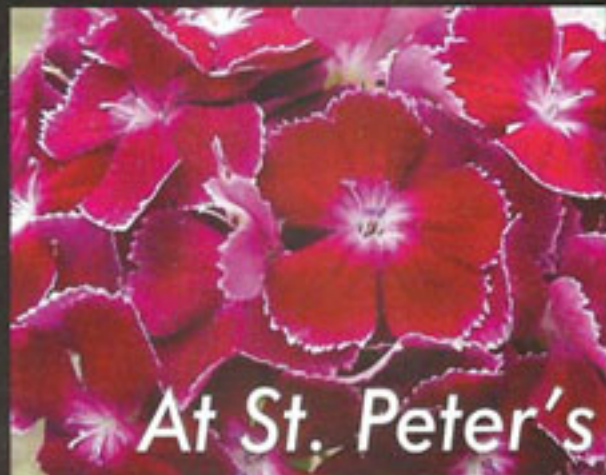
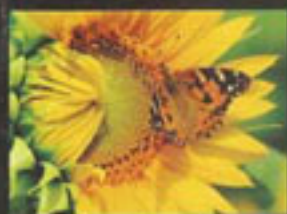


SPRING 2013

"THE EARTH SMILES IN FLOWERS"



At St. Peter's College, Agra

Principal's MESSAGE



Flowers are symbol of love to mankind!

Flowers perpetuate love in the world!

Flowers are lovely indeed forever!

Flowers are unique in the world!

Flowers are wonderful creations and the most beautiful gifts of nature. They are of utmost importance in every sphere of human life. Flowers are not consumer goods. They not only beautify the surroundings but they are also "THE SYMBOLS OF ADORATION AND PROFOUND LOVE".

It is wonderful to see how profoundly flowers are interwoven into all aspects of Indian culture. They fairly saturate religious observance, social life, art and politics. In our society, flowers are indispensable to weddings and funerals. Apart from having aesthetic value they have varied uses in the field of health and medicine.

Medical practitioners have long acknowledged the therapeutic properties of certain flowers. One of the greatest advantages

is that flowers and plants offer completely natural medicinal properties without the scary side effects. Furthermore, remedies made from flowers can be more efficacious and much cheaper than the drugs available in the market.

We, at St. Peter's College, at regular intervals have been making people aware of the natural resources that are around us such as fruits, vegetables, dry fruits, etc. This has been successfully done through the academic calendars we have distributed to the people over the years. They have received immense appreciation from the public. Even the print and electronic media played a vital role in spreading our message to the society.

Everyone loves flowers. Some people grow them and others purchase them at various occasions. This brings them joy and happiness. But very few people know about the medicinal values possessed by the flowers around us.

We, at St. Peter's College, are trying to educate our staff, students and the public at large about the medicinal values of a

few varieties of flowers. This is only a humble beginning and we hope you will appreciate our effort. Your cooperation and knowledge, will help us walk hand in hand to serve the society and make it a better place to live in.


To make this flower show a big success many hands have worked hard over several weeks. I am grateful to Mrs. Shabistan Hussain and Dr. Ajaya Baboo, along with their team, for making this exhibition a success. I am also grateful to Miss Ridhi Saigal, Mrs. Akansha Chadda, Miss Priyanka Bhasin, Mrs. Diksha Aswani and Miss Neha Kakkar for their sincere efforts in giving shape to this event. I am also grateful to Dr. Neelam Mehrotra and Dr. A.P. Antony for editing this booklet for the flower show.

The Peterian family remains grateful to Mr. Chakresh Jain owner of PNC Infratech Ltd. Agra.

Last but not the least, I thank all the parents who participated with their wards to make this day a great success.

So "LET A THOUSAND FLOWERS BLOOM!"

Let us learn more about using these flowers for home remedies, some of the most effective ones are given below:

1. ROSE
 2. CALENDULA
 3. MARIGOLD
 4. HIBISCUS
 5. PANSY
 6. DANDELION
 7. LILY
 8. JASMINE
 9. LAVENDER
 10. POPPY
 11. CHRYSANTHEMUM
 12. GARDENIA
 13. LOTUS
 14. MORNING GLORY
 15. BEGONIA
 16. SUNFLOWER
- 

Medicinal benefits of Flowers

ROSE

- Has soothing properties.
- Excellent to calm disturbed mind.
- Mild sedative and anti depressant.
- Treats conditions of stress, nervous tensions, peptic ulcers and heart diseases.
- Good for digestion, bile secretion, womb disorders and blood circulation.



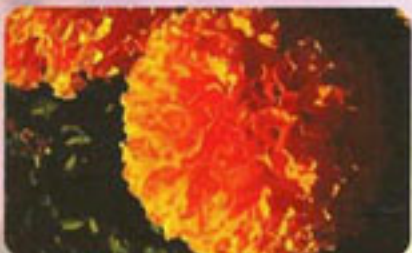
CALENDULA

- Anti inflammatory
- Anti micro bial
- Anti fungal
- Anti viral
- Immunostimulant
- Disinfectant
- Cures skin irritations & rashes
- Treats Conjunctivitis



MARIGOLD

- Excellent for treating eczema, scars, crack skin, rashes, inflammation and viral infections.
- Heals mouth ulcers, colitis and stomach ulcers.
- Stimulates the lymphatic system, reduces swelling and cleanses body toxins.



HIBISCUS

- Beneficial for hair, it is a natural conditioner, neutralises hair damaging chemicals.
- Excellent for treating diabetes.



PANSY

- Cures eczema & supplementary skin problems.
- Anti-inflammatory expectorant- highly recommended to cure whooping cough and heightened bronchitis.
- Cures urinary disorders.



DANDELION

- Treats digestive, liver and gallbladder disorders.
- Controls blood sugar levels and cholesterol.



LILY

- Regulates heart rate.
- Minimizes irritability of the myocardium.
- Treats burns and prevents formation of scar tissues.
- Is a remedy for leprosy, conjunctivitis, strokes, angina, etc.
- Treats coughs, fever, stomach disorders, open sores, wounds and swollen bruises.
- Cures dropsy and cuperosis.



JASMINE

- Its aroma lowers the burning feeling.
- It regularizes the menstrual cycle



LAVENDER

- Used in aroma therapy.
- Cures sleeping disorders.



POPPY

- Reduces anxiety, insomnia, bladder problems in children and adults.
- Diminishes depression and fatigue.



CHRYSANTHEMUM

- Relieves fever, headache or common cold.
- Cooled chrysanthemum tea can be applied as a compress to soothe tired eyes.



GARDENIA

- Cleanses blood.
- Cures bladder problems, physical injuries and blood disorders.
- Helps alleviate depression, stress, anxiety, insomnia and similar disorders.



LOTUS

- Effective against fever, diarrhea, cholera and bronchitis.
- Relieves bad cough.



MORNING GLORY

- Used as a laxative and general purgative.
- Acts as an emmenagogue to bring on menstruation or labour.



SUNFLOWER

- Helps greatly in controlling ulcers and menstrual cramps.
- Gargling with sunflower-wash cures sore throat.



BEGONIA

- Eliminates headaches, body toxins.
- When rubbed directly into skin, relieves pain.
- Heals sores and burns.



TECHNIQUES FOR HOME MADE PRODUCTS

JASMINE LAVENDER TEA

INGREDIENTS:

- 1 stalk of mint leaves
- 3 picks of lavender flowers
- 1 tbsp jasmine flowers
- ½ tsp crystal sugar
- 200ml boiling water
- 1tsp honey
- 1 tbsp hot water

METHOD:

- Mash mint leaves, lavender flowers, sugar and jasmine flowers.
- Strain the mixture with 1 tbsp hot water.
- Add honey to the mixture.
- Pour boiling water into the mixture.



CHRYSANTHEMUM TEA

INGREDIENTS:

- 50g dried chrysanthemum flowers
- 1.5 litre water
- 50g rock sugar (adjust to taste)

METHOD:

- In a pot, bring water to a boil. Once the water starts to boil, add chrysanthemum.
- Simmer for a minute or two (do not simmer for too long).
- Add rock sugar to taste and turn off the stove when the sugar has dissolved.
- Take out the chrysanthemum flowers and sieve the liquid through a strainer.
- Drink chilled or at room temperature.



HIBISCUS HAIR OIL

INGREDIENTS:

- 5 Fresh Hibiscus Flowers
- 3 Hibiscus Leaves
- 100 ml Coconut Oil
- 5 Basil Leaves

METHOD:

- Roughly chop and crush flowers and leaves.
- Heat coconut oil on a low flame with this mixture.
- Bring it to boil then add basil leaves.
- Add a few grains of rice and remove from flame.
- Sieve the oil when cooled.



CALENDULA SALVE

INGREDIENTS

- 4 oz Calendula flower infused herbal oil.
- ½ oz Beeswax.
- 20 drops organic Lavender essential oil (optional)

METHOD

- Coarsely chop the beeswax.
- Melt beeswax and Calendula oil over a double boiler.
- Once melted, remove from burner and stir in the Lavender essential oil.
- Pour into tins or glass jars.
- Allow to cool thoroughly before using or placing caps on the jars.

INGREDIENTS:



MARIGOLD OINTMENT

INGREDIENTS

- 30ml Marigold Oil
- 2gram Beeswax

METHOD

- Put the marigold oil and wax into a jar
- Put the jar into a pan with water and heat it.
- Wait until the wax melts
- If it is too hard, add more oil into the jar
- If it is too soft, add more beeswax.
- Pour the liquid ointment into a cream jar.
- Wait until the marigold ointment is cold and gets harder.

INGREDIENTS:



HIBISCUS TEA

INGREDIENTS

- Red hibiscus flowers.
- Sugar
- Lemon juice
- Boiling water
- Ice

METHOD

- Remove the stamen from the flower and place one flower in one glass each.
- Then cover the flower in boiling water.
- Allow to soak.
- Stir well till the water becomes blackish purple and the flower loses its entire colour.
- Add sugar and lemon juice.
- Serve hot.

INGREDIENTS:



फूलों की जिन्दगी

—पर्यावरण को समर्पित

फूलों की जिन्दगी होती है थोड़ी
ये खिलते हैं कभी, कभी खिलते ही नहीं
कहाँ है, कहाँ हैं अरमान इनके लिये
बस पल-पल मचलते हैं
यह अभी हैं, अभी नहीं, अभी कुछ और
रुक के खिलते हैं
जाने अनजाने में बस इनसे दिल लग जाता है
दिल में चम्पा, चमेली, जूही, गुलाब खिल जाता है
गुजर बरस फिर इक ख्याब में बदल जाता है
इनसे दिल लगाने का मजा भी बहुत आता है।
'उम्मीदों का इक फूल खिलता है, इक मुरझा जाता है
हर फूल फिर सुन्दरता बिखेरने का वादा कर
मुरझा जाता है
हर फूल यादों में काँटा बन कहीं चुभ जाता है।
फूलों की खोज में फिर हर ओर
कांटा ही कांटा नजर आता है।
फिर इस चाहत की राह में
चाहत का अनोखा नजारा नजर आता है।
फूल फिर भी फूल है।
जो यादों में रह-रह कर लहराता है।
भँवरों को बुला के मुस्कराता है।
फूलों की जिन्दगी का एहसास कराता है।

कृति: कमलजीत सिंह 'ज्योति'
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FLOWERS AT PETER'S 2012

