



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR

HERBAL HERITAGE ACTIVITY

18TH MARCH, 2026

Delhi Public School Kamptee Road, Nagpur organised a Herbal Heritage Activity on 18th March, 2026 for the students of Grade VI on the topic 'Mint – Its Use in Our Daily Life'. The activity aimed to create awareness about the importance of herbs in everyday life, particularly their use in Indian cuisine and healthy living.

The activity began with an introduction to mint, where the students learned about its medicinal properties, refreshing aroma and health benefits such as aiding digestion and providing a cooling effect. The teachers explained how mint is widely used in preparing chutneys and enhancing the taste of popular chaat items. Students actively participated by sharing their experiences and knowledge related to mint.

Some students brought fresh mint leaves, while others demonstrated the preparation of mint chutney. The activity also included a discussion on hygiene and the nutritional value of homemade food. The practical demonstration of preparing mint chutney was the highlight of the session and was observed with great interest and enthusiasm by the students.

Overall, the activity was engaging and enriching and helped students understand the value of herbal plants like mint while encouraging healthy eating habits and active participation.



DELHI PUBLIC SCHOOL
KAMPTEE ROAD, NAGPUR

HERBAL HERITAGE ACTIVITY



EXPLORING THE GOODNESS OF NATURE THROUGH CREATIVITY AND INNOVATION

Our students participated in an engaging fireless cooking activity centered around the theme of herbal heritage, where they discovered the power of natural ingredients and traditional knowledge. With enthusiasm and curiosity, they prepared a variety of nutritious and creative dishes using herbs, seeds, fruits, and other wholesome ingredients—without the use of fire.