



# The Green Campus Society, RLAC 'HIRAV' PRESENTS ENCYCLOPEDIA





# Introduction to 'HIRAV'

"Hirav" means "The lush greenery that covers the earth." Our mentors initiated green campus society "Hirav" in order to preserve, promote and rejuvenate campus of the college. Hirav works for

- Identification and classification the plants of the college which are linked with the human existence since ancient times.
- Growing and preserving medicinal plants and spreading knowledge about the benefits of these plants in curing different diseases.
- Awareness among students about the immediate environment by inviting eminent environmentalist to deliver talks, conduct workshops, organising quizzes etc.
- Working towards making the college campus completely green, sustainable and carbon neutral in coming years.



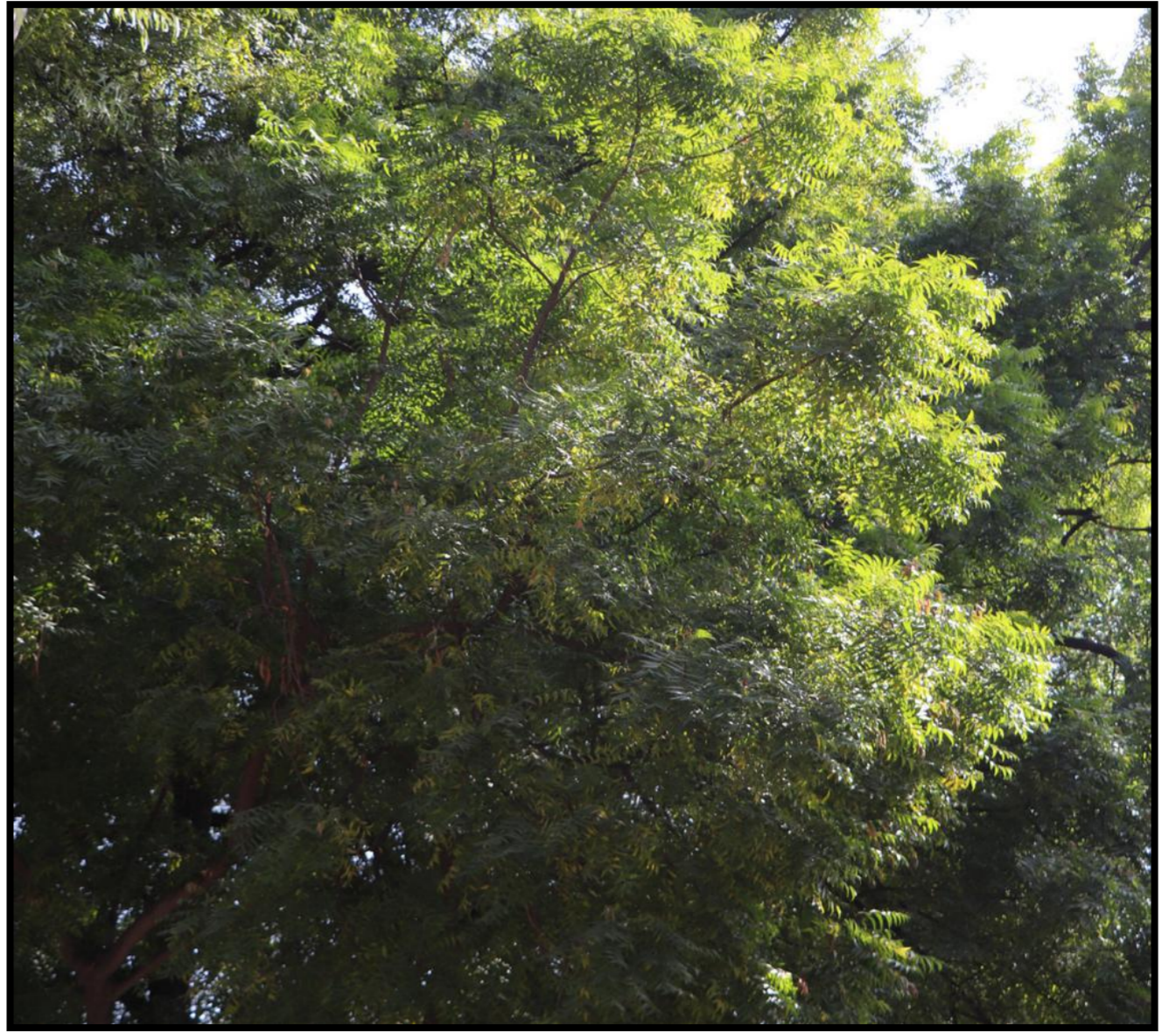
# Neem

## *Azadirachta indica*

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### Habitat

Neem grow mostly in shrublands, open-woodlands, grasslands, floodplains, riparian zones (banks of watercourses), coastal sites .



### Properties

Omnipotent tree and a sacred gift of nature. It exhibits immunomodulatory, anti-inflammatory, antihyperglycemic, antiulcer, antimalarial, antifungal, antibacterial, antiviral, antioxidant, antimutagenic and anticarcinogenic properties.





# Mulberry

## *Morus alba*

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Mulberry trees prefer a well-drained, fertile soil and tolerate any conditions except wet soils. They will stand drought and salt conditions, making them a good urban or seaside planting.

A nutrient powerhouse, mulberries are rich in iron, riboflavin, vitamin c, vitamin k, potassium, phosphorous and calcium. They aid in digestion, control diabetes, treat high cholesterol, and prevent cavities and gum disease.





# Ashoka

## *Saraca asoca*

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### Habitat

Ashoka trees are found in the foothills of the central and eastern Himalayas, in scattered locations of the northern plains of India.



### Properties

The Ashoka is prized for its beautiful foliage and fragrant flowers.

It has an ample medicinal property. It is useful to manage disorders like dysmenorrhea and menorrhagia due to its Vata balancing property.



# Bottle Palm

## *Hyophorbe lagenicaulis*

### Habitat

It is a naturally endemic plant to Round Island in the Mascarene Islands, in the Indian Ocean. Though in the wild the species is classified as 'critically endangered' due to invasive species introduced to the island, the Bottle palm is fairly ubiquitous in cultivation throughout the tropical belt as a garden palm tree and in the colder climates as a house plant.



### Properties

Bottle palm have thickened trunks topped with scaly crowns. Bottle palms have only four to six leaves open at any time. The leaves of young palms have a red or orange tint, but a deep green is assumed at maturity. The flowers of the palm arise from under the crown shaft.



# Jamun

## *Syzygium cumini*

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### Habitat

It is native to Indian subcontinent and adjoining parts of Southeast Asia. It prefers to grow under tropical and subtropical climate.



### Properties

Jamun is an evergreen plant with smooth glossy leaves, white flowers, terpenine smell and black oval edible berries.

It is used as a herb and spice in many parts of the world. The fruit and seeds are used to cure diabetes, diarrhea and ringworm. Its bark is also of medicinal use.



# Guava

## *Psidium guajava*

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### Habitat

Guava can be grown easily in region with tropical and subtropical climate. Although guava grows well in any kind of soil but they prefer sandy loam for better production.



### Properties

It has a mottled greenish bark, long serrated leaves and elite flowers that yield to small, round, oval or pear shaped fruits.

It's leaves are used in ayurvedic preparations and this plant has plenty of medicinal value.





# Peepal

## *Ficus religiosa*

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### Habitat

Peepal trees are native to Indian subcontinent and thrive in hot, humid weather. They prefer full sunlight and can grow in all soil types, though loam is the best.



### Properties

Peepal is a large fast growing, deciduous tree with heart shaped leaves and a huge crown with wide spreading branches. It has great cultural and religious importance. It can be used to heal wounds, ulcers, gout, asthma, constipation, etc.





# Babul

## *Vachellia nilotica*

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### Habitat

It is specifically suitable for growing in arid and semi-arid climates. However, it avoids extreme arid conditions. It can be amply found in desert areas of Indian Sub region.



### Properties

It is a spiny, medium sized, perennial tree with high nutritional value. It has antibacterial, antifungal, antiviral, antioxidant, etc properties and can be used to treat malaria, diarrhea, diabetes, mouth ulcers, etc





# Curry

## *Murraya koenigii*

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### Habitat

It is a tropical to subtropical tree which is native to India and Sri Lanka.



### Properties

The fresh leaves are an indispensable part of Indian cuisine and Indian traditional medicines. The leaves are also used as a herb in ayurvedic and Siddha medicine in which they are believed to possess anti-disease properties.



# Jasmine

*Tabernaemontana divaricata*

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## Habitat

The plant grows in both full sun and partial shade. It is an evergreen shrub or small tree native to South Asia, Southeast Asia and China.



## Properties

Jasmine from Apocynaceae family offers the traditional folklore medicinal benefits such as an anti-epileptic, anti-mania, brain.





# Lemon

## *Citrus limon*

### Habitat

Lemon trees are found in tropical and subtropical climates. They thrive in warm place and are sensitive to cold temperatures.

### Properties

Lemon fruit is a rich source of nutrients, a key to a healthy diet. Lemons contain high amount of vitamin C, soluble fiber. Lemons may aid weight loss and reduce your risk of heart disease, anemia, kidney stones, digestive issues, and cancer.





# Morpankhi

## *Platycladus orientalis*

### Habitat

The plant does well in full sun to part shade both.

It is equally found in eastern Asia and eastern and western North America.



### Properties

Small, slow growing, monoecious tree often used for ornamental purposes.

Its leaves can be used to treat coughs, excessive mucus secretion, chronic bronchitis, bronchiectasis, and asthma, etc.



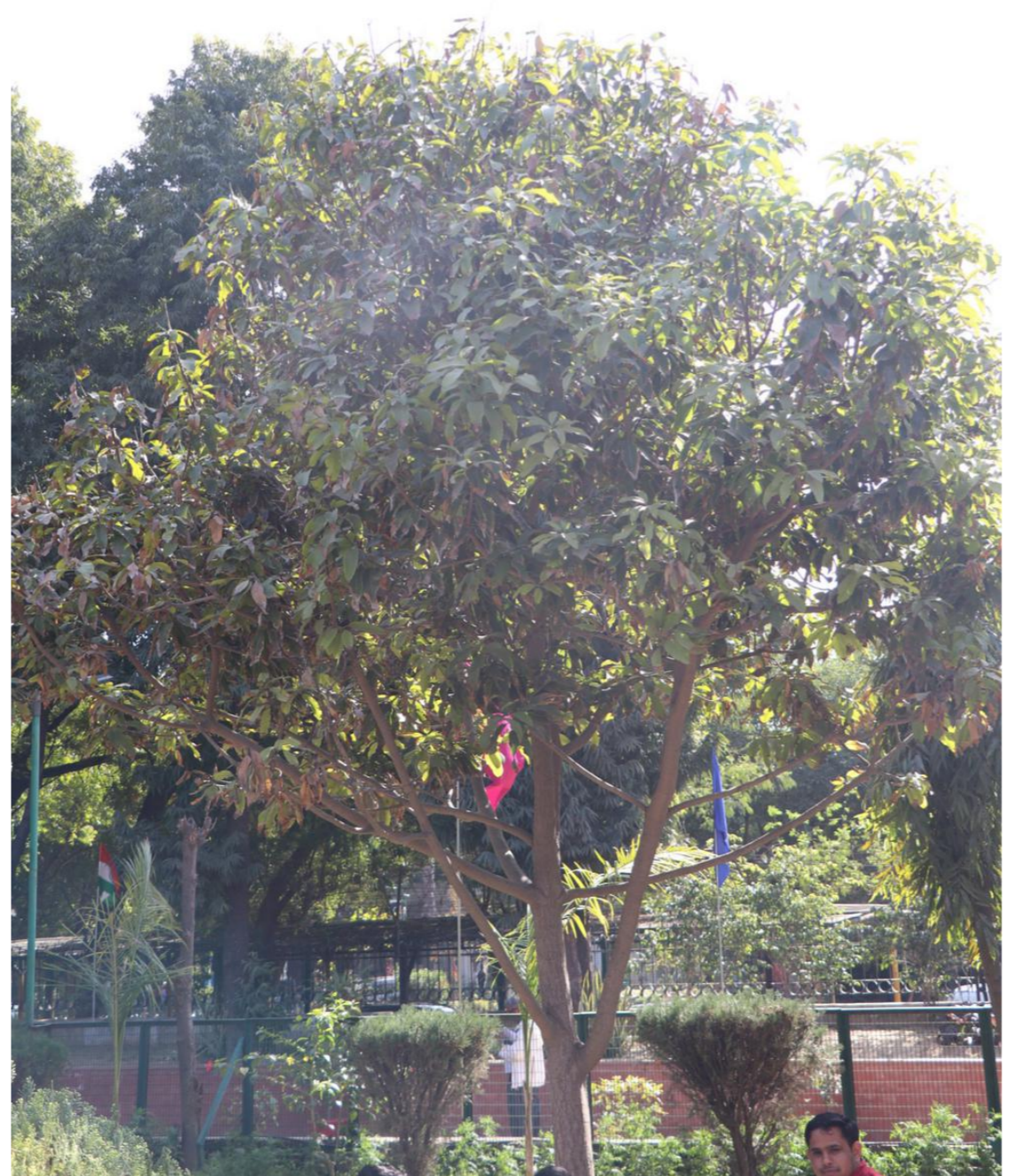


# Mango

## *Magnifera indica*

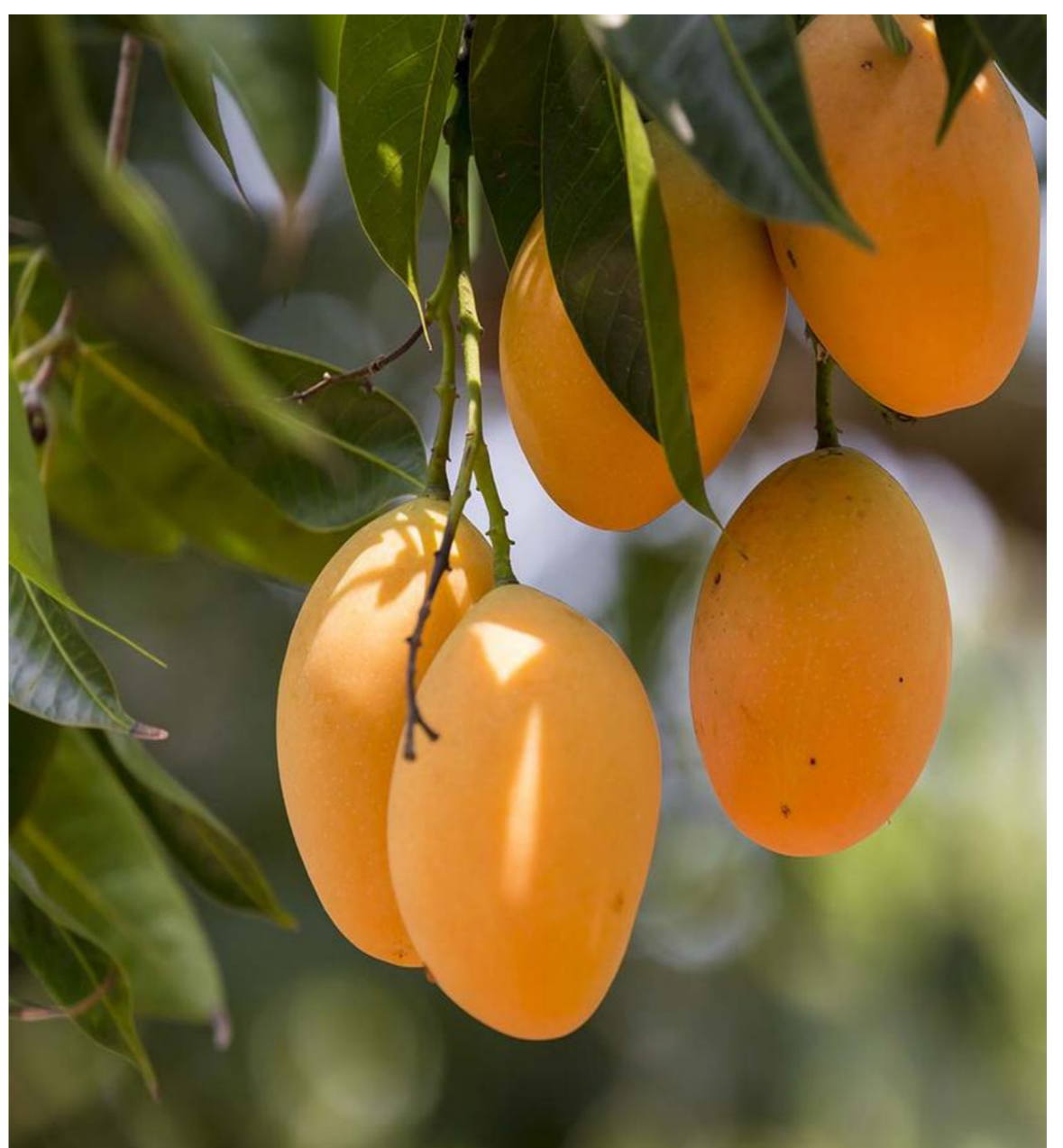
### Habitat

Mango trees grow best in lowland tropical forests. These trees also thrive where a rainy season and a dry season are clearly present.



### Properties

It has been important in the Ayurvedic and indigenous medical systems for over 4000 years. Mango leaves contain several beneficial plant compounds, including polyphenols and terpenoids. Terpenoids are important for optimal vision and immune health. They are also antioxidants, which protect your cells from harmful molecules called free radicals.





# Safeda

## *Eucalyptus globulus*

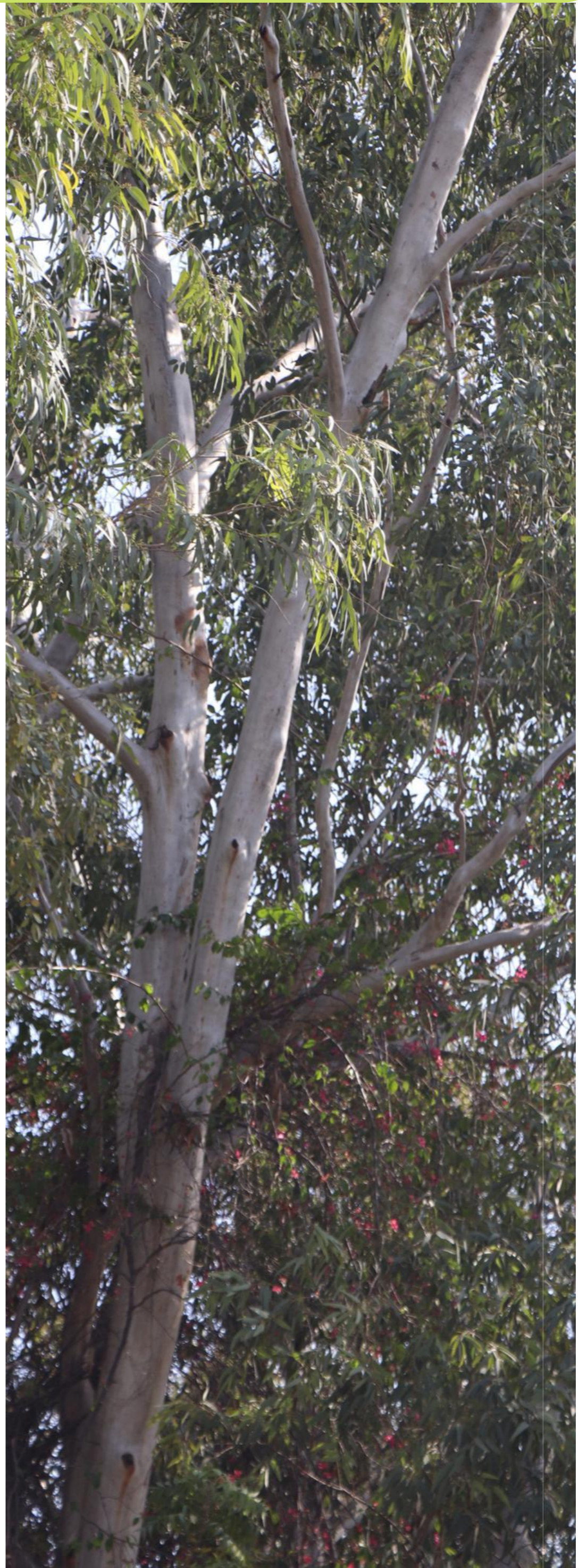
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### Habitat

These are dominant species in open forests and woodlands throughout Australia but extend into a great diversity of habitats. They thrive in full sun. Most also grow well in: Well-drained conditions, and most soil types, including poor soils. Sheltered sites, protected from cold, drying winds.

### Properties

It is commonly known as southern blue gum or blue gum, is a species of tall, evergreen tree endemic to south eastern Australia. Leaves of eucalyptus are rich in oil that is used to alleviate symptoms of bronchitis, sore throat, nasal congestion





# Hibiscus

## *Hibiscus rosa-sinensis*

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### **Habitat**

Originally native to tropical Asia it is now grows throughout warm- temperate, subtropical and tropical regions throughout the world. Their diverse habitats range from wetlands to savannahs and woodlands.



### **Properties**

It is a very hardy, versatile plant which enhance the beauty of the garden. Being versatile it adapts itself easily to balcony gardens in cramped urban spaces and can be easily grown in pots as a creeper or even in hanging pots. It is a perennial and flowers throughout the year.





# Pomegranate

## *Punica granatum*

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### Habitat

Pomegranates are widely cultivated in Middle East and Caucasus region, north and tropical Africa, Iran, Armenia, the Indian subcontinent, Central Asia, the drier parts of Southeast Asia, and the Mediterranean Basin.



### Properties

It is a fruit-bearing deciduous shrub in the family Lythraceae. The fruit is appear in March to May in the Southern Hemisphere, and in September to February in Northern Hemisphere. As intact sarcotestas or juice, pomegranates are used in baking, cooking, juice blends, meal garnishes, smoothies, and alcoholic beverages.





# Silver hook

## *Grevillea robusta*

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### **Habitat**

Silver oak occurs naturally on the coast and ranges in southern Queensland and in New South Wales as far south as Coffs Harbour where it grows in subtropical rainforest, dry rainforest and wet forests. It is now relatively rare in its natural habitat but has been widely planted, including on Norfolk Island and Lord Howe Island.

### **Properties**

Silver oak trees, also called silk, silky, and southern silky oak, have many uses. Along with providing shade, silver oak trees can be used as windbreaks, fuelwood, veneer, to make musical instruments, cabinets, and for reforestation. They also provide nectar to pollinating birds and insects.



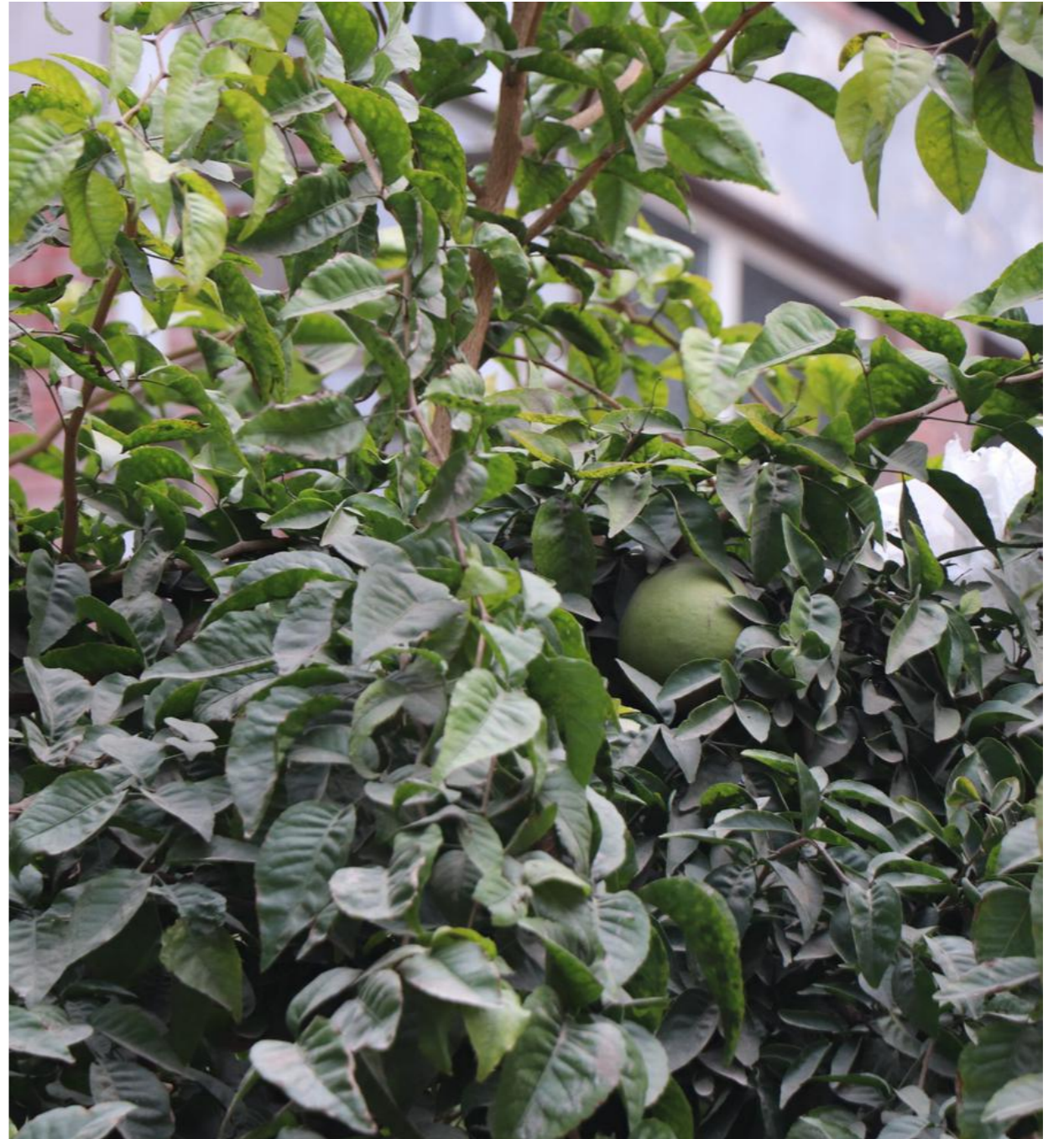


# Bel fruit

## *Aegle marmelos*

### Habitat

It is distributed throughout the world, especially in warm temperate and tropical regions. The largest numbers are found in Africa and Australia, often in semiarid woodlands.



### Properties

The plant is native to India and Bangladesh and has naturalized throughout much of Southeast Asia. The unripe fruit, sliced and sun-dried, is traditionally used as a remedy for dysentery and other digestive ailments. The ripe fruit is sweet, aromatic, and cooling.





# Amaltas

## *Cassia fistula*

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### Habitat

Amaltas is native to India and Pakistan and also distributed in some parts of South-East Asia. It is also distributed in China, Thailand, South Africa and Brazil.



### Properties

Ayurveda signifies Amaltas plant as Sarvarogaprashamani one that cures all types of diseases and shields the body against numerous microbial infections. The abundance of bioactive ingredients and strong purgative, carminative, anti-pruritic and anti-inflammatory properties offer relief from constipation, common cold, intestinal and skin disorders, boosts immunity, promotes cardiac functioning, treats wounds, cures dyspepsia, prevents flatulence, inflammation and also manages diabetes.





# Mosambi

## *Citrus limetta*

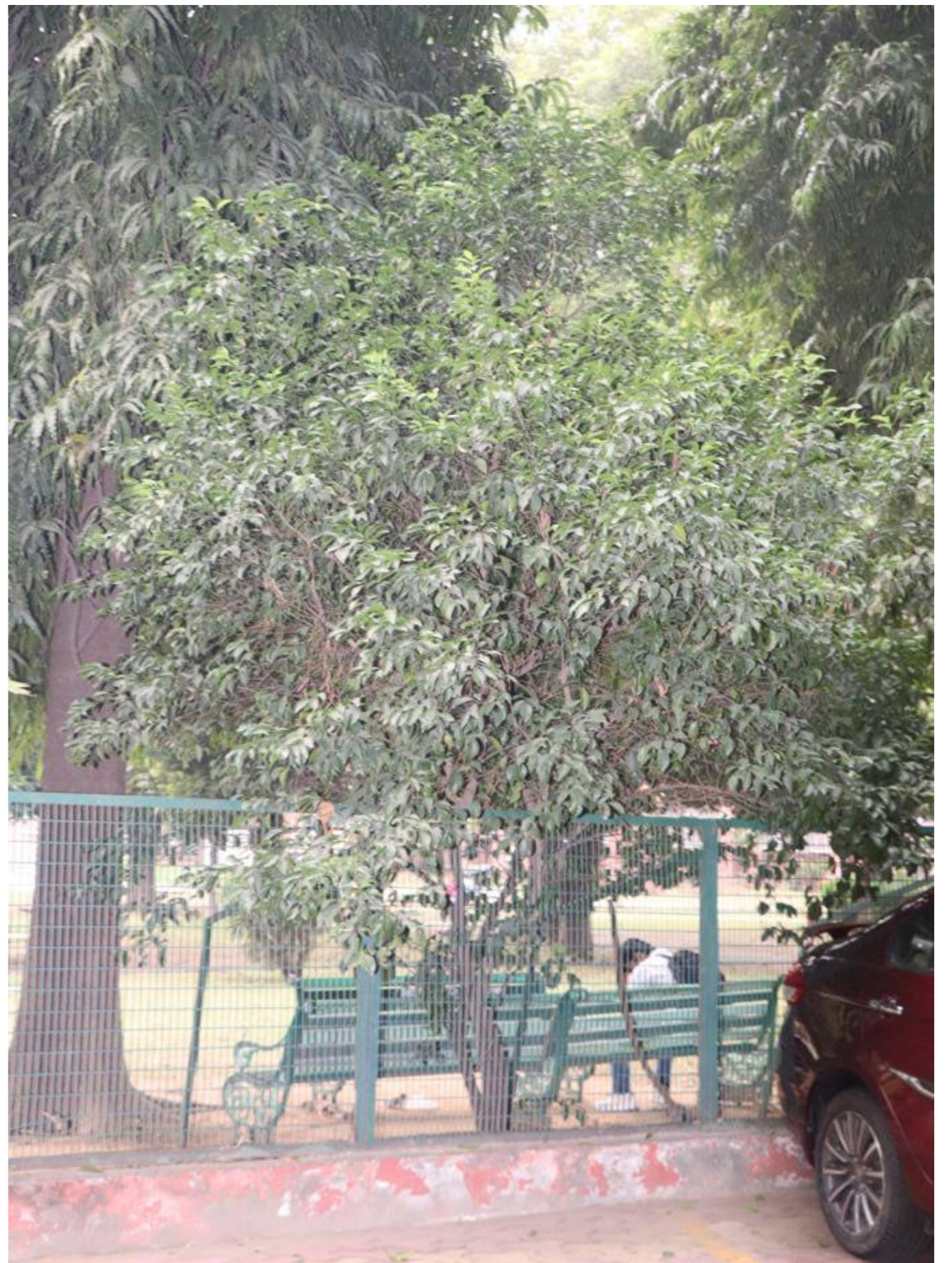
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### **Habitat**

*Citrus limetta*, thrives in subtropical and tropical climates, finding its natural habitat in regions characterized by warm temperatures and ample sunlight. This citrus plant prefers well-draining soils rich in organic matter, typically favoring sandy loam or loamy soils.

### **Properties**

This evergreen tree bears small, round, greenish-yellow fruits recognized for their refreshing taste and high vitamin C content. The fruit's peel contains aromatic oils used in perfumery and flavoring. Rich in antioxidants, vitamins, and minerals, mosambi fruit is celebrated for its potential health benefits, believed to aid in digestion, boost immunity, and promote overall well-being.





# from this encyclopaedia...

**Ambassador of Green Campus Society “Hirav”** of Ram Lal Anand College has created this encyclopaedia, With this They would like to provide information about the vegetation of the campus.

- Creating a green campus is an important step towards a more sustainable future.
- By implementing sustainable practices and reducing our carbon footprint, we can protect our environment, conserve resources, and improve our overall well-being.
- From renewable energy sources to eco-friendly transportation options, there are many ways that universities and colleges can work towards creating a more sustainable campus.
- Additionally, educating students, faculty, and staff about the importance of sustainability can create a culture of environmental responsibility that extends beyond the campus and into the wider community.
- While there is still much work to be done, the progress made towards creating green campuses is encouraging and provides a blueprint for a more sustainable future.