



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Nature of Activity	One Day State Level Seminar "The Green Cure: Discovering the Power of Medicinal Plants"
Date/Duration	24th February 2026, Full Day
Venue	Seminar Hall, St. Xavier's College, Mapusa Goa
Name of Organizing Department/Cell	The Department of Botany, St. Xavier's College Mapusa, Goa
In Collaboration with	-
Name/s of Faculty Co ordinator	<ul style="list-style-type: none"> • Convenor - Prof. Maria Fonseca • Registration Committee: Dr. Suraksha Dongrekar and Dr. Wendy Martins • Compere: Dr. Maria Augusta D'Souza • Invocation Song Coordination: Dr. Seema D. Fernandes • Poster Competition In-charge: Dr. Harshala Shetgaonkar • Brochure and Certificates: Dr. Suraksha Dongrekar • Seminar Report Writing: Dr. Seema D. Fernandes • Photography: Dr. Seema D. Fernandes and Dr. Harshala Shetgaonkar • Stage Decoration Committee: Ms. Sabina Sales, Dr. Maria Augusta D'Souza and Dr. James D'souza. • Technical Support: Dr. James D'souza. • Refreshments Committee: Mr. Conceicao De Souza and Dr. Maria Augusta D'Souza
Stratum of Event	One Day State level Seminar
Name & details of Resource Person/s if any	<ol style="list-style-type: none"> 1. Dr. Nitin Ujjaliya, Associate Professor and Head, Department of Dravyaguna at All India Institute of Ayurveda, Dhargal, Pernem, Goa. 2. Prof. (Dr.) Sangram Keshari Das, Professor and Head of the Department of Dravyaguna Vigyan (Pharmacology and Materia Medica) from Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. 3. Prof. (Dr) Bishnupriya Mohanty, Professor and Head of the Department of Dravyaguna Vigyan (Pharmacology and Materia Medica) from Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa.
Report	Objective: The seminar aimed to promote awareness of medicinal plants, highlight Goa's biodiversity and integrate traditional knowledge with modern research while encouraging academic interaction. It emphasized the therapeutic value of culinary plants and herbal formulations. Covering interdisciplinary aspects of botany, Ayurveda, and

sustainability, it enhanced understanding of plant-based healthcare, encouraged research and innovation, and strengthened awareness of conservation and sustainable utilization of plant resources.

Brief Description:

The Department of Botany, St. Xavier's College Mapusa, Goa, organized a **One Day State Level Seminar titled "The Green Cure: Discovering the Power of Medicinal Plants"** on **24th February 2026**.

The programme began with an invocation song, "**Patto Ne Kaha, Bundo Ne Suna,**" followed by the **watering of a plant**, a symbolic gesture conveying the message of preserving and protecting the environment. The dignitaries present on the dais were the Principal **Ursula Barreto**, the Administrator **Fr. Antonio Salema**, the Chief Guest **Dr. Nitin Ujjaliya**, Associate Professor and Head of the Department of Dravyaguna at All India Institute of Ayurveda, Dhargal, Pernem, Goa, and the Head of the Department of Botany, **Prof. Maria Fonseca**.

The gathering was addressed by College Administrator Fr. Antonio Salema and Officiating Principal Ursula Barreto, who appreciated and praised the Convenor and the Department of Botany for organizing the seminar. The Convenor of the seminar and Head of the Department of Botany, Prof. Maria Fonseca, addressed the gathering and briefly highlighted the key objectives and schedule of the seminar.

Session I

The first session began at **10:00 a.m.** **Sabina Sales** introduced the keynote speaker **Dr. Nitin Ujjaliya**, Associate Professor and Head, Department of Dravyaguna at All India Institute of Ayurveda, Dhargal, Pernem, Goa. The speaker was welcomed with a **potted plant** by the Principal.

Dr. Nitin Ujjaliya delivered a talk on "**Our Green Pharmacy: Goa's Legacy and Global Promise.**" He highlighted how Goa has preserved a rich heritage of medicinal plants and traditional healing systems rooted in **Ayurveda and local knowledge**. From ancient forest remedies to coastal herbal practices, Goa's biodiversity has nurtured natural cures passed down through generations. Today, this green legacy positions Goa as a promising contributor to global wellness, herbal medicine, and sustainable healthcare solutions. By blending tradition with modern research, Goa stands as a bridge between indigenous wisdom and the world's growing demand for natural therapies.

Session II

The second session began at **11:15 a.m.** **Dr. Seema D. Fernandes** introduced the speaker **Prof. (Dr.) Sangram Keshari Das**, Professor and Head of the Department of Dravyaguna Vigyan (Pharmacology and Materia Medica) from Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. The speaker was welcomed with a potted plant by **Dr. James D'Souza**.

The speaker delivered a talk titled "**Beyond the Curry Leaf:**

Hidden Therapeutics in Culinary and Common Plants.” He emphasized that everyday culinary plants provide therapeutic benefits beyond flavor. Plants such as **curry leaves, turmeric, ginger, and garlic** possess anti-inflammatory, antioxidant, and antimicrobial properties. These plants contribute to preventive healthcare by promoting heart health, immunity, and gut balance. Traditional systems such as **Ayurveda** emphasize the concept of food as medicine, a principle increasingly supported by modern scientific research.

Session III

The third session began at **2:30 p.m.** after lunch. **Dr. Suraksha Dongrekar** introduced the speaker **Dr. Bishnupriya Mohanty**, MD (Samhita), PhD (Fundamental Principles), Professor and Head of the Department of Fundamental Principles at Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda, Goa. The speaker was welcomed with a potted plant by **Dr. Seema D. Fernandes**.

Dr. Bishnupriya Mohanty delivered a session on **“Herbal Formulations in Practice: Decoctions, Infusions and Extracts.”** She explained how herbal formulations such as decoctions, infusions, and extracts help maximize the therapeutic value of medicinal plants by efficiently extracting active compounds. These preparation methods allow tailored treatments, ensuring appropriate strength, dosage, and effectiveness for different health conditions. Rooted in traditional systems such as **Ayurveda**, these practices preserve centuries of knowledge in natural healing. Their continued use bridges traditional wisdom with modern phytotherapy, promoting safe, accessible, and plant-based healthcare solutions.

Poster Competition

A total of **47 participants** from various colleges and institutes across Goa attended the seminar. **Eleven participants** presented their research work in the **poster competition**.

- **First Place:** Dr. Neha Pandey
- **Second Place:** Maria Danche, All India Institute of Ayurveda, Dhargal, Pernem, Goa
- **Third Place:** Gayatri Marathe and team from Government College of Arts, Science and Commerce Khandola, Goa

Valedictory Function

The **valedictory function** was graced by **Dr. Emilia Mascarenhas**, retired faculty member of the Department of Botany. The seminar concluded with appreciation and congratulations to all the Botany faculty members and the organizing committee: Ms. **Sabina Sales**, Mr. **Conceicao De Souza**, Dr. **Wendy Xavier**, Dr. **Maria D’Souza**, Dr. **Suraksha Dongrekar**, Dr. **Harshala Shetgaonkar**, Dr. **James D’Souza**, and Dr. **Seema Dessai Fernandes**, along with the non-teaching staff **Mr. Manuel Cruz**, **Mr. Regi Rodrigues**, and **Ms. Patricia Fernnades**, for their dedicated efforts in making the seminar a successful event.

Organizational Roles:

- **Registration Committee:** Dr. Suraksha Dongrekar and

	<p>Dr. Wendy Martins</p> <ul style="list-style-type: none"> • Compere: Dr. Maria Augusta D’Souza • Seminar Report Writing: Dr. Seema D. Fernandes • Invocation Song Coordination: Dr. Seema D. Fernandes • Poster Competition In-charge: Dr. Harshala Shetgaonkar • Brochure and Certificates: Dr. Suraksha Dongrekar • Photography: Dr. Seema D. Fernandes and Dr. Harshala Shetgaonkar • Stage Decoration Committee: Ms. Sabina Sales, Dr. Maria Augusta D’Souza and Dr. James D’souza. • Technical Support: Dr. James D’souza. • Refreshments Committee: Mr. Conceicao De Souza and Dr. Maria Augusta D’Souza <p>The event was coordinated by the Head of the Department of Botany and Seminar Convenor Prof. Maria Fonseca, with support from non-teaching staff Mr. Manuel Cruz, Mr. Regi Rodrigues, and Ms. Patricia Fernandes.</p> <p>Outcome: One Day State Level Seminar was highly informative, engaging, and successful, providing valuable insights into the importance of medicinal plants and their role in sustainable healthcare.</p> <p>Number of Beneficiares: 47 participants</p>
<p>Brochure/Poster</p>	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2026/05/brochure-of-One-Day-State-Level-Seminar-The-Green-Cure-Discovering-the-Power-of-Medicinal-Plants.pdf</p>
<p>Photographs</p>	<p>https://xavierscollegegoa.ac.in/wp-content/uploads/2026/05/Photos-of-One-Day-State-Level-Seminar-The-Green-Cure-Discovering-the-Power-of-Medicinal-Plants.pdf</p>
<p>List of participants with signatures.</p>	<p>NA</p>
<p>Certificate</p>	<p>NA</p>

