

Best Practice-I

- 1) Title of the Practice:** Conservation and collection of wild vegetables.
- 2) Goal:** To study and document the traditional knowledge of wild vegetable plants in Maharashtra.
- 3) Context:** Nature has lots of miracles. It is knitted with different shades of colours and variety of medicinal plants. Plants blossom in the beginning of rainy season. Without bowing seeds different types of wild vegetables grown on mountains and in forest. Wild vegetables are nature's gift for us. In tribal region people eat wild vegetables as their food. These vegetables are good in taste and have their own medicinal values.

It has been observed that the traditional knowledge on wild vegetable plants is sharply declining. Unless special efforts are made to educate the younger generation about the importance, the medicinal plants may get lost in near future. The study of the medicinal plant can contribute significantly not only to the developed society but also improve food security in tribal areas as these plants are good sources of required nutrition for health.

- 4) The Practice:** The collection of wild vegetable plants is the main task of this practice. To collect the medicinal plants and their medicinal value, a State level competition by the Department of Botany was organised. The information regarding the competition was spread through students in the nearby area. For the publicity pamphlets were distributed, the competition details were published in the State newspaper. To get maximum participation local cable network was also used. It was open for all age groups with good knowledge of wild vegetables. As a result 150 contestants including 78 women and 72 students participated in the competition with their recipes of the wild vegetables. The contestants give detail information about the medicinal value of the plants also. After the examination of the plants and their recipes winners were declared. Winner participants were given certificates with cash prizes 5000, 3000, 2000 and 1000 respectively to First, Second, Third and consolation. These prizes were sponsored by Mrs. Shwetatai Mahale, Chairperson, Woman and Children Welfare Cell, Zilla Parishad Buldana, Mrs. Priyatai Bondre, President of Municipality, Chikhali and Mrs. Rekha Deshmukh, Jayshree Traders, Chikhli.
- 5) Evidence of Success:** In this State level competition 150 contestants participated with 75 different varieties of Wild vegetables. Participants explained its medicinal and nutritional values. Traditional knowledge about these wild vegetables was collected and documented. Mrs. Rahibai Soma Popere, well-known as Mother of Seeds guided about the nutritional value of the plants and the process to conserve the seeds.
- 6) Problems occurred and resources required:** The main challenge is to find and identify the wild vegetables. It is very tedious work to find and collect the wild vegetables in stipulated period because most of the wild vegetables are available in monsoon season only. As an attempt, first we visited the local people who have good knowledge of wild vegetables. Students from different villages also collected these plants and its information from local farmers.

Best Practice-II

- 1) Title of Practice:** Physiochemical analysis of water sample in Chikhli region to find out drinking water quality.
- 2) Goal:** to caution people about different water bound diseases and contamination of water with harmful chemicals.
- 3) The Context:** water plays important role in the maintenance of human health. Now a day nothing is left uncontaminated. Water contamination is a serious problem in our country. Almost all surface water resources and ground water reserves are contaminated by biological, toxic metals, organic and inorganic pollutants. The contaminated water causes dysentery, kidney stone, jaundice, cholera and amoebiosis etc. therefore it is must to check drinking water before making it available for people. It is also the responsibility of all to know the different water contaminants and their effect on human health.
- 4) The Practice:** the drinking water samples are collected from different water recourses from Chikhli region such as bore well water, tap water and water reserves such as dams and rivers. Physiochemical parameters of the collected water such as hardness of water, pH, TDS, alkalinity, chlorides and fluorides are checked.

After analysis the people are informed about water quality which they use as drinking water. The concerned teacher discussed the WHO guidelines for drinking water with the people.

- 5) Evidence of Success:** As a result of this practice, people became aware about water bound diseases and the chemical contaminants. Every year minimum 15 samples are analysed and the concerned people are informed about the quality of drinking water.

Problems encountered and resources required: as the students are unaware about methods of sample collection from different water resources, they were trained before water sample collection. The equipment's required for analyses of water are digital pH meter, digital conductivity meter, TDS analyser and required chemicals.