

## **Institutional Distinctiveness – 2016-2017**

### **Gardening :**

The N.S.S units of Egra S.S.B College arranged gardening programme on the Month of September, 2016. Gardening is the practice of growing and cultivation of different types of flowering plants. Gardening ranges in scale from orchards to long boulevard plantings either one or more different types of shrubs, and trees, and herbaceous plants. Garden is situated in front of college campus in which different types of seasonal flowers, bonsai, cactus are also grown. The Gardening is a way of making meaning out of our lives. Being in the garden and feeling a profound connection to the land affords us the opportunity to focus on beauty and inspires us to experience feelings of awe, gratitude and abundance. The act of gardening enables us to enter the zone also known as an altered state of consciousness-similar to what a jogger or one who practices yoga or mediation can experience. The gardening improves relationships and compassion. Research shows that people who spend extended lengths of time around plants tend to have better relationships with others. This is due to measurable increases in feelings of compassion, another effect of exposure to ornamental plants. Studies have shown that people who spend more time around plants are much more likely to try and helps others, and often have more advanced social relationships. People who care for nature are more likely to care for others, reaching out to their peers and forming shared bonds resulting from their common interests. This physical activity associated with gardening can help lower the risk of developing dementia for students. The gardening strengthens your immune system by outdoors basking in the sun, also soak up plenty of vitamin D, which helps the body absorb calcium. In turn, calcium helps keep our bones strong and immune system healthy. Students have in recent years become more interested in campus gardens because it's something within their control. Students feel there are pressing global environmental problems and climate change is happening now, and they don't know what they can do about it. Campus gardens provide an outlet for their broader environmental concern. The impact of gardening on students are:

1. To improve community nutrition knowledge and consumption of healthful foods.
2. A natural form of moderate physical activity.
3. Creation of green spaces conducive to healthful, sustainable lifestyles.
4. Improved mental health for participants.
5. Hands on experience how plants are propagated.
6. Higher academic achievement.
7. Opportunities to connect with the surrounding community.