





Activities & Achievements of

State Medicinal Plants Board - Mizoram

Activities Performed

Awareness campaign of "National Campaign on AMLA"









Field visit & capacity building to Aloe Vera and Herbal Grower Society

Keifang Aloe Vera & Herbal Grower Society













Conduct training for Cultivators on field site & Planting medicinal plants on roadside.













Developed IEC Materials, Pamphlets, T-Shirt, Key ring for distribution.















Banners & Hoarding Display on Public Places







Natna benvawn laka i fihlim theih nân
Ramhnim Damdawi hi ei thin la,
i lo dam rei dawn nia.

Ramhnim Damdawi hi natna tinrêng tâna
tha leh rintlâk tak a ni.

Issued by:
STATE MEDICINAL PLANTS BOARD (SMPB)
Bungkawn, Alzawi Mizoram.







"LAUNCH OF NATIONAL CAMPAIGN & NATIONAL SEMINAR ON MEDICINAL PLANTS"











Activities Performed : "MEGA EVENT – DESTINATION NORTH – EAST 2017"















Activities Performed : "7th WORLD AYURVEDA CONGRESS & AROGYA EXPO"

→ Opening Exhibition stall and showcasing traditional medicines of Mizoram.
Exposing Medicinal plants of Mizoram.













<u>Activities Performed</u>: One Day Seminar on quality control of Herbal

⇒ "LAUNCH OF NATIONAL CAMPAIGN & NATIONAL SEMINAR ON MEDICINAL PLANTS"













<u>Activities Performed</u>: One Day Seminar on quality control of Herbal

⊃ Dr. C. Lallunghnema (Expired) First Chief Executive Officer of State Medicinal Plants Board – Mizoram with staff's at the campaign.











Activities Performed : Seminar on Local medicine practitioner's and cultivators

→ Doctors from AYUSH & technician from Drugs testing Laboratory & SMPB made presentation for the farmers & local medicine practitioners











Activities Performed : Seminar on Local medicine practitioner's and cultivators

→ One Day Seminar on Preparation of Traditional Medicines SMPB Mizoram (Consultant) and scientific officer (DTL) attended as Resource person.









Activities Performed : Awa

: Awareness Campaign on Medicinal Plants

⇒ Awareness Campaign jointly organized with Group YMA South Khawlek, Lunglei District for engage with NGO on Medicinal plants conservation and plantation









Activities Performed : State Medicinal Plants Board, Executive Body Meeting











<u>Activities Performed</u>: Awareness Campaign On Medicinal Plants regarding Amla processing and plantation Awareness Campaign jointly organized with Group YMA on medicinal plants conservation and plantation











Seminar conducted for creating awareness for the usage of medicinal plants and sensitization the participants for the conservation of medicinal plants available in the wild at Mizoram.





Activities Performed

Awareness Campaign on Medicinal Plants Presentation & Speech delivered by CEO SMPB & Dy. Director AYUSH Mizoram regarding Medicinal Plants conservation and cultivation.











Free Clinic by AYUSH & Awareness Campaign on Medicinal Plants Plantation at School level. AYUSH Free medical check – up for students by AYUSH Doctors and CEO SMPB Awareness campaign on medicinal plants, conservation and plantation of Middle School level.











Quiz competition 2017 for Middle School Level on Awareness campaign on Medicinal Plants













SMPB organised Seminar on various Medicinal plants available in Mizoram, their uses and conservation of such plants which were attended by NGOs called MHIP (Group of Women organization of Mizoram).





Activities performed:

Awareness Campaign on 'Conservation Development & importance of Medicinal Plants at 7 district



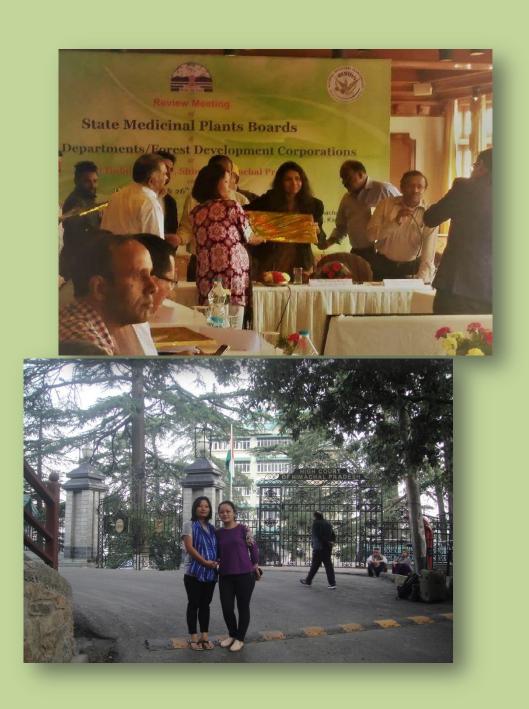








SMPB organised Seminar on various Medicinal plants available in Mizoram, their uses and conservation of such plants which were attended by NGOs









<u>Activities Performed</u>: Training on Geo-Tagging

Attended Training Programme conducted by National Medicinal Plants Board

(NMPB) for field officer's to start Geo-Tagging of various assets / project of National

Medicinal Plants Board (NMPB) using Bhuvan e – HERBS mobile application and

web portal held on 13th August 2018 at AYUSH Bhavan, New Delhi with the

collaboration of NRSC (ISRO) Hyderabad. From State Medicinal Plants Board –

Mizoram, K. Lalawmpuia Project Supervisor attended the training programme for field

live demonstration of Bhuvan e – HERBS.











Hoarding Display

(As per Aizawl Municipal Corporation (AMC))

Activity / Component : Publicity / Printing









Monitoring Medicinal Plants Cultivation Site of North Vanlaiphai (Serchhip District)

⇒ Monitoring Site Of M.F. Medicinal Plants Society N. Vanlaiphai, Serchhip District











Monitoring Small Nursery Of Medicinal Plants at Sihhmui (Aizawl District)

→ Monitoring Site Of Small Nursery, Sihhmui, Aizawl District















<u>Activities Performed</u>: Technical Screening Committee SMPB









Monitoring Medicinal Plants Cultivation Site of Kudam Kawn (Beneficiary)

→ Monitoring Site Of Ramlai Society for Traditional Medicines Serchhip, Serchhip District.











Monitoring Medicinal Plants Cultivation Site of Keifang (Beneficiary)

→ Monitoring Site Of Keifang Medicinal & Herbal Grower's Society, Aizawl District











Monitoring Medicinal Plants Cultivation Site of Kawnpui (Beneficiary)

⇒ Monitoring Site Of Kanaan Farming Society, Kawnpui, Kolasib District











Activities Performed : Vi	ideos of Success Stories
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→ Videos of success stories prepared on Compact Disc (CD)







<u>Activities Performed</u>: Training & Awareness cum Buyers/Sellers Meet

During the 28th & 29th May, 2019 training for farmers, buyers and sellers and interested persons was conducted at Chanmari YMA Hall, Aizawl. Approx. 100 farmers along with few other interested persons attended the programme.











<u>Activities Performed</u>: Setting up of Small Nursery at Mizoram University-

◆ A small nursery is set up at Mizoram University Campus under the supervision of Department of Horticulture, Aromatic and Medicinal Plants, Mizoram University.











<u>Activities Performed</u> : Setting up of Model Nursery at Sairang –

◆ A model nursery for medicinal plants is being constructed at Sairang under the supervision of Environment, Forest & Climate Change Department, Govt. of Mizoram.













Activities Performed: Storage godown constructed at Kudam Kawn, Serchhip

⇒ A storage godown for medicinal plants farmers is being constructed at Serchhip.



⊃ Storage Godown under construction at Kudam Kawn, Serchhip

Rural Collection Centre at Lungrual Zau, Serchhip -

⇒ A collection centre for medicinal plants farmers is being constructed at Serchhip.





Rural Collection Centre under construction at Serchhip







Cultivation of Medicinal Plants -

Medicinal Plants viz., Amla, Cinnamon and Sarpagandha are cultivated at different districts through selected beneficiaries. These beneficiaries are –

- **⇒** Kanaan Farming Society
- **⇒** Sihphir Cooperative Farming Society
 - ⇒ MF Medicinal Plants Society
- ➤ Keifang Medicinal & Herbal Growers Society
 - ⇒ Ramlai Society for Traditional Medicine





⊃ Few locations of medicinal plants cultivation







Convergence with SPMRM project –

→ Under Shayma Prasad Mukherjee RuRban Mission, convergence was made for cultivation of medicinal plants at two RuRban Clusters – Khawzawl RuRban Cluster and East Lungdar RuRban Cluster. Homalomena aromatica and Cinnamomum verum were cultivated.

The State Medicinal Plants Board conducted training for the beneficiaries as well as assists the cultivation and also distributed planting materials for the cultivation.





Training at East Lungdar RuRban Cluster



⊃ Training at Khawzawl RuRban Cluster







Seminar cum training programme on conservation and development of medicinal plants







National Campaign On

tinospora cordifolia

'amrita for life'









<u>Activity / Component</u> Inauguration of National Campaign on *Tinospora cordifolia*

Activities performed

During the Executive Meeting of the State Medicinal Plants Board (SMPB) Mizoram, the Hon'ble Minister of Health & Family Welfare Department gracefully inaugurated the campaign in the presence of the members of the Executive Committee Members of SMPB.

Inauguration of "National Campaign on Tinospora cordifolia"









Activity / Component

Plantation of Amrita saplings at Government and private Institutions.

Activities Performed

Saplings of *Tinospora cordifolia* has been distributed and planted within a number of different Government and Private Institutions. These institutions include-

- 1) Mizoram University Campus, Aizawl Mizoram.
- 2) Central Jail Premises, Aizawl Mizoram.
- 3) Respective College Campus of Districts Capital.
- 4) Integrated AYUSH Hospital Campus, Thenzawl, Mizoram.
- 5) Mizoram Institute of Medical Education & Research (MIMER) Campus.
- 6) Anganwadi Centres.
- 7) Homestead Garden of various Homes.











Mizoram University Campus, Tanhril Aizawl



Integrated AYUSH Hospital, Thenzawl



Central Jail Premises, Tanhril





Higher And Technical Institute Mizoram Campus, Lunglei















Government Lawngtlai College





Government Saiha College







Activity / Component

A Brochure on *Tinospora cordifolia* in english and Local Language (Mizo) containing its medicinal properties and uses with coloured image of the plant printed and disseminated

Activities Performed

Brochures containing information about *Tinospora cordifolia*, its medicinal properties, uses, method of propagation etc. is printed both in English and local language (Mizo) is prepared. These brochures are distributed among farmers, within colleges, NGOs and also distributed during State Level One Day Workshop on *Tinospora cordifolia*.

Location

- 1) Schools.
- 2) Colleges.
- 3) Non Government Organisation. (NGO's)
- 4) Related Government Department Forest, Agriculture, Horticulture Department.
- 5) Farmer's, Medicinal Plants Cultivators..







Pamphlets distributed on Campaign in Local Language Front & Back page



CHIN DAN

A hrui zi ding tan hi a hrui upa deuh atanga lak tur an ia - Tan tawi atanga darkar 24 chhungin phun/chin tur an i. A chin/phun hma chu a tung/ding zawngin tulah a hrui tan tawi chanve hi chiah tur a ni. Hei hi lo/huan/ramah chin nghal theih a ni.

1 hectare atan a hrui ta<mark>n taw</mark>i 2500 vel mamawh anga chhut theih a ni. Tin, a chin/phun hma hian damdawi emaw th<mark>il</mark> danga enkawl hranpa a ngai lem lo.





te Medicinal Plants Board hi National Medicinal Plants Board hnuala state na Ramhnim damdawi ti changtlung a ruahmanna siam angin kum 2001 khan Mizoram-ah din a ni a, 2015

- * Ramhnim damdawi chinpun, humhalh, dah that leh khuahkhirh, lakkhawn leh sengkhawn * Ramhnim damdawi chingtute leh lakhawmtute nena thawhhona leh hmalakna buaipui * Ramhnim damdawi kan neihte tichangtung tura hmalakna hrang hrang siam

dunce tanpui india ramah hian Ramhnim damdawi hi hrang hrang tangkai takin hmasang atang khan hama né in i tawh thin ay, chutiangin Mizoramah pawh pipute hunial isang tawhin nasa takin kan hunial isang tawhin nasa takin kan hunial siang tawhin nasa takin kan mang khing an mang khang mang khang mang khang mang khang ang khang kha

Amrita for Life

Family - Menispermaceae Mizo Hming - Hrui Van Kai

A peng tangkaite - Zung (roots), kung (stem)

leh sub tropical hmunah te

- Species (chi hrang rang) 40 vel hi Africa, South East Asia leh Australia-ah te hmuh tur an rm a. Chutiang zing ami pathum te hi India ramah hmuh tur an awm a ni,

- Tinospora sinensis







Taksa venghimtu khawl a ti chak the hle a, natna hrang hrang enkawlna atan a tha hle a ni.

Thil huat (allergies) vanga har te pawh a ti ziaawm thei.

Chemical awmte

Pamphlets distributed on Campaign in English Language Front & Back page

PROPAGATION AND CULTIVATION
The plant is easily propagated by stem
uttings. It is perfectly suited and grows
uttings, it is perfectly suited and grows
uttings, it is perfectly suited and grows
aimed to grow on Neem tree, thereby it
supposed to possess more medicinal
virtue. It can also be grown by sowing,
seeds in monsoon, but the growth of
seedling is very slow as compared to
plants grown by cuttings.

The stem cuttings are sown directly in field. Cutting are obtained from olde stem with nodes. Cuttings should be own within 24 hours of their removal in the mother plant. Meanwhile, they ould be half-dipped in water vertically

out 2500 cuttings <mark>are required fo</mark> ntation in 1 hectare of land. No cific treatment is required before





Nature has blessed us with an array of amazing medicinal plants. Medicinal Plants can be used in many ways to improve overall bealth & wellness. Plants can give us the power to take control of our own health, so that we may be the best most vibrant version of ourselves!

Botanical Name-Tinospora cordifolia Miers Family - Menispermaceae
Common Name - Giloe, Guduchi

Mizo Name - Hruivankai
Part Used - Stem & Roots
Distribution - It is found throughout India especially Tropical and Sub-

Tropical Areas. es - The 40 species are distributed in tropical Africa, South East Asia and Australia of which 3 species have been recorded from India.





Tinospora cordifolia (Hruivankai) is one of the most highly valued and common herb in Indian System of Medicine. It has a rich

Action / Properties:
The stem is bitter astringent, omogenic, antispasmodic, anti-inflamory, antipyretic, digestive, carminative, ctorant, aphrodiriac, rejuvenating and



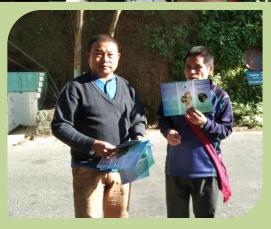




Pamphlets distributed on Public places by SMPB Official













Activity / Component

Hoarding bearing the various properties and uses of *Tinospora cordifolia* posted at prominent / significant locations.

Activities Performed

Hoardings, with information about *Tinospora cordifolia*, its medicinal uses, propertities and general importance are prepared. The hoardings are built using a steel frame structure and supported by a strong pole.

Location

- 1) New Secretariat Complex, Aizawl.
- 2) Roadside, Airport Road, Aizawl.
- 3) Integrated AYUSH Hospital Campus, Thenzawl, Mizoram.
- 4) Roadside, at Lunglei Road.
- 5) Roadside, way to Champhai Town.







Hoarding Display of the Campaign















Activity / Component

Display of *Tinospora codifolia* awareness message in local newspapers in Mizo and English

Activities Performed

Through newspapers viz. Newslink and The Frontier Despatch,
an article on *Tinospora cordifolia* is published.

This article is published in both English and local language (Mizo).

The article contains information about *Tinospora cordifolia*, its medicinal properties, general uses, information regarding its cultivation and harvesting etc.

It also displays the history behind the importance of the plant.







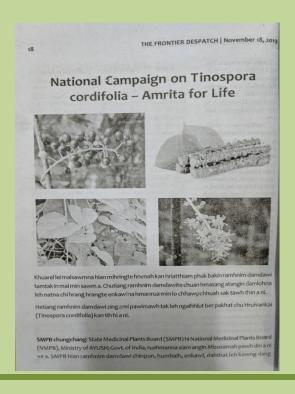
Article published of Awareness message in Newslink English Newspaper





Article published of Awareness message in The Frontier Despatch English Newspaper











Activity No: 6 **Activities Performed**

Posters and banners are displayed at different locations including all district hospitals and different co-located AYUSH facilities. Posters and banners are also displayed at the office of National AYUSH Mission and State Medicinal Plants Board, Mizoram.

Posters & Banners display



Campaign at Kolasib



AYUSH OPD, Civil Hospital Aizawl



AYUSH OPD, Kolasib





NAM Office, Bungkawn



AYUSH OPD, Mamit







Activity / Component State Level One Day Workshop on 'AMRITA FOR LIFE'

Activities Performed

State Level One Day Workshop on 'AMRITA For LIFE' was conducted in collaboration with Department of Horticulture, Aromatic & Medicinal Plants (HAMP), Mizoram University.

A number of farmers and students including Ph. D. Scholars attended the workshop. Resource persons from both HAMP and SMPB gave lecture sessions in regards to importance of *Tinospora cordifolia* and different technical and practical aspects in relation to its cultivation, harvesting, processing and marketing. More than 100 audiences were present during this workshop.



SMPB & MZU Official at MZU Auditorium









Resource person from SMPB & HAMP during lecture sessions









Activity / Component Painting & Drawing Competition for Middle School students

Activities Performed

SMPB Mizoram, in collaboration with Mizoram Middle School Teachers Association (MSTA) organized Painting & Drawing Competition for Middle School Students. During this event, students from 5 different Middle Schools participated. Where the event is conducted in two separate rooms, one for painting competition and the other for drawing competition. Students were given a sample of what is to be drawn and judgment is done by the officials. Prizes are given to the top 3 best artists and consolation prize is also provided to all the participating students.

Location

Dawrpui Comprehesive Middle School, Aizawl.

Participating schools

- 1. Dawrpui Middle School
- 2. Electric Veng Middle School
- 3. Model
- 4. Kulikawn Middle School







Gallery of the Painting & Drawing competition for middle school students















Activity Component

Live Discussion / Talk Show / TV Programme / Radio Programme on *Tinospora* cordifolia

Activity Performed

A programme for radio service was done at All India Radio using a "straight talk" for approximately 10 minutes, giving awareness about State Medicinal Plants Board, importance of medicinal plants in general and the important aspects of *Tinospora cordifolia* in regards to its medicinal value, its cultivation, harvesting etc.

Radio Programme at All India Radio (AIR) Aizawl









Training & Maintenance of E - Charak Mobile Applications & Web Portal for Medicinal Plants Cultivators, Societies instructed by Staff's of State Medicinal Plants

Board - Mizoram













AROGYA Mela 2020 @ Aizawl. Dy. Director, RCFC North Eastern Region interact with Medicinal Plants Cultivator's and State Medicinal Plants Board – Mizoram Officer's & Staff's performed different tasks









Development of Official website State Medicinal Plants Board – Mizoram

https://www.smpbmizoram.com/

at reputed firms of the State providing technology solutions to organizations.



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Hoarding display at various locations for promoting & Awaeness of Medicinal Plants & develop State Medicinal Plants Board – Mizoram Office Signboard











Published Pamphlets colour pages in Local Languages of 7 different Medicinal Plants species cultivated, awareness and knowledge for public interest and Medicinal Plants Cultivators















Eco-friendly (Bio-degradable) Banners/Posters display at different AYUSH OPD in

(Local & English Languages) for public interest.









Advertisement of Awareness messages on Medicinal Plants at 2 reputed news agency local daily newspapers for public interest









Conduct Training for registered societies & beneficiaries under



State Medicinal Plants Board-Mizoram







Training & Awareness on Medicinal plants at different districts,















World Environment Day 5th June 2020

Planting Medicinal Plants on Nursery site

