REPORT ON FIELD VISIT TO TAU DEVI LAL BIODIVERSITY PARK

Date: 24/09/2024

Venue: Tau Devi Lal Biodiversity Park

Event Type: Field visit

Mode of Activity: Offline

Target Group: D. Pharm (1st year)

Convener: Prof. (Dr.) Hema Chaudhary, Dean, SMAS

Coordinators: Dr. Parakh Basist

Organized by: School of Medical & Allied Sciences (SMAS)

Number of Students: 39

INTRODUCTION

On 24th September 2024, the D.Pharm 1st Year students from the School of Medical and Allied Sciences (SMAS) at K.R. Mangalam University embarked on an educational field visit to Tau Devi Lal Biodiversity Park. The theme of the visit, "Exploring Medicinal Plants: A Study," aimed to provide students with an immersive learning experience, focusing on the identification, study, and application of medicinal plants within the park's rich biodiversity. Dr. Parakh Basist led the group, ensuring that students gained practical insights into the therapeutic potential of various plant species.

Before the visit, students were briefed on the importance of medicinal plants in traditional and modern healthcare systems. They were encouraged to research the medicinal properties of plants commonly found in the region, as well as the role of biodiversity parks in conserving these species. This preparatory stage allowed students to approach the visit with a deeper understanding of the subject matter.

OBJECTIVES:

• The primary goal was to explore and identify various medicinal plants in the park, learning about their therapeutic properties and uses in traditional medicine.

• Students aimed to comprehend the importance of conserving medicinal plants for sustainable healthcare practices and biodiversity preservation.

OUTCOMES:

The visit to Tau Devi Lal Biodiversity Park provided students with hands-on experience in recognizing and understanding the importance of medicinal plants in healthcare and biodiversity conservation:

• **Medicinal Plant Identification:** Students were able to identify several medicinal plants such as Neem (*Azadirachta indica*), Tulsi (*Ocimum sanctum*), Amla (*Phyllanthus emblica*), and Ashwagandha (*Withania somnifera*), etc. They learned about their pharmacological properties, including anti-inflammatory, antimicrobial, and antioxidant effects. This real-world application reinforced their theoretical knowledge of pharmacognosy.

• **Traditional and Modern Uses of Medicinal Plants:** The students explored the traditional uses of these plants in Ayurveda and Unani medicine, as well as their integration into modern healthcare. They were able to link the pharmacological actions of these plants to the treatments for common ailments like fever, digestive issues, and immune support.

• **Conservation and Sustainability:** The visit also highlighted the need for the conservation of medicinal plants to ensure their availability for future generations. Students gained insights into the park's efforts to preserve plant species through sustainable practices and biodiversity management.

• **Health and Environmental Interconnection:** Through interactive sessions, students learned how the conservation of medicinal plants supports not only biodiversity but also human health by offering natural, sustainable alternatives to synthetic drugs.

CONCLUSION:

In summary, the field visit to Tau Devi Lal Biodiversity Park on 24th September 2024 was a valuable experience for the D. Pharm 1st Year students, providing them with practical exposure to the study of medicinal plants. The visit deepened their understanding of the therapeutic potential of various plants, emphasizing the importance of conservation for sustainable healthcare. Students gained insight into the significance of herbal medicine, which has been a cornerstone of traditional healing practices for centuries and continues to play a vital role in modern healthcare. The knowledge of herbal remedies, coupled with their conservation, ensures the availability of natural, effective treatments for a variety of health conditions. By appreciating the healing power of medicinal plants, students developed a greater awareness of how herbal medicine can complement synthetic drugs, offering safer and more holistic approaches to patient care. The visit reinforced the need to preserve biodiversity to maintain a rich reservoir of medicinal plants, crucial for both ecological balance and the advancement of

pharmacological research. This experience aligned their academic knowledge with the realities of ecological conservation and pharmacological applications, highlighting the indispensable role of biodiversity in promoting health and well-being.



Fig 1: Students with event co-ordinator at KRMU campus



Fig 2: Students noting the information about the different types of plants, their medicinal uses, and key morphological characteristics during the field visit.



Fig 3: Students identifying different medicinal plants on the basis of morphological characters



Fig 4 Students and faculty of SMAS at Tau Devi Lal Biodiversity Park, Gurugram, Haryana



Fig 5: Students and faculty of SMAS at Tau Devi Lal Biodiversity Park, Gurugram, Haryana