

Planting with purpose

Mindful Plantation: An Art That Connects Us With Nature And Our Inner Self

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion', where experts from different walks of life discuss various aspects of the chosen social cause. Here's presenting **Part X** of this exclusive series, based on the panel discussions organised by YP teams for the year 2025-26, and a host of opinions and insights shared by experts on '**Mindful Plantation**', the cause chosen by the YP team of AIS Vasundhara 6.



The panellists share the importance of mindful plantation

Follow the eco-centric way of living

Panellist: Dr Damini Sharma
Researcher, CSIR-NIScPR, New Delhi

"Mindful plantation is the awareness of all the 'W' questions. First is 'what' - we must know what we are planting and whether it suits the local ecology. Then comes 'where' - every plant has its preferred bio-geography. For example, cotton grows best in black soil, not loamy soil. Some plants need full sunlight, while others grow better in shade. Third is 'when'



- we must know the right season and even the best hour to plant. Fourth is 'why', which implies we must understand the purpose. Are you planting for greenery, food, fragrance, shade, or soundproofing?

And finally, 'water'. Mindful watering determines whether your plants thrive or fail. Indoor plants are very important because they purify the air by absorbing toxic gases like formaldehyde and giving us oxygen. Similarly, a kitchen garden is a powerful way to stay close to nature, eat fresh food, and protect biodiversity at the same time. Some of our daily habits, like plucking leaves, walking on grass, disturbing butterflies, or peeling off tree barks can disturb biodiversity balance. We

must follow the eco-centric way of living, which means that humans are not the centre of the world, as other living beings are just as important."

PART X



Grow native plants for biodiversity to thrive

Panellist: Dr Madhu Lata, botanist
and biodiversity conservation expert

"Mindful plantation is a holistic practice that combines awareness, scientific care, and personal intention. It transforms tree planting from a routine activity into a meaningful, sustainable process that nurtures both ecosystem and human well-being. If the objective is long-term ecological health, higher plant survival, and sustained ecosystem services, mindful plantation is the better approach than conventional plantation. The latter



may achieve quick greening targets, but thoughtful planting ensures timeless benefits. Some techniques include selecting native plant species suited to

local regions, creating a mix of flowering plants, herbs, and vegetables that builds balanced ecosystems and attracts pollinators. Sustainable soil practices - like composting, mulching, encouraging earthworms and microbes, and reducing chemical inputs - are essential, along with water conservation methods. Choosing the right plants requires understanding local climate, soil type, drainage, and more. Native

plants are especially valuable because they are resilient, low-maintenance, and pest-resistant. By embracing native plants, you can create a beautiful garden that flourishes with minimal effort."

EXPERT SPEAK

Revel in gardening as spiritual therapy



Panellist: Dr Anjana Mathur Jagmohan
Geography professor, Dyal Singh College, Delhi University

"Mindful plantation is a contemporary concept that draws on ancient traditions of holistic, spiritual, and organic agriculture. The practice combines the intentional awareness of mindfulness, rooted in Eastern philosophies, with the cultivation of plants. The philosophical and spiritual roots of mindful plantation can be traced all the way back in the eastern traditions of Buddhism and Hinduism. Our Vedic farming, in fact, views agriculture as a sacred activity, and Japanese gardens have perfected the concept of asymmetrical balance. This asymmetry is achieved intentionally to imitate nature, thereby creating a harmonious and naturalistic effect. Such approaches avoid damaging methods like harmful chemicals, non-native species,

and offer a plethora of constructive alternatives to widespread deforestation, biodiversity loss, and soil erosion. As mindful planting involves intentionally connecting with the sensory experience of growing plants, it nurtures patience, and a deeper connection with nature. Focusing on the present moment while actually doing the planting, tending, observing the plants, taking care of the soil texture, the smell of leaves, and the slow process of growth is a highly therapeutic exercise as it develops skills like focus, patience, and emotional well-being. Even in arid regions, one can select native and drought-tolerant species that enrich the soil, conserve moisture, and create symbiotic relationships. Some plants suited for such regions are *Neem*, *Khejri*, *Babul*, et cetera. Thus, one can say that mindful plantation is not just a technique but a practice that teaches us virtues through the action of caring and nurturing the environment. It integrates spirituality with the nature, blooming not only a serene garden but mindfulness within."