

**St. Cecilia's Public School**  
**Scientia Club**  
**Home Remedies Activity**  
**Class IV-V**

The Scientia activity for the month of April was conducted with the students on the topic – Home Remedies.

Students of classes IV & V were asked to bring basic ingredients of simple home remedies for common ailments like cold, cough etc. It was done so as to sensitize students to the benefits of many medicinal ingredients that are present in our homes at all times and can be used to keep us healthy and build our immunity.

It was a well done effort on the part of the students as they attentively listened to the information about building one's immunity through simple methods. They were guided in a step by step manner by the class teacher to prepare the remedies and also to understand the medicinal value of each ingredient. This instilled a sense of confidence among the students towards the 'do it yourself' activities.