subject: Proposal for certificate course in 'Ayurvedic Medicinal Plants & Herbs'  
for the session 2021-2022

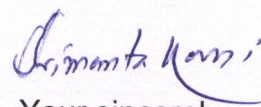
Respected Sir,

With respect to the above mentioned subject, I am submitting herewith the proposal to conduct the certificate course in "Ayurvedic Medicinal Plants & Herbs" by the department of Botany of our college. This course will provide knowledge of various medicinal plants and their benefits and thereby will make the participants aware of the Ayurvedic treatment which is the tradition of ancient India.

Hope you will consider my application and I kindly request you to sanction the same.

Date: 16.02.2022

Place: Sarbari

  
Your sincerely,  
HOD, Botany

Enclosure: (1) Proposal  
(2) Curriculum of the course



# **PANCHAKOT MAHAVIDYALAYA**

## **SARBARI, NETURIA, PURULIA**

Affiliated to Sidho Kanho Birsha University, Purulia

### **Proposal for conducting Short Term Certificate Courses** **Session: (2021-2022)**

#### **1. Details of the applicant department:**

- I. Name of the college: Panchakot Mahavidyalaya,
- II. Address of the college: Sarbari, PO: Neturia, District: Purulia, Pin: 723121
- III. Name of the applicant department: Botany

#### **2. Details of the course proposed:**

- I. Name of the course: Ayurvedic Medicinal Plants & Herbs
- II. Target participants: Undergraduate students with basic knowledge in Chemistry and Botany are preferred
- III. Duration of the course: 32 hrs.
- IV. Medium of instruction: English

#### **3. Details of the faculty:**

- I. Whether the college provides degree related to the proposed course: No
- II. Whether the course is prepared by experts from related field: yes (by departmental faculty)
- III. Information of course coordinator:

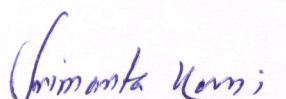
Name	Department	Qualification
Srimanta Kanji	Botany	MSc (Botany)

#### **IV. Details of faculty members to be appointed for this course:**

Sr. No.	Name	Department	Qualification
1	Srimanta Kanji	Botany	MSc in Botany
2	Santosh Pandey	Botany	MSc in Botany

#### **4. Details of the infrastructure needed/available for this course:**

- I. Classroom: Available
- II. Books: Available in central library
- III. Computer facility: Computer lab and departmental computer facility
- IV. Laboratory facility: Chemistry and Botany labs

  
Signature of Course coordinator



# PANCHAKOT MAHAVIDYALAYA

## SARBARI, NETURIA, PURULIA

Affiliated to Sidho Kanho Birsha University, Purulia

### Department of Botany

#### Certificate course in Ayurvedic Medicinal Plants & Herbs Syllabus (2021-2022)

**Duration:** 32 hrs

**Module 1 (11 hours):**

Ayurveda and its historical root. Pancamahabhutasor theory- Five basic elements viz. Akasa(Space), Vayu(Air), TejaorAgni (Fire), Jala (Water) and Prithvi (Earth). Four basics of ayurveda -the dosha, dhatu, mala and agni. Charaka – the father of ayurveda, Charaka Samhita.

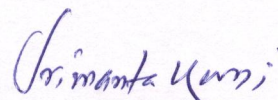
**Module 2 (11 hours):**

Medicinal Herbs, Phytochemicals and their uses: Ashwagandha (*Withania somnifera*) , Boswellia, also known as Indian frankincense, Triphala: Amla, Bibhitaki, Haritaki. Brahmi (*Bacopa monieri*), Tulsi, Cumin, Turmeric, Licorice root, Gotu kola (*Centella asiatica*), Bitter melon (*Momordica charantia*), Cardamom (*Elettaria cardamomum*).

**Module 3 (10 hours):**

Ayurvedic herbs and spices as an integral part of traditional Indian medicine, Medicinal Plants Used in Alternative/Traditional Medicines, Herbal Medicines in Dietary Supplements

**Assessment:** Written Test and/or Viva-Voce



Signature  
Course Coordinator



# PANCHAKOT MAHAVIDYALAYA

## SARBARI, NETURIA, PURULIA

Affiliated to Sidho Kanho Birsha University, Purulia

### Department of Botany

Certificate course in Ayurvedic Medicinal Plants & Herbs  
Session: (2021-2022)

**Course coordinator:** Srimanta Kanji, HOD, Botany

#### Details of the Course

**Course Objective:** Ayurveda is a traditional Indian system of medicine. It aims to preserve health and wellness by keeping the mind, body, and spirit in balance and preventing disease rather than treating it. To do so, it employs a holistic approach that combines diet, exercise, and lifestyle changes.

Ayurvedic herbs and spices are also an important component of this approach. They're thought to protect your body from disease and offer a variety of health benefits, including improved digestion and mental health.

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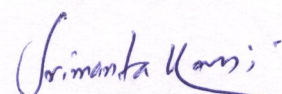
#### Schedule

Day	Hours	Timing/Duration	Resource Person	Venue	Topic
1	02	4:00-6:00 PM	Santosh Pandey (SP)	Dept of Botany	Module-I
2	02	4:00-6:00 PM	Srimanta Kanji (SK)	Dept of Botany	Module-I
3	02	4:00-6:00 PM	SK	Dept of Botany	Module-I
4	02	4:00-6:00 PM	SP	Dept of Botany	Module-I
5	03	4:00-7:00 PM	SK	Dept of Botany	Module-I
6	02	4:00-6:00 PM	SP	Dept of Botany	Module-II
7	02	4:00-6:00 PM	SK	Dept of Botany	Module-II



8	02	4:00-6:00 PM	SP	Dept of Botany	Module-II
9	02	4:00-6:00 PM	SP	Dept of Botany	Module-II
10	03	4:00-7:00 PM	SK	Dept of Botany	Module-II
11	01	4:00-5:00 PM	SP	Dept of Botany	Module-III
12	01	4:00-5:00 PM	SK	Dept of Botany	Module-III
13	01	4:00-5:00 PM	SP	Dept of Botany	Module-III
14	02	4:00-6:00 PM	SK	Dept of Botany	Module-III
15	02	4:00-6:00 PM	SK	Dept of Botany	Module-III
16	03	3:00-6:00 PM	SP	Field	Module-III

**Expected Outcome:** The participants will understand the importance of Ayurveda as a part of Indian tradition. The students will be familiar with the various medicinal plants and herbs and their values in our everyday life. This course helps students to build up their career in this field via motivating them for further studies in ayurveda.



Signature  
Course Coordinator



# PANCHAKOT MAHAVIDYALAYA

## SARBARI, NETURIA, PURULIA

Affiliated to Sidho Kanho Birsha University, Purulia

Department of Botany

Certificate course in Environmental Hazards and Sustainability  
Session: (2021-2022)

Ref No:

Date: 22.02.2022

### Notice

This is to notify that the Department of Botany, Panchakot Mahavidyalaya is going to conduct an Add On/Certificate courses under the title as stated above. The course will be conducted from 3/3/2022 to 26/3/2022 in offline mode.

Interested students are requested to contact the concerned teacher(s) of the department/course coordinator for further course details (such as course duration, schedule, module etc.) as well as enrollment in the course.

*Primanta Kumar*

HOD, Department of Botany

*Self*  
Principal  
PANCHAKOT MAHAVIDYALAYA  
Sarbari-Neturia-Purulia

Principal,

Panchakot Mahavidyalaya

Sarbari, Neturia, Purulia



# PANCHAKOT MAHAVIDYALAYA

SARBARI, NETURIA, PURULIA

Affiliated to Sidho Kanho Birsha University, Purulia

Department of ...Botany.....

Certificate Course Name Ayurvedic Medicinal Plants & Herbs

Session: (20.21.-20.22..)

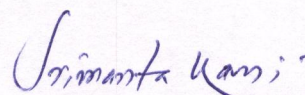
## List of Enrolled Students

Sr. No.	Students Name	Roll Number	Semester	Student Signature
1.	ANKITA CHAR	210000916	Sem-II	Ankita Char
2.	IRFAN ANSARY	210000151	Sem-2	Irfan Ansari
3.	PUJA BOURI	210001707	sem-2	Puja Bouri
4.	SUJATA BAURI	210001049	sem-2	Sujata Bauri
5.	SONIYA MAJEE	210001223	2	Soniya Majee
6.	DEBJANI GOPE	210000770	2	Debjani Gope



Principal

PANCHAKOT MAHAVIDYALAYA,  
Sarbari-Neturia-Purulia



Signature

Course Coordinator



**PANCHAKOT MAHAVIDYALAYA**  
**SARBARI, NETURIA, PURULIA**

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Department of Botany

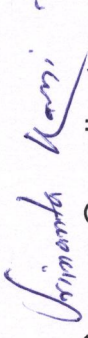
Certificate Course : Ayurvedic.....Medicinal.....Plants and Herbs.....

Session: (20.21.....-20.22.....)

**Attendance Sheet**

Sr. No.	Name of Student	Day and Month															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1)	ANKITA CHAR	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
2)	IRFAN ANSARY	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
3)	PUJA BOURI	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
4)	SUJATA BAURI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5)	SONIYA MAJEE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6)	DEBJANI GOPE	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P

  
Principal  
PANCHAKOT MAHAVIDYALAYA  
Sarbari-Neturia-Purulia

  
Course Coordinator



Affiliated to Sidho Kanho Birsha University, Purulia

## Certificate Course:

Session: (20.21....-20.22...)

## Full Marks:

  
Principal  
PANCHAKOT MAHAVIDYALAYA  
Sarbari • Neturia • Purulia

*Srimanta Karm*  
Signature  
Course Coordinator





Affiliated to Sidho Kanho Birsha University, Purulia  
**PANCHAKOT MAHAVIDYALAYA**  
**SARBARI, NETURIA, PURULIA**  
Add On/ Certificate Course

Organized by: Department of Botany.....

## **CERTIFICATE OF COMPLETION**

Session: (20.21...-20.22..)

This is to certify that Mr./Ms ANKITA CHAR.....

of Philosophy (Hons.)..... Department has successfully completed Add

On/Certificate course entitled:

Ayurvedic Medicinal Plants and Herbs.....

for session 2021-2022.....

Arinanta Karm  
Course Coordinator

Arinanta Karm  
HOD (Organizing Dept)

clg  
Principal

Principal  
**PANCHAKOT MAHAVIDYALAYA**  
Sarbari • Neturia • Purulia