



Manoharbhai Shikshan Prasarak Mandal, Armori's
**RASHTRAPITA MAHATMA GANDHI ARTS & SCIENCE
COLLEGE, NAGBHID, DIST. CHANDRAPUR**
Accredited by NAAC 'B' Grade
(Affiliated to Gondwana University, Gadchiroli)

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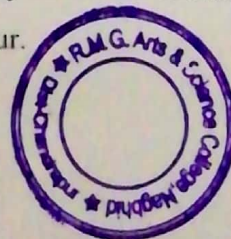
Title of the Practice -Upliftment of the traditional Healers "Vaidus" from Chandrapur and Gadchiroli District

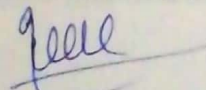
Objectives of the Practice –To unravel age-old hidden knowledge with traditional healers for the greater interest community.

The Context - Now a day's human beings facing so many side effects on their health due to excessive use of allopathic medicines, to overcome these problems peoples are shifted towards age old proven Ayurvedic therapies. Eastern Vidarbha especially Chandrapur and Gadchiroli districts of Maharashtra are well known for their rich biodiversity. Local people use wild medicinal plants, vegetable on regular basis. In the modern world it has been realized that herbal drugs strengthen the body immune system specifically and selectively without side effects. The importance of traditional herbal medicinal system has now gained vital importance. In this context, to unravel the treasure trove of ethnic local medicines with traditional healers for the welfare of humanity, the incubation centre of the institution undertaken this practice.

The Practice - Department of Incubation, Innovation & Linkages from Gondwana University Gadchiroli sanctioned a Minor Research to our college for year 2019-20. The coordinator of project, Dr.R.J. Rudey and advisor Dr.A.N. Korpenwar worked hard for upliftment of tribal traditional healers, special focus on healers from Gadchiroli district. Dr. Rudey & Dr. Korpenwar visited about all talukas of Gadchiroli district and interviewed tribal, traditional healers and documented the information about use of different plants for treatment of different diseases. The information was crosschecked by the duo and the crude formulation was converted into longer lasting good formulations by using modern technology in Incubation center sanctioned by Gondwana University at our college and converted it into products.

Evidence of success -Eight products were sent to Food & Drugs Department of Government of Maharashtra for approval and out of eight our six products were approved. By taking help of third party licensing way we manufactured those products from Ujwala Ayurvedashram MIDC Yeotmal Maharashtra. Recently these products were launched by the hands of Hon. Vice Chancellor Dr. Bokare and Dr. Suryawanshi, Assistant Director RARI Nagpur.




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Products will be sold in the market and Royalty will be given to those healers who shared their formulations with us. This way they will get handsome amount and their life will be uplifted. Our proud products are 'Bhishmika Oil' which is muscle relaxant also work on burns and other injuries. This type of oil is not available in market till date. Our second product is 'Innana Hair Oil'. Our third product is 'Shatawari Kalp', the best tonic for women. Next product is 'Lyssomen' best tonic and aphrodisiac product for men, our next product is 'Renycurex' to keep kidneys healthy, our sixth product is 'Herb-Boon' it is *kadha* powder which can be consumed by boiling in water like tea, it is very helpful to solve problems of digestion and takes care immunity.

Problems encountered and resources required – The traditional healers had inherited knowledge about ethnic herbal medicine which is kept as secret for many generations hence they were very shy to unravel.

Notes - This is only traditional college in our knowledge which has set an example that higher educational institutions also can be game changer for unemployment issue.



Visit to traditional healers of the Gadchiroli district



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Herb-Boon
HERBAL POWDER

Natural Health Booster

BENEFITS

- Boosts Immune System
- Fights against Respiratory Infections
- Improves Liver Function
- Improves Digestion
- Promotes Hair Follicle Growth

INCUBATION CENTER



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Best Practice -2

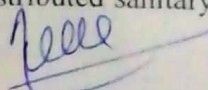
Title of the practice – Sensitization of girls and tribal women towards hygiene measures during menstruation

Objective: Our objective to indulge in this study is to make tribal women aware about menstrual and sexual hygiene, lack of which is pushing them in high risk of dangerous diseases like cervical cancer, venereal diseases etc.

The Context: Now a days, rising cases of breast cancer, cervical cancer and uterus cancer were recorded. Even well-educated women are unaware about the health of their feminine organs. They have many myths about menstruation. Tribal women are so backward in knowledge about menstrual and sexual hygiene. Going through menstrual cycles every month, many girls do not know the biological reasons behind menstruation, nor do they understand the sudden discrimination they face. Isolated and stigmatized, they do not have access to safe, hygienic and affordable options to manage menstruation with dignity. By building appropriate and inclusive community awareness and supporting supply of hygienic menstrual products, changing viewpoints and perspectives is possible. In this context, the practice community awareness regarding hygiene measures to be taken and distribution of sanitary napkins was undertaken.

The Practice -We have visited so many places in Gadchiroli and Chandrapur district and organized community awareness program. We discussed with them about our goal to reach complete health of tribal women, because healthy women can give birth to healthy generations. We asked few questions to tribal women made them feel free to talk and then moved towards above topics and drained out problems faced by them. We distribute sanitary napkins to women in Naxal affected places like Laheri, Padyaljog, Korchi, Malewada, Ghodazari and many more places. Dr. Sharwari Rudawat, Miss World Diversity 2021 has been our ambassador, she has been working in same field since long time. We used influence of her as a doctor and organized awareness programs at various places in Chandrapur and Gadchiroli district. Dr. Sharwari Rudawat and our team members distributed sanitary




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napkins to women and girls. Gathering was addressed by Dr.Sharwari and guided women and counselled them about menstrual and sexual hygiene.

Evidence of success -As a result of thorough follow-up, they are now get used to utility of sanitary napkins. Women shared their problems, they talked about myths and misconceptions about menstrual cycle, they use dirty old cloth as pad, which is not cleaned properly and is dried in dark dirty places where no one can see. We made them aware about cleanliness during menstruation which will help them to come out as healthy woman, free from all diseases due to menstrual unhygienic conditions. And a healthy mother can give birth to healthy generations.

Problems encountered - Visiting the Naxal affected places was itself great challenge for us.Initially out of social stigma associated with the menstruation, girls and women hesitate to share their problem. But, after thorough counselling by the Dr. Sharvari Rudavat, they begin to share their problems and the physiological traumatic conditions of health. The monetary resources to purchase sanitary napkins in order to supply it to larger section of society has to be generated.

Notes – Due to ignorance about the hygiene measures to be taken during the period of menstruation and venereal diseases, there is need to work extensively substantially towards sensitization of socio-economically backward tribal community.



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