



**DELHI PUBLIC SCHOOL
NADERGUL**

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Ref. No: DPS /NDGL/16-17/Cir- 9

Date: 22-07-2016

Dear Parents,

Greetings from DPS, NADERGUL!

DPS, Nacharam since 2008 had been planting saplings in a phased manner and trying in its own way to improve and sustain plant life and improve the green cover of the planet.

In this academic year, the staff students and management have taken an oath of distributing/ planting 130000/- plants through a definite action plan in a phased manner again. Keeping in view of the limited spaces and continuity of sustaining the plant growth, we are giving a bunch of five plants that can be planted even in flats in pots/ outside with enough sunlight and free from pests. The first phase had begun on the day of "Haritha Haram" initiated by our Honorable Chief minister on 11/07/2016 at all the branches of DPS and will conclude on the 29/07/2016 with a mega Health and fitness programme.

The second phase of distribution and plantation will be on Saturday the 23-07-2016. We request you to carry with you any one identity card (Aadhar card no. /Pan card No. /Passport No./Driving License No) for our systematic recording that needs to be submitted to Government.

The medicinal values of the same are listed for your reference:

Tulsi: Consumption boosts immunity, helps to tolerate stress, relieve nasal stuffiness, cardio protective and promote hunger or appetite.

Lemongrass: Gastrointestinal problems stomachaches, diarrhea, headaches, liniment for back pains, rheumatism, sprains and other body pains. Widely used in Asian cooking. Has ability to repel insects and bugs and in India used as a **snake repellent**.

Moss rose: It is used in the treatment of hepatitis, cirrhosis of the liver, swelling and pain in the pharynx. The extract from leaves and stems can be applied externally as a lotion to snake and insect bites, burns and eczema.

Ajwain: Remedy for Stomachache, cold, asthma, dissolve kidney stone and for weight loss. It is used as a spice for making tea and Paratha.

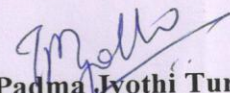
Gooseberry: Metabolic Activity, diabetes, diuretic Activity, digestion, hair care, eye care and heart disease.

Pedilanthus: Effective against intestinal worms, reduce inflammation and useful in combatting diabetes

We solicit your cooperation in sustenance of a beautiful planet for our children.....

Sd/-

**Dr. (Mrs.) T. Sudha
Director**


**Mrs. Padma Jyothi Turaga
Principal**