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Parvatibai Chowgule College of Arts and Science

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Best affiliated College-Goa University Silver Jubilee Year Award

## Botany Departmental Newsletter



### ATMANIRBHAR GOYY



Dr. Uma Masur has been appointed as Co-ordinator for the village sustainability plan (DHE) for Curtorim Village. Due to COVID -19 Pandemic, the economy is low and economic crises are foreseen. In view of this, Government of Goa along with selected colleges is exploring the livelihood opportunities for the people of Goa through proper research. Ms. Amisha Pednekar is also a member from the Botany Department for this project. Dr. Uma Masur and Ms. Amisha Pednekar had earlier carried out the socio-economic survey of the Curtorim Village.

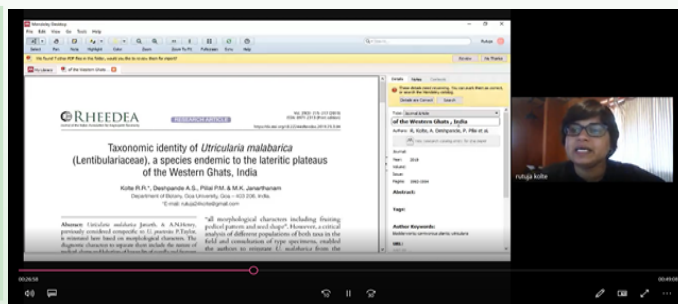
### INSA FELLOWSHIP TO DR. S.G. SANKHALKAR



Dr. Sangeeta Gurudas Sankhalkar, Professor, Department of Botany has been awarded the Indian National Science Academy (INSA) visiting scientist fellowship 2020 -2021 to conduct research at the reputed Institute/University. Dr. Sankhalkar has also been recently recognized and promoted as professor by the department of Higher Education. (Source: <https://www.navhindtimes.in/2020/08/23/goanews/sangeeta-sankhalkar-awarded-insa-visiting-scientist-fellowship>)

### WEBINAR ON MENDELEY REFERENCE MANAGER

Department of Botany organized e-training webinar on "**Mendeley Reference Manager**" on Wednesday 30<sup>th</sup> September 2020. The main focus of this e-training was to help the final year students sort and organize their (T.Y.B.Sc. project) references in a more systematic manner.



#### Rutuja Kolte explaining Mendeley to the participants

The training was attended by a total of 66 participants including Life Science faculty and final year students of Life Sciences. Ms. Rutuja Kolte, Research Scholar, Department of Botany, Goa University was the Resource Person.

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## WINNERS OF BUSINESS PLAN COMPETITION!!

Innovation and Incubation Cell (IIC) of Parvatibai Chowgule College had organized a **Business Plan Competition under IPR Cell, Goa State Council of Science and Technology Scheme** to invite innovative business models from students. **Ms. Yukta Kurtarkar and Ms. Shreya Naik** won the first place at this competition.



Ms. Yukta  
Kurtarkar

Ms. Shreya  
Naik

The students had attended a **certificate course on Herbal Cosmetology which was organized by the department of Botany**, Parvatibai Chowgule College of Arts and Science (Autonomous) Margao, Goa, where the two learnt the skills necessary for starting this little entrepreneurial journey. They expressed their gratitude towards the Botany department and the course teacher Ms. Gargi Lotlikar.

While speaking to us, Ms. Yukta said, “Most of the beauty products contain chemicals which are detrimental to the skin or hair. Hence, nowadays, everybody wishes to use beauty products free of any chemicals and its side effects. This is exactly what herbal products provide. However most herbal products are a little pricey. Hence, with the knowledge and the skills that we gained at the herbal cosmetology course we tapped the fact that there is a lack of affordable herbal products. We decided that it would be an amazing business idea to provide the herbal products at reasonable rates”.

Ms. Yukta added, “We did experience a few hiccups in our journey. Packaging and delivery of items were the two major issues that we encountered. The packaging, if presentable, was expensive which caused our products' prices to climb, thereby giving rise to reduced sales. Also, delivering products to every single location wasn't possible. We are working of this”.

“We always try to improve our products according to the needs of the customer. It feels great when we see positive response from the people who like our products and when we go through the comments and responses. Also, the negative responses encourage us to do better and improve our products’, Yukta said very positively.

## Faculty Participation

### Dr. Uma Masur

- Three days online workshop on “DNA Taxonomy and Phylogeny” conducted by Satyabhama Institute of science and Technology, Chennai from 21-23 May 2020
- Three days online workshop on "Real time PCR for Gene Expression and Pathogen Detection" conducted by Satyabhama Institute of science and Technology, Chennai from 6-8 July 2020
- Reviewer for Journal— Dr. Uma Masur has reviewed an articles in *International journal of life science and Pharma Research* ([www.ijlpr.com](http://www.ijlpr.com)) since 2019.
- Appreciated for: Dr. Uma Masur was played the role as an Evaluator of Story/Poster/Photo/Video section of entries received for competition “Me and my Environment: A lockdown experience” organized as a part of World environment day 2020 celebration.

## Faculty Participation

### **Ms. Amisha R. Pednekar**

Participated in:

- 'Use of Elsevier Tools for developing Research Workflow and Academic Writing' organized by the Directorate of Higher Education, Goa in collaboration with ELSEVIER on 18th May 2020.
- 'Costa Rica- a biodiversity hotspot' organised by Botany department, R.D. & S.H. National College and SWA Science College, Mumbai on 25th May 2020.
- Amisha Shirodker Pednekar participated in the Webinar Antiviral Marine Macroalgae Sulfated Polysaccharides to Boost Immunity As Well As Active against Respiratory Infections organised by the PG & Research Department of Botany, V.O.Chidambaram College on 27.05.2020
- Participated in Webinar on Mangrove Forest and Human Security organized by Mangrove Society of India on World Mangrove Day, 26<sup>th</sup> July 2020.
- Attended a National Webinar on e-learning, e-content and copyrights on 27th August 2020, organised by Government College, Karwar in association with GAD Teaching Learning Centre, SGTB Khalsa College, Delhi University.

### **Ms. Divyarani Revankar**

Participated in a total of 17 webinars, best ones mentioned below:

- 'Biodiversity Conservation with Special Reference to Agrobiodiversity' organised by the PG & Research Department of Botany, V.O.Chidambaram College on 04.06.2020
- 'Bioprospecting of Medicinal Plants: Challenges and Opportunities' organised by the PG & Research Department of Botany, V.O.Chidambaram College on 03.06.2020
- 'Costa Rica- a biodiversity hotspot' organised by Botany department, R.D. & S.H. National College and SWA Science College, Mumbai on 25th May 2020.
- 'Use of Elsevier Tools for developing Research Workflow and Academic Writing' organized by the Directorate of Higher Education, Goa in collaboration with ELSEVIER on 18th May 2020.
- "IP Protection through patents, copyrights and trademarks organized by 'Technology Information Forecasting and Assessment Council (TIFAC), Govt. Of India, New Delhi in association with Goa State Council of Science and Technology, Saligao Goa from 23rd to 26th June 2020.

### **Jocelyn Makasare**

- 2 international webinars:
- International Webinar on "Hybrid E-Teaching Tools: Classroom around the world" organised on 16th June 2020 by IQAC & Department of B.A.F & B.F.M, L.S. Raheja College of arts and Commerce, Santa cruz, Mumbai.
- Two days International Webinar on "Wildlife Conservation: an insight into effects of COVID-19 pandemic". organised on 1st and 2nd July 2020 by Dhempe college of Arts and Science, Miramar, Panaji, Goa.
- 8 national webinars, Best two have been mentioned below:
- "Costa Rica: A biodiversity hotspot" organised on 25th May 2020, by R.D.& S.H National College and S.W.A. Science College, Mumbai.
- "Scope for the utilization of herbal medicines for human health in COVID-19 like scenario" organised on 29th May 2020 by V.O. Chidambaram College, Thoothukudi.
- Has also completed an online course on "Exploring Google Products" conducted from 16th June to 18th June 2020 by the Department of BSc IT, L.S. Raheja College of Arts and Commerce, St. Cruz, Mumbai.

## STUDENTS' ARTICLES

### PLANT A PLANT

Amidst the crisis of the pandemic, a lot of us indulged in taking care of ourselves and trying out home remedies to boost our immunity. Preparation of medicinal tonics to a healthy diet, the vital ingredient is the plant part.

Planting plants is the best thing one can do! Try growing some medicinal plants. Here's a look at some of the medicinal plants.

*Ocimum sanctum* popularly known as **Tulsi**, it is the 'holy basil'. In the Indian language of Sanskrit, Tulsi means 'incomparable one'. According to Ayurveda, Tulsi is called as the "Mother medicine of nature" and "The Queen of herbs" and is reserved as an "elixir of life". Its uses are recommended as a first aid in the treatment of respiratory, digestive and skin diseases. Tulsi's broad spectrum antimicrobial activity, includes activity against pathogens, suggests that it can be used as hand sanitizer, mouthwash and water purifier. Chew some Tulsi leaves for added benefit.

*Garcinia indica* locally called **Bhirand**, **Sola** or **Kokum** is an ancient fruit which is widely consumed in the form of sarbat in a western ghat of India. The health benefits include anti-cancer activity, anti-oxidant activity, anti-obesity activity, anti-ulcer activity, anti-fungal activity, anti-hyaluronidase, anti-elastase activity. Kokum helps reduce anxiety and depression and is also an immunity booster. Planting is normally done at the onset of monsoon and due care should be taken while planting. It thrives well in extreme rocky and good lateritic soil. Include kokum in your meals for added sour taste and for a strong immune system.

*Piper nigrum*, the **Black Pepper**, locally called **Miri**, is the king of spices due to its pungent principle piperine. Pepper has anti-microbial, anti-cancer, anti-oxidant, anti-inflammatory, hepatoprotective, anti-depressant, immune-modulatory, anticonvulsant properties. Way too much! Include pepper in your diet and concoction for better results!

The use of *Curcuma longa*, commonly known as **turmeric**, its rhizomes being the source of a bright yellow spice; *Zingiber officinale*, commonly known as **ginger**; *Syzygium aromaticum*, the aromatic flower buds of the plant, known as the **Cloves** are used for various medicinal applications. *Glycyrrhiza glabra*, also known as **licorice** or **sweetwood** or **Mulaithi** is used to cure respiratory disorders and in boosting immune system. Boiling all these ingredients together in water, will make your immune system strong and healthy.

Plant a plant, or some plants, for it is the best, gift to gift yourself, as they are the only one, who gives you what you crucially need. Keep Going, Keep Growing!  
-Srujana Naik, SYBSc, Botany.

#### EDITORIAL TEAM:

##### Teacher in-charge:

Amisha R. Pednekar

##### Student Participants from S.Y.B.Sc. Botany Major:

Srujana Naik,

Asmeeta Chari

The opinion and news appearing herein are those of the editors and not necessarily those of Principal or The Management.

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