



Tejaswani

MIND GARDENING



Human connect with nature...



Nature - Humanity – Self

“If you lose relationship with nature, you
lose relationship with humanity.
J.Krishnamurthy”

“As you lose relationship with humanity
you become less sensitive towards
human beings and your self.”



Touch the little plant with care, feel the grass beneath your fingers
connect with the soul of the tree.

Will you?



Are we becoming nature deficit..?



Loss in connect leads to loss of protection of nature

- 🌿 Extinction of animal
- 🌿 Deforestation
- 🌿 Climate change
- 🌿 Pandemics
- 🌿 Pollution
- 🌿 Physical & mental health disorders



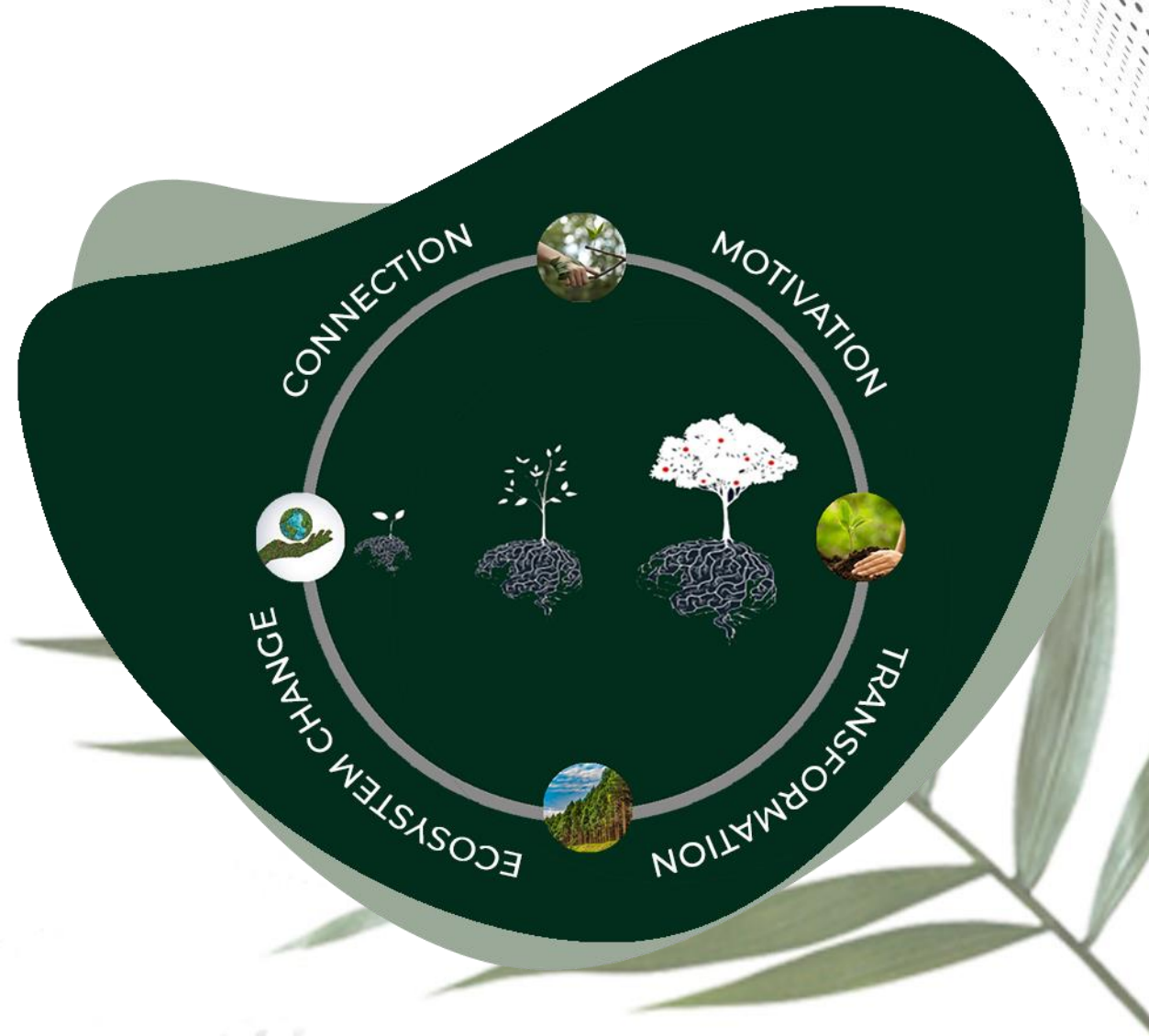
Mind Gardening...

An attempt to reconnect with nature..



Mind + Gardening = Mind Gardening

Discover positive effects of Nature & Environment on our emotional, mental, spiritual and physical wellbeing.



Mind Gardening Activities...



Tree plantation...



1: No green no life, know green know life

- ❖ **Step 1**
Feasibility check
- ❖ **Step 2**
Planting strategy
- ❖ **Step 3**
Budgeting
- ❖ **Step 4**
Implementation
- ❖ **Step 5***
Maintenance



Go creative...



2: A deep look into nature unlocks imagination

Grow plants in old tires, bottles, cans...

Delight in the little garden



Nature activity in schools...



3: Let Nature be your teacher

Nature
drawing



Art on stone, flower, leaf, pot...



Nature walk...



4: Mindful walk in nature



Promoting health and wellness...



5: Blessing with nature

Indoor plantation



Gifting plants



Empowering Green Initiatives with Natives...



6: Seeding Tomorrow's Campus

Seedballs Distribution



Seeds Distribution



Unmasking Pollution...



7: Empowering Tomorrow Through Collective Action

Community Plastic Clean-up

Reduce, Reuse and Recycle



**Plastic
Planter Design
Challenge**



Nurturing Our Forests...



8: Promoting Conservation and Awareness

Community Reforestation

Wildlife Awareness



How to contribute...

Tejaswani is the philanthropic arm of SJIT Recruitment Consultants. We take the responsibility to process donations as per the instructions given by our donors, online and offline. Tejaswani has successfully established collaborations with various like-minded Corporates, NGOs, institutions, and Government bodies which have supported the organization in increasing its philanthropic reach through financial or other related support to our programs.

We urge all the companies and volunteers to support our programs by generously contributing and thus, helping us take this far and bring changes in every households. The 'Corporate Cares' category is a perfect opportunity for corporates to merge the Social Responsibility, HR and Marketing objectives of the company by being a part of our program....



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