



Zen for the environment



By
K.S.Venkatram
AOEC & SSHGIEC, 2018



Zen for the environment

- Since 1970, Bengaluru's land growth or concretization has increased by 925%
- The ratio of the number of trees per person has severely dropped leading to an increase in air pollution and climate change trends
- According to a study, every person needs at least 8 trees in a lifetime, whereas there is approximately 1 tree for approximately seven persons
- There is a need to come up with action plans to address this loss of green cover
- AOEC proposes a programme called "Zen for the environment" to address this problem and its need for risk mitigation

Zen for the environment

- The consultant finds that the proposed programme will be more successful if assisted by the Nursery Men Society, Lalbagh, Bengaluru



- The programme will include the following steps
- 1. **Zen for sites:** Launch a remedial initiative that mandates when builders & construction companies clear land for their construction projects, they should be provided 8 saplings (per flat, office or home constructed at the site in question). It will be a responsibility for a builder or associated owners to plant and care for these saplings in an exercise to make up for any deforestation done.
- **Decision making:** Selecting saplings that are suitable and designing a “handbook” that helps an average person care for and know the health of a tree
- **Deliverable:** Ready-to-plant saplings and Zen for the environment booklets

Zen for the environment



- **2. Zen for families:** Launch a **lifetime initiative** that mandates when a child is born, a family or new parents should be provided 8 saplings to plant and care for these saplings in an exercise to help the child fight climate change and concretization.
- **Decision making:** Selecting saplings that are suitable and designing a “handbook” that helps an average family care for and know the health of a tree
- **Deliverable:** Ready-to-plant saplings and Zen for the environment booklets

Zen for the environment



- **3. Zen for municipal bodies:** Launch a sustainable environment initiative that mandates whenever the municipal body cuts down a tree or reduces its lifetime, it should plant 8 saplings and care for them in an exercise to make our environment sustainable and green.
- **Decision making:** Selecting saplings that are suitable and designing a “handbook” that helps the municipal implement a “Tree Grid” to inventory, track, care for and know the health of trees in select locations
- **Deliverable:** Ready-to-plant saplings, “Build a Tree Grid” and “Zen for the environment” booklets

Zen for the environment



- **4. Zen for parks and gardens (lung spaces):** Launch a rejuvenate the environment initiative that mandates whenever a municipal body plans for or maintains a park or garden, it should implement the “Tree Grid” in an exercise to conserve and rejuvenate the environment.
- **Decision making:** Recommending saplings of plants, trees, herbs that are suitable for a location and implementing of the “Tree Grid” to inventory, track, care for and know the health of trees in the park or garden
- **Deliverable:** Ready-to-plant saplings, “Build a Tree Grid” and “Zen for the environment” booklets

Zen for the environment



- **4. Zen for lakes and ponds (care for our water bodies):** Launch a nurture me initiative that mandates whenever a municipal body resurrects or maintains a lake or pond, it should arrange to plant trees on the perimeters of the lake or pond, landscape it and implement the “Tree Grid” in an exercise to protect this resource.
- **Decision making:** Recommending saplings of plants and trees that are suitable for a location and implementing of the “Tree Grid” to inventory, track, care for and know the health of trees in the park or garden
- **Deliverable:** Ready-to-plant saplings, “Build a Tree Grid” and “Zen for the environment” booklets

Zen for the environment



- **5. Zen for your kitchen (health and well-being):** Launch a **health for all initiative** that recommends that families should plan to grow a kitchen garden of select herbs if they are interested in growing plants and trees.
- **Decision making:** Recommending saplings of plants and herbs that are suitable for a family & its location and implementing of the “Herb garden accelerator ” to families achieve wellness and even productize if necessary
- **Deliverable:** Ready-to-plant saplings, “Grow your Zen or Herb garden” booklets

Zen for the environment



- **6. Zen in your workplace (caring for your workforce or staff):** Launch a **care for your workforce initiative** that recommends that organizations or institutions should plan to grow a Zen garden of select plants, herbs and trees with specific landscaping to bring Zen (inner peace and harmony) into the lives of people at work there.
- **Decision making:** Recommending saplings of plants, herbs and trees that are suitable for a workplace & its location and implementing of the “Zen garden healer ” to help workplaces add soulful and healing influences to their environments
- **Deliverable:** Ready-to-plant saplings, “Grow your Zen garden” booklets

Zen for the environment



- The way ahead
- Increasing population will necessitate more land use or concretization, thus helping people plant and care for plants and trees will become a vital endeavor.
- (1) Building Tree Grids, (2) Designing Zen and Herb gardens and (3) Mitigating risks of tree fall associated with trees in our neighborhoods or locations are all steps towards a Sustainable Future (or Future ready Millennium)