

Van Mahotsav

Plant more trees..



THE LAWRENCE PUBLIC
SCHOOL

DURATION - 1 July - 7 July

Green Clean Promise

We pledge to keep
the environment
clean and safe!





**Scientific name: Gerbera
jamensonii**

Common name : Gerbera daisy

Local name: African daisy (Africa)





Scientific name: *Strelitzia reginae*
Common name : Bird of Paradise
Regional name : Bop (Marathi)



A young man with dark hair, wearing a light blue school shirt and a striped tie, stands in front of a large, lush green plant. The plant has large, heart-shaped leaves and is climbing a tree trunk. The background shows a brick wall and a clear sky. The text is overlaid on the image in a white, sans-serif font.

Money plant
(*Epipremnum aureum*)

* Acts as an
Anti Radiator

* Lessening of
Stress & Anxiety

Soumya
XI 'A'

ASHOKA TREE

Saraca asoca

Health Benefits Of Ashoka Tree

Help treat acne

It helps to treat gynecological problems

Helps improve intellect

Improves skin complexion

Prevents internal bleeding

Treats diabetes and piles

Prevents diarrhea

Removes kidney stones and treats asthma

Deals with stomach swelling and inflammation



Saraca asoca

Vaani Danda
XI A Medical



BENEFITS OF AJWAIN

- > SCIENTIFIC NAME - TRACHYSPERMUMAMMI
- > AJWAIN CURES STOMACHACHE
- > AJWAIN CURES ASTHMA AND DIABETES
- > IT HELPS IN WEIGHT LOSS AND HELPS IN GETTING RID OF ALCOHOL
- > IT ALSO CURES FLAUTULENCEAND GAS



Common Name -
Curry Tree

Scientific Name -
Murraya Koenigii

BENEFITS OF CURRY LEAVES

Have Antioxidants

Can heal wounds and burns

May help in losing weight

Help sharpen your memory

Good for the eyesight

**Helps relieve morning
sickness and nausea**



HITESH
XI A



Common Name-Lavender

Scientific Name-Lavandula

- PUTTING A FEW DROPS OF OIL INTO WARM BATHS
WATER FOR A REFRESHING TREAT

- USING UNSWEETENED TEA AS A HAIR RINSE TO HELP
REDUCE HAIR LOSS AND DANDRUFF

- THE STEMS WITH THE LEAVES STRIPPED CAN BE
BURNED LIKE AN INCENSE STICK AND CAN ALSO BE
USED IN CRAFTS SUCH AS BASKET WEAVING



Hitesh
XI A

Health benefits : -

- ~ Ginger is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.
- ~ Just 1–1.5 grams of ginger can help prevent various types of nausea, including chemotherapy-related nausea, nausea after surgery, and morning sickness.
- ~ Ginger may help improve weight-related measurements
 - ~ Ginger to be effective at reducing symptoms of osteoarthritis, especially osteoarthritis of the knee.
 - ~ Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in people with type 2 diabetes.
- ~ Ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort.
- ~ Ginger can lead to significant reductions in LDL (bad) cholesterol, total cholesterol, and blood triglyceride levels.
- ~ Ginger contains the substance gingerol, which appears to have protective effects against cancer.
- ~ Ginger can protect against age-related damage to the brain. It can also help improve brain function in middle-aged women.
- ~ Ginger may help fight harmful bacteria and viruses, which could reduce your risk for infections.



Dhruvika
XI A

vibrations so that you will experience white light. This stone will help open and clean upper chakras



Desert Rose will enhance your psychic abilities . It will also raise your vibrations so that you will experience white light. This stone will help open and clean upper chakras





ALOE VERA

(Grithkumari)

Botanical Name : Aloe Barbadensis Miller

Benefits :

- burn healing
- wound healing
- treat sunburn
- radiation - induced skin reactions
- aloe with conditioner for silkier, smoother hair
- take orally to reduce cholesterol and triglycerides for a healthy heart



TULSI PLANT

SCIENTIFIC NAME-

Ocimum tenuiflorum

Ocimum tenuiflorum (synonym *Ocimum sanctum*), commonly known as holy basil or tulsi, is an aromatic perennial plant in the family **Lamiaceae**. It is native to the Indian subcontinent and widespread as a cultivated plant throughout the Southeast Asian tropics.

Family: Lamiaceae

Genus: Ocimum

Kingdom: Plantae

Species: *O. tenuiflorum*



USES OF TULSI PLANT



1. TULSI



- Blood purifier
- Preventive against malaria & dengue fever
- Chewing tulsi leaves relieves cold & flu
- Chewing 12 leaves of basil, twice a day prevent stress.
- The leaves are a nerve tonic & also sharpen memory.
- decoction of the leaves + honey + ginger = effective remedy for bronchitis, asthma, influenza, cough and cold
- juice of basil leaves + honey (if taken regularly for 6 months) → expel renal stone via the urinary tract.



Aditi Bisht
Class-12th A



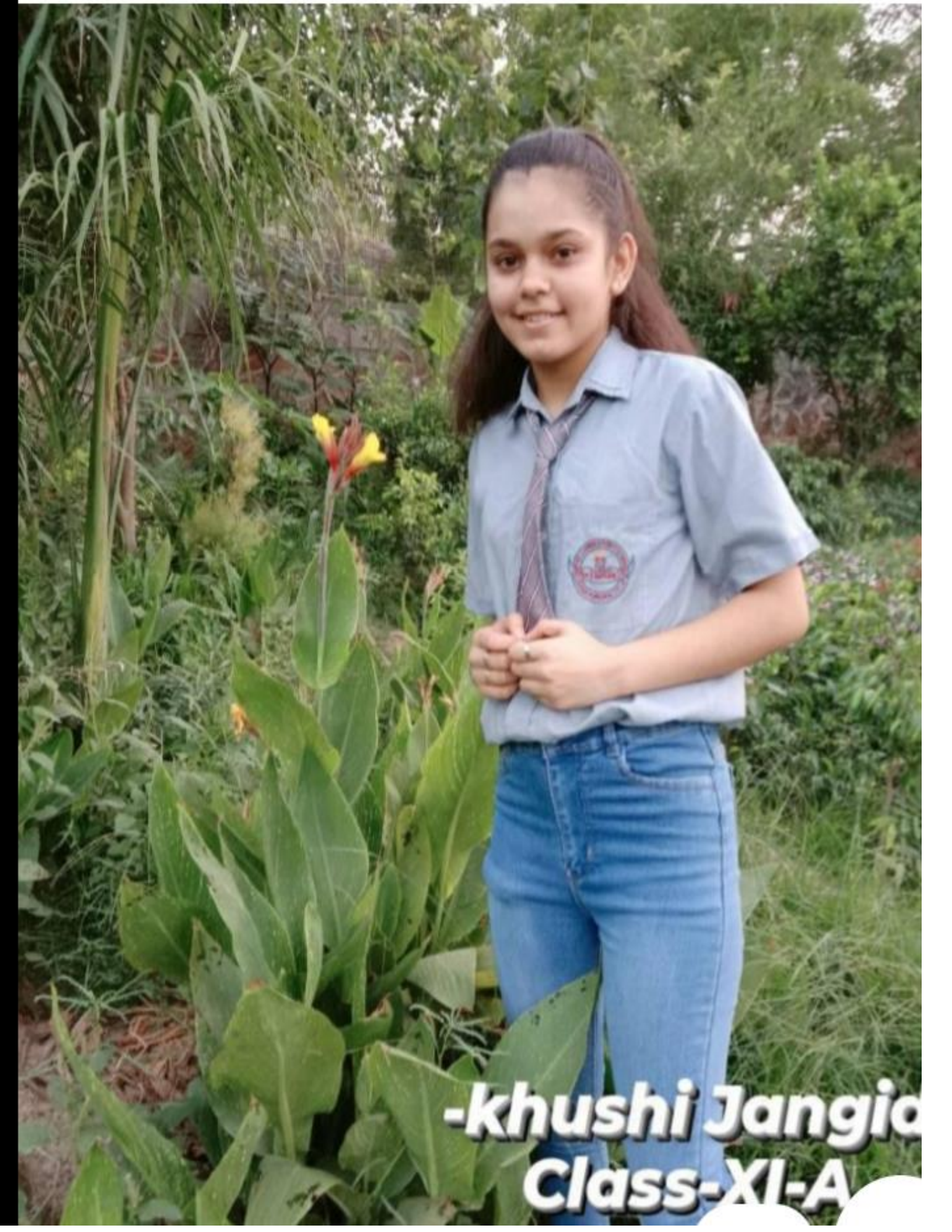
COMMON NAME - CANNA LILY

BOTANICAL NAME - CANNA SPP

LOCAL NAME - KELI

- *It helps to filter the indoor air.
- * It promotes a restful sleep, so it is also used in bedrooms .
- *Helps to breathe better.

*-khushi Jangid
Class-11-A*



-khushi Jangid
Class-XI-A

Scientific classification

Ajwain (*Trachycpermum ammi*)

Kingdom : Plantae

Subkingdom : Tracheobionta

Division : Magnoliophyta

Class : Magnoliopsida

Subclass : Rosidae

Order : Apiales

Family : Apiaceae

Genus : *Trachyspermum*

Binomial name : *Trachycpermum ammi*

Medicinal Uses of ajwain

Used in cooking	Ajwain is used in small quantity in making biscuits, snacks, sauces, soups, soft drinks and pickles for good digestion.
Reduce weight	Drink half glass of water with soaked carom seeds on an empty stomach. This will dissolve the fats. Consume 1tsp of carom seeds on an empty stomach every morning. It helps to lose about 4 to 5 kg in a month.
Eye cleanser	Boil handful of carom seeds in a water. Cool and strain. Wash your eyes with this water to clean it.
Pimple	Apply powdered carom seeds with yogurt on your face. Keep it for half an hour and wash off with warm water. This remedy will help to lighten pimple scars.
Flu	Boil carom seeds with cinnamon in water. Strain & drink 4 times in a day to cure (Treat) flu



NAME – KASHISH
CHAUHAN
CLASS - XII A



Jahnavi Ranjan Verma
A-B



SPARSH SHARMA
CLASS :- X-'B'

- Tulsi leaves are often used for their various medicinal properties.
- They can be added to a variety of juices and syrups.
- You can add zest to tea and herbal drinks by adding a few sprigs of tulsi.
- Enjoy a warm cup of invigorating tulsi tea by infusing chopped tulsi leaves in boiling water for eight minutes.
- It can be included in salads and desserts too.

How to Store Tulsi Leaves• Fresh tulsi leaves can be stored in the refrigerator for few days. Before refrigeration, clean and wrap them tightly in a plastic film or store in an air-tight container.

- It is best to use fresh leaves within a day or two after they have been plucked as they tend to wither and lose their aroma and flavour soon.



JAHAN SAHANI

XA..18

THE.LPS



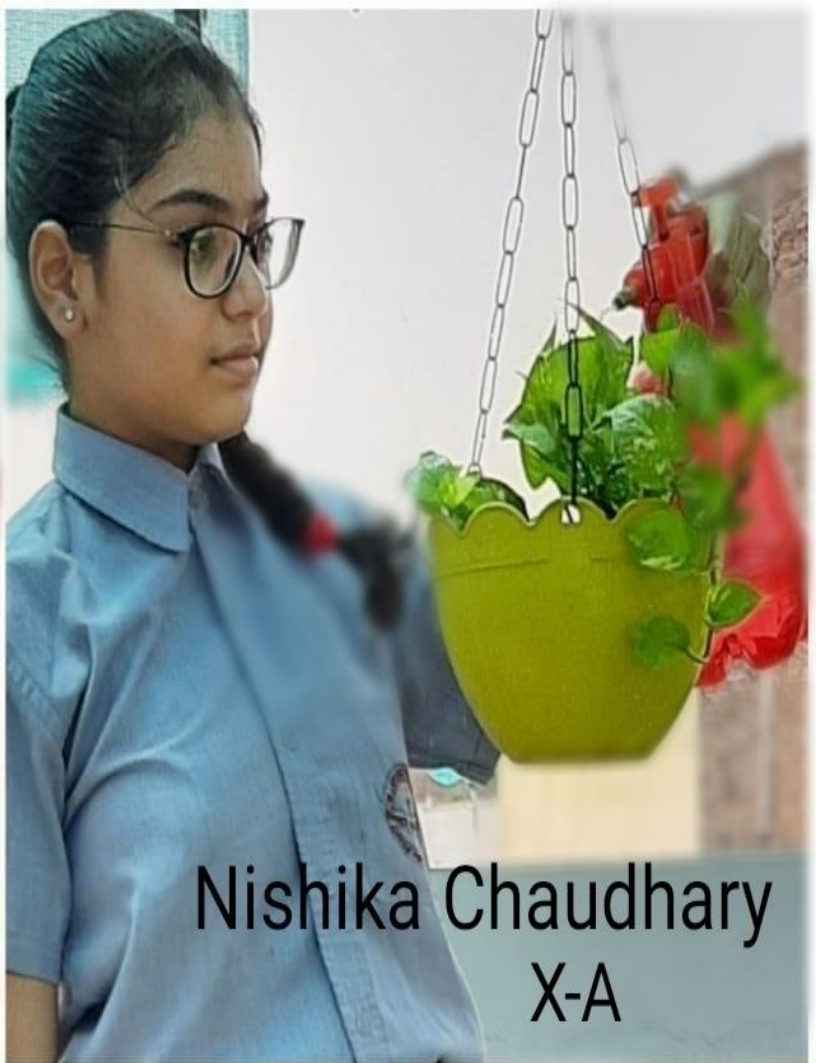
Van Mahotsav



Sadabahar

This plant is botanically known as *Catharanthus roseus*
Almost all parts of this plant have medicinal properties

Mehul 10-A



Nishika Chaudhary
X-A

- Reduces stress & anxiety.
- Acts as an anti-radiator.
- Brings prosperity & good luck.
- Spreads positivity.

Epipremnum aureum

ONEEKA RAJPUT 10-A



Benefits of **HOLY BASIL**

The Queen of Herbs, Elixir of Life

Helps combat stress

Lowers cholesterol

Promotes healthy liver
function

Helps slow down aging
process

Help fight cancer

Has antibacterial
properties

Lowers blood glucose
levels

Boosts immune system
function

Prevents radiation
poisoning

Lowers fever

Van Mahotsava
1 July to 7 July

Krish Mittal
XA

Plant Name:- Curry Tree
Botanic Name:- *Murraya
koenigii*

Advantages of
curry tree

1. Weight Loss
2. Good for Diabetes and eyesight
3. Reduces Stress
4. Eliminates Bacteria
5. Heals Wounds and burns
6. Deals with Digestive issues
7. Hair growth
8. Improves Memory



Benefits Of -Periwinkle-



1. Treats Asthma
2. Natural Burn Care
3. Treats Kidney Stones
4. Treats Ulcer
5. Benefits the Patients of Anemia



Vivan Kumar
Class - 10 'A'



Name Ridham Jindal
Class 9th B



Marigold
Plant

Anushka
Kumari

Class
IX





Tanishiq Harit

IX-B





**AKSHAY
KUMAR
IXB**





SAVE TREES,
SAVE EARTH,
WE ARE THE
GUARDIANS
OF NATURE'S
BIRTH

ANUPAM (IX-
B)

F 18



ANAND

Save Earth, trees





VAN MAHOTSAV

PROTECTIVE
BIOBIVERSITY



PROVIDES
SHELTER
AND SHADE



HEALTH
BENEFIT



FRUITS
AND
VEGETABLE



ENVIRONMENT
COOLANT



MEDICAL
BENEFITS



SOIL
RESTORATION



WIND
BARRIERS

SHANAYA 9th A





SAVE TREES,
SAVE EARTH,
WE ARE THE
GUARDIANS
OF NATURE'S
BIRTH

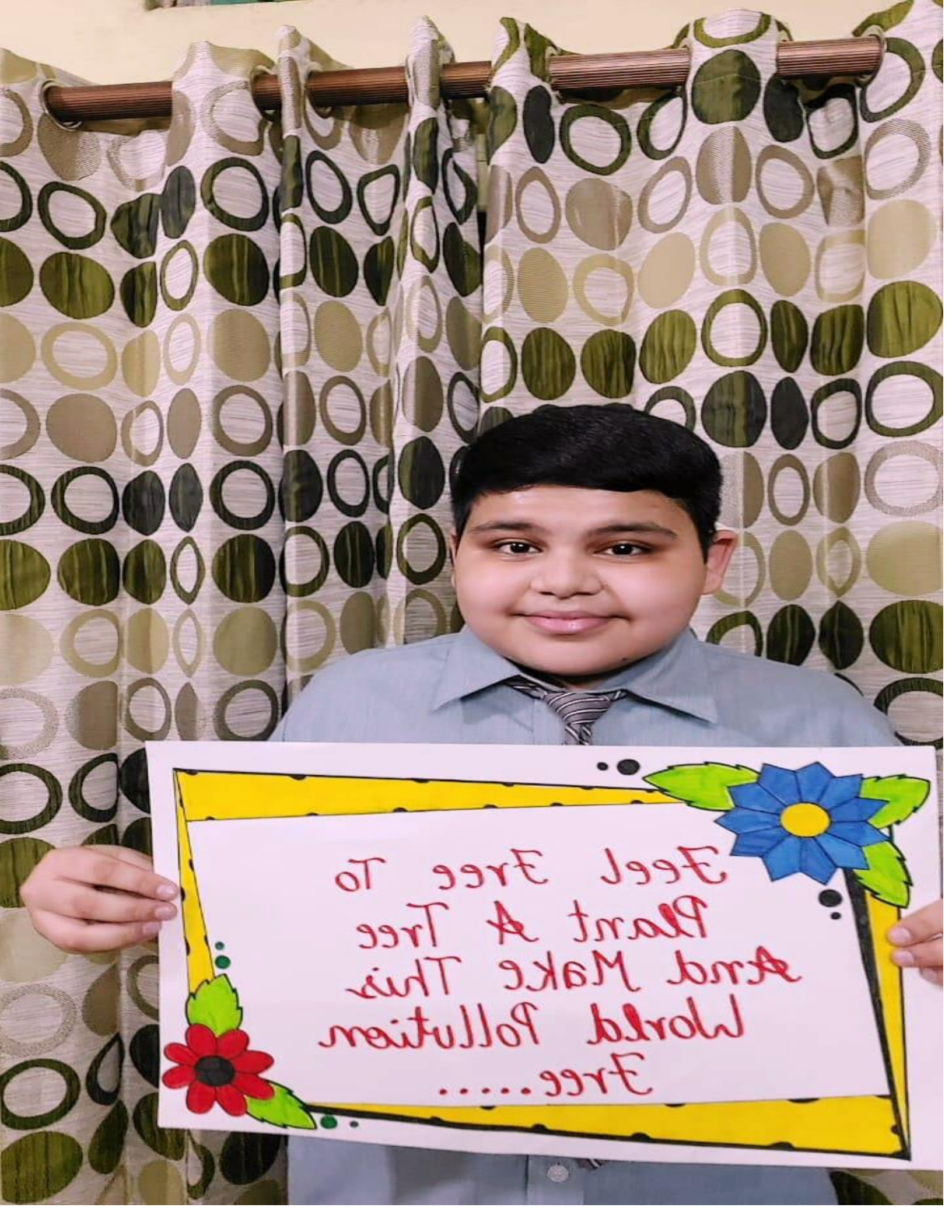




Save
Environment
Save
Life

प्रकृति का न
करै हरण, आओ
क्यायै पर्यावरण

Saroj Singh
8-A



Feel Free To
Plant A Tree
And Make This
World Pollution
Free....


TREES ARE OUR BEST FRIENDS

NAME-PARTH
VERMA
CLASS-X-B



PLANT A
TREE, MAKE THE
EARTH POLLUTION
FREE

Mansi Gupta
XB

A young girl with dark hair tied back, wearing a light blue school shirt and a striped tie, is holding a green rectangular sign with white text. The sign is held in front of her chest. The background is a solid light pink color.

Save a Tree,
it Don't
Charge a Fee

vanshika
Xb



save trees



PLANT a **TREE**
and
Get **OXYGEN**
For **FREE**

