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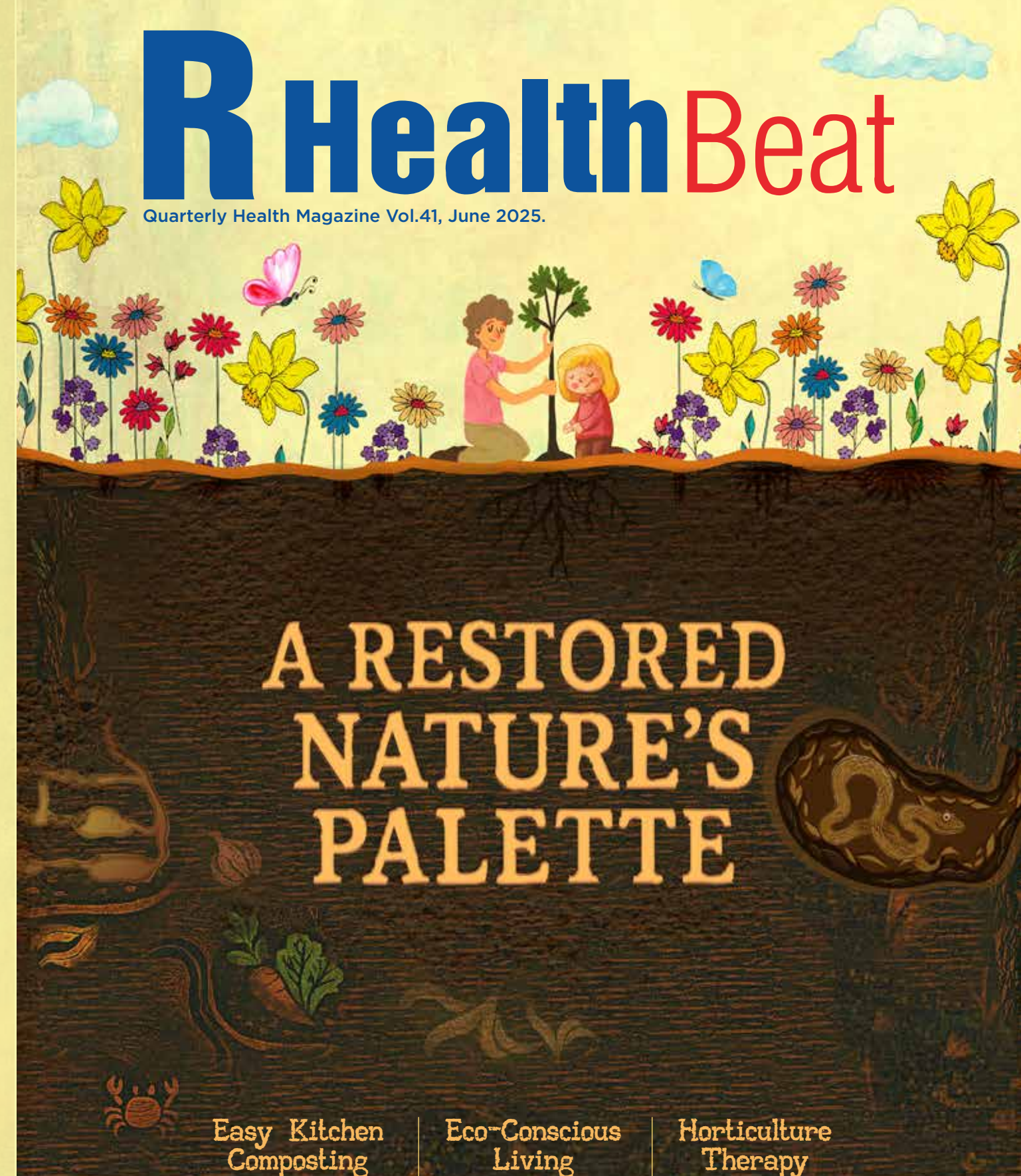


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# R HealthBeat

Quarterly Health Magazine Vol.41, June 2025.



## A RESTORED NATURE'S PALETTE

Easy Kitchen  
Composting

Eco-Conscious  
Living

Horticulture  
Therapy



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## DEAR READERS,

Greetings & welcome to the 41<sup>st</sup> edition of RHealth Beat.

### “Your choice today shapes the world of tomorrow.”

As we approach the year 2050, projections indicate that the global population may soar to an unprecedented 10 billion. This surge in numbers inevitably leads to increased demands for fundamental necessities such as food, housing, and various aspirations associated with modern living. Consequently, a significant proportion of the population faces challenges in meeting even basic needs, while an additional two to three billion individuals, comprised predominantly of urban consumers and youth, will derive the majority of their information from social media.

In a world that is already stretched thin on resources and threatened by global biodiversity loss and climate change, our lifestyle choices increasingly endanger the planet. It has become evident that targeted action is imperative.

Sustainable living requires a nuanced understanding of how our individual decisions affect the world around us. It calls for a collective effort to identify pathways that allow everyone to live more sustainably and lightly. Viewing sustainability through a ‘people lens’ is both innovative and timely, presenting vast opportunities for progress.

In this edition, we will delve into the vital role of individual decision-making in fostering sustainability and discuss how to weave sustainable lifestyle principles across all sectors of society. We will take a nostalgic journey back to our childhood, reconnecting with the natural world through the creation of homemade natural colours.

Featured articles will examine the relevance of an eco-holistic lifestyle in contemporary society and explore the fusion of personal wellness with environmental consciousness, all while emphasizing the importance of sustainable health practices.

The journey toward environmental awareness often commences within our own kitchens. One effective and straightforward method of contributing to a greener planet is kitchen waste composting. This eco-friendly practice not only alleviates the pressure on landfills but also enhances soil quality, thereby promoting healthier plant growth.

For those with a penchant for gardening, horticultural therapy presents a remarkable opportunity for healing. Our Mindfulness section will provide insights on how to utilize this therapeutic practice effectively.

Khadi stands as an exemplary model of organic, eco-friendly, and socially responsible textiles. Its manufacturing process minimizes energy consumption and employs natural dyes, rendering Khadi a low-impact fabric. Further details can be read in our Eco Clothing section.

It is undeniable that agriculture remains the backbone of the Indian economy, with a significant portion of economic stability reliant on this sector. In light of these realities, agri-tourism has emerged as a burgeoning trend across the nation. As climate change drives a desire among individuals to reconnect with their roots and embrace nature, farm stays are flourishing in India. We invite you to explore this revitalizing trend in our Travel and Leisure section, which highlights a selection of exquisite farm stays where one can truly return to their origins.

Looking toward the future, the landscape of sustainable health stands to be enriched by innovations dedicated to enhancing overall well-being while protecting our environment. As our awareness of the intricate connections between health and environmental sustainability expands, it is essential that our collective efforts prioritize a journey toward a sustainable and holistic way of living.

Let us embark on this transformative journey together, driven by purpose and commitment, as we strive to forge a sustainable future for all. Wishing you the best of health, always.



Best Regards,  
**RAKESH JAIN**  
CEO, RGICL





# LOST IN COLOURS: RECONNECT WITH THE NATURAL WORLD THROUGH CREATIVITY!



In our fast-paced, screen-filled world, it's easy to feel disconnected from nature. Surrounded by artificial sounds and lights, we often overlook the vibrant, natural world that thrives beneath the surface. One way to reconnect with the earth is through creativity, specifically by making and using colours from natural materials. This practice not only revives ancient traditions but also serves as a gentle rebellion against artificiality, inviting us to slow down and see the world with fresh eyes.

Natural colours are all around us, derived from sources like deep purple berries, rusty red clay, golden turmeric, and lush green leaves. Before the advent of synthetic dyes, people relied on these natural materials for art, clothing, rituals, and storytelling. By creating homemade colours, we not only tap into a rich artistic heritage but also strengthen our connection to the planet.

The process of making colours at home is both tactile and mindful. It begins with gathering materials such as beetroot, onion skins, spinach, flower petals, or even coffee grounds. This search connects us with the rhythms of nature, as we collect items like red hibiscus petals in summer or acorns in autumn. Each gathering moment deepens our appreciation for the artistry inherent in plants and minerals.

Once we have our materials, the transformation begins. Techniques like boiling, grinding and straining become acts of care. Making natural dyes or paints is not an instant process; it requires patience and attention.

This slowness brings joy, turning the act of crushing berries for a vibrant purple or mixing turmeric for sunshine yellow into a form of meditation. The resulting colours become tangible reminders of our connection to the living world.

Engaging in this creative process is also **therapeutic**. Studies show that nature-based activities can reduce stress, anxiety, and depression. By working with natural materials—touching leaves, we ground ourselves in the present moment. For those feeling overwhelmed by technology, creating with earth-based materials provides a soothing escape and reconnects us with our true selves.

## Homemade Colours Promotes Sustainability

In an era marked by waste and pollution, returning to nature helps reduce our environmental impact. Homemade colours, derived from food scraps and flowers, are biodegradable and eco- friendly, making even waste useful in composting or other applications.

The creativity sparked by homemade colours extends beyond visual arts. These colours can enhance fabric dyeing, handmade books, home decor, and even culinary experiences. For instance, a child's drawing coloured with blueberry juice captures a memory infused with sensory richness, while tea-stained pages tell their own stories before any words are written. This open-ended creativity emphasizes exploration over perfection.

Ultimately, making colours from natural materials is a quiet yet powerful act of rebellion. It conveys a message: ***"I don't need plastic to create. I don't need a screen to find beauty."*** This practice encourages us to slow down, observe our surroundings, and remember our roots. It teaches that art doesn't have to be flawless or professional to be impactful, it merely needs to be genuine, connected, and alive.

So, let your fingers get stained, and immerse yourself in the world of natural colours. In the process, you may just rediscover your connection to nature and to yourself.





## ONE WORLD, ONE HEALTH: THE IMPACT OF AN ECO-HOLISTIC LIFESTYLE



In an era defined by rapid climate change and environmental challenges, the choices we make every day carry profound implications for our planet. Though they may seem trivial at first glance, our decisions regarding food, clothing, transportation, and energy consumption collectively shape the world we inhabit. As we navigate the complexities of modern life, the call for sustainable living has never been more pressing.

At the heart of this imperative lies the concept of **“Green Living”**, a lifestyle aimed at fostering a stronger relationship between humanity and the environment. Green living encourages us to rethink our habits and prioritize choices that cultivate a healthier planet. In this edition, we delve into actionable strategies that empower our community to live sustainably while prioritizing personal health.

A sustainable lifestyle represents a commitment to minimizing our environmental impact and preserving natural resources for both present and future generations. It demands conscious decision-making in everyday practices, extending far beyond individual actions to encompass systemic changes that promote environmental stewardship. By embracing this mindset, we can create a harmonious balance between personal fulfilment, societal well-being, and ecological sustainability.

Among the most critical pillars of sustainable living are our **food choices**. Selecting locally sourced, organic, and seasonal produce not only supports local farmers but also significantly curtails the carbon emissions linked with long-distance transportation. Furthermore, adopting a plant-based diet while reducing meat consumption can lead to a healthier lifestyle and contribute positively to our food system, mitigating the risk of chronic health issues while nurturing the earth.

Parallel to our dietary practices, our **transportation** choices play a significant role in shaping our health and the environment. Opting for active transportation—be it walking, cycling, or utilizing public transit—enables us to enhance our physical wellness while simultaneously decreasing our carbon footprint. By integrating physical activity into our daily commute, we cultivate a culture of health that resonates with the principles of sustainability.

Our living spaces are arenas where personal well-being and environmental integrity collide. By incorporating **eco-friendly practices** within our homes, such as utilizing energy-efficient appliances, ensuring proper insulation, and opting for natural cleaning products, we diminish our ecological footprint and foster healthier indoor environments. Moreover, elements of biophilic design, featuring indoor plants and abundant natural light, not only elevate our mood but also strengthen our connection to nature.



However, the journey toward sustainable living is not one that can be undertaken in isolation. Community engagement is vital. By participating in local sustainability initiatives, such as community gardens, composting programs, and renewable energy projects, we cultivate a sense of communal responsibility and interconnectedness. This collaborative spirit serves as a catalyst for both positive change and healthier lifestyles, reinforcing the notion that together, we can effectuate meaningful environmental stewardship.

As we look ahead, investing in **education** for the next generation is paramount. Incorporating sustainability into educational curricula and providing hands-on experiences, like gardening or recycling programs, instills a profound sense of environmental stewardship from an early age. By equipping young minds with the tools to make sustainable choices, we lay a fertile foundation for a healthier and more sustainable future.

The intersection of healthy living and sustainability invites us to cultivate a holistic approach that transcends individual actions and embodies collective responsibility. Through conscious food selections, sustainable transportation, eco-friendly home practices, community involvement, and educational initiatives, we can forge a path toward a more balanced and harmonious existence. Let us strive to nurture both our well-being and that of our planet, recognizing that the journey toward sustainability is one best pursued together.

As we present the 41st edition of Rhealth Beat, let it serve as a catalyst for your commitment to green living. Each decision, no matter how small, holds the power to foster significant, positive transformations for both our present and future generations. Embrace this opportunity to make a difference.

Wishing you the best!



Best Regards

**RAMAN ARORA**  
COO, RGICL





# UNDERSTANDING SUSTAINABLE HEALTH: UNITING PERSONAL WELLNESS WITH ENVIRONMENTAL INTEGRITY

As the notion of “sustainability” gains momentum in contemporary discourse, its implications—especially within the realm of health—often remain underappreciated and misunderstood. It is vital to unpack the concept of sustainable health, examining its significance in our daily lives and identifying actionable pathways to embrace this essential approach.

At its core, **sustainable health** embodies a personal commitment to assume responsibility for one’s well-being. This commitment is expressed through proactive, preventative measures grounded in three foundational pillars: genetics, environmental factors, and psychological wellness. Sustainable health transcends mere physical fitness; it champions a comprehensive framework that harmonizes physical, mental, and environmental well-being.

This holistic approach emphasizes the profound interconnectedness between personal health and the health of our planet, compelling us to adopt lifestyle choices that foster both individual wellness and ecological integrity. By championing sustainable health practices, we can contribute to a revitalized planet while simultaneously enhancing our own health outcomes.

The core tenets of sustainable health encompass prevention, education, and community engagement. **Prevention** prioritizes proactive strategies designed to uphold health, ranging from regular physical activity to balanced nutrition and mental wellness practices. The goal here is to cultivate habits that protect health before problems arise. Education empowers individuals with the critical knowledge necessary for making informed choices about sustainable practices, ultimately benefiting both personal health and the environment. Furthermore, community engagement nurtures a sense of belonging and collective accountability. Through collaborative initiatives, we can establish environments that cultivate sustainable health for all.

**Physical health** stands as the keystone of sustainable health. To maintain a healthy body, we must embrace a well-rounded diet, consistent exercise, and preventative healthcare measures. Sustainable health advocates for the consumption of locally sourced, organic foods, which nourish our bodies while simultaneously reducing the carbon footprint tied to food production and transportation. Engaging in outdoor activities, such as hiking, gardening, or community sports-not only enhances physical fitness but also deepens our connection to the environment.

Equally important is **mental health**, which deserves our unwavering attention within the framework of sustainable health. Practices designed to enhance mental well-being—such as mindfulness, meditation, and effective stress management—are crucial components for achieving a balanced and fulfilling life. Sustainable health acknowledges the influence of environmental factors on mental wellness, advocating for clean air, green spaces, and community support systems that promote emotional resilience. By prioritizing mental health alongside physical health, we empower ourselves to pursue lives that are not only sustainable but also rich in fulfilment.

Moreover, the **environment** plays a pivotal role in shaping our health outcomes. Sustainable health highlights the necessity of clean air, water, and soil as fundamental to our overall well-being. Yet, pollution, climate change, and habitat destruction pose significant threats, leading to a host of health issues from respiratory diseases to mental health challenges. By championing environmental sustainability, each of us can mitigate these risks, paving the way for a healthier future for ourselves and generations to come.

Central to the vision of sustainable health is **community involvement**. Robust, supportive communities forge an atmosphere that encourages healthier lifestyles and sustainable practices. Initiatives like community gardens, local health programs, and wellness workshops nourish not only bodies but also foster a collective commitment to improved health outcomes. Together, through shared efforts, communities can confront environmental challenges while advocating for well-being.

Looking ahead, the future of sustainable health will be invigorated by innovations that enhance well-being while safeguarding our environment. Breakthroughs in telemedicine, wearable health technology, and sustainable agricultural practices hold immense potential to reshape how we approach our health. As our awareness of the interconnectedness between health and environmental sustainability continues to grow, we must ensure that our collective journey toward sustainable health remains robust and unyielding.

In pursuing sustainable health, we are not merely investing in our individual well-being; we are nurturing the very planet we rely upon. By making informed choices and engaging our communities, we can create a healthier world for ourselves and future generations. Let us embrace this transformative journey with determination and purpose, forging a sustainable future for all.

Wishing you the best!



Best regards,  
**DR. KIRAN DONTA**  
HEAD - Health Care



# COMPOSTING KITCHEN SCRAPS: 7 EASY STEPS TO REDUCE WASTE AND ENRICH YOUR SOIL

Composting kitchen scraps is one of the simplest and most effective ways to reduce waste and benefit the environment. By transforming food scraps into nutrient-rich compost, you can enhance your soil, support healthy plant growth, and decrease landfill waste. Whether you live in a small apartment or have a larger garden, composting is accessible and rewarding. Here are seven steps to help you get started.



## Gather Your Kitchen Scraps

Begin by collecting compostable kitchen waste. Good options include:

- Fruit and vegetable peels
- Coffee grounds and tea bags
- Eggshells

Avoid composting meat, dairy, oily foods, and synthetic items. Use a small bin with a lid or a charcoal filter to minimize odours, and empty it regularly into your compost pile or bin to prevent attracting pests.

Pro Tip: Keep the container clean & covered to reduce smells.



## Choose Your Composting Method

The best composting system will depend on your space and lifestyle:

- Traditional Compost Bin**  
Great for backyards; slow but effective.
- Vermicomposting**  
Uses worms and is perfect for indoor or apartment use.
- Compost Tumbler**  
Ideal for small spaces; speeds up decomposition.

Pro Tip: Select a method that matches your available space and the amount of waste you produce.

## Chop or Shred Larger Scraps

Large or tough scraps take longer to break down. Chop or shred items like fruit rinds, stems, and thick peels before adding them to the pile.

Pro Tip: The smaller the pieces, the faster they decompose.

## Create a Balanced Pile

Successful composting depends on a proper balance of:

- Green Materials (Nitrogen)**  
Kitchen scraps, coffee grounds
- Brown Materials (Carbon)**  
Dried leaves, cardboard, shredded paper

Start with a layer of browns to aid drainage and airflow, then alternate layers of greens and browns. Aim for a ratio of about 2 parts green to 3 parts brown.

Pro Tip: Keep extra brown materials like dry leaves nearby to add when necessary.

## Turn Your Pile Regularly

Oxygen is essential for decomposition. Turning the pile every 1-2 weeks introduces air prevents compacting, and reduces odour.

- Use a garden fork or compost turner for bins.
- For tumblers, simply rotate the drum.
- If the pile is too dry, add green materials or a small amount of water.
- If it's too wet, mix in more brown materials.

Pro Tip: Regular turning keeps microbes happy and speeds up composting.

## Monitor the Process

Composting typically takes 2 to 6 months, depending on the conditions. During this time, keep an eye on moisture and temperature.

- The pile should feel like a wrung-out sponge.
- It should heat up to between 130-160°F (54-71°C).
- A healthy compost pile should smell earthy, not foul.

Pro Tip: If your pile isn't heating up, add more green materials or fresh kitchen scraps to boost nitrogen levels.



## Harvest Your Compost

When ready, compost will appear dark, crumbly, and smell like fresh soil. To use it:

- Sift out any undecomposed bits and return them to the pile.
- Spread the compost in garden beds, mix it into potting soil, or top-dress plants.
- Store any extra in a cool, dry place for later use.

Pro Tip: Finished compost improves soil texture, boosts nutrients, and helps plants retain moisture.

## Final Thoughts:

Composting is an easy habit that turns food waste into something valuable. By following these seven steps—gathering scraps, choosing a method, balancing materials, chopping, turning, monitoring, and harvesting—you can create nutrient-rich compost while reducing your environmental impact. Whether you're composting in a backyard or on a balcony, each peel and eggshell you save from the trash contributes to a more sustainable world. Happy composting!



# WHY KHADI IS ONE OF THE MOST SUSTAINABLE FABRICS TO CONSIDER RIGHT NOW?

Khadi fabric is more than just a type of cloth; it embodies India's rich heritage and the spirit of independence. As consumers grow more aware of sustainable fashion, Khadi has emerged as an eco- friendly alternative for those seeking stylish and ethical wardrobe options. This article delves into the essence of Khadi fabric, its myriad benefits, and why it deserves a prominent place in your closet.

## What is Khadi Fabric?

Khadi is a handwoven fabric crafted from natural fibers like cotton, wool, and silk. Traditionally spun and woven by hand, it's creation demands a level of skill and patience, resulting in a unique textile with every piece. Khadi is historically significant, having become a symbol of India's fight for independence through the efforts of leaders like Mahatma Gandhi. Today, it is cherished not only for its eco-friendly characteristics but also for its positive impact on the environment and society.

## The Rise of Khadi Cotton Fabric

### Supporting Local Communities:

Opting for Khadi means empowering local artisans and weavers. The production of Khadi in India is labour-intensive, creating job opportunities for many in rural communities. This not only helps preserve traditional craftsmanship but also supports the livelihoods of countless families.

### Eco-Friendly & Sustainable:

One of Khadi & most admirable qualities is its eco-friendliness. As people become increasingly conscious of environmental concerns, sustainability in fashion has become paramount. Being hand-spun and hand-woven, Khadi is far more sustainable than machine-made textiles, using minimal water during production and composed of biodegradable natural fibers. This aligns perfectly with the growing trend towards sustainable fashion, making Khadi a preferred choice over synthetic materials.

### Unique and Versatile:

Each Khadi fabric piece is handmade, ensuring that no two items are ever identical, a charm that distinguishes Khadi garments from mass-produced fabrics. Its versatility is remarkable, making it suitable for a range of styles, from casual wear to formal attire. The natural texture and breathability of Khadi also provide comfort in various climates, whether on a hot summer day or during a chilly evening.

### Health Benefits:

Khadi fabric is also beneficial for your health. Its breathable nature ensures air circulation, keeping the body cool and reducing the risk of skin allergies and irritations. This makes Khadi an excellent choice for individuals with sensitive skin. Being made from natural fibers also means it avoids harmful chemicals and synthetic dyes frequently found in other textiles, providing a healthier wearing experience.

### Cultural Heritage & Aesthetic Appeal:

Khadi is more than just fabric; it signifies Indian cultural heritage. Wearing Khadi means embracing a piece of history, as it gained prominence during India's freedom struggle, symbolizing self-reliance and resistance against British colonialism. Today, it embodies simplicity, resilience, and self-sufficiency, with a rustic yet sophisticated aesthetic that resonates with contemporary tastes.

### Global Recognition & Future Prospects:

Khadi's appeal is rapidly gaining momentum on a global scale. Fashion houses and designers are turning to Khadi for its sustainability, unique texture, and rich cultural history. Support from the Indian government and various organizations is further enhancing Khadi's visibility in the global market.

As the world shifts towards **conscious consumerism**, Khadi cotton fabric is set to become increasingly significant. It beautifully blends tradition with modernity, local craftsmanship with global allure. Whether you're in search of the ideal fabric for your wardrobe or aiming to support sustainable practices, Khadi is an outstanding choice. Its journey from a symbol of resistance to a global fashion statement highlights its lasting charm and versatility. Embrace Khadi and wear a piece of history while making an eco-friendly statement.



# REVITALIZING TRADITION: THE RISE OF NATURE-BASED ARCHITECTURE IN MODERN INDIA

In recent years, India has seen a remarkable comeback of nature-based architecture, an approach that embraces traditional building methods and materials. As communities strive for sustainable and eco-friendly construction, they are turning to designs that honour their cultural heritage while addressing modern needs. This architectural style relies on time-tested techniques and uses natural materials such as bamboo, mud, stone, and wood. By blending ancient practices with contemporary design, nature-based architecture addresses environmental challenges while celebrating India's rich architectural legacy.

## Embracing Natural Roots

For centuries, Indian architecture has been closely connected to the environment. Traditional homes, especially in rural areas, were built using local materials that integrated harmoniously with their surroundings. These structures provided natural insulation, adapted well to local climates, and minimized waste by using renewable resources. This harmonious relationship with nature is the essence of nature-based architecture, and it is gaining renewed interest from today's builders and architects.

By choosing sustainable materials, builders can significantly reduce the environmental impact of construction while creating structures that reflect India's historical architecture. This approach is becoming particularly popular among urban residents seeking eco-friendly homes and community spaces that resonate with their values. Modern architects are adeptly incorporating these traditional materials with contemporary features, resulting in buildings that are functional yet culturally significant.

## Why Nature-Based Architecture is Becoming Popular?

The rising interest in nature-based architecture in India stems from various factors. A key driver is the urgent need to combat climate change. The conventional construction industry relies heavily on concrete, steel, and other materials that contribute significantly to carbon emissions. As more people become aware of environmental issues, they are exploring alternative construction methods that shrink their ecological footprint.

Nature-based architecture not only addresses these environmental concerns but also promotes healthier living spaces. Buildings made from natural materials tend to have better air quality, as they avoid harmful volatile organic compounds (VOCs) found in synthetic materials. Additionally, resources like mud and bamboo provide excellent insulation, reducing reliance on energy-consuming heating and cooling systems.

The popularity of this architectural style has also been boosted by renowned architects and advocates for sustainable living who demonstrate how traditional designs can be effectively modernized for urban settings. Many contemporary projects, including community centres, schools, showcase the successful implementation of nature-based architecture, inspiring others to adopt similar practices.

## Key Materials in Nature-Based Architecture

Several materials play a crucial role in the resurgence of nature-based architecture in India, each contributing unique qualities to the buildings.

**Stone:** Stone has a long history in Indian architecture and is especially effective in areas with extreme weather. Its durability means it can withstand harsh conditions with minimal maintenance.

**Mud:** This abundant and cost-effective material has been a staple in traditional Indian homes. Mud offers excellent thermal properties, keeping homes cool in summer and warm in winter, which helps reduce the need for artificial heating or cooling.

**Bamboo:** Known for its rapid growth, bamboo is a highly renewable resource that provides strength comparable to steel. Its flexibility and durability make it perfect for structural elements and decorative features, adding elegance to modern designs.

**Thatch and Wood:** These materials are used for roofing and wall support. They are not only sustainable but also biodegradable. Thatch provides natural cooling, contributing to a rustic charm.

When these materials are creatively combined, they result in buildings that are both functional and visually appealing, deeply connected to the natural landscape.

## Preserving Heritage Through Modern Design

Nature-based architecture beautifully links the past with the future, making it ideal for communities wishing to honour their heritage. In states like Kerala, Nagaland, and West Bengal, traditional architectural styles reflect local cultures and needs. Architects in these regions are reviving these styles for contemporary use. For instance, bamboo houses, once prevalent in northeastern India, are now constructed with reinforced foundations and treated bamboo to enhance safety and durability. Similarly, mud homes in Rajasthan and Gujarat are being updated with waterproofing techniques and modern designs, making them resilient to changing weather patterns.

Nature-based architecture symbolizes a forward-thinking approach that respects tradition while embracing modernity, making it a promising path for sustainable living in India.



# HORTICULTURE THERAPY: A GREEN PATH TO WELL-BEING IN 2025

As life speeds up in 2025, more people are turning to nature, mindfulness, & purposeful living to find balance. One of the notable trends in wellness is horticulture therapy, a practice that combines gardening with therapeutic techniques to boost physical, emotional, and psychological health. With an emphasis on preventive care and sustainable living, horticulture therapy has become a cornerstone of holistic lifestyle.

## What Is Horticulture Therapy?

Horticulture therapy involves gardening and plant-related activities led by trained therapists to improve well-being. These programs have traditionally been found in hospitals, rehabilitation centres, schools, and senior living communities, but by 2025, they've expanded into homes, workplaces, and even online platforms. Whether it stress, managing chronic pain, or enhancing social skills, horticulture therapy addresses numerous goals.

## Personalized & Inclusive Approaches

In 2025, the field of horticulture therapy has taken on a more personalized, data-driven, and inclusive approach. Thanks to advances in neuroscience and wellness tracking, therapists tailor activities to meet individual needs. These activities include potting plants, pruning, designing sensory gardens, or engaging in nature journaling.

## Connection to Nature Amid Technology

In a world filled with smart cities and overwhelming digital interactions, horticulture therapy offers a sensory-rich escape. The hands-on experience of soil, the act of planting, and watching plants grow encourage mindfulness and presence. This natural deceleration is vital in a fast-paced society where productivity often overshadows well-being.

Technology has not been overlooked; in 2025, smart garden sensors monitor soil and light conditions, supporting therapeutic gardening in urban settings and assisted living facilities.

## Boosting Mental Health

One of the strongest cases for horticulture therapy in 2025 is its positive impact on mental health. Research shows that gardening can alleviate symptoms of depression, anxiety, and PTSD. Regular gardening activities help improve mood, reduce stress, and enhance overall satisfaction with life.

In a time when digital fatigue is prevalent, horticulture therapy offers a grounding experience. Nurturing a plant from seed to bloom cultivates patience, mindfulness, and hope—crucial elements for those coping with trauma or emotional challenges.

## Physical and Cognitive Gains

Horticulture therapy doesn't just benefit mental health; it also plays a key role in physical rehabilitation. Activities like planting and harvesting improve fine motor skills, muscle coordination, and flexibility. For older adults or those recovering from injuries, horticulture therapy provides a low-impact and enjoyable way to support recovery.

Cognitively, gardening enhances memory, focus, and problem-solving abilities. In dementia care, sensory gardens that stimulate memory and calm agitation are now commonplace in long-term care homes. The practice has also been linked to increased brain nerve growth factors, emphasizing gardening's positive effects on brain health.

## Promoting Environmental Awareness

As sustainable living becomes central to holistic wellness in 2025, horticulture therapy naturally fosters environmental consciousness. Participants learn about composting, native planting, and organic gardening, helping them develop a deeper respect for nature and ecological cycles.

## Building Social Connections

Loneliness is a growing concern in healthcare, especially following the pandemic. Horticulture therapy encourages social interaction, particularly in group settings. Whether in schools, veterans' rehabilitation centres, or community gardens, nurturing plants together fosters empathy, communication, and a sense of belonging.

In 2025, horticulture therapy is also integrated into workplace wellness programs, offering stress relief and team-building opportunities through indoor green spaces and gardening retreats.

Overall, horticulture therapy in 2025 reflects a cultural shift toward nature-centred healing. As science continues to uncover its benefits and technology makes it more accessible, horticulture therapy nurtures not just plants but also people, communities, and the planet. Whether practiced in a clinic or a simple windowsill herb garden, it is a green pathway to enhanced well-being.



## GREEN OFFICE IDEAS: 14 WAYS TO MAKE YOUR OFFICE MORE SUSTAINABLE

Bright fluorescent lights, buzzing printers, and the hum of air conditioning, workplaces have earned a reputation for being unfriendly to the environment. However, there's hope. More companies are stepping up to reduce their carbon footprints and embrace sustainability. You can be part of this positive change too! Going green can be easy and budget-friendly. Here are 14 simple tips to kickstart your journey towards a sustainable office.

**Go Digital:** The average office worker uses 10,000 sheets of paper each year, with nearly half ending up in the trash. Transitioning to digital storage solutions can significantly reduce paper use, helping the planet and improving efficiency. Try paperless billing and digital filing systems to cut down on your paper reliance.

**Use Eco-Friendly Cleaning Products:** If you're cleaning the office yourself or hiring someone, opt for green cleaning supplies. Many traditional cleaning products come in eco-friendly versions. These alternatives help keep harmful chemicals out of the environment and protect the health of both employees and cleaning staff.

**Start a Recycling Program:** A recycling program can dramatically reduce the waste sent to landfills. Assess your office trash to figure out what can be recycled, set guidelines, and determine how many bins you need. Place bins in visible spots, like near desks and printers, and clearly communicate recycling goals. Incentives can motivate employees to participate.

**Boost Natural Light:** Maximizing natural light in the office can enhance productivity and well-being while saving energy. Consider switching to energy-efficient LED lights, which use less electricity and last longer. Using motion sensors and timers can also help prevent energy wastage.



**Explore Renewable Energy Options:** Some offices have significantly improved their sustainability by adopting renewable energy systems. Options like solar panels, wind turbines, and biomass can greatly reduce a building's carbon footprint.

**Introduce Office Plants:** Adding greenery to your workplace not only improves air quality but also reduces stress and boosts productivity. Look for low-maintenance indoor plants that can thrive in office conditions.

**Be Smart with Air Conditioning:** Manage energy costs by optimizing your A/C use. Try using a smart thermostat, covering windows with blinds, and cleaning filters to keep systems efficient. Adding awnings around windows can also help reduce overheating.

**Recycle or Donate Old Electronics:** Recycling electronics is essential as they contain valuable materials that require energy to produce. Contact local waste management for recycling days, and consider donating usable items to community organizations.

**Turn Off Devices Overnight:** It's common for employees to leave computers on overnight. Encourage everyone to turn off devices and lights at the end of the day, or assign this responsibility to engage more staff members in your sustainability efforts.

### Encourage Eco-Friendly Commuting:

Transportation accounts for 27% of greenhouse gas emissions. To help reduce this, promote carpooling, biking, walking, or using public transport. Set up a carpooling system and create bike-friendly facilities. Offering incentives for those who leave their cars at home can also be a great motivator.

**Opt for Sustainable Furniture:** When buying office furniture, choose pieces made from recycled or repurposed materials. While they may cost more upfront, sustainable furniture can save you money over time due to its durability.

**Delete Old Emails and Files:** Encourage everyone to clean out their inboxes and delete unnecessary files, helping to extend the lifespan of devices and save energy.

**Remove Paper Towels in the Kitchen:** Swap out paper towels for reusable towels and cloth napkins in the kitchen to help cut down on waste.

**Set Up a Lunch & Learn:** Organizing a 'Lunch and Learn' on sustainability topics or screening an environmental documentary can engage staff in green initiatives and motivate them to contribute towards the organization's eco-friendly goals.

By adopting these simple yet effective tips, you can take significant strides towards making your workplace more sustainable!





# AGRI TOURISM IN INDIA: BEAUTIFUL FARM STAYS TO GET BACK TO YOUR ROOTS

Agriculture stands as the backbone of the Indian economy, with approximately 65% of the population engaged in this sector, whether directly or indirectly. Contributing around 13% to the country's GDP, agriculture is pivotal for India's growth. Enhancing income-generating activities alongside traditional farming practices can significantly elevate this contribution. One promising avenue for growth is **Agri Tourism**, a burgeoning concept in the Indian tourism industry that allows travellers to connect authentically with rural life.

The World Tourism Organization defines Agri Tourism as the provision of accommodation in farmhouses or guesthouses, coupled with meals and structured guest activities centered around farming operations. The scope of Agri Tourism in India is vast, encompassing several factors that make it an attractive option for tourists.

The demand for **family-oriented recreational activities** is strong. Rural settings offer diverse entertainment options for all age groups, from traditional games and food to nature-based experiences. Villages can engage the whole family while catering to health-conscious tourists seeking relaxation in natural environments.

Agri Tourism serves as an **inexpensive gateway**. It offers affordable food, lodging, and recreational activities, making tourism accessible to a broader audience. Its cost-effectiveness is a key draw, allowing more people to engage with tourism.

The **pursuit of tranquillity** in a busy world further fuels Agri Tourism's appeal. People yearn for serene locations to unwind, and rural tourism provides an escape from urban hustle, allowing visitors to rejuvenate amidst nature.

There is a growing curiosity among **urban dwellers** about rural life and farming practices. Many individuals with ties to villages have a strong desire to understand their food sources and appreciate the rural way of life. Agri Tourism satisfies this curiosity by providing immersive experiences in farming, handicrafts, and cultural traditions.

**Health consciousness** is another factor driving interest in Agri Tourism. Stressful modern lifestyles push urban dwellers to seek nature -friendly havens. Ayurveda and indigenous medical practices rooted in rural communities attract those looking for peaceful alternatives to city life.

## Explore the Enchanting Farm Stays of India, Where Village Life and Nature Blend Harmoniously!

**Vanilla County, Kottayam, Kerala:** Nestled in a 70-year-old heritage bungalow, this beautiful farm stay is just a two-and-a-half-hour drive from Kochi airport. Enjoy plantation walks, trekking, and immerse yourself in the charm of village living near Vagamon.

**Maachli, Sindhudurg, Maharashtra:** Located in serene Parule village along the Konkan Coast, Maachli offers stays in charming hut-style accommodations. It's a perfect base for beach lovers, with Bhogwe and Tarkarli nearby.

**Enchanted Forest Farm, Gangtok, Sikkim:** Deep in a forest with a waterfall, this organic farm boasts self-sufficiency, an inviting atmosphere, and rustic cottages. Join the host for a musical evening by the fish pond!

**Dewalokam Farmstay Retreat, Karimannoor, Kerala:** A mere 90 minutes from Kochi, Dewalokam invites guests to savor fresh farm produce and participate in village walks, temple visits, and even cow milking, reconnecting with roots in lush surroundings.

**Konyak Tea Retreat, Mon, Nagaland:** Set on a secluded 250-hectare tea estate, this boutique farmhouse provides an immersive experience. Engage in cow and goat milking, or work alongside locals in the fields.

**Dudhsagar Plantation & Farm stay, Goa:** If you're looking for a change from beaches, consider Staying on a 50-acre farm in the forest. They have a cashew feni distillery that operates from March to May, and it's conveniently located on the route to Dudhsagar waterfall in Goa.

**The Goat village, Uttarakhand:** Green People\* established Goat Village to expand markets for organic products and boost local income. The property includes agriculture, organic farming, and goat breeding. Visitors can also experience the local lifestyle by trekking to Nag Tibba mountain & camping.

In essence, Agri Tourism presents a unique opportunity for travellers to engage with rural culture while supporting local economies. As this sector continues to evolve, it holds the promise of elevating the role of agriculture in India's economy and enhancing the livelihoods of countless rural communities. With its multifaceted benefits, Agri Tourism could indeed pave the way for sustainable rural development and cultural exchange in the years to come.

\*Green People is a Non-Government Organisation, which initiated "High Altitude High-End Agro Tourism" in Uttarakhand in different villages of Tehri, Rudraprayag & Uttarkashi districts.



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## TESTIMONIALS

Thank you for consistently sharing the editions of the RHealth Beat Magazine. We truly appreciate the Wellness team's continued efforts in promoting health and well-being through such informative and thoughtfully curated content. RHealth Beat is a well-curated and informative read that highlights the importance of holistic well-being in today's fast-paced environment. The articles are both engaging and practical, offering valuable tips on physical and mental health and spread awareness through this platform. Services like these reflect the organization's genuine commitment to promoting wellness among employees and the broader community of readers. Keep up the great work!

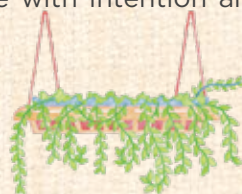


**PARAG AGRAWAL**  
CFO at Juniper Green Energy



**RISHI RANJAN**  
HR, PVR INOX Limited

RHB is a top source of inspiration and information for me. The quality of its content, with a focus on science and holistic traditions, sets it apart. Articles on various topics like gut health and mindfulness are well-researched and practical. The design of the magazine is clean, calming, and visually appealing, reflecting its commitment to well-being. RHB strikes a balance between education and inspiration, promoting mindful and sustainable health practices. It's a refreshing reminder to live with intention and care every month.



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