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Stella Maris College sets up herbal garden

CHENNAI: In a novel initiative to conserve and impart knowledge for students about the traditional plants that have medicinal value, the Stella Maris College in Chennai, has set up a thematic herbal garden on its campus.

The herbal garden has different varieties of kosa plants like Annamaya, Pranamaya, Monamaya, Vijnanamaya and Anandamaya.

Colleges sources said that the garden was an effort to map the Kosas with medicinal plants that provide direct benefits at each level. External organs like bones, hair, eyes, ears and skin will be benefited from Annamaya Kosa varieties. Likewise, Pranamayas can help internal organs such as lung endocrine glands, reproductive system, kidney and respiratory system.

Similarly, Manamoya Kosa varieties, including "Madurai Malli", can relax the mind and senses. Vijnamaya Kosa varieties will enhance sharpness of intellect and reasoning while the Anandamaya Kosa varieties will create harmony for body, mind and soul. For Students' knowledge, college authorities have installed information boards to identify different types of herbs and their uses.

The thematic garden was unveiled by Sr Leena D'Souza, Provincial, Chennai on Thursday. The pamphlet, explaining herbal garden, was released by Dr. Sr. Rosy Joseph Principal Stella Maris College.



Photo: Justin George

Students going through the medicinal benefits of kosa varieties displayed on boards at a herbal garden on Stella Maris College campus in Chennai on Thursday