



**THE UNIVERSITY OF BURDWAN**

**SOCIAL OUTREACH PROGRAMME**

**By Nasrin Parvin**

**M.Sc. Semester IV**

**Roll No BUR BOT 2017/027**

**Reg No 004107 of 2014-15**

**Department of Botany**

**The University of Burdwan**

# KHANO HIGH SCHOOL (H.S.)

(Co-Edn. ★ Govt. Sponsored ★ Estd. - 1949)

VILL. & P.O. - KHANO ★ P.S. - GALSI ★ DIST. - PURBA BARDHAMAN

Pin Code : 713141 ★ Index No. - III-119 ★ H.S. Code No. - 104530

Letter No. ....

Date ... 09/07/2018 ...

From: Headmaster / Secretary / President  
KHANO HIGH SCHOOL (H.S.)

To:

Sub.: To whom it may concern.

It is certified that Nassrin Parvin d/o Sk. Tahed Hossain, a student of M. Sc, Botany, Burdwan University has taken classes in Class - X of this institution today i.e., 09/07/2018 on her concerned matter, i.e., Social Outreach. Her performance in class teaching is satisfactory. She possesses all the qualities of a good teacher.

I wish her success in life.



*S. Bhagat*  
09/07/2018

Headmaster  
Khano High School (H.S.),  
P.O.-Khano, Pin-713141  
Dist.-Purba Bardhaman

## ACKNOWLEDGEMENT

The social Outreach Programme is an effort for "Creating Public Awareness to the students about Importance of *Diospyros* Species I at Khano High School, Khano, Burdwan, West Bengal".

During my work, I am also thankful to the students of class 10, Khano High School for their extreme cooperation to complete my social outreach programme. This social outreach programme would not be possible without the extensive help of the "Taxonomy of Angiosperms and Biosystematics" section of "The Department of Botany" under The University of Burdwan.

I am most grateful to Dr.SaikatNaskar, Associate Professor, Department of Botany, The University of Burdwan, for his guidance, continuous enthusiasm, valuable discussion and advice.

I am also grateful to Dr.AsokGhosh, associate Professor, Department Of Botany, The University of Burdwan for his guidance.

I am thankful to my Parents for their support, understanding and encouragement during my work.

I am also grateful to Sk. RijaulHaqueHead Master of Khano High School.

I am also very thankful to my friends for their heartiest cooperation.

Date: 05.08.2019

Place: Burdwan

Nasrin Parvin  
NasrinParvin

#### **d-Immune system strength:**

It is rich with Vitamin A and Vitamin C. These vitamins are antioxidants which can help to rid of the free radicals that can mutate the healthy cells in cancerous cells. These vitamins also can help to prevent chronic diseases, prevent the premature aging, increase the health and appearance of skin and also it can stimulate the cellular development and growth.

#### **e-Digestive health:**

These apples are rich with dietary fiber. When we add this element in our bodies, then our food can pass smoothly throughout the digestive tract. If you suffer from constipation or other types of gastrointestinal problems, then you should add velvet apples in your diet. This kind of fruit is native to Philippines. In this country are used to cure the diarrhea and dysentery. This is one of the most used fruits in the traditional medicine of this country.

#### **Skin irritation:**

The pulp of this fruit has many health benefits which can help to reduce the inflammation of skin. Also this kind of fruit is used in the traditional medicine because it can help to heal burns and skin conditions in very short time. The velvet apple juice and its pulp can help to heal from snakebites when apply them.

#### **Activities in the classroom:**

The social outreach programme was done in Khano high school, at Khano, Burdwan on 9<sup>th</sup> July 2019. At first I interact with the Head master Sk. Rijaul Haque sir in the school. He allowed me to arrange my social outreach programme. He accommodated me a classroom in which about 50 students of class 10 were present. I had discussed the topic, "Importance of *Diospyros* species".

#### **CONCLUSION:**

By doing the Social outreach programme and interacting with the Students it is concluded that a huge proportion of people are unaware about the various uses of this plant and even they don't see the plant. I enjoyed the session being a M. Sc. Student. My social outreach will be justified if any one student accept my message and share this knowledge to most of the population of the society. Hopefully this effort will help the students in them in future. Personally, I am happy after doing such type of programme.

03/08/19. Sanjib Das 03/08/19. Dattu 03/08/19.