

The story of Sanjeevani Booti



Sharing the word:
 You and your friends can share this message by:
 Painting pictures and slogans on the walls
 Creating posters
 Putting on plays
 Holding cooking demonstrations
 Writing a newspaper article

Plant a few moringa trees
 Start a moringa nursery
 Share saplings with others

See how many other creative ideas you can come up with.
 Together, we can do a world of good.



Moringa leaves prevent 300 diseases

India's ancient tradition of ayurveda says the leaves of drumstick tree prevent 300 diseases. Modern science confirms the basic idea.

--Dr. C. Gopalan, President, Nutrition Foundation of India and Dr. Kamla Krishnaswami both maintain that moringa leaves are a rich, inexpensive source of micronutrients.

Moringa leaves contain large amounts of:

Vitamin A, shielding against diseases of the eyes, skin and heart; diarrhea and many other ailments.
 Vitamin C, fighting a host of illness including colds and flu. Calcium, building strong bones and teeth, and preventing the bent spine common for older people. Potassium, essential for the functioning of the brain and nerves. Proteins, the basic building blocks of all our body cells.

These are essential nutrients in themselves, but their combination in moringa leaves creates a powerful disease-preventing health tonic.

The next day they went to the doctor. He said that this was quite a coincidence because he was himself involved in research on the benefits of moringa leaves... and the moringa leaves are loaded with nutrition.



Pleased the teacher asked, "Salim Bhai, how do these leaves prevent 300 diseases?" "Maybe you and your class can do some research and find out for yourselves," he said, and gave them some literature on this subject.

From the literature they found that moringa leaves have 4 times as much vitamin A as carrots; 7 times as much vitamin C as oranges; 4 times as much calcium as milk; 3 times as much potassium as bananas; 2 times as much protein as yogurt.



Madan's mother started to include moringa leaves in the foods that she cooked. His eyesight improved dramatically and he was no longer sick. The information on the benefits of moringa leaves started to spread and people started to eat moringa leaves.



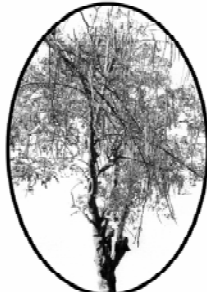
... Madan grew up to become a doctor and today he shares the knowledge of this Sanjeevani Booti with everyone.
 Are you the Madan of this story?
 Yes, I am Dr. Madan.



Adds taste: Moringa leaves are not only super-nutritious, but a few grams cooked with any vegetable or daal can also add variety and taste to our dishes.

Year-round use: For convenient year-round use, one may dry the leaves and store them in a jar. A few spoonfuls of dried moringa leaf powder adds nutrition to any vegetable or daal.

Easy to plant: Moringa leaves are easy to plant and care for. They can be grown from seeds or cuttings. Cuttings should be more than one inch thick and more than two feet long. Dig a three-foot cube pit, and plant the bottom end of the cutting about one foot deep in a mixture of equal parts manure, soil and sand. Plant cuttings in the spring, or during the monsoons.



And people started to plant moringa trees and share the knowledge with others.

Name: _____
 School: _____

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