



Take a deep breath

...At The Oxygen Chamber in Gurugram, A Much Needed Respite From Pollution

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As increasing pollution levels engulfed the capital and surrounding areas in NCR, the denizens were left grappling for fresh air. In toxic times like these, the Oxygen Chamber at Huda Metro Station, Gurugram comes as a much needed respite.

The seed

The seed of this idea was sown when the Founder Annu Grover received a zodiac plant from a friend. And so the desire to gift everyone a breath of fresh air was born. The oxygen chamber is a result of the united efforts of Nurturing Green, an NCR based company and Delhi Metro Rail Corporation. This 13,000 square feet green zone is a photographer's dream, nature lover's paradise and environmentalist's ground zero.

The plant

As the air pollution index in Delhi and NCR spiked, tilting towards dangerous levels, the seed of an idea blossomed into a plant ie when a complete green zone was open to the public on September 29, 2017. Soni, the store manager, explains, "The three elements- a nursery, an outdoor themed area and the greenhouse, create a calming scene together." The greenhouse is home to over fifty indoor air purifying plants. These NASA



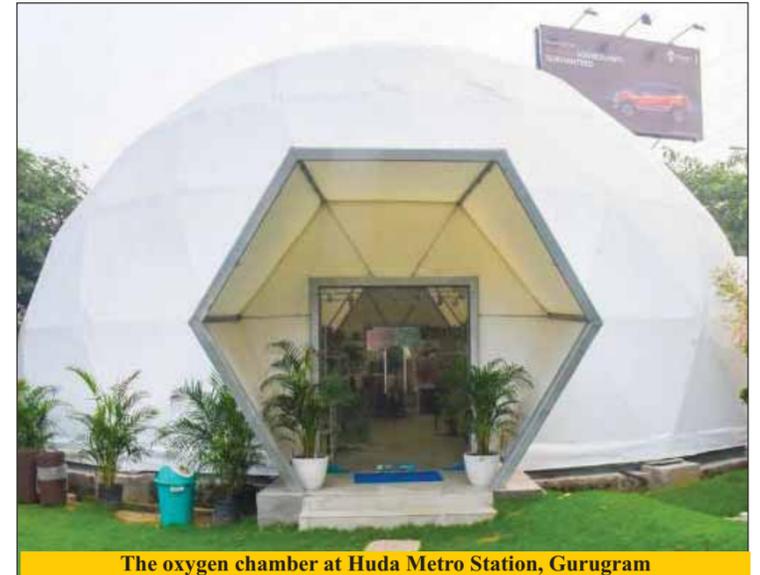
GT reporters with the support staff of oxygen chamber

approved plants such as Areca palm, Peace lily and *Sansevieria trifasciata* not only absorb harmful gases like methane and carbon dioxide, but also provide oxygen. The plant memorabilia also includes 'stress busters' like green ivy, whose mere presence in any room lowers blood pressure, improves attention, and boosts productivity by upto 40%. Many of these plants are available for sale in the nursery. Blending science with nature, the chamber is also equipped with an electronic purifier. "Plants and electronic purifier complement each other.

While the plants absorb gases, the electronic air purifier takes care of the particulate matter (PM) levels," shares Soni. There is a dedicated oxygen room where people can spend time.

The fruit

In a city where the only thing you can't buy is a breath of fresh air, this oxygen chamber can perhaps be the sweetest fruit. "The PM_{2.5} and PM₁₀ levels in the O₂ chamber are 12 and 20 as compared to shocking 260 and 350, respectively, outside the enclosure," says Soni. And



The oxygen chamber at Huda Metro Station, Gurugram

this precious gift comes free of cost. Yes, there are no entry charges for this green saviour.

Well, we all want to savour a fruit as fresh as this but accessibility sure remains a problem as travelling there everyday may not be feasible. But, thankfully there is a solution. Neetu Gulati, Assistant Manager at Nurturing Green, says, "We usually head to the mountains during our vacations to get a whiff of clean air to rejuvenate but what if that was possible right at your home? You can have your own oxygen haven at

home as well. The cost varies depending on the size, but all you need is an enclosed area and the rest will be taken care of by the team." In this age of high pollution levels having an oxygen chamber at home is good news.

While exiting the nursery, Rajesh Gupta, a visitor, remarked, "The last hour gave me an insight into the world I want to live in. The sharp contrast really shaped my perspective about my contribution to the pollution. A great concept executed; it really is a breath of fresh air for Gurugram." And we definitely agree. 🌱

Pic: Pratham Maheshwari, AIS Gur 43, X C

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