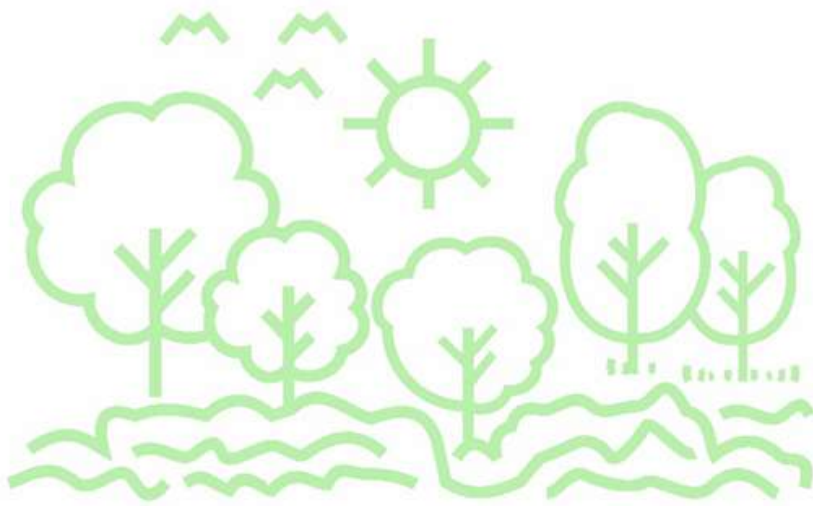


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2022 - 2023

# Sustainable Living with Forests

Annual Report



Forests by  
heartfulness  
advancing in love

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# Introduction

Forests by Heartfulness (FBH) is an ecological movement envisioned to create spaces where humans coexist in harmony with Nature. The movement started in Kanha Shantivanam, Hyderabad – Heartfulness world centre to respond to the call to conserve, restore and create forests and offer a solution to the risk of climate change and loss of biodiversity.

## VISION

Our vision is to conserve the native, endemic and threatened species and enrich the mega-biodiversity for a cleaner and greener world thereby contributing to sustainability and playing a critical role in transitioning to a circular bio-economy.

## VALUES

We are an eco-friendly, nature-forward movement, committed to building a sustainable future; seeking to actively recreate peace and harmony in the world by cultivating a culture of synchronicity with nature and a loving relationship.



# Message from DAAJI



**“EACH ONE,  
TEACH ONE,  
HOW TO PLANT ONE”**

An invitation from Daaji  
“Why must we have  
greener Kanha?”

Each time we come here,  
we must feel that Kanha  
is greener than our  
previous visit, just as our  
spiritual condition should  
be – better each time. I  
am delighted to share  
some excerpts from  
Complete Works of  
Param Pujya Lalaji  
Maharaj.

See how he conveys to  
us with so much passion  
about the trees and  
plants who can retain  
truth, the divine charge,  
and transmission for long  
durations.

Let us make Kanha  
Shanti Vanam the  
realization of his dream,  
by adopting as many  
trees as possible.  
“Donation to this fund is  
eligible for 80G  
exemption under the  
Income Tax Act, India.





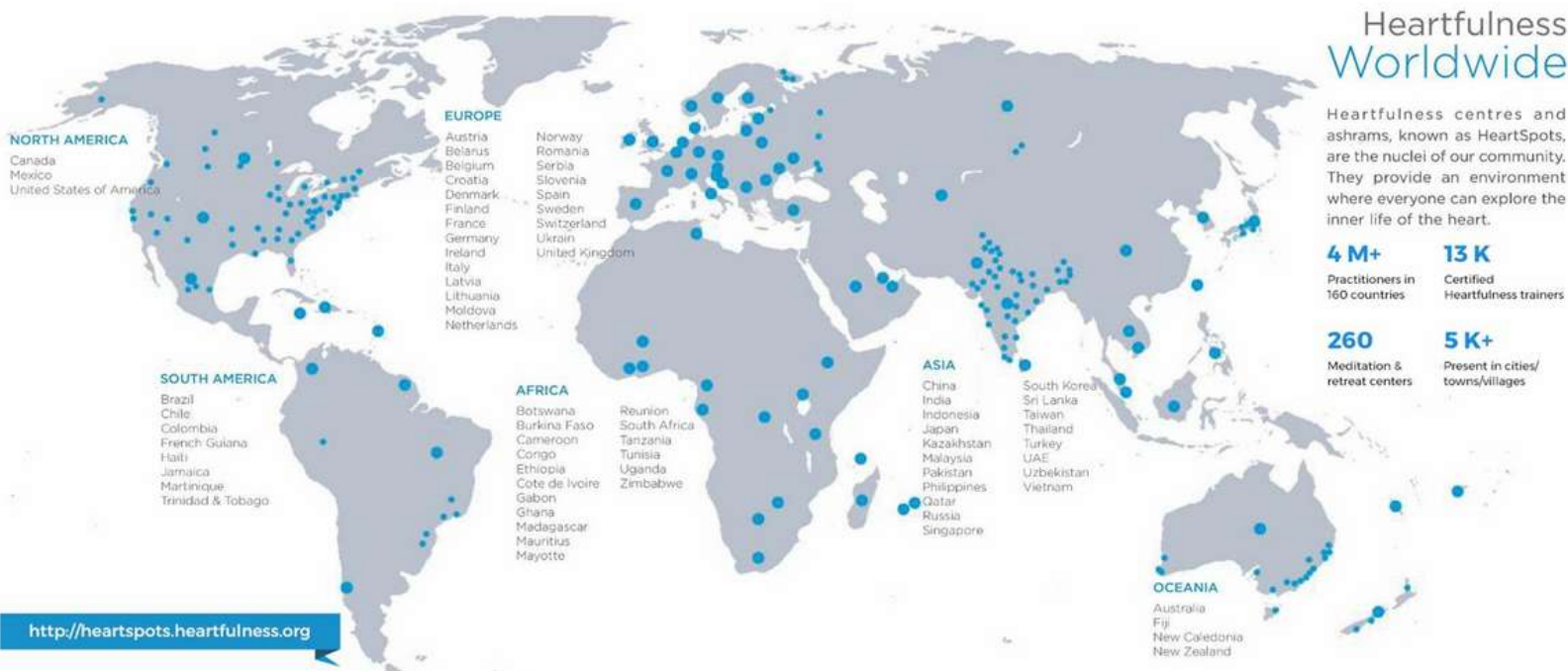
Heartfulness centres and ashrams, known as HeartSpots, are the nuclei of our community. They provide an environment where everyone can explore the inner life of the heart.

**4 M+**  
Practitioners in 160 countries

**13 K**  
Certified Heartfulness trainers

**260**  
Meditation & retreat centers

**5 K+**  
Present in cities/towns/villages



## About Heartfulness

Heartfulness, a simple but subtle practice of meditation that connects each one of us with the light and love in our hearts came into existence with the rediscovery of 'yogic transmission' by Shri Ram Chandra of Fatehgarh, who was born in 1873. Since its inception, it has offered spiritual training to all sincere seekers regardless of their sex, caste, or creed, completely free of charge.

It continues to do so, currently through 5000 + Heartspots located in 130 countries across all continents. Heartspots are places where Heartfulness meditation and rejuvenation practices are offered to the public free of charge, by certified trainers.

Despite the pandemic, the many community events offered by the Heartfulness Institute across the globe - for schools, universities, corporates, villages, etc., and other wellness programs - continued as online activities in 2020, which became possible only through the dedication and passion of thousands of volunteers. Heartfulness initiatives have been offering community revitalization efforts as well as environmental and educational endeavours across the globe.

# Oasis of peace

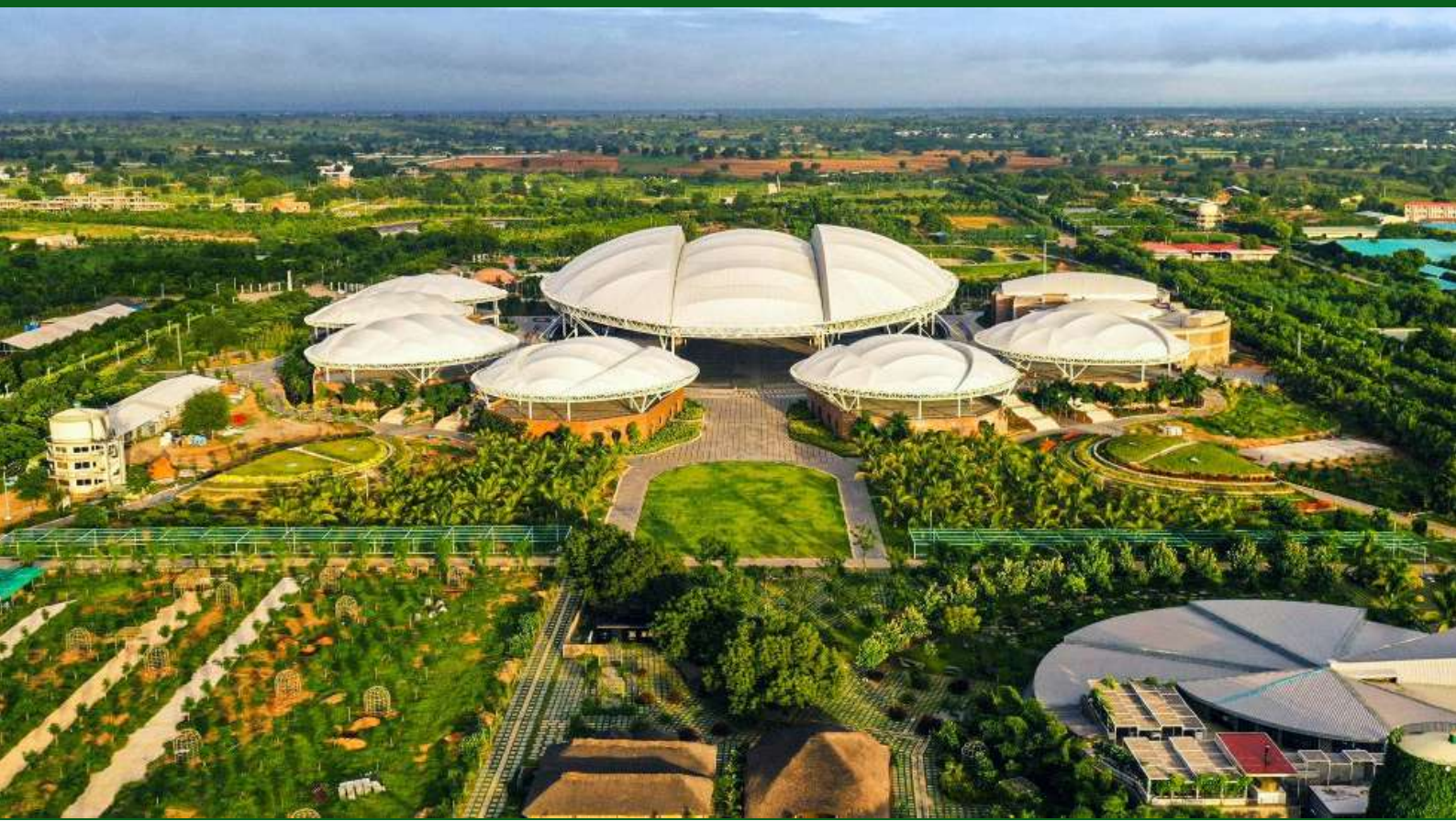
## Kanha Shanti Vanam



Kanha is the epicenter of the Heartfulness Movement. Magnificent in its style and design, tranquil in its atmosphere, the beauty of the place lies in its subtlety; the natural and harmonious environment of the place resonates with the balance and love experienced by the hearts of those visiting and living in Kanha.

Prior to 2010, this entire area was largely barren and dry. At the outset, a massive plantation drive was undertaken with special emphasis being given to the endangered local species. Over the years, the green cover has steadily increased and the landscape has been transformed.

The ashram is an ecological paradise, a place for a spiritual retreat, where you can experience simple living in tune with inner and outer nature. The Forests by Heartfulness movement started in Kanha and from there it spread massively in the entire nation through a network of 18+ nurseries.







## Glimpses of Kanha Shanti Vanam



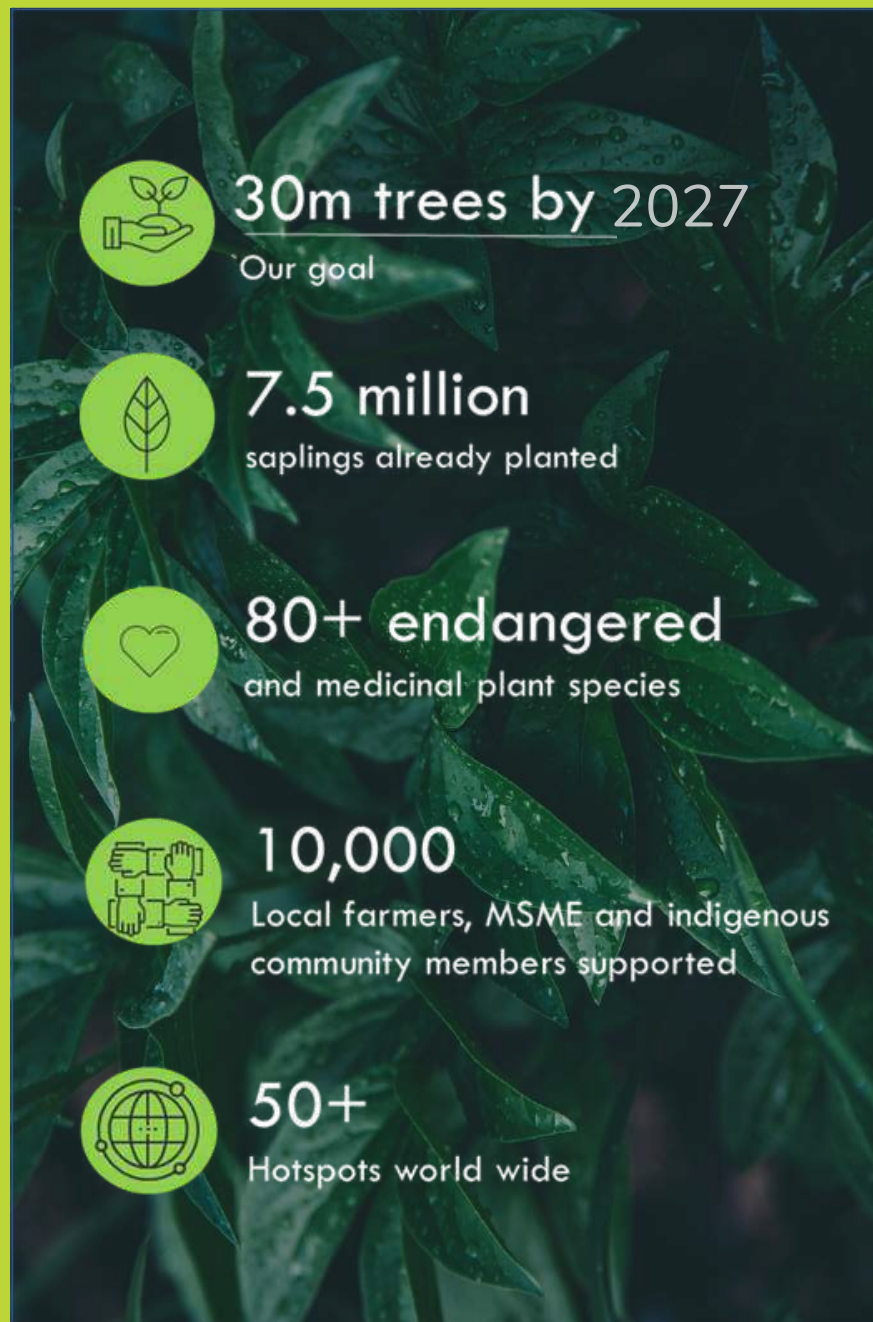


# Forests by Heartfulness

**Forests by Heartfulness** is an initiative aspiring to conserve the threatened, rare, and endangered species of our tropical forests. There is increasing evidence that green cover can improve human, physical, and mental well-being. In cities, tree plantations help to combat air pollution and temperature stabilization.

Thus, there is a need to plant more trees to conserve wildlife, support local communities, combat climate change, improve human well-being, and benefit future generations. Forests by Heartfulness (FBH) is an ecological movement aims to create spaces where humans coexist in harmony with Nature.

This initiative envisions creating nationwide nurseries to grow highly resilient saplings that can compete and survive in hostile conditions and support livelihoods and micro-entrepreneurs.





This is an initiative of Heartfulness Institute to partner with global communities to grow, nurture, protect and conserve native, endemic, and endangered tree species while ensuring diversity, sustainability, and longevity.

## DIVERSITY

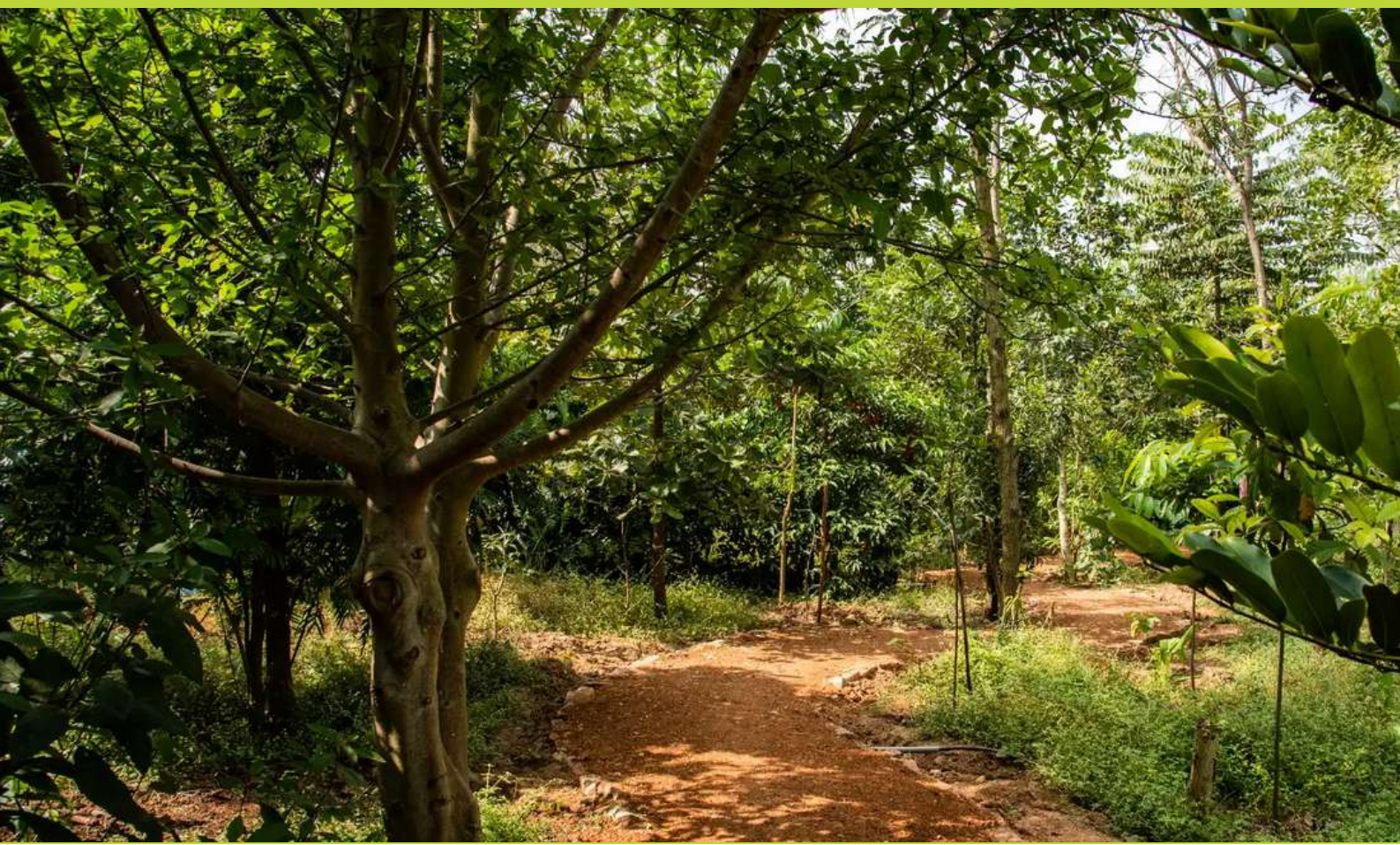
- Through multi location-enabled mini-forests.
- Guidance of several agroforestry scientists, forest officers, academicians, and conservationists.

## SUSTAINABILITY

- Focus on native, rear, and endangered species.
- Diverse plantation style in sync with local ecology.
- Support from nationwide nurseries to grow highly resilient saplings.

## LONGEVITY

- Careful selection of identified land.
- Involvement of local community.
- Focused aftercare and monitoring using geotagging/satellite imagery/third-party audits.





# Mission and Objectives

- Our primary goal is to plant at least **30 million** native and endemic trees across India by 2027.
- In order to achieve this goal, a team of forestry, agro-forestry, and climate experts are guiding the project and will continue to do so for the next 5 years. Under their guidance, as a first step, nurseries are being developed in 18 cities across the country.
- Saplings of carefully selected tree and plant species are raised in these nurseries during the non-plantation season every year between October & May.
- Mass plantation of these saplings takes place every year between June – September (monsoon) and Jan – Feb (late winter). This will be carried out by the Heartfulness volunteers, farmers, NGOs, school children, and the general public.
- Planted saplings will be effectively monitored and nurtured by providing optimum conditions for growth to ensure a high survival rate. Furthermore, Geo-tags are being developed to effectively map the plantation sites.

**Forest loss and damage is the cause of around 10 percent of global warming, we through our Forest by Heartfulness programme commit to plant trees in a responsible way; bringing impactful social, economic and ecological benefits.**



## The program has multiple objectives.

Some of them include:

- Conserving India's mega-biodiversity by planting 30 million native trees of rare, endangered, and threatened (RET) variety over the next 5 years (2021-2027)
- Creating nationwide nurseries and tree species conservatories to grow highly resilient saplings that can compete and survive in hostile conditions while supporting livelihoods and micro-entrepreneurs.
- Relieving farmer distress by partnering with them to grow trees of economic value on their farm bunds, thus insuring them against crop failures and providing alternative income – Agroforestry.
- Growing plants of medicinal value to address the supply-demand mismatch for medicinal plants in alternative treatments such as Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH).



# Global Forest Goals of the UN



Forest by Heartfulness is aligned with Global Forest Goals of the UN

GOAL



## Global Forest Goal 1

Reverse the loss of forest cover worldwide through sustainable forest management, including protection, restoration, afforestation and reforestation, and increase efforts to prevent forest degradation and contribute to the global effort of addressing climate change.

GOAL



## Global Forest Goal 2

Enhance forest-based economic, social and environmental benefits, including by improving the livelihoods of forest-dependent people.

GOAL



## Global Forest Goal 3

Increase significantly the area of protected forests worldwide and other areas of sustainably managed forests, as well as the proportion of forest products from sustainably managed forests.

GOAL



## Global Forest Goal 4

Mobilize significantly increased, new and additional financial resources from all sources for the implementation of sustainable forest management and strengthen scientific and technical cooperation and partnerships.

GOAL



## Global Forest Goal 5

Promote governance frameworks to implement sustainable forest management, including through the United Nations forest instrument, and enhance the contribution of forests to the 2030 Agenda for Sustainable Development.

GOAL



## Global Forest Goal 6

Enhance cooperation, coordination, coherence and synergies on forest-related issues at all levels, including within the United Nations system and across member organizations of the Collaborative Partnership on Forests, as well as across sectors and relevant stakeholders.



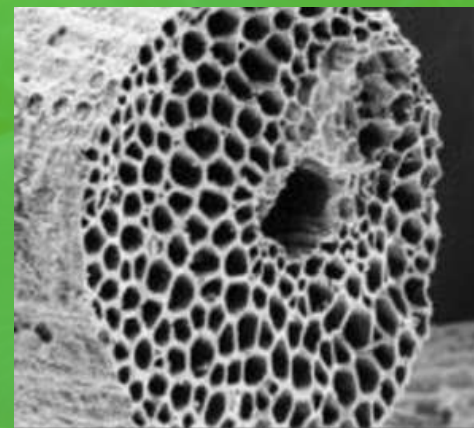
# Our Methodology

## Soil enrichment through Biochar & Seaweed - Biochar production

Biochar is a fine-grained, carbon-rich, porous product remaining after plant biomass has been subjected to pyrolysis at low temperatures (~350–600°C) in an environment with little or no oxygen.

**Benefits** - Biochar in the soil works as a reservoir for water, microbes, minerals and nutrients.

Kanha has a full-fledged Biochar production units and expert teams to make this a widespread utility.



## Enriching Soil through Seaweeds

Seaweed is the common name for countless species of marine plants and algae that grow in the ocean as well as in rivers, lakes, and other water bodies which grows with just sunlight and from nutrients in seawater.

### **Benefits of Seaweed Cultivation**

Helps in increasing soil and plant health acting as a growth stimulant. Can also draw down CO<sub>2</sub>.

**Heartfulness** can provide expertise to farm seaweeds that suck up carbon as they grow and can be used for food, animal feed, biofuels and fertilizer.

Cultivated Seaweed can be used for increasing the yield as in general, seaweeds contain 10 times the mineral levels of land-based plants.







**Unloading Biochar to  
mix with native soil**



**Watering plants  
afterwards**



**Pit Digging**



The Forests by Heartfulness initiative promulgated many critically endangered indigenous plant species by employing the proprietary Heartyculture High Density (HCHD) plantation method. This method involves extensive soil reconstitution using Activated Biochar, Vermicompost, Cow manure, and Cocopeat.



Our methodologies include the levelling of land and creating pits using earth movers, it was undertaken in accordance with the layout design planned by our team of experts. Careful selection of species of native and endangered trees, shrubs and fruit bearing trees have been done at our various sites beforehand only.

Medias are also added to better anchorage and prominent vegetation, for example;

- Black soil
- Charcoal
- Compost

These provide enough nutrients to the saplings for their growth.





# Project Archetypes

## 1.Ecosystem Restoration / Conservation:

The main objective is the conservation of Endangered Species, enhance biodiversity education & research for students of forestry.

**Methodology** - Using rain guns, foggers, drip lines, extensive soil remediation, create a habitat resembling natural forest where these endangered species grow naturally.

**Plantation Style:** High density forest, with **500 tree species & 2000 shrubs & ground cover** in almost one acres of land where the height of each sapling is 5 ft. and above.

**Species Selection:** Large variety of uncommon & vulnerable species (listed in IUCN).

**2.Biodiversity Park:** To enhance biodiversity and create a refuge for birds, bees, butterflies.

**Methodology:** Combination of flood irrigation, drip irrigation, extensive mulching, soil remediation techniques, create a high dense forest of diverse species (at least 40 species).

**Plantation Style:** High density forest, with 500 tree species & 2000 shrubs & ground cover in almost one acres of land where the height of each sapling is 5 ft. and above.

**Species Selection:** Large variety of flowering, fruiting species that attract local fauna.

**3.Economic Forest:** The goal is to generate long term income for land holder.

**Methodology:** After extensive soil testing & remediation, plant high value trees in block formation, leaving aside place for intercropping of vegetables & shrubs.

**Plantation Style:** Block plantation with intercropping in almost 4 acres of land with more than 2000 sapling excluding shrubs.

**Species Selection:** Timber variety, fruit variety, medicinal trees.





# Project Archetypes

**4. Carbon Farm:** The main objective is to Sequester CO<sub>2</sub> to combat climate change.

**Methodology:** With thorough focus on carbon absorbing techniques (for e.g. no tilling, no weeding, no soil disturbance), these plantations are meant for biomass creation (or carbon sequestration) above & below ground. However, for meaningful carbon sequestration, vast tracts of land are needed. Costs are high owing to extensive monitoring & documentation requirements.

**Plantation Style:** High density forest with 1:8 proportion of trees to shrubs, with minimal disturbance to soil and extensive documentation to meet global GHG emission standards in almost 20 acres of land having more than 10,000 saplings.

**Species Selection:** Species that sequester carbon above & below ground

**5. Rural Revolution:** The goal is to bring farmland under shade while creating alternate income source for farmers.

**Methodology:** Identify village common lands with strong participation from villagers as united force. Plant high value trees in identified land which is secured and maintained by villagers. FBH provides the saplings, technical knowhow, regular monitoring & guidance and marketing of products from the plantation.

**Plantation Style:** Block plantation with intercropping in around 10 acres of land with 5000 saplings.

**Species Selection:** Sandalwood, Mahogany, Teak, high value medicinal shrubs

**6. Agroforestry:** To Bring farmland under shade while creating alternate income source for farmers.

**Methodology:** Through our extensive FPO connect, we supply saplings of choice to small / medium land holding farmers. While farmer plants and maintains, we provide knowhow, regular monitoring & guidance.

**Plantation Style:** Farm bund plantation.

**Species Selection:** Fruit trees, timber trees.



# Project Archetypes

**7.Hill restoration:** The objective is to Greening the barren hills of India.

**Methodology:** Study the hill ecology, terrain and make water harvesting structures to slowdown, soak up & store water to irrigate the land. Saplings (trees, grasses, shrubs) are planted sparsely and carefully monitored to ensure survival. Hill plantation is a highly technical activity and requires extensive study to ensure our intervention stabilizes the soil rather than destabilize it. Costs are high owing to challenging terrain, accessibility to machines and need for expensive water harvesting structures.

**Plantation Style:** Sparse plantation of trees & shrubs in almost 10 acres of land having 5000 saplings.

**Species Selection:** Native hill ecology species, shrubs & grasses to prevent landslides.

**8.Lake restoration:** The goal is to enhance water holding capacity of village lakes / ponds, recharge irrigation borewells, enhance biodiversity in the lake.

**Methodology:** This is done by surveying the lake boundaries and the catchment area. The lake bed is deepened and desilted and the excavated mud is used to strengthen the bunds. Pipelines are laid to channelize the rain water in the catchment area to flow freely into the lake. Plantation is done along the bund slope and bund side to enhance biodiversity.

**Plantation Style:** Sparse plantation of trees & shrubs.

**Species Selection:** Water loving species like Jamun, Arjuna, Acacia varieties and bund stabilizing grasses like Vetiver (Khus).





Watering translocated plants at  
Sai Guda Reddy Pond



# FORESTS

by Heartfulness

Lake restoration at Chikke Timmasundra Lake





# Survival Rate of Plants

Ensuring the survival of the plant is critical for any afforestation project and here are the steps we take to make that happen:

1. **Selecting the right species:** Unless it is an ex-situ conservation project, we normally select the species which are endemic to that region. That ensures the sapling grows naturally without too many additional inputs and care.

2. **Selecting the sapling size:** Depending upon the season and irrigation facilities on the land, we choose the right cover size. For e.g., where water is scarce, we select tall saplings which get a head start in surviving drought-prone conditions.

3. **Selection of the right plantation site:** All our plantation sites are carefully selected based on the below criteria:

- a. Availability of sustainable water source.
- b. Properly fenced land to keep out grazing animals and trespassers.
- c. Clear land title with a written letter from the local landholding authority. This ensures that the forests we create remain there for several decades.

4. **Replacement of casualties:** We endeavor to keep our sapling survival rate above 90%. Towards that, we replace any casualties with fresh saplings and ensure the forest grows as initially designed.

## How we select Endangered Species:

FBH is guided by a team of conservation and forestry experts who guide us on the right species selection, with special emphasis on native, uncommon & endangered species.



# PAN India Nursery Network



Forests By Heartfulness has a large hub and spoke network of 18+ active nurseries across India with a capacity of raising millions of saplings. Increase in active nationwide nurseries to 28+ in 2023.

With Systems, process and related infra in place, FBH aims to rapidly increase production to 2000 million saplings across its network of nurseries by 2025 from its current 7.5+ million grown presently across Heartfulness centres, India wide to facilitate localized sapling production

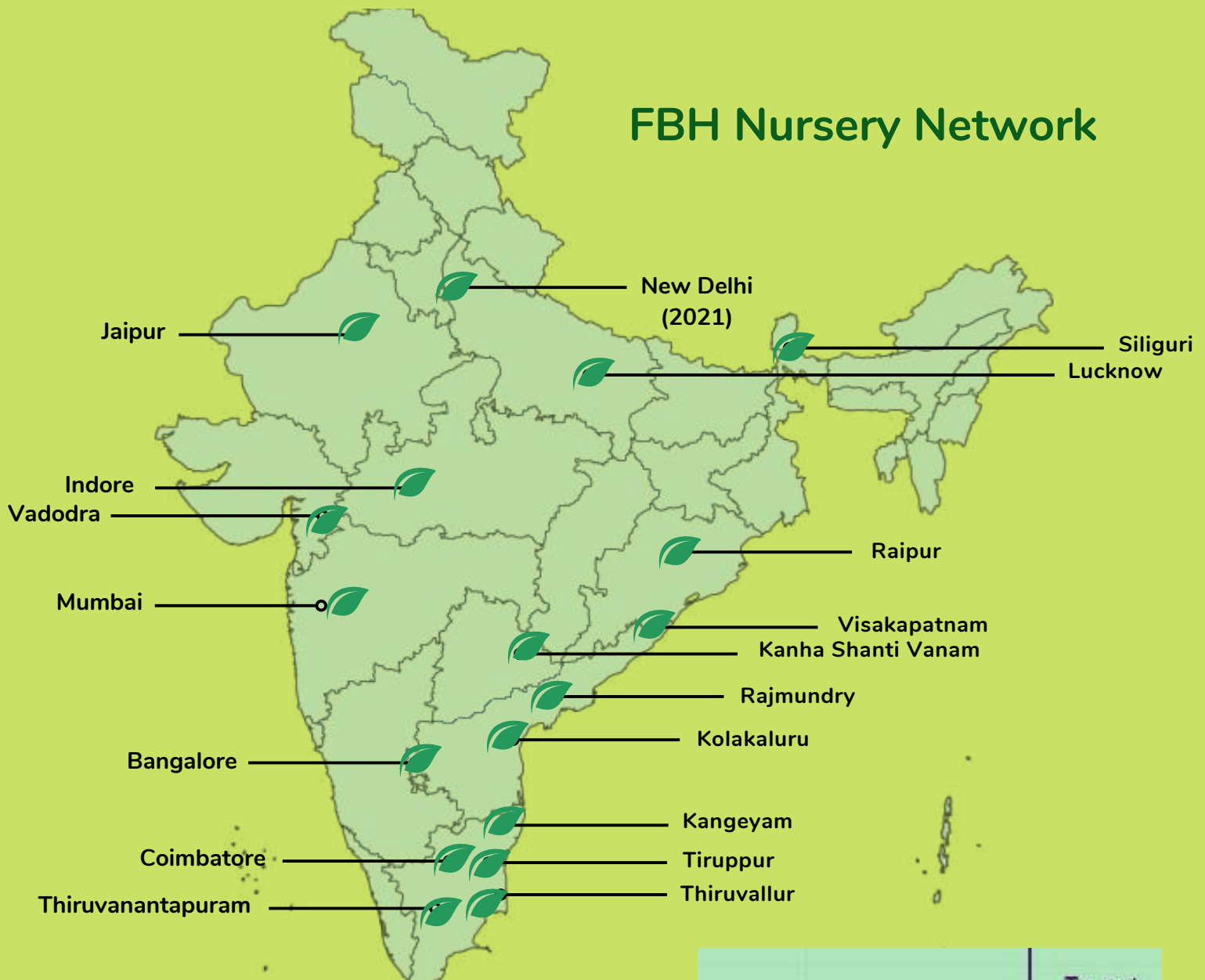
- Meticulously planned activities drawing from Heartfulness' strong technical and scientific expertise with a combined mix of nursery experts, senior forest officers and tissue culture scientists
  - Central Hub of close to 54+ acres with ~4 million sapling production (2022) in Hyderabad providing large scale production that ensures economies of scale and consistency in quality1
  - Slated to employ ~5000+ gardeners, maintenance staff by 2025 from neighborhood villages
- Extensive expansion plans of nurseries in South India in 2022 to Dindugul, Virudhunagar, Tirunelveli, Kutralam, Udamalaipet, Erode, Salem, Krishnagiri, Hosur and Vellore.

Also in the 2022 / 23 Pipeline: Goa, Odisha, Bihar and Pune in Maharashtra supported by the central hub nursery Refer Appendix 1 and 3 for details on Kanha Shanthi Vanam and related media release.



Kanha Nursery Drone Image

# FBH Nursery Network



# 18+

Forests By Heartfulness has a large hub and spoke network of 18+ active nurseries across India with a capacity of raising millions of saplings. Increase in active nationwide nurseries to 28+ in 2023.

## Target Lakhs of Sapling 2023

Name	Target lakhs
1 Bangalore	3
2 Coimbatore	1
3 Delhi	4
4 Indore	4
5 Jaipur	1
6 Kangeyam	0.5
7 Kanha	9
8 Kolakaluru	3
9 Lucknow	6
10 Mumbai	6
11 Raipur	6
12 Rajmundry	3
13 Siliguri	1
14 Thiruvallur	3
15 Thiruvananthapuram	1
16 Tiruppur	6
17 Vadodara	6
18 Visakhapatnam	1
	64.5





## FBH Nurseries - Highlights

- All nursery operations managed in a market standard ERP system
- Close tie up with nation-wide nursery network to collaborate on best practices
- Promotes micro-entrepreneurs and creates livelihoods in local communities



Shri Ram Nath Kovind, Hon'ble President



Kabir Bedi, Actor



PV Sindhu



Shri Shripad Naik, Union Minister of AYUSH



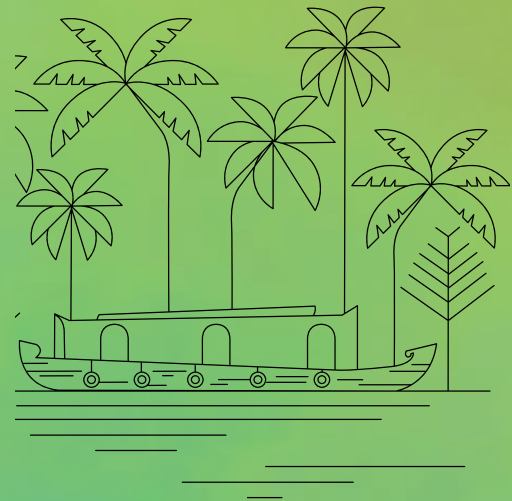
Tamilisai Soundararajan, Hon'ble Governor of Telangana



Amish Tripathi, Author

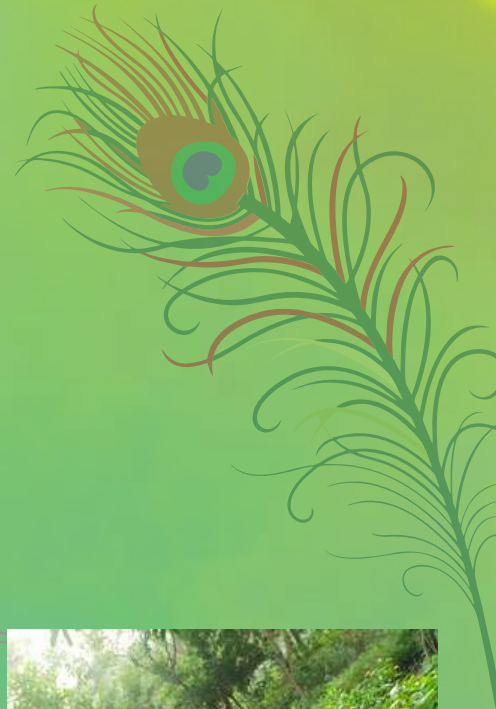


# Our selected Nurseries Kerala





# Our selected Nurseries Rajmundary





# Our selected Nurseries Tiruppur





# Our selected Nurseries Gurgaon





# Our selected Nurseries Vadodara







Our various nursery sites at Raipur, Mumbai, Kolakaluru etc.

# Selected Plantation Drives

Our projects and plantation drives have involved participants, volunteers, and environment enthusiasts from all walks of life, nationalities, corporations, universities, schools, and government including collaborations with other non-profit organizations

## Corporate



Google, India



Bank of America



Joint Drive with Google and Indian Forest Service Trainees

## Government



Indian Forest Service Officer Trainees (Retreat plus plantations at Kanha Shantivanam)



## Non-Profit



World Wildlife Fund (WWF), India





# Our Prominent Projects



## Hindustan Coca Cola Beverages Pvt. Ltd.

Forests By Heartfulness walks this path with several partnerships and we believe this is the way to achieve our objectives. One such collaboration was witnessed at Kanha Shanti Vanam, Telangana on **10th November 2022** between **HCCB** and **Forests By Heartfulness**. With a common interest and noble intention the plantation event was launched with a target of planting **2.5 million** trees by the year 2025. This collaboration will achieve the target by spreading plantation drive across 11 states which will promote and conserve endangered and native tree species.







Launch event at Kanha Shanti Vanam



## Site Location-Phase 1

1. Kanha Green Zones, Kanha Shanti Vanam, Telangana, Institutional Land, Sai Reddy Guda Maddur Road
2. Heartfulness Meditation centre, Kolar, Karnataka
3. Heartfulness Meditation centre, Diamond Jubilee Park, Tamil Nadu.
4. Chikka Timmasandra Lake, Bangalore, Karnataka



## Post plantation Care

- Nutrients will be administered to maintain a good nutrition level in the saplings.
- Regular weeding will be done to maintain sapling nutritional balance
- Irrigation systems:
- Drip irrigation
- Water Tankers
- Pond development for rain water harvesting





# Our Prominent Projects



## Bosch Global Software Technologies

Forests By Heartfulness collaborated with Bosch Global Software Technologies to plant 25,000 saplings of forest variety across 3 cities including Hyderabad, Bengaluru & Coimbatore to commemorate 25 years of their legacy in India.







Kanha Shanti Vanam



# Our Prominent Projects



## Zscaler

Zscaler is celebrating 15 years of its existence and to commemorate this significant milestone, volunteers of the company will be planting 15,000 saplings throughout India, continuing its history of engaging employees to give back to communities by joining hands with FBH.





Bangalore



Pune





# Our Prominent Projects



## Paypal

Forests By Heartfulness specializes in the creation of dense mini forests in urban & rural areas, primarily to create a favorable micro-climate and attract biodiversity benefitting the local communities and wildlife alike. Having arrived at common objectives and goals with PayPal India, FBH began Planning and designing of projects.





# Site identification:

Our team of experts identified four different sites considering water source, soil quality and sustainability.

1. Kanha Shanti Vanam- Green Zone
  - a. Kanha Shanti Vanam Panchayat Mount Area
  - b. Sai Reddy Gudda Pond Area
  - c. Kanha Shanti Vanam Memorial building.
2. Jaora, 24th Police Batalion, Madhya Pradesh
3. Madurai and Coimbatore, Tamil Nadu.
4. Lake restoration projects in two different sites
  - a. Chikka Timmasandra Lake, Bangalore.
  - b. Sai Reddy gudda Lake, Telangana.



## Lake Restoration with PayPal:

A core committee was formed including the villagers to have regular visits and provide continuous feedback to restore the lake to its original form.

- Lake hand over letter was obtained on 21st October 2022.
- Village panchayat approval was sort for and obtained on 25th November 2022.
- A detailed project report was submitted to Taluk Panchayat, Village Panchayat, AEE and NOC has been obtained from all departments.

- Forests By Heartfulness is engaged in creating village endowments by planting high value trees in rural common lands.
- Our team of experts and active volunteers identified more than 6 villages in Tamil Nadu and planned plantation of around 25,000 native tree and shrubs saplings.
- In addition to this, it is planned to identify few more villages around the region to complete 25,000 tree plantations.





# Lake Restoration Projects



FBH undertakes rejuvenation of lakes and ponds in rural areas which has immediate positive impact on neighboring communities.

Restoration sites:

Lake restoration projects are in progress at two different sites;

1. Chikka Timmasandra Lake, Bangalore.
2. Sai Reddy gudda Lake, Telangana.





# The Rainforest

Currently, a quarter of all plant species are endangered, and in India it could be as high as a third. Sadly, we do not have comprehensive information about many of the valuable tree species of India. In the harsh arid conditions of the Deccan Plateau, we have created mini rainforests at Kanha. And this challenging task of growing rainforest species is happening successfully without creating structures made of concrete, steel and glass. It is a miracle in the making.

More than 100 species from the rainforests of the Western Ghats, the Andaman and Nicobar Islands, and North-east India are thriving at Kanha. This is a conservation project, as many of the rainforest species are rare and endangered. Kanha has become a repository of RET plants, like *Syzygium travancoricum* and *Madhuca bourdillonii*, which are both greater in number in Kanha than in the wild, as well as *Canarium strictum*, *Opia parviflora*, *Diospiros*, *candoulana*, *Saraca ashoka*, *Madhuca insignis*, *Garcenia indica*, *Myristica malabarica* and a host of others.

## 100+

More than 100 species from the rainforests of the Western Ghats, the Andaman and Nicobar Islands, and North-east India are thriving at Kanha





# The Deccan Plateau

Today, many common species that are considered holy by traditional people are on the verge of extinction. India has a large number of species with very limited natural distribution. For example, the Red Sandalwood (*Pterocarpus santalinus*) and the Indian Frankincense tree (*Boswellia ovalifoliolata*) are found in just a few districts of Andhra Pradesh. All the narrow endemic species are threatened with extinction. Greening efforts at Kanha give importance to endemic species, also including the Indian Redwood and the Indian Satinwood, and provide a second home to very rare and threatened species of plants. The initiative will also help to conserve the genetic diversity of the country.

We are developing sacred groves where the names of the plants in English and Sanskrit, their botanical names and their medicinal uses will be displayed, in order to educate visitors. They include gardens of edible wild herbs and shrubs, edible wild fruits and tubers, medicinal plants for primary healthcare and wellness, skincare and haircare. There will also be a sacred grove of species representing the astrological signs. There is a palm grove currently covering 4 acres, a series of ponds hosting water lilies, lotuses and other aquatic plants, and rock gardens featuring the Deccan Plateau's magnificent rock formations.



**There is a Palm Grove  
covering nearly 4 acre**



# GREEN KANHA INITIATIVE

Green Kanha is an environmental initiative by the Heartfulness Institute committed to nurturing India's mega-biodiversity, indigenous and endangered species. We adopt the latest technologies with scientific planning to create an ex-situ conservation center, replete with splendid green spaces.

With a team of hardworking volunteers, including the children a thriving ecosystem at Kanha has been created from scratch, on barren land during the past 5 years; becoming a model for one of the India's mega-biodiversity which is saving endangered and rare species, creating medicinal gardens, and allowing all the natural plant and animal wildlife of the region to coexist.

A green  
'Forward  
into Nature'  
movement  
to reforest  
our lives







Green Kanha Initiative transformed 1,400 acres of barren land at Kanha Shantivanam to what we see today as the Oasis of Peace with greenery all around and sufficient water resources across the campus







# Media Releases



## Over 1600 Plants Of Around 50 Plant Varieties Grown At TAPSO

Indian Oil Corporation Ltd (IOCL) in association with Heartfulness Institute inaugurated a mini greenery hub at the new environment-friendly facility of Telangana & Andhra Pradesh State Office (TAPSO) at Indian Oil Bhavan, Sanath Nagar, Hyderabad as part of the Republic Day celebrations. This is one of the many mini-forests Heartfulness Institute is creating through its environmental outreach program called “Forests By Heartfulness”. The objective of this effort is to conserve the rare and endangered Indian native species that can also help in attracting bio-diversity including bees, butterflies, birds, and squirrels. Executive Director of TAPSO, Shri R Sravan S Rao, and a team from Heartfulness Institute inaugurated the mini greenery hub at TAPSO on Republic Day.

More than 1600 plants of around 50 varieties of shrubs and trees were densely planted using Heartyculture High Dense Forest methodology. This results in the explosive growth of the trees within a short frame of time of 12-18 months. All the saplings of these rare species were sourced from Heartyculture nursery which is located at Kanha Shanti Vanam – the Heartfulness Headquarters in the outskirts of Hyderabad which aims at saving and propagating the endangered indigenous plant species of both medicinal and non-medicinal value through Tissue Culture Technology and raise more saplings while overcoming the impediments of traditional plant propagation methods. With a 5,000 sq ft facility and 10,000 cleanroom technology, and a capacity to produce 15,00,000 annual saplings by employing the finest equipment and infrastructure, the Heartfulness Tree Conservation Centre propagates at least five endangered plant varieties at the rate of 1.5-2 lacs saplings a year.

**Link - <https://nrinews24x7.com/heartfulness-and-iocl-tapso-launch-a-greenery-hub-this-indian-republic-day/>**





FBH works with people to drive the changes that the society needs. Together, we can build a healthier, more sustainable world for ourselves and future generations.

For more information, kindly visit our page:  
<https://heartfulness.org/forests>

For corporate gifting and CSR contributions, kindly email us at  
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CONCLUSION





# FORESTS

by Heartfulness

1

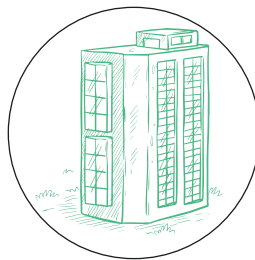
## Which sites are most suitable for planting trees for FBH?

There is no one answer, but broadly here are the potential plantation sites.



### Rural areas

1. Village lands owned by panchayats
2. Common grazing lands
3. Forest buffer zone  
(land between villages & forests)
4. Farmer owned lands for agro-forestry



### Urban areas

1. Common area in apartment buildings for dense Miyawaki style plantation
2. Along the streets for shade giving trees
3. Lake sides



### Industrial areas

1. Industrial lands for greening areas outside production site
2. Mining lands post excavation or topsoil dumping sites



### Government institutes

1. Educational institution grounds
2. Government establishments  
(offices, training centers)



# 2

## What to keep in mind when choosing a site?



**Plantation permission:** FBH should ensure permission from landowner before plantation. The owner should not have any other plans for that site besides growing trees.



**Source of water:** During first 2 years of plantation, trees need to be watered especially during dry seasons. An existing source of water (borewell, flowing canal, water body) is preferred. In the absence of any water source, watering should be done using tanker water which increases the cost of maintenance.



**Maintenance responsibility:** Every planted tree will need to undergo periodic maintenance to ensure healthy growth. This includes mulching, fence/stake support, watering, weeding and providing boosters. It is good to know who takes the responsibility of doing this maintenance. It could be FBH volunteers, appointed NGO, landowner, local community.



**Benefit to communities:** Ask yourself in what way the plantation benefits the local community. The more the benefit, the more support we get from local communities in terms of maintaining and expanding / replicating it. Benefits could be in the form of air quality, flowers & fruit, shade, increasing water table, reducing dust etc.



**Accessibility:** The site should be accessible to FBH teams for maintaining as well as monitoring the growth. The landowner should give our teams the permission to visit the site periodically.



**Encumbrance to neighbors:** The plantation should not cause a challenge to those living near it. Challenges could involve leaf fall, wild- life, unwanted shade, pollen etc. All involved people should be informed ahead of time.



**Plantation style:** There are 3 main kind of plantations including Miyawaki style (dense, forest-like, multi-level, diverse species), Block plantation style and Avenue plantation style (along streets, peripheries). It is important to determine this as it impacts the number of trees per area, as well as, cost of site preparation, plantation and maintenance.

# 3

## What is a model site?

A model site is typically a farmland site which is to demonstrate the benefits of agroforestry. Heartfulness practitioners can offer their land for this purpose. Ideally, the model site should be at least 5 acres in order to properly design earth works, water works and plant diverse trees. FBH team will suggest how to transform this land into a model agro-forestry site or permaculture site. A detailed document on designing and developing a model site will be prepared.

# 4

## How to approach landowners?

Most landowners will be willing to permit tree plantation on their land, especially if it poses no challenges to their long-term vision of what they want to do with the land. FBH team should convince the owner about benefits of tree plantation on their land including:

- \* Increased soil fertility
- \* Extra income (fruit, timber, medicinal herbs). The trees belong to landowner and NOT to FBH.
- \* Microclimate (cooler in summers and warmer in winters)
- \* Prevent soil erosion
- \* Increased water table (trees slow water runoff, soak and store water in the soil)

FBH team will collate some videos showcasing the benefits for various kind of lands and provide to the volunteers.





*Thank You*

