

# A FLORAL

Making A Newspaper Contest  
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Flowers are a symbol of healing & new beginnings, & when representing a country, they become a symbol of culture, history, & heritage. Hand-picking such national flowers from around the globe, **Rajbir Singh, XI A & Yashvi Goyal, X B, AIS Gurugram 43**, bring you a floral treat full of fragrance & delight.

## Pride of Barbados | Barbados

**The fragrance:** Proclaimed as the national flower in 1980, the vibrant colours (red, yellow, and orange) of this flower represent the spirit of nation and the resilience of Barbadians.

**The delight:** The infusions curated from this flower and its leaves can be used to treat respiratory issues and digestive disorders.

## White Lily | Italy

**The fragrance:** One of the most exuberant flowers on earth, white lily was chosen as the national flower of Italy not only for its charming beauty but also because the Roman Catholic church adopted it to symbolise Virgin Mary, where both represent purity, innocence, and refined beauty.

**The delight:** Lilies have a history of being used as a medicine; Romans used it to cure boils and soften skin, and in the Elizabethan period, they were used to treat arthritis, lower fevers, and clean wounds.

## Lotus | India

**The fragrance:** On January 26, 1950, lotus was announced as the national flower of India. Holding a special place in Indian mythology and culture, the flower is a symbol of detachment in Bhagavad Gita, where it grows in muddy water yet remains untouched by the mud, spreading the message that humans, too, should learn to live above materialistic desires.

**The delight:** The stem, seed, and the flower itself find extensive usage in Asia. Its tea is rich in antioxidants, while the stem reduces liver diseases, and seeds help regulate heart health.

## Dahlia | Mexico

**The fragrance:** Representing traits like elegance, inner strength, dignity, creativity, and beauty, dahlia was declared the national flower of Mexico in 1963.

**The delight:** Historically, it is believed that Aztecs, the first inhabitants of Mexico, used this flower's tubers as a source of food and the flower itself was used to cure epilepsy.

## Hibiscus | Malaysia

**The fragrance:** Referred to as Bunga Raya, the flower was declared as national flower on July 28, 1960. The five petals represent the country's national philosophy of Rukun Negara i.e., 'belief in god', 'supremacy of the constitution', 'rules of law', 'loyalty to the king and country', and 'courtesy and morality'.

**The delight:** The flower is known for its medicinal properties and can help in reducing high blood pressure, hair fall etc.

## Golden Wattle | Australia

**The fragrance:** A native to the southeastern Australia region, the golden wattle was declared as the national flower on August 19, 1988, by governor general Rt Hon Sir Ninian M Stephen. The resilience of the flower strongly represents the spirit of the Australian people and has often been spotted in the design of Australian awards and stamps.

**The delight:** First September is a national holiday in Australia and is called National Wattle Day as it commemorates the long standing tradition of wearing golden wattle blossom.

Illustration: Yashvi Goyal, AIS Gurugram 43, X B