



Environmental Research Station (ERS) & Van Vigyan Kendra (VVK), Sukna, Darjeeling ICFRE-Institute of Forest Productivity, Ranchi



Report of One Day Training Programme on 'Production of *Cinnamomum tamala* and its value addition' on 29.03.2023 under VVK

A training programme on 'Production of *Cinnamomum tamala* and its value addition' was organized by Environmental Research Station (ERS) and Van Vigyan Kendra (VVK), Sukna, Darjeeling, West Bengal (a research centre under ICFRE-Institute of Forest Productivity) on 29th March, 2023 at Nepania, Mirik block, Darjeeling, West Bengal. Dr. Yogeshwar Mishra, Director, ICFRE-Institute of Forest Productivity, Ranchi guided in chalking out the module of the program and implemented by Shri Pramod Chand Lakra, IFS, DCF, Officer-in-charge, Environmental Research Station (ERS) and Van Vigyan Kendra (VVK), Sukna, Darjeeling, West Bengal.

Tejpatta is the dried leaves of the plant *Cinnamomum tamala*. It belongs to the family *Lauraceae* and genus *Cinnamomum* which has around 270 species of plants that grow naturally in Asia and Australia. Tejpatta also known as Indian bay leaf is a small evergreen or perennial tree, which means it grows throughout the year and bears fruits every year of its life span. *Cinnamomum tamala*, known as tejpata native to Southeast Asia, can grow about 1–20 m tall and be 20 cm in diameter. It can grow up to 20 m tall in the forests which grows well in southwest-facing landscape. One *Cinnamomum* plant can produce 10–20 kg dry leaves, and 0.2–0.4% oil can be extracted from leaves. *C. tamala* is a much valued species of medicinal and aromatic importance, found in the wild as well as being cultivated by mountain farmers which helps to meet the requirements of mountain-specific products to enter national, regional, and global value chains. Also, children having cough or dysentery can be cured with its seeds ingested with honey or sugar. Since the early age, *C. tamala* is used as spice (in local and regional culinary), food, flavour, and pharmaceutical and to produce essential oils (potential for local value addition also).

Tejpatta has high nutritional value and natural anti-oxidants. Hence, it may boost the immunity by removing free radicals from the body and regulating the metabolism. Addition of tejpatta in dishes helps in promoting digestion and may cure digestive disorders. The oil of bay leaves has anti-fungal and anti-bacterial properties that may ease skin infections, bruises, cuts

and insect bites. A glass of tejpatta water helps to get rid of pains caused by rheumatism arthritis, migraine, headache and sprains. Tejpatta in food helps reduce sugar levels in the body and provide protection against type-2 diabetes. Tejpatta is rich in phytonutrients, which is effective in treating cardio vascular diseases. It also improves the functioning of heart and prevent heart attacks. The anti-cancerous properties in bay leaf provide resistance against different types of cancer. It helps in regular and normal menstrual periods. It may also cure UTI.

In the training programme, Sh. Raju Sharma, Sr. Technician welcomed all the guests and participants. Sh. Anil Rajak, Assistant Director of Agriculture, Govt. of West Bengal discussed on 'Methods of Collection and cultivation of *Cinnamomum tamala* (Tejpata). Sh. Pramod Chand Lakra, IFS, DCF delivered a talk on 'Value addition of Tejpatta'. Sh. Saroj Biswakarma, Subject Expert also discussed with the participants on 'Propagation Technique of Tejpata plant'. It was actively supported by the all the staffs and officers of ERS & VVK, Sukna, Darjeeling namely, Sh. Raju Sharma, Sr. Technician, Sh. Bishnu Lamgade, MTS, Sh. Chandan Roy, PA, Sh. Shankha Subhra Das, FA, Sh. Abhinash Biswakarma, FA. The programme was attended by 40 participants. Mr. Sandeep, Secretary of Water use Association (Nepania) helped in coordinating the programme. Feedback was also taken from all the participants. The farmers were very much interested about the topic and took active participation in the training programme and interacted with the resource persons. The training programme ended with a vote of thanks.

Under this training programme the topics covered were.

- ✓ Methods of collection and cultivation of Tejpata
- ✓ Value addition of Tejpata
- ✓ Propagation technique of Tejpata

The farmers benefitted from different Resource Persons who provided training to the farmers.

- **Sh. Anil Rajak**, Assistant Director of Agriculture, Govt. of West Bengal delivered his lecture on 'Methods of collection and cultivation of Tejpata'.
- **Sh. Pramod Chand Lakra**, IFS, DCF, Officer-in-charge, Environmental Research Station and Van Vigyan Kendra, Sukna, Darjeeling delivered lecture on 'Value addition of Tejpata'
- **Sh. Saroj Biswakarma**, Subject Expert discussed on 'Propagation Technique of Tejpatta plant'.

Glimpses of Training Programme at Nepania, Darjeeling, West Bengal



Glimpses of Training Programme at Nepania, Darjeeling, West Bengal

