



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2026-27

Name of Activity	Heritage in a Herb: Exploring traditional medicinal plants
Date/ Duration	Date: 27 th July 2026 Time: 08.45 a.m. - 9.45 a.m.
Venue	St. Xavier's College, Mapusa
Name of organizing Dept.	Department of History
In collaboration with	
Name/s of Faculty Co ordinator	Mr. Amey J. Joshi
Stratum of Event	College Level
Name & details of Resource Person/s if any	Mr. Amey J. Joshi
Report	Organized by the Department of History, "Heritage in a Herb: Exploring Traditional Medicinal Plants" is an interactive departmental session designed to highlight the historical, domestic, and therapeutic significance of commonly used herbs and spices such as Tulsi, Neem, Amla, and Ginger. The event grounds students in their living heritage, demonstrating how generational healing practices and botanical wisdom form an essential, sustainable part of our cultural identity. Objectives: Identify and classify native flora: Recognize key traditional medicinal plants (such as Tulsi, Neem, Amla, and Aloe Vera) along with their botanical nomenclature and therapeutic properties. Trace historical healing systems: Understand the evolution of traditional and indigenous medical systems (such as Ayurveda and folk remedies) within regional and Indian history. Contextualize environmental heritage: Analyze how local plant biodiversity intersects with cultural traditions, folklore, and domestic heritage. Document ethno-botanical knowledge: Learn how to record and document oral traditions, household remedies, and indigenous practices related to herbal wellness.

	Connect interdisciplinary concepts: Bridge the disciplines of environmental science, botany, and sociocultural history to build a holistic perspective on local heritage. Outcome: Identify key medicinal species: Distinguish and name prominent medicinal herbs and spices (such as <i>Ocimum sanctum</i>, <i>Azadirachta indica</i>, and <i>Phyllanthus emblica</i>) by their botanical and common names. Explain historical healing contexts: Articulate how indigenous communities historically integrated natural flora into primary healthcare, diet, and traditional wellness traditions. Define cultural ecology: Describe the tangible connection between local biodiversity and intangible cultural heritage, including folklore and generational domestic practices.
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Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2026/09/images-of-Heritage-in-a-Herb-Exploring-traditional-medicinal-plants-.pdf
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Certificate	NA