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**SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES AND  
TECHNOLOGY (SCTIMST)**

THIRUVANANTHAPURAM – 695 011, KERALA, INDIA

(An Institute of National Importance under DST ; Government of India)

(भारतसरकारकेअधीनएकराष्ट्रीयमहत्वकासंस्थान)

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## **“World Environment Day - 2022”**

**Director inaugurated ‘Tulsivan Ayush Udyan’ and ‘Kavu’ Urban Forest project**

Thiruvananthapuram:

Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST) today held a series of activities to mark the celebrations of World Environment Day, an initiative by Azadi Ka Amrit Mahotsav program committee.

Institute Director Prof.Sanjay Behari, inaugurated ‘Tulsivan Ayush Udyan’ in SCTIMST hospital wing and ‘Urban Forest unit’ named as ‘Kavu’ at Poojappura Biomedical technology wing campus.

'Plant trees, take care of the greenery around you and conserve the natural resources', appealed by Director Prof.Sanjay Behari during his environment day message, to the staff , students and bystanders gathered in hospital campus.

'Tulsivan ayush udyan', aims to conserve various herbal Tulsi species, create awareness about them, promote research, and link them with livelihood of common people, as an initiative of Ayush wellness yoga clinic. Tulsivan Ayush Udyan' contains many species of tulsi, including Rama Tulsi, Shyam tulsi, Van tulsi, Kapoor tulsi, Lemon Tuli, Masala Tulsi, Pepper Tulsi, Ayamothaka Tulsi, Manjal Tulsi etc. This unique udyan showcasing the rich diversity of the tulsi, a herb with religious, spiritual and medicinal significance and considered sacred by communities across the world.

Scientific studies present evidence for herbal Tulsi's anti-inflammatory, antioxidant, analgesic (pain-reducer), antipyretic (fever-reducer) and immune-booster properties, says Prof Sanjay Behari. He, stressed for a team to take initiative and manage nature conservation projects in Institute, flagged off 'Back to nature club' for staff and students. Director also advised the retired staff to plant a tree or herb in campus with their name board as a gift to the nature.

"OnlyOneEarth theme is an effort to highlight our herbal traditions, eco-friendly culture and sustainable utilisation of biodiversity, a gift to the world by cultural India," says Administrative Medical Officer Dr.Manju R during her welcome speech.

Sri Santhosh, Indian Red Cross Society Thiruvananthapuram District Secretary, participating as the 'Chief guest' of this programme enlightened the audience on various on-going projects of Indian Red cross. He also offered various services like running a 'Janoushadi' medical store, Help desk, Red cross ambulance service, food counter, blood donation guidance etc to support patient services in Sree Chitra Tirunal Institute. Indian Red cross Society supported this function by handing over 75 tree saplings for the restoration of 'Kavu' at Poojappura campus highlighting Azadi Ka Amrit Mahotsav.

Bio medical technology wing Head Dr.Harikrishna Varma also delivered environment day message in BMT wing and highlighted the conservation of hundreds of trees and a 'neerazhi' (pond) in poojappura campus which says about the golden history of Travancore royal family and 'Satel'(Setulekshmi)

mound palace. Biomedical technology wing, gifted by HH Maharani Setu Lekshmi Bai, still maintains this biodiversity wealth for state capital.

Academic, non-academic and administrative staff, students, project and contract staff, Red cross volunteers, families of SCT staff members and bystanders of patients participated and planted trees on this occasion.

Azadi Ka Amrit Mahotsav Committee chairperson Prof.Ashalatha Radhakrishnan coordinated the World Environment day program in SCTIMST.

Speaking at this event , Prof.Krishna Kumar, Associate Medical Superintendent told, Environment day projects are not a short term responsibility for the sake of a program, but consider as a long term mission, benefits next generations also

Dr Amita , Coordinator of Youth Red Cross(YRC) unit in SCTIMST collected herbal plants from Director for Tulsi Ayush Udyan plantation.

Dr Kamalesh K Gulia, 'Ayush Yoga Wellness' team member gave vote of thanks and reminded the gathering to protect and conserve the planted saplings

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Images attached