

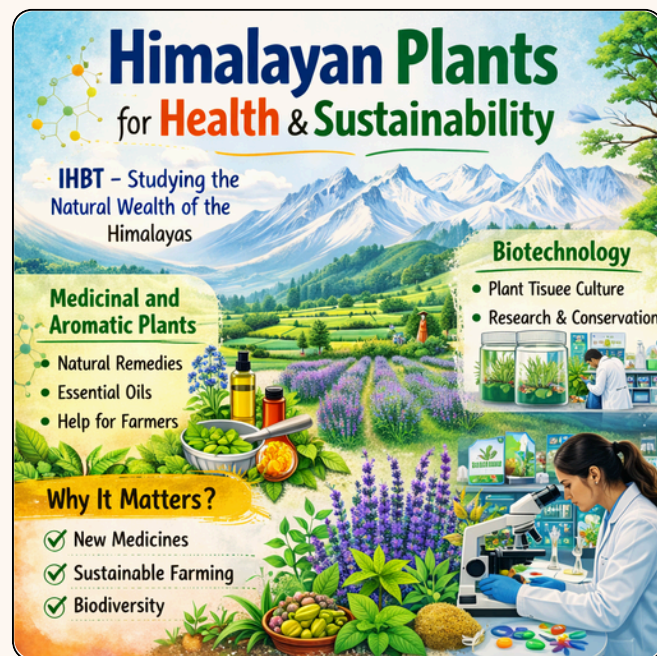
# IHBT - Institute of Himalayan Bioresource Technology

The Himalayan region is one of the richest areas in the world for **plants, biodiversity, and natural resources**. Scientists at the **CSIR-Institute of Himalayan Bioresource Technology (IHBT)** study these unique resources and explore ways to use them sustainably for science, medicine, and rural livelihoods.

Located in **Palampur, Himachal Pradesh**, and functioning under the **Council of Scientific and Industrial Research (CSIR)**, IHBT focuses on research related to **Himalayan plants, medicinal herbs, aromatic crops, and biotechnology**. The institute works to understand how plants from the Himalayan region can be used to develop medicines, essential oils, and other useful products.

One of the most interesting areas of research at IHBT is **medicinal and aromatic plants**. Many plants growing in the Himalayas contain natural compounds that can be used in pharmaceuticals and healthcare products. Scientists study these plants to understand their properties and help farmers cultivate them scientifically. For example, IHBT has helped promote the cultivation of **lavender and other aromatic crops**, which has provided new income opportunities for farmers in Himalayan villages.

IHBT also works in **plant biotechnology**, including techniques such as plant tissue culture. This technology allows scientists to grow plants in controlled laboratory conditions and produce large numbers of healthy plants quickly. These techniques are useful for conserving rare species and improving crop productivity.



## Activity Idea for Teachers

Teachers can connect this research to classroom learning through a simple activity on **plant diversity and useful plants**. Ask students to collect information about **three plants commonly found in their surroundings** such as tulsi, mint, or neem—and note their uses in medicine, cooking, or daily life.

Students can present their findings and discuss:

- Why are plants important for human health?
- What makes medicinal plants valuable?
- How can we protect plant biodiversity?

This activity helps students understand the importance of **biodiversity, traditional knowledge, and biotechnology**, while also showing how institutes like IHBT are using science to protect nature and support communities.