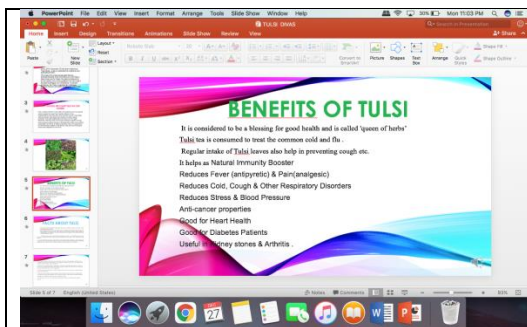
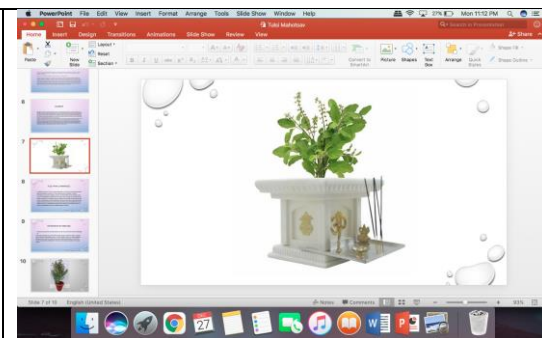


TULSI JAYANTI CELEBRATIONS 2021

Tulsi Puja, a Hindu festival is celebrated on December 25th every year by the Hindus. Known as Tulsi Pujan Diwas, the festival is quite popular among Hindus. Tulsi being of great medicinal value is widely used in temples for prayers and other auspicious occasions. According to Hindu beliefs, Tulsi plant brings prosperity for believers. Tulsi which is known as Holy Basil or *Ocimum tenuiflorum*, its scientific name is native to the Indian subcontinent and is cultivated widely in the Southeast Asian tropics. On this occasion, the students of N.C.Jindal Public School, Punjabi Bagh, New Delhi decorated Tulsi Plants at their homes, prepared Power Point Presentations and posters on the benefits of Tulsi.



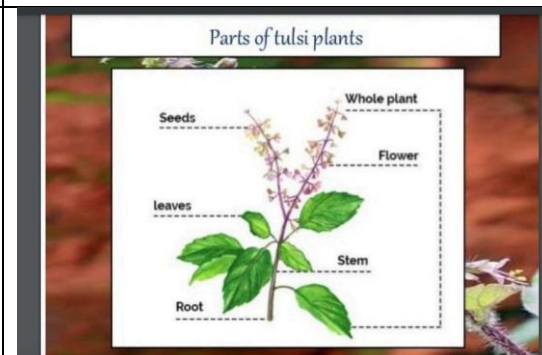
SOMYA SHARMA 7-E



DEEP YADAV 8-A



LEKISHA 8-E



LEKISHA 8-E

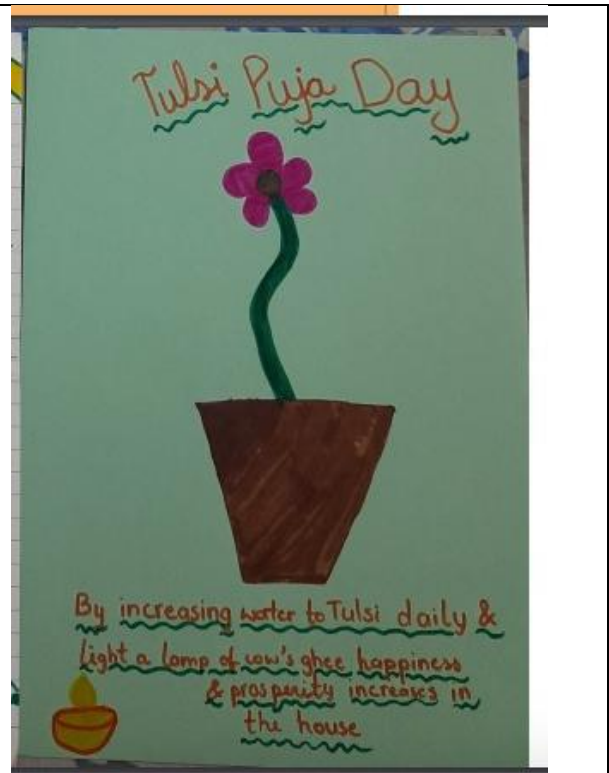
Date _____ Topic _____

Health Benefits Of Tulsi

- ★ Tulsi is rich in Vitamin C and zinc which acts as a Immunity Booster and keeps infection at Bay.
- ★ Tulsi reduces cold, cough and other respiratory disorders.
- ★ Tulsi leaves lower blood glucose level in diabetic patient.
- ★ Tulsi helps to clear out blemish and acne also prevents hair loss. Thus it is good for Skin & Hair.
- ★ Tulsi leaves helps to cure indigestion and loss of appetite.
- ★ For centuries, dried Tulsi leaves act as Antiseptic Repellent.

LeKisha 8-E

Teacher's Signature _____



ARLEEN KAUR 6-D



TANISH PAL 6-D

Types of Tulsi:

1. **Rama Tulsi:**
Rama Tulsi is also called green leaf tulsi and this is a different type of tulsi that has light purple flowers and has a clove-like scent to it. It consists of eugenol which is usually found in cloves and has a mellow flavour.
2. **Krishna Tulsi:**
This type of Tulsi is also called purple leaf tulsi and has a clove-like aroma. It tastes like pepper in your mouth. This type of tulsi helps cure infections such as throat infections, respiratory problems, stomach and skin diseases. The oil from Krishna Tulsi is used as ear drops. It is also used to cure malaria, indigestion, insomnia and cholera.
3. **Vana Tulsi:**
Vana Tulsi is a native to India, Sri Lanka, and Northeastern parts of Africa. This type of tulsi is usually grown for medicinal purposes and it is imbued into Indian religious beliefs. This type must be protected from freezing and will grow in conditions that have full sun and dry ground. It has light green leaves that are accompanied by a lemony aroma and flavour. Vana Tulsi leaves increase immunity and this is usually used for preparing tea. When consumed in the form of tea, it provides health benefits such as increased physical and mental endurance and helps more oxygen and nutrients to your bloodstream.

LUVYA GARG 6-A