

SCHOOL GARDENING

VENUE: PINKZ HERBAL GARDEN

GRADE: IV SECTION: A

**“The garden suggests there
might be a place
where we can meet
nature halfway”.**

PLANTS are absolutely essential to life. None of our basic functions from breathing to eating to drinking would be possible without plants.

Plants not only act as food sources but also release oxygen and help maintain the water table. The simple fact of the matter is that without plants we would not survive.

People cultivate and grow certain plants, bushes and shrubs in their homes or yards. This activity is known as gardening.

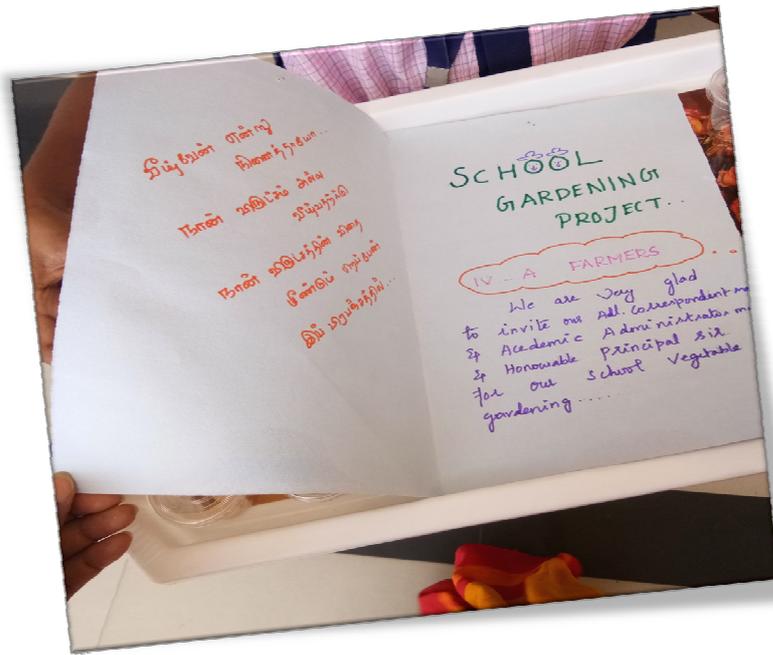
Gardening is a fairly physical activity. It involves weeding, watering of plants, mulching, trellising and harvesting – all of which require physical labour from the gardener. It also has been proven that it reduces stress, lower blood pressure, lower cholesterol, and decrease depression.

The importance of a vegetable garden is great and manifold. A vegetable garden ensures an inexpensive, regular and handy supply of fresh vegetables which are basic to nutrition.

With reference to the above context the children of Grade 4 A had a quench to cultivate a small vegetable garden free from manures and pesticides and this was willingly done in our PINKZ HERBAL GARDEN.

A.Simona Jenis, T.S.Thishany Laura, C.K.Rithikha, D.S. Monasri, R.Charulatha from Grade IV A, invited Mrs.R.Chitra-Additional Correspondent, Mrs. R.Kavitha, Academic Administrator and Dr.I.John Marlin Inbakumar, Prinicipal beamingly to the start-up of Vegetable garden at our school premises.





Have a glimpse over the invitation prepared by Grade IV A ...

The soil was prepared by digging with spade, so the loose, well-aerated soil allows water and oxygen to reach the plants' roots quickly.

The soil is the great connector of lives, the source and destination of all.



Sanjay Sadu. A is turning over the soil, removing the rocks preparing the plot before planting.

Today's kids spend an average of seven hours per day indoors in a sterile environment. We should teach them that grime and gunk, in moderation, is not only fun, but healthful. And one of the best places to learn that is in the garden. There's something satisfying about getting your hands in the soil.

The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.



A.Baskaran and C.Mukesh are sowing the seeds today to harvest happiness, hope, love , success and healthy vegetable in future.

LIFE BEGINS THE DAY , YOU START A GARDEN. Lithika Sree.
P is sowing the seed. The pride of beginning a life can be clearly seen in her face.

BENEFITS OF GARDENING:

- Exposure to Vitamin D
- Decreased dementia risk
- Enjoyable exercise
- Helps combat loneliness.

At the end of this activity the children has also learnt that,
“Sow the seeds of hard work and you will reap the fruits of success. Find something to do, do it with all your concentration. You will excel.”

Report Compiled by

J.Deepika B.Tech,. D.El.Ed

Department of Social Science-Pinkz