

A Report on

A three-day MoEF and CC sponsored Training and Demonstration Programme
Entitled as

“Cultivation and Conservation of Important Temperate Medicinal Plants for Livelihood Generation”

(ICFRE – HFRI from 26th to 28th June, 2024)

A three-day MoEF and CC sponsored Training and Demonstration Programme for other Stakeholders on “Cultivation and Conservation of Important Temperate Medicinal Plants for Livelihood Generation” was conducted by ICFRE – HFRI from 26th to 28th June, 2024.

Five Students of Department of Botany, CoE, Govt. College Sanjauli along with two faculty members, Mrs. Deepti Gupta and Dr. Sushil Sharma participated in the workshop.

The theme of the workshop was covered by the deliberations made by the resource persons from various walks of the field of plant Sciences which included (June 26, 2024) -

1. Identification and Uses of Important High Altitude Medicinal Plants by Dr. Vaneet Jishtu
2. Conservation, Sustainable Utilization and Cultivation of Important Temperate Medicinal Plants for Augmentation of Rural Income and Livelihood by Dr. Jagdish Singh, Dr. Lal Singh and Prof. (Dr.) Yash Pal Sharma.
3. Modern Nursery Techniques and Production of Compost and Vermi – Compost for Organic Cultivation of Medicinal Plants by Dr. Sandeep Sharma.

A special emphasis was laid on the cultivation and medicinal potential of *Swertia Chirayata*, *Podophyllum hexandrum* (Bankakri), *Picrorhiza kurroa* (Karu), *Valeriana jatamansi* (Muskbala) and plants of Ashtavarga group which includes Vridhi, Ridhi, Jeevak, Rsbhaka, Kakoli, Kshir Kakoli, Meda and Maha Meda.

Medicinal Plant	Uses
<i>Swertia Chirayata</i>	Diabetes
<i>Podophyllum hexandrum</i> (Bankakri)	Stomach ache, Head ache, Cancer
<i>Picrorhiza kurroa</i> (Karu)	Fever, Constipation, Stomach ache, High blood pressure
<i>Valeriana jatamansi</i> (Muskbala)	Epilepsy, Cholera, Urine infection, Wound

A Field Visit to Field Research Station Shillaru for practical demonstration of Nursery Techniques of High-Altitude Medicinal Plants and to Hattu Peak and Narkanda to witness in-situ conservation of medicinal plants was conducted on 27th June, 2024 under the guidance of Dr. Jagdish Singh, Dr. Sandeep Sharma and Dr. Joginder Singh along with Research and Field Staff.

A Special emphasis was laid on the cultivation and nursery techniques for the cultivation of various medicinal plants. The researchers of HFRI also gave the tips to the students for the identification of common plants of the Hatu peak viz. *Cedrus deodara* (Deodar), *Juniperus recurva*, *Juniperus marcopoda* (*Juniperus polycarpus*), *Pinus roxburghii* (Chir), *Pinus wallichiana* (Kial), *Quercus glauca* (Bani), *Quercus dilatata* (Mohru), and *Quercus semecarpifolia* (Kharsu) etc.

The last day of the workshop (28th June, 2024) witnessed the deliberation on following topics by the subject experts:–

1. Value Addition of Medicinal and Aromatic Plants for Sustainable Income Generation by Dr. Dinesh Kumar
2. Conservation of Endangered Medicinal Plants – Transit Rules, Policies and Legal Issues in Himachal Pradesh by Sh. Kuldeep Sharma
3. Varieties of *Picrorhiza kurroa* (Karu), *Valeriana jatamansi* (Muskbala) and *Podophyllum hexandrum* (Bankakri) for taking up Commercial Cultivation by Farming Communities by Dr. Jagdish Singh.

The workshop ended with the distribution of the certificate of participation and on a note of more such training programme in near future with more participation from CoE, Govt. College Sanjauli.

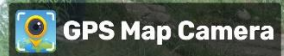


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