



CBSE AFFILIATION NO. 2133857

G.D. GOENKA SCHOOL
(Under the Aegis of G. D. Goenka Group, New Delhi)
VARANASI

REPORT: Eco Club Activity | 6th November 2024

DATE: 06/11/24

CONDUCTED By: Teachers

Participated By: Students of Eco Club

🌿 Eco Club Activity | 6th November 2024 🌿



Students from classes 6 to 9 and 11 participated in an enriching session under the Eco Club, diving into the fascinating world of medicinal plants like Neem, Tulsi, Turmeric, and Aloe Vera. 🌱💧

Our session highlighted how plants are not only essential for life as food sources but also serve as nature's own pharmacy, helping cure ailments and support wellness. Embracing the principles of Ayurveda—India's ancient medical system, which dates back over 3,000 years – we explored its mission: “Swasthasya Swasthya rakshnam, aturasya vikara prashaman” (Protecting health and curing diseases). 🌍❤️

In a hands-on learning experience, students planted these valuable medicinal plants in our school garden, showing their commitment to nurturing a healthier, greener planet. 🌿🌻 The session wrapped up with a worksheet to check their learning, helping them grow both in knowledge and responsibility towards our natural heritage. 📖🌱

Through this activity, our young eco-warriors have enhanced their understanding of traditional Indian medicinal plants, gaining insights into leading a balanced and sustainable lifestyle. 🌍🌟



**G.D. Goenka School
Varanasi**



Club Activity

Medicinal Plants



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**Regards:
GD Goenka School Varanasi**