ANNUAL YEAR REPORT UNNATH BHARAT ABIYAN (UBA 2.0) (2022 - 2023)



### ST. JOSEPH'S COLLEGE (C-35860) Extension Department-SHEPHERD

Thiruchirappalli-620 002 Tamil Nadu



Submitted By

Prof. M. BERCHMANS UBA - PI Coordinator EMAIL: bmansj@gmail.com PHONE: 9445103040 UNNATH BHARAT ABIYAN (UBA2.0)

### 1. REPORT OF FIELD STUDY & MEASUREMENT THE WIND IN UBA VILLAGE

Date: 26.07.2022

### Place: Inam mathur Village.

The PI-St.Joseph' s College doing Mini wind project under UBA. Dr.M.Alex, Asst.Professor from Physics Department, Mr.S.Lenin Sr.coordinator , Mr.S.Jeyaseelan Jr.coordinator from Extension Department-SHEPHERD did field study and Measurement the wind through Anima meter in UBA village, Place notified and met village important bodies, Govt. School Headmaster for Mini wind Project implementation.



### 2. REPORT OF FIELD INDUSTRIAL VISIT FOR WIND MILL PROJECT

### Date: 13.08.2022

### Place: Sengipatti & Thuvakkudi NIT & Surrounding area

The PI-St.Joseph' s College doing Mini wind project under UBA. Dr.M.Alex, Asst.Professor from Physics Department, Mr.S.Lenin Sr.coordinator , Mr.S.Jeyaseelan Jr.coordinator from Extension Department-SHEPHERD did Industrial visit for Wind

mill project in various wind mill industries like Barakath Engineering, Anand Engineering, Vel Murugan heavy Engineering and etc. They observed how it functioning, material sources, Cost of material and etc.



### 3. REPORT OF 75TH INDEPENDENCE DAY CELEBRATION

### Date: 15.08.2022

### Place: Inam mathur, Sethurappatti, Nagamangalam, Thoppupatti, Yagapudayan patti

The PI-St.Joseph' s College celebrated 75<sup>th</sup> independence day in UBA Village. The college students organized different games related unity and Patriotism. The resource person from college gave 75<sup>th</sup> Independence Day talk and end with prize distribution. The village people and college were participated in the programme.



### 4. REPORT OF GRAMA SABHA MEETING PARTICIPATION

Date: 15.08.2022

### Place: Inam mathur, Sethurappatti, Nagamangalam, Thoppupatti, Yagapudayan patti

The PI-St.Joseph' s College participated Grama sabha meeting in UBA Village. The college students and staff's participated and noted the Problem and need of the village. The village bodies and college students discussed about wind mill project implementation village. Totally 48 students and 2 staff's participated in the grama sabha meeting.



### **UBA FUNDING PROJECTS**

### I. REPORT OF CONTROLLING MEALY BUG ON CROPS BY VERMI-WASH LIQUID FOR ORGANIC WAYS OF PEST CONTROL AND MANAGEMEN

The Participatory Institute (PI) of UBA is St. Joseph's College (Autonomous) hve to develop the healthy practices and produce organic food grains with high yield and also becoming hunger free nation. The farmers of Manikandam block, where the UBA adopted villages are situated are suffering from the above problems of controlling the pest in their agriculture field. We know the plants or crops are affected by the serious pest namely mealybug and other pest. Organic pesticide is urgent and important remedy to control mealy bug to the farmers in day to day agriculture development aspects. Based on this, the PI is preparing pest control solution for the farmers to eradicate the mealy bug from the field. The objectives are given below.

### • UBA Project Proposal PPt Presentation

The Extension Department-SHEPHERD presented PPT on thematic topics to the subject Expert Group of UBA. Mr. C. Jeyachandran, Senior Coordinator, Extension Department-SHEPHERD presented power point presentation dated on 11.06.2022 on the theme, "Controlling mealy bug on crops by vermi-wash liquid to the farmers"

under the title of sanitation and solid waste management. He explained the entire feasibility to implement of the project.

### • Project Sanctioned

After the presentation, the project sanctioned Rs 100000/- (Rupees One Lakh) during the month of October. The Participatory Institute (PI) with UBA cell took initiatives to start the programme, prepare the budget and plan of action.

### • Selection of Farmers

The interested and selected small farmers for the project from UBA villages of Manikanadam block namely Inam mathur, Thoppupatti, Yagapudayanpatti, Nagamangalam, Sethurappatti. The farmers also additionally selected from Sooravalipatti, Pallapatti, V. Pallapatti, Panjapor, Thuraikudi, Idayapatti, Mekkudi, and Pothavur.

### • Orientation on Sustainable Agriculture and Organic Ways of Pest Control and Management for the Farmers

The Extension Department-SHEPHERD, St. Joseph's College (Autonomous) organised an orientation programme on controlling mealy bug on crops by vermi-wash liquid for organic ways of pest control and management on 29.09.2022 for the selected farmers of UBA adopted villages . The programme started with thamil thai valthu.

The aim of the programme was to sensitize the farmers to protect the crops from the pest in their cultivable lands because, the usages of synthetic fertilizer caused hazardous effects of all living-being in the world. Therefore, we will move towards the sustainable organic agricultural ways under this programme.

**Rev. Fr. M. Arockiasamy Xavier, SJ,** Principal presided over the function. In his presidential address, he asked the people, "You are only one the real relation to our college students while they are coming to your villages. Treat them like your own children. Let you may discuss with Professors from Anbil Dharmalingam Agriculture College and Research Institute to prevent the hazardous pest from your cultivable lands and to avoid synthetic fertilizers that spoil the soil and human health." He also provided one litre vermi-wash liquid bottle to the farmers.

**Rev. Fr. M. Berchmans, SJ**, Director, Extension Department-SHEPHERD gave inaugural address. He said that the program is one of the Unnath Bharat Abiyan project activities and the usage of vermi-wash plays a vital role in sustainable agriculture. He asked the farmers to make use the vermi-wash product for your enhanced cultivation in lands. He also encouraged all the farmers and coordinators.

**Dr. V. Ambethgar,** Professor and Head, Department of Plant Protection, Anbil Dharmalingam Agriculture College and Research Institute, Navalur Kuttapattu participated as Chief Guest. He asked the people, the tradition natural farming and food systems need to be technologically restored. He also explained various organic pest control practices, Pest resistant crop varieties, Traps in pest management, bagging techniques in fruits protection and vermi-compost production and usages.

**Dr. Kalyanasundaram**, Associate Professor, Department of Plant Protection (Entomology), Anbil Dharmalingam Agriculture College and Research Institute, Navalur Kuttapattu participated as a Guest. He explained the management in water, weeds, fertilizers and pest control and that he also said the difference between protection and management.

**Dr. K. Rajan**, Associate Professor, Department of Botany gave a keynote address. He presented the production methods of vermi-wash through power point presentation and demonstrated the production methods of vermi-wash extraction in the compost yard. He explained the available of micro and macro nutrients in vermi-wash which act as a nutrition to the plants, growth hormone and disease resistance.

**Mr. S. Lenin**, Senior Coordinator, Extension Department-SHEPHERD streamlined the entire programme. Mr. P. Vijayakumar, Mr. S. Raja, Senior Coordinators, Mr. T. Joseph Christu Raja, Junior Coordinator and Mr. N. Poorna Vishvanathan, Accountant and Office Assistant helped to make the programme success. The students (6) of under graduate second year BA English S-II who are UBA cell members took part in a vital role in the programme. The Programme Coordinator Mr. C. Jeyachandran said that the vermi-wash liquid will be given to all the farmers after taking extraction.

**Mr. S. Jeyaseelan**, Junior Coordinator, Extension Department-SHEPHERD and Mr. J. Mariadoss, President, Farmers Association, Inamamthur welcome the gathering and gave vote of thanks respectively. A total of fifty eight (58) farmers from eleven villages of Manikanadam and Thogamalai Block namely Inam mathur, Pallapatti, Thoppupatti, Sooravalipatti, Pallapatti, Panjapor, Thuraikudi, Idayapatti, Mekkudi, V. Pallapatti and Pothavur actively participated. The programme ended with national antham.







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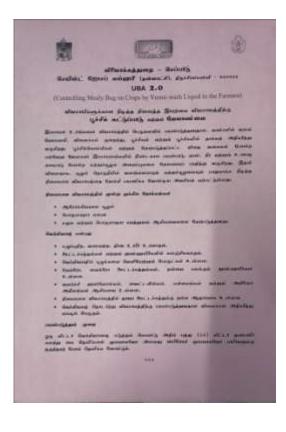
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### • Pit Preparation Work

The Participatory Institute (PI) of St. Joseph's College (Autonomous) was constructed vermi-compost yard for implementing the programme on controlling mealy bug on crops by vermi-wash liquid for organic ways of pest control and management on 07.10.2022 in the college campus. Sand, bricks, cement and other needed things purchased. The size of construction of vermi-compost yard was 15"x 3"x 3" with bricks cemented tanks. Cement coated the inner wall & floor of the pit.

### • Vermi-compost preparation

Dried farm residues 1000 kg and cattle dung 500 kg were collected. First layer: Farm residues were spread on the surface of the floor. Second layer: Cattle dung was spread on the top of the first layer. These two layers were spread one by one for filling the tank to its capacity. Evenly in layers to a thickness of 6 inches applied. Full tank was covered by 3 inch layer of cattle dung pasted.

### • Vermi-wash Preparation

The vermi-wash units set up in small buckets. It is the principle that is very important. The process explained here is for setting up of a 50 liter barrel. An empty barrel took with one side open. On the other side, a hole was made to accommodate the vertical limb of a 'T' joined tube about half to one inch of the tube into the barrel. One end of the horizontal limb was attached a tap and other end was kept closed. The entire unit is set up on a short pedestal made of few bricks to facilitate a simple collection of vermi-wash.

Keep the tap open, as 25 cm layer of broken bricks or pebbles was located. A 25 cm layer of coarse sand then follows the layer of bricks and water was then made to flow through these layers to enable the setting up the basic filter unit. On the top of this layer was located a 30-45 cm layer of loamy soil. It was moistened and this introduced about 100 numbers of earthworms of the surface. Cattle dung pats and hay was placed on top of the soil layer and moistened. The tape was kept open for the next 20 days and water was adding drop by drop every day to keep the unit moist.

### • Collection of vermi-wash

After 20th day, the tap was closed on the top of the unit. Five liters of water poured into this container and allowed to gradually sprinkle on the barrel over night. This water percolated through the compost, the burrows of the earthworms and gets collected at the base of the container. The tape was opened the next day morning and vermi-wash is collected.

## II. TRAINING AND EXPOSURE ON SUSTAINABLE AGRICULTURE AND ORGANIC CULTIVATION

St. Joseph's College (Autonomous) is a Participatory Institute (PI) of UBA which organised a Training and Exposure on Sustainable Agriculture and Organic Cultivation for the farmers on 22.11.2022, Tuesday at Nammalvar Ecological Foundation (Vanagam), Kadavur, Karur.

**Rev. Fr. M. Berchmans, SJ,** Director, Extension Department-SHEPHERD was start-up the program with prayer.

**Mr. Ramesh,** Trainer cum Trustee, Nammalvar Ecological Foundation (Vanagam), Kadavur, Karur participated a resource person. He explained Organic farming, Raised bed, Rainwater harvesting, Life fence, Integrated Farming, Content Method Training, Field training, Home garden Terrace garden, Foot care, Selection of lands, afforestation and Legacy game and also visited the cultivable lands.

**Mr. Karthick,** Trustee, Mr. M. Kumar, Managing Trustee and Mr. L. Engals Raja, Treasurer, Nammalvar Ecological Foundation (Vanagam), Kadavur, Karur felicitated. Both Senior Coordinators of Extension Department – SHEPHERD namely Mr. S. Lenin and Mr. S. Raja welcome the gathering and gave vote of thanks respectively. Mr. C. Jeyachandran, Mr. P. Vijayakumar, Senior Coordinators, Mr. S. Jeyaseelan and Mr. T. Joseph Christu Raja, Junior Coordinators and Mr. N. Poorna Viswanathan, Accountant cum Office staff participated. The staff of the Extension Department – SHEPHERD made all the arrangements for the programme.

A total of fifty one (51) farmers from five UBA villages of Manikanadam Block namely Inammathur, Sethurappatti, Thoppupatti, Yagapudayanpatti and Nagamangalam and interested farmers from other twelve (12) villages namely Sooravalipatti, Kochadipallam, Perumampatti, A. Pallapatti, Panjapor, Thuraikudi, Idayapatti, Melapachakudi, Mekkudi, V. Pallapatti, Sivanthanagar and Pothavur actively participated.







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### • Application of vermi-wash on the crops

The farmers encouraged by UBA cell to apply vermi-wash in their cultivable agricultural crops and that they measured the differences between before and after liquid application. It was pale yellow colored liquid extract obtained from vermicompost bed and it is using as an organic fertilizer for crops plants. It was non-toxic and eco-friendly compound. Vermi-wash was the collection of excretory products and mucus secretions of earthworms along with micronutrients from the soil organic molecules. The rich source of vitamins, hormones, micronutrients and macronutrients when applied to plants to help to effective growth which controls the mealy bug pest. It was a wonderful tonic from farmer's friends for boosting plant growth and yield safely, eco-friendly and economically.

### • Monitoring Visit

The UBA cell will monitor the cultivable agriculture lands after apply vermi-wash.

# III. REPORT OF DESIGN OF SMALL-SCALE WINDMILL TO RUN LOW POWER DEVICES

### • Introduction

St. Joseph's College (Autonomous) is one of the Participatory Institute (PI) of Unnath Bharat Abiyan (UBA). The UBA projects have been carrying over by the Extension Department-SHEPHERD of St. Joseph's college in the adopted village last five years. It installed Small-scale Windmill to Run Low Power Devices at Government Higher Secondary School, Inammathur, Manikandam Block in Tiruchirappalli district with the help of UBA Cell, Panchayat Council and School management. The miniature windmill first time installed in Tiruchirappalli district. It is a hallmark project of St. Joseph's College history. The Windmill will generate pollution free and environment friendly electricity to meet partial power (1KV) need of the school.

### • Wind Mill Project Orientation

The small-scale wind mill project orientation meeting conducted on 30.05.2022 in SHEPHERD. The aim of the wind mill is to generate pollution free and eco-friendly

electrical power from wind for the use of the adopted Inammathur village Manikandam, Tiruchirappalli. Mr. C. Jeyachandran, Senior Coordinator, Extension Department-SHEPHERD coordinated the wind mill project meeting. Dr. Alex, Assistant Professor, Department of Physics and the staff of Extension Department-SHEPHERD took initiatives to write the project. He explained about innovative concept of designing small-scale windmill to run low-power devices and he presented some key points like wind production capacity 1000 W / per hour and required speed capacity 3M / per sec in the village. The coordinators discussed related capacity of wind mill and storage of electricity, electricity utilization methodology and purchasing of raw material. Finally Mr. S. Jeyaseelan, Junior Coordinator, Extension Department-SHEPHERD and Mr. S. Lenin, Senior Coordinator, Extension Department-SHEPHERD welcome the gatherings and gave vote of thanks respectively.

The UBA cell decided to visit the place like Thuvakkudi and Kayatharu, Identification of model windmill and meeting with the village people for implementing the project. It also decided to give orientation to Students (Student from Physics, Electronic, II BA Eng. & UBA Cell), Purchase of material with proper budget.

### • Project proposal PPT presentation

**Dr. A. Alexander**, Assistant Professor, Department of Physics gave power point presentation to NCI dated on 11.06.2022 on the theme, "Design small-scale wind mill to run low power devices" under the title of Technology Development.

### • Field Study

**Dr. A. Alexander**, Assistant Professor, Department of Physics, Mr. S. Lenin, Senior Coordinator, Mr. S. Jeyaseelan, Junior Coordinator, Extension Department-SHEPHERD and the members of UBA cell visited various places for searching model windmill available in and around Trichy district. Unfortunately, no where windmill in trichy district.

### • Geography of Implementation

The members of UBA cell got permission from the education department to installing the windmill. Although they hesitant at first but then they accepted to implement the project in the school campus. The members of PI made a visit to the adopted village and measured using Animameter randomly that is five wind speed locations namely Community building, Panchayat building, Water tank and two spots in school campus. Finally they selected the campus of Government Higher Secondary School, Inammathur for implementation. They also noted the possible availabilities and facilities.

### • Accessories Purchased and Assembling

The windmill accessories purchased from Diamond Engineering Enterprises, Chennai based company at cost of one lakh fifty thousand (Rs.150000.00). The accessories namely Supply and Installation of 1000w Domestic Wind Turbine with Hub, Tail, Nose, Charge Controller and Brake, Tilting Type Tower of 15 ft. high and Tilting Type Tubular Tower including installation charges, Labour charge, Transportation charges and Electric cable Wiring Etc. They were assembled properly by the technical person and the members of UBA cell.

### • Anchoring the working windmill

**Mr. S. Lenin**, Senior Coordinator, Dr. A. Alexander, Assistant Professor, Department of Physics, Mr. S. Jeyaseelan, Junior Coordinator, Mr. T. Joseph Christhu Raja, Junior Coordinator, the members of Panchayat council, the students of UBA cell including II BA English Literature Shift-II and the technical persons worked despite rain and *Mandis* cyclone. Even if it was rain, they established 20 feet steel pole with wind turbine motor on the terrace using iron stay rope tied safely in the four sides.

### • Electrical Work

The electrical work of windmill turbine used to store the energy in the batteries associated with an inverter. Mr. C. Jesuraja, Electrician, St.Joseph's College done all the electrical work successfully. The electricity current supply connected to smart class room, Headmistress room and Staff room.

### • Inauguration of windmill

St. Joseph's College, Unnat Bharat Abhiyan and Rotary club of trichy City jointly conducted inauguration of Design small-scale windmill to run low power devices on 14.12.2022 in Government higher Secondary School, Inammathur, Manikandam Block of Tiruchirappalli district. The programme started with thamil thai valthu and welcome dance by school students. The aim of the programme was to sensitize the student community and rural populace to reduce electricity cost, pollution free and eco-friendly electricity getting from non renewable energy. A total of 665 persons including students from sixth to twelfth standard, 25 Teachers, the five members from Panchayat Council and college students (10) from UBA cell and rural populace (25) were participated. Before that, the Chief Guests planted tree sapling in the edge of the school play ground.

**Rev. Dr. M. Arockiasamy Xavier SJ,** Principal, St. Joseph's College (Autonomous) presided over the function. He inaugurated the current supply from the windmill to LED bulb at first. He asked the school students must be exploring the functions of windmill with the help of science teachers and headmistress. He asked the school students to visit our college with getting prior permission. He thanks the School students, College students and Panchayat council to support for the function.

**Rev. Fr. M. Berchmans SJ,** Director, Extension Department-SHEPHERD gave inaugural address. He pointed out the production of windmill non-conventional energy utilized for the students' education development. He said many people were involved in the

project implementation and he expressed his gratitude to everyone who involved in this project.

**Mr. Karuppaiah**, Life Partner of Mrs. Kamalam, Chairman, Manikandam Block, Mr. R. Bharathidasan, President, Inammathur Panchayat council, Mr. Thangarathinam, President, Sethurapatti Panchayat Council felicitated. They expressed their sincere thanks to St. Joseph's College to give opportunities to participate in the inaugural function and that they implement the windmill scheme in my operation block.

**Mrs. Akila Baskar,** Headmistress, Government Higher Secondary School, Inammathur felicitated. She was very support to getting order from the Chief Education Officer (CEO) and District Education Officer (DEO) to install the miniature windmill in the school campus.

**Mr. S. Lenin**, Senior Coordinator, Senior Coordinator, Extension Department-SHEPHERD, Dr. A. Alexander, Assistant Professor, Department of Physics, Mr. S. Jeyaseelan, Junior Coordinator, Mr. T. Joseph Christhu raja, Junior Coordinator, Extension Department-SHEPHERD interventions are remarkable from the beginning to till the completion of the project. They are the prime movers in implementing the project successfully.

**Dr. A. Alexander**, Assistant Professor, Department of Physics participated as a Guest. He explained the functioning of working innovative windmill will be generating 1000 watts of DC electrical power and a maximum of five LED bulbs, three tube lights and two fans can be operated. He also delivered just as we produce food from the soil, we can store 24 hours electricity from the air.

Mr. C. Jeyachandran, Senior Coordinator, Extension Department-SHEPHERD explained the historical back ground of Unnat Bharat Abhiyan under the Ministry of

HRD including the Ministry of Rural Development, the Ministry of Panchayat Raj and Department of Higher Education. He also pointed out that the functions of National Steering Committee (NSC), National Coordinating Institutes (NCI), Regional Coordinating Institutes (RCI), District Administration, Panchayat Council and Participatory Institutes (PI) of effective implementation of the project in grassroots level.

In the beginning, Mr. S. Lenin, Senior Coordinator, Senior Coordinator, Extension Department-SHEPHERD welcome the gathering and Mr. I. John Kennady, Teacher, Government Higher Secondary School, Inammathur gave vote of thanks at the end.

### • Follow up

The UBA cell and the School management will be monitoring continuously the windmill. The school students will study and explore how the electrical energy what they studied in their lessons.





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# மாத்தூர் அரசுப் பள்ளியில் காற்றாலை மின் உற்பத்

திருச்சி, டிச. 14: திருச்சி செயின்ப். தோசப் கல்லூரியின் செப்பர்டு விரிவாக்கத்துறை சார்பில் உன் மின் இயக்குநர் பெர்க்மான்ஸ் டோர்பங்கேற்றனர். தை பாரத் அபியான் இட்டத்தின் தொடக்க உரை நிகழ்த்தினார். வாயிலாக கிறிய அளவிலான மரபு சாரா எரிசக்டு காற்றாவை மின் உற்பத்தி தொடக்க விழா இனாம் மாத்துர் அரசு மேல்நி லைப்பள்ளியில் புதன்கிழமை BERLOUDDSI.

திகழ்வுக்கு செயின்ட் தோசப் கல்லூரி முதல்வர் ஆரோக்கிய

தார். செப்பர்டு வீரிவாக்கத் துறை சிரியர் அல்லா பாஸ்கர் உள்ளிட்

இயற்பியல் துறைப் பேராசிரி யர் அலெக்சாண்டர், மணிகண் கருப்பையா, மாத்தூர் ஊராட் சித் தலைவர் பாரதிதாசன், அரசு

சாமி சேவியர் தலைமை வகித் உயர்நிலைப்பள்ளி தலைமையா

விரிவாக்கத்துறையின் முது இதல் விரிவாக்கத் துறை ஒருங் நிலை ஒருங்கிணைப்பாளர் கினைப்பாளர்கள் தெயச்சந் வெனின் வரவேற்றார். பன்னி திரன், ஜோசப் கிறிஸ்துராஜ், மானவ், மாணனிகள், ஆசிரியர் கள், வாராட்சி உறுப்பினர்கள், கிராம பொதுலக்கள் கலந்து டம் ஒன்றியத் தலைவர் கமலம் கொண்டனர். அரசுப்பன்னி ஆசி ரியர் ஜான்கென்னடி நன்றி கூறி wand.

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### IV. REPORT OF HERBAL MEDICINE AWARENESS AND ITS TRAINING ON PRODUCTION IN INCREASING HEALTH & SOCIAL STATUS OF TEMPORARY MIGRANT WORKERS

The temporary migrant workers were lack of self hygiene, health and social status. There are numerous found inadequacies in performing work as well as in caring at home. The herbal medicine awareness and its training on production would enable them to improve their healthy and social standard of living with a reasonable cost management at their locality. Herbal Medicine is one of the traditional therapies for curing human diseases. To aim at sensitizing the living and working conditions of rural-urban temporary migrant workers with regard to herbal medicine and its benefits.

### • UBA Project Proposal PPT

**Mr. C. Jeyachandran**, Senior Coordinator, Extension Department-SHEPHERD presented power point presentation to NCI dated on 26.07.2022 on the theme, "Herbal

medicine awareness and its training on production in increasing health & social status of temporary migrant workers" under the title of Sanitation and Solid Waste management.

### • Selection of Farmers

**Mr. S. Raja**, Senior Coordinator and Mr. T. Joseph Christu Raja, Junior Coordinator, Extension Department-SHEPHERD identified the migrant workers in UBA village Nagamangalam.

### • Training temporary migrant workers

The opportunity for temporary migrant workers and entrepreneur to produce traditional herbal medicines for increasing health and social status was trained to the participants of the project of Unnat Bharat Ahbiyan-UBA 2.0 under the Ministry of Human Resource Development (MoHRD) by the Participatory Institute of UBA on 20.12.2022 at Nagamangalam Herbal Garden.

**Rev. Fr. M. Berchmans SJ**, Director, Extension Department-SHEPHERD gave valedictory address. He encouraged all participants who involved in the training.

**Mr. K. Vellaisamy**, President, Nagamangalam Panchayat Council presided over the training. He stated that the Panchayat council will support all the initiatives taken for rural development through the college.

**Dr. P. Rajalakshmi**, Assistant Professor, CARISM, Sastra University gave keynote address. She suggested awareness that women must concentrate on taking nutritious food, clean environment and do physical work that can lead disease for free nation. She explained basic health care of seasonal disease namely cold, cough, diabetes and joined pain through the natural herbals and their products and balance of nutritious food intake in the body goes with long life in keeping healthy.

**Mr. C. Jeyachandran**, Senior Coordinator, Extension Department-SHEPHERD trained the participants. He explained in the theory classes the entire key body type of Vatha, Pitha and Kabha. Traditional health practices through medicinal plants in the theory classes. He listed out the human diseases and curable medicinal plants available in herbal garden and in and around villages.

A total of fifty (50) women from Melanagamangalam, Narayanapuram, Annanagar, MGR Nagar and Housing board Alampatti actively participated. The participants prepared three types of six medicines such as Thirikadugu Chooranam, Thiripala Choornam, Ammukara Chooranam, Kumari Lahiyam, Pinda Thailam and Minsara Thailam using the traditional way of Kalvam, Ural and Ammi in the practical classes. Mr. T. Joseph Christu Raja, Junior Coordinator, Extension Department-SHEPHERD and Mr. S. Raja, Senior Coordinator, Extension Department-SHEPHERD welcome the gathering and gave vote of thanks respectively.





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### Conclusion

We thank Unnat Bharat Abhiyan, the Ministry of HRD including the Ministry of Rural Development, the Ministry of Panchayat Raj and Department of Higher Education, National Steering Committee (NSC), National Coordinating Institutes (NCI), Regional Coordinating Institutes (RCI), District Administration, Panchayat Council, Participatory Institutes (PI) Rotary Club of Trichy City and Volunteers for implementing various project activities in UBA adopted villages.