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| ***Academic Year*** | 2024-2025 |
| ***Registered Semester*** | 1 |

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| ***Name of the Activity:*** | **Tree Plantation** |
| ***Objective of Activity*** | The primary objective of the tree plantation activity was to contribute to environmental health by increasing the green cover in Ananda van. By planting saplings, the initiative aimed to combat climate change, enhance local biodiversity, improve air quality, and create a mini-forest that serves as a carbon sink and supports various life forms. Additionally, the activity sought to educate students about the ecological benefits of trees, such as oxygen production, temperature regulation, and providing habitats for wildlife. Through hands-on activities, the initiative aimed to raise awareness about environmental stewardship and impart practical knowledge about tree planting and maintenance. |
| ***Description of Activity*** | The activity took place at Ananda van, a forest area, starting at 7:00 AM. Participants gathered early in the morning, prepared with necessary tools such as gloves, spades, and hoes. The main task was to remove the unwanted grass and weeds that had grown around the tree saplings. This was important because excessive grass and weeds can compete with the saplings for essential nutrients, water, and sunlight. Volunteers worked together, clearing the area around each tree to give the saplings more space and better conditions for growth. The activity involved careful attention to not damage the saplings while removing the grass and ensuring the surrounding area was neat and tidy. |

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| ***Benefits to Society*** | The work done during this activity directly benefits the local community by ensuring the continued growth and health of the trees planted in Ananda van. As the saplings grow, they will provide a range of benefits to society, including improving air quality, reducing the urban heat island effect, and promoting biodiversity. A healthier green space also offers a peaceful environment for residents and visitors, contributing to overall well-being. Additionally, the activity serves as a reminder to the community about the importance of maintaining green areas and the collective responsibility for their preservation. |
| ***Benefits to Self*** | For the participants, the activity was an opportunity to gain hands-on experience in environmental conservation and learn the importance of ongoing care for nature. It allowed them to directly contribute to the growth of the trees they had helped plant. The physical nature of the work also provided a sense of satisfaction and fulfillment. By engaging in meaningful environmental work early in the morning, participants felt a sense of accomplishment and pride in their efforts. It also served as a reminder of the value of perseverance and attention to detail in long-term projects. |
| ***Learning, Experiences, Challenges, that you would like to share*** | The activity provided valuable insights into the ongoing maintenance required for the survival of saplings. Participants learned that planting a tree is only the beginning and that nurturing the tree through regular care is essential for its growth. They learned about the role of weeds and grass in competing with saplings for resources and how regular maintenance is needed to create a thriving environment for trees. Additionally, the activity reinforced the idea that environmental conservation requires consistent effort from everyone in the community. The early morning start and the hands-on nature of the activity made it a rewarding experience for all involved. Participants shared a sense of teamwork and camaraderie as they worked together to clear the weeds and create a better environment for the saplings. Many found it gratifying to see the immediate impact of their efforts, with the trees visibly more accessible and well-cared for after the work. The physical labor involved in the activity also provided a moment of connection to nature, as participants worked directly with the earth to improve the surroundings. |

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| ***How did it help to shape your Empathy*** | This activity helped participants develop a stronger sense of empathy for both nature and their community. The process of nurturing the saplings and seeing their potential for growth made participants more aware of the effort and care needed to ensure the environment thrives. It also fostered a sense of responsibility toward the trees and the forest as a whole. Many participants shared how the experience helped them understand the broader implications of environmental conservation and how their actions, no matter how small, could contribute to a healthier world. Additionally, the activity emphasized the importance of collective effort, as the success of such a project relies on continuous care and collaboration. |
| ***Link to the photos taken during activity*** |  |