



# **TRINITY COLLEGE FOR WOMEN NAMAKKAL**

## **NAAC –SSR CYCLE-I**

### **7.2 BEST PRACTICE - 1**

#### **7.2.1 CLEAN AND GREEN ENVIRONMENT**

### **7.2.1 BEST PRACTICE: 1**

#### **TITLE OF THE PRACTICE: "CLEAN AND GREEN ENVIRONMENT"**

#### **OBJECTIVES:**

Our institution creates awareness among the next generation of students to save natural resources. We aim to save resources and maintain a clean and green environment. Our goal is to improve the awareness of energy conservation and environmental protection. Our institution marches towards a natural society with the help of the students and we encourage our students and our faculty fraternity to promote environmental awareness and pollution free eco system. Our objective is to conserve the natural resources and the existing natural environment and to protect and improve the environment and environmental condition. It develops original and sustaining attitudes towards a healthy global future.

#### **THE CONTEXT:**

Our institution Trinity College for Women is situated in Vagurampatti Village located at Namakkal to Mohanur State Highway. The college offers Eleven Under Graduate courses, Seven Post Graduate Courses, Three M.Phil and 2 Ph.D., Research Departments. The buildings and its infrastructure are set in wholly natural phenomena and our college is surrounded with many varieties of flora and fauna. We have created so many clubs such as National Service Scheme, Youth Red Cross, Red Ribbon Club, Eco Green Club, etc., . Each club has their own motto and responsibilities and the governing body performed well. With the help of Eco - Green Club our institution undergoes several programs regarding environmental changes, planting trees, pollution, bio-degradable products and so on. The students eagerly participated in those programs and gave their best. The faculty members motivate the students to

preserve our environment, reduce pollution and save the earth for future generations.

#### **THE PRACTICE:**

Our institution Trinity College for Women has a very great impact on the environment. The faculty members and our students have shown their keen interest towards the environment.

- Seed balls are one of the easiest and sustainable ways of cultivating plants. To facilitate the cultivating plants the faculty members instructed the students to disperse the seed balls in Siddhar Hills and its surroundings.
- To develop the process of Conservation, Students are motivated to plant the saplings in Trinity College Campus and the rural areas near to our college.
- Global Warming is an effect of climate change which promotes the rapid temperature of the Earth's environment. The institution organizes workshops and conferences and the faculty fraternity provides guidelines to the students on saving the environment from global warming and it has been implemented through NSS volunteers.
- On account of World Environment Day, the college observed the Ban – Plastic Movement in our institution and took an oath of Free from Plastic.
- To induce environmental protection, the institution organizes workshops, conferences which aim to conserve natural resources and the existing natural environment.
- The institution has observed Jal Shakti Abhiyan to water conservation and water resource management. It focuses on harvesting rainwater that is used for trees and gardens.

- The institution aims to focus on functional materials for bio-energy. We have organized workshops, seminars and an International Conference on such matters regarding Bio Energy resources.
- To facilitate Green Technology and Environmental protection in our campus, we have organized national/international conferences that help us to decrease human impact on the earth and methods for sustainable development.
- On account of World Ozone Day, World Environment Day, Global Wind Day, World Earth Day, world biodiversity day, World Disaster Day., etc., the faculty members have delivered awareness program to the students on such topics and conducted various competitions to the students.
- To accelerate the efforts to make our campus clean, Swachh Bharat Abhiyan has been launched by our College and conducted workshops, seminars and other awareness programmes for the benefit of students and given field works.
- The institution has installed new LED lights in the Science block and it is partly installed in the main block.
- The institution mainly concentrated on banning plastics within the campus and a periodical cleaning campaign is done by the various clubs Volunteers. The service club coordinators arranged the rally for the students to promote awareness on plastic usage.
- Solar panels have been installed in our campus to produce solar electricity directly.

#### **EVIDENCE OF SUCCESS:**

There are many trees around the college campus. In the summer season, we pour the necessary water on the trees to cool the campus and take care of the students belonging to the various clubs. They maintain the plants by weeding the vines and watering the trees periodically. Especially in order to protect the

environment, the napkins used by the students are destroyed with modern machines. A rainwater harvesting tank is also available in the college. Not only the students, but also the working staff, there is no charge to travel in the college bus, they use the college bus more for their transportation instead of using their own vehicles. As a result, the emission of carbon dioxide is reduced in the college campus. In this regard, the campus is more clean and friendly to the environment. Also, solar power generation is taking place in the college campus. Due to the use of LED lights, the environment is better protected in the college. Also, seminars and awareness programs are often conducted for students to make them realize the importance of the environment. Thus the environment is protected in our college campus.

**PROBLEM ENCOUNTERED:**

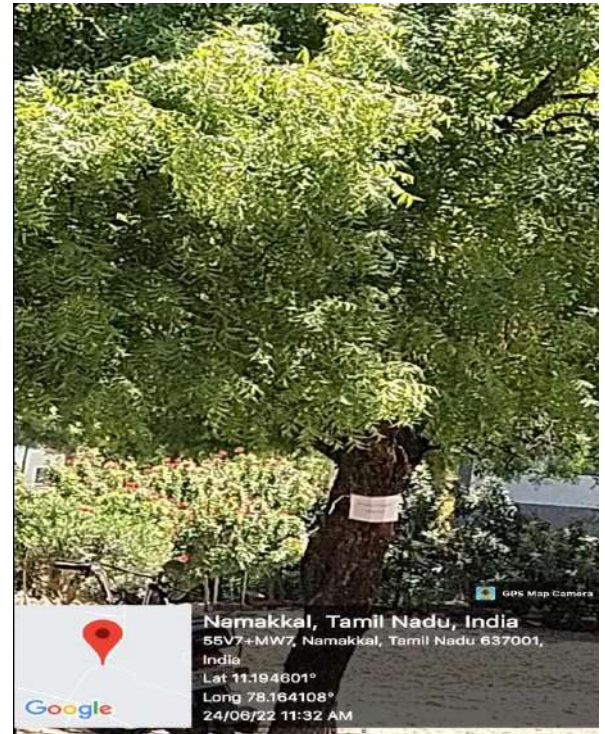
The college is situated in the natural surroundings. There are more trees available in the nearby hill. Due to this, our college campus also looks beautiful. Furthermore, most of the students bring lunch from their homes to the college. There is a lot of plastic waste as they bring lunch and snacks in plastic bags. These plastic wastes are burned by the employees. It is affecting the atmosphere. So to reduce the use of plastic, students are advised to use less plastic. Majority of them are environmental impacts. Also, we are creating a plastic-free campus. Moreover, we encourage our students to bring food items to the college in containers that do not harm the environment. Additionally they are advised to put food waste in a separate basket. Regarding, we received an appreciation award from the organization of “Green Namakkal”.



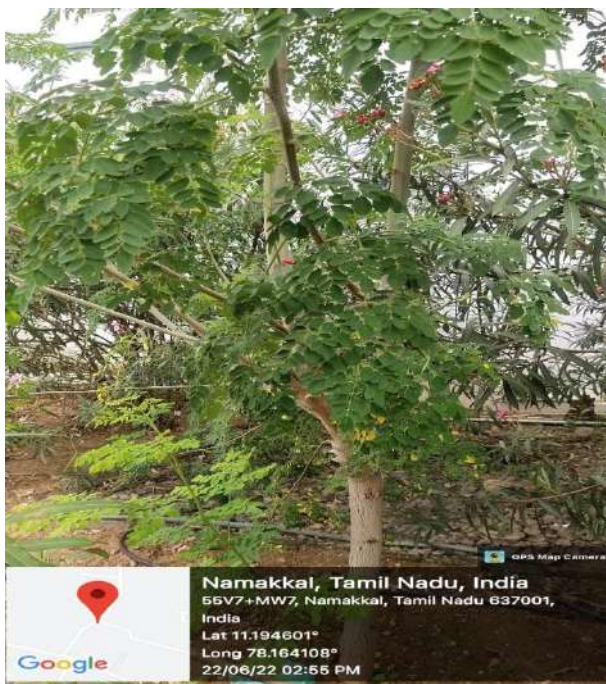
### 7.1.3 GREEN CAMPUS INITIATIVES



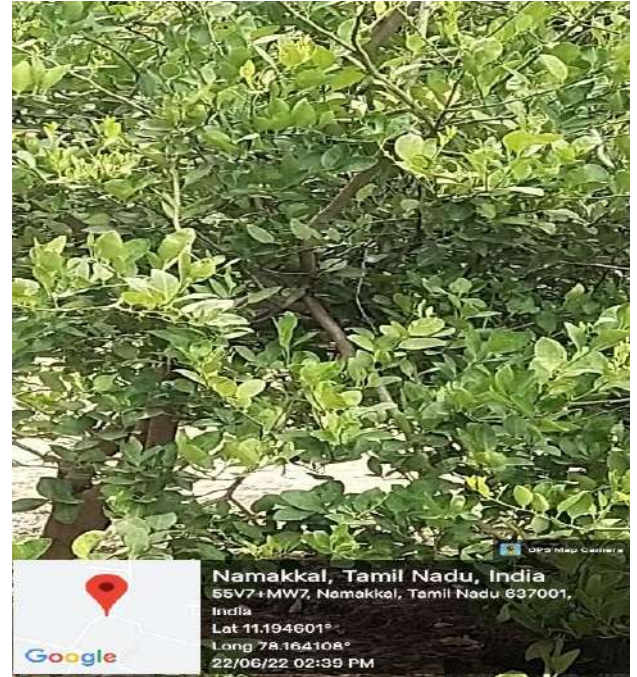
**MAHIZHA TREE**



**NEEM TREE**



**DRUMSTICK TREE**



**LEMON TREE**





**BILVA TREE**



**ALMOND TREE**

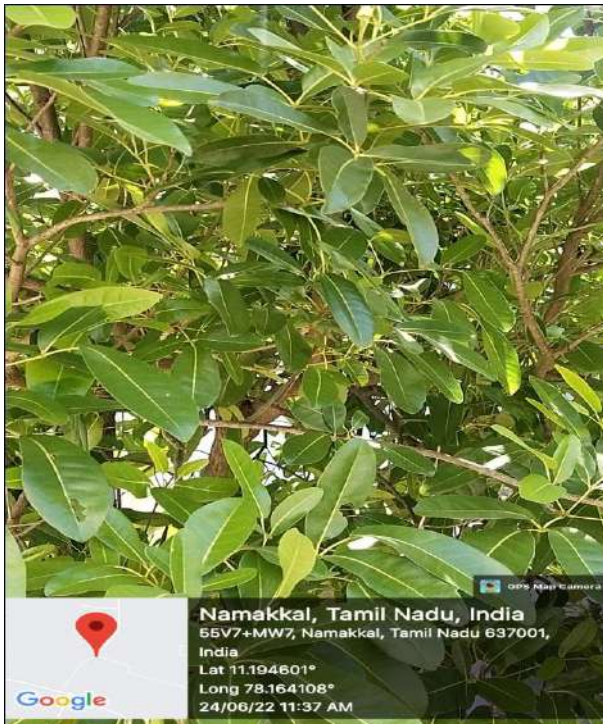


**ROYAL POINCIANA TREE**



**PUDDING PIPE TREE**

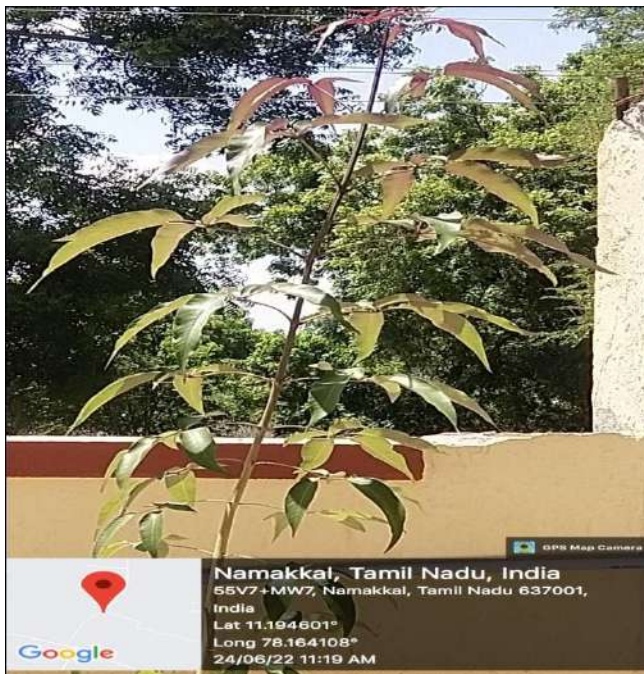




**MAHUA TREE**



**PEEPAL TREE**



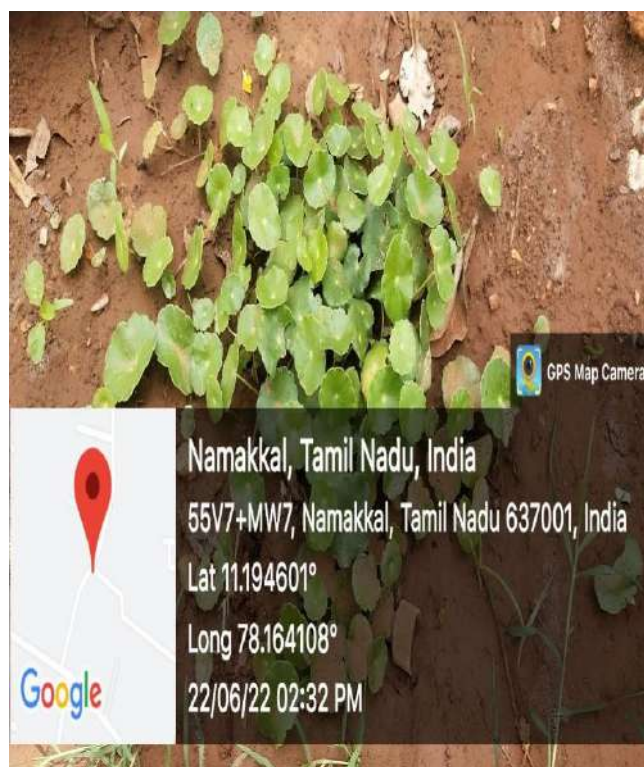
**NOCHI TREE**



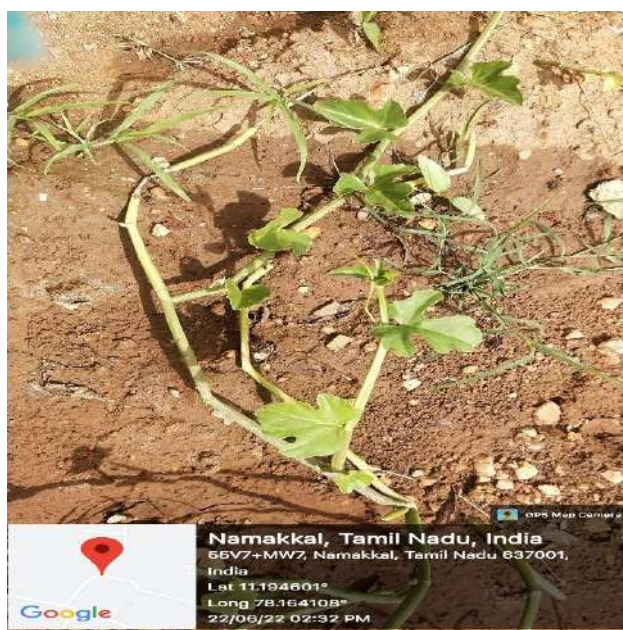
## HERBAL PLANTS



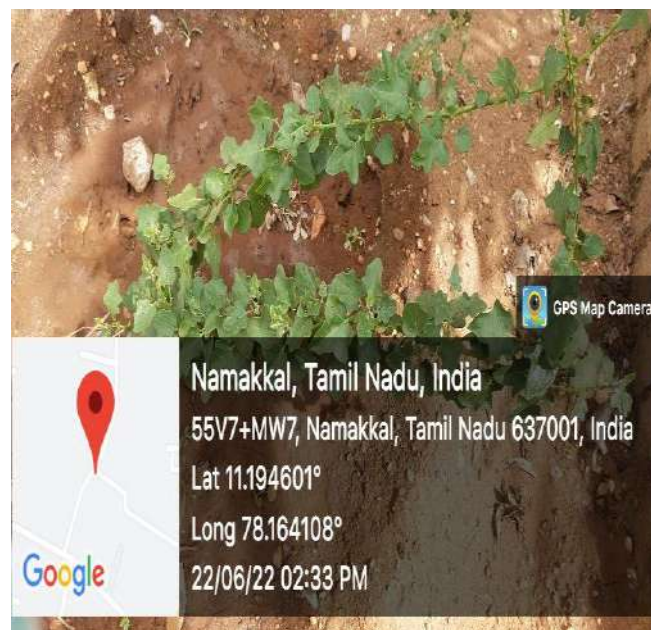
**AGATHI PLANT**



**VALLARAI PLANT**



**PIRANDAI PLANT**



**THOOTHUVALAI**





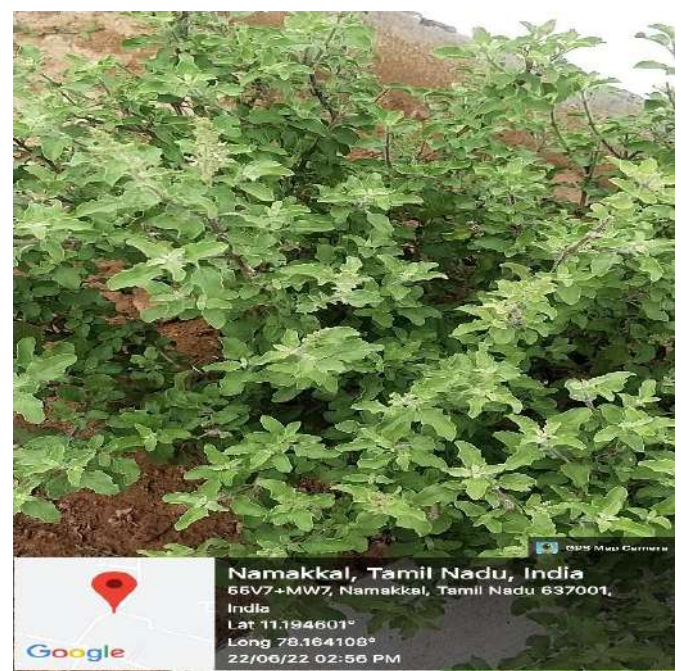
**AJWAIN PLANT**



**HIBISCUS**



**KRISHNA THULASI**



**TULSI**





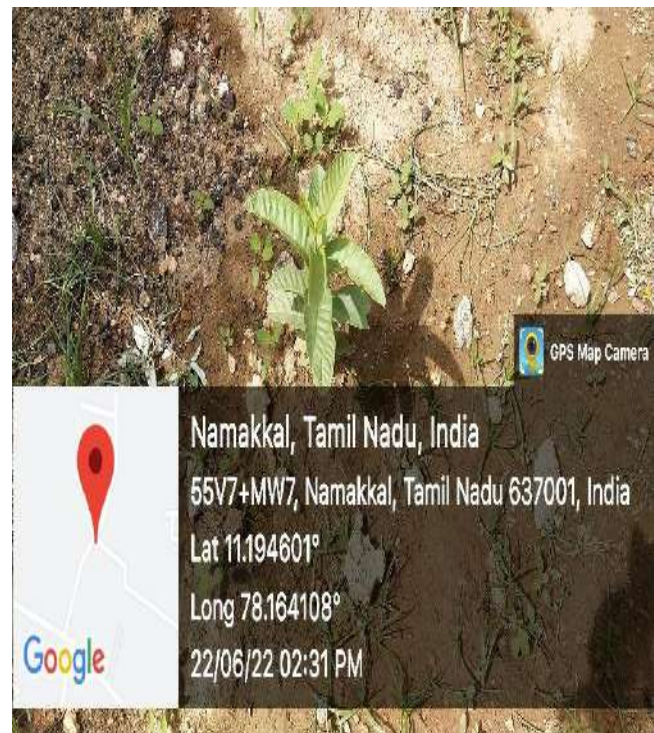
**KUPPAIMAENI PANT**



**LINE PLANT**



**KOVAKKA PLANT**



**GUAVA TREE**





**BRINJAL PLANT**



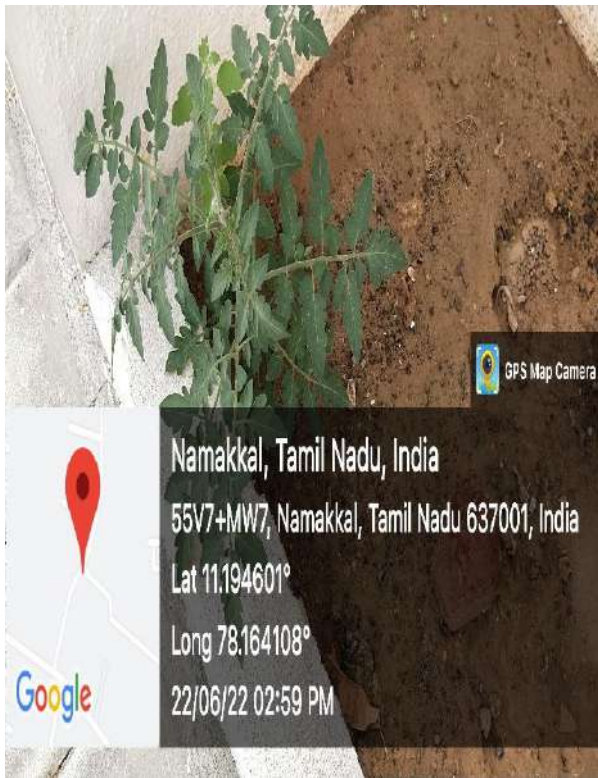
**KEELANELLI PLANT**



**NITHYAKALYANI PLANT**



**ALOE VERA**



**TOMATO PLANT**

## TREES AND PLANTS NAMES

S.No	Trees and Plants	Botanical Name	Uses
1	Mahizha Tree	Mimusops Elengi	It is a medium-sized evergreen tree found in tropical forests in South Asia, Southeast Asia and northern Australia. Its timber is valuable, the fruit is edible, and it is used in traditional medicine. Scientific name: Mimusops elengi
2	Neem Tree	Azadirachta Indica	The extract comes from the seeds of the tree and has many different traditional uses. Neem is known for its pesticidal and insecticidal properties, but people also use it in hair and dental products.
3	Drumstick Tree	Moringa	It has been well used in the South Indian kitchens from the ancient days. The leaves of this tree are edible and are well known for their medicinal properties.
4	Lemon Tree	Citrus limon	Its fruit, juice, and the peel are used to make medicine. It is used to treat the disease scurvy, a condition caused by not having enough vitamin C. It is also used for the common cold and flu, Swine flu and kidney stones. It is also used for good digestion and used to reduce pain and swelling (inflammation). It is also used as a food and flavoring ingredient.
5	Bilva Tree	Aegle marmelos	The unripe Bilva fruit helps to cure disorders caused due to Vata and Kapha. Due to Astringent, bitter and pungent taste it increases pitta and enhances the strength of digestion and other metabolic activities significantly.
6	Almond Tree	Terminalia Catappa	It Improves Digestive health,promotes brain function, reduce cholesterol levels,normalizes blood pressure levels
7	Royal Poinciana	Delonix regia	Root, flower and bark is used for treating parasitic infections and



			<p>pulmonary problems.</p> <p>Leaves juice is used to cure fever and flower juice is used for curing sores and seeds help to cure chest pain, breathing difficulty.</p>
8	Pudding Pipe Tree	Cassia fistula	<p>This herb can treat wounds and promotes tissue regeneration. The paste of its leaves is used for dressing the infected skin areas. This herb reduces blood sugar as much as by 30%. The decoction prepared from its leaves, fruits and pulp of the tree is used as purgative.</p>
9	Mahua	Madhuca longifolia	<p>It heals wounds and skin diseases.</p> <p>Iluppai oil is used as a pain reliever and as cooking oil. They are very sweet and can be used as a substitute for sugarcane.</p>
10	Peepal Tree	Ficus religiosa	<p>It is used in the treatment of heart ailments, nose bleeding, diabetes, constipation, fever, jaundice, etc.</p>
11	Nochi plants	Vitex negundo	<p>It helps in the treatment of sinusitis, headache, muscle aches and joint pains.</p>
HERBS			
13	Agathi Leaves	Sesbania grandiflora	<p>It can also be used to heal wounds, ulcers. Even agathi keera oil is good for hair. The flowers are valuable in curing headache, night blindness and cataracts.</p>
14	Vallarai Keera	Centella asiatica	<p>It has been used as a brain tonic for ages and a medicine in the Ayurvedic tradition of India for thousands of years. It cures constipation, reduces stress and anxiety, it acts as a memory booster, it strengthens immune system, cures ulcer and good for skin.</p>
15	Pirandai	Hadjod Nalleru	<p>It is an amazing herb which produces wonderful health benefits and medicinal uses. It helps with weight loss, reduces knee pain and back pain. Apart from this, it is very good for improving bone health. It also helps heal fractures fast. Its powder is good for diabetic patients as it helps reduce blood sugar levels.</p>
16	Thoothuvalai	Solanum Trilobatum	<p>It is one of the important medicinal</p>

			plants in making kayakalpa herb in siddha medicine. It is widely used in the treatment of tuberculosis, bronchial asthma, difficulty in breathing, sinus, chest congestion and other respiratory problems. It is also used to improve memory and hearing.
17	Ajwain plant (Omavalli)	Trachyspermum ammi	It has a lot of Medicinal uses and benefits include remedy for cough, cold, stomach problems, indigestion, reduced appetite and diarrhoea.
18	Hibiscus	Hibiscus Rosa-Sinensis	The flower can also be used as a pH indicator; when used, the flower turns acidic solutions to a dark pink or magenta color and turns basic solutions to green. an extract from the flowers of Hibiscus rosa-sinensis has been shown to function as an anti-solar agent by absorbing <u>ultraviolet radiation</u>
19	Tulsi	Ocimum tenuiflorum	An annual delicate herb cultivated extensively in tropical climate of the country. It is also planted in kitchen garden and as an indoor plant since it is kept sacred in Hindu philosophy. Medicinally the leaves are used for various kind of classical and home made preparations.
20	Kuppaimaeni	Acalypha indica	It is a good herbal remedy for Skin problems like Acne, Eczema, Cuts, Scraps. It is more effective in curing Burns and Wounds. It fights against Hair troubles like Dandruff, Hair fall, Baldness. It adds shine as well promotes Hair growth.
21	Line keerai	Alternanthera bettzickiana	This keerai type is loaded with vitamins, mineral and fiber. It is also rich in iron that helps in building a strong body. It strengthens the immune system and gives an ability to fight any infections caused by bacteria or viruses.
22	Ivy gourd plant Kovakkai	Coccinia grandis	It is best known to improve the metabolism, reduce the blood sugar level, and prevent conditions like diabetes. It plays a vital role to control the sugar level. It is also very good for the heart and the nervous system. It

			helps to deal with kidney stones.
23	Guava Tree	Psidium guajava	Guava is a common tropical fruit cultivated in many tropical and subtropical regions. The common guava Psidium guajava (lemon guava, apple guava) is a small tree in the myrtle family (Myrtaceae), native to Mexico, Central America, the Caribbean and northern South America.
24	Brinjal plant	Solanum melongena	It's Good for Diabetics, great for weight loss. Brinjal is low in calories, High in Fibre.
25	Keelanelli	Phyllanthus	It is found everywhere in Tamilnadu. It is mostly used in Ayurveda and Homeopathy medicine. It is used for treating jaundice, hepatitis, kidney stones, hair problems, asthma and fever.
26	Nithyakalyani Plant	Madagascar periwinkle	It is used to make medicine for diabetes, cancer, and sore throat. It is also used as a cough remedy, for easing lung congestion, and to reduce fluid retention by increasing urine production.
27	AloeVera	Aloe barbadensis miller	Aloe vera is a succulent plant species of the genus Aloe. Having some 500 species, Aloe is widely distributed, and is considered an invasive species in many world regions. An evergreen perennial, it originates from the Arabian Peninsula, but grows wild in tropical, semi-tropical, and arid climates around the world.
28	Tomato	Solanum lycopersicum	It helps Regulated blood pressure, healthy skin, prevents eye problems, bone health, helps prevent some types of cancer