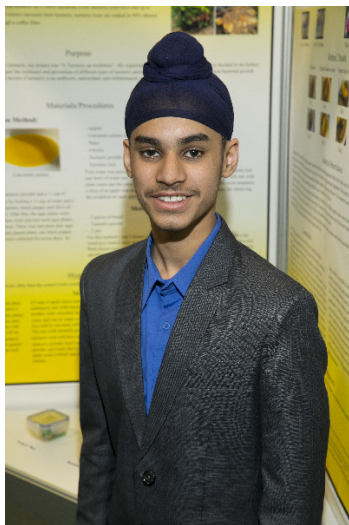


CWSF 2017 - Regina, Saskatchewan



Aksh Singh Narhan

Turmeric: Really the Spice of Life?

Challenge: Health

Category: Junior

Region: Northern Manitoba

City: Thompson, MB

School: Riverside School

Abstract: Turmeric (*Curcuma longa*) is a spice many people aren't aware of. It's been used as an antiseptic, antibiotic and for food colouring in Asian cuisine through generations. But Turmeric isn't valued as much as it should be. With multiple methods and extensive research, I've taken on the role to convince people to use turmeric. I've commenced developing a cream for easier antiseptic application.

Biography

My name is Aksh Singh Narhan and I'm in grade 8 French Immersion at École Riverside school in Thompson, Manitoba. I play the trombone in our school's junior concert band and jazz band. I love watching and playing sports, especially soccer. My favourite subjects in school are math, science and social studies. I've been doing science fair projects since I was in grade 3 and this is my second year at the CWSF. My family has been my inspiration for this project, because last year my grandparents told me that whenever I get a cut, I should put turmeric on it, and then it would heal. My curiosity helped me begin a project that studied the anti-antibacterial effects of turmeric. This year I've expanded my investigation on turmeric and its medical properties and I plan on continuing. My only advice for others is to start your project early.