



Project Pushpani

The Green Therapy

About

Project Pushpani is our Green therapy.

Several trials have revealed the beneficial effects on mood and mental health of simply observing nature, or even images of natural scenes. In a Japanese study, viewing plants altered EEG recordings and reduced stress, fear, anger and sadness, as well as reducing blood pressure, pulse rate and muscle tension. Nurturing plants and spending time outdoors can reduce symptoms of depression and anxiety and significantly improve your mood.



2023 - Sunflower



We launched this project in 2023 on Environment Day. We had sent a packet of Sunflower seeds as a token of appreciation to our members across the country. In the world of Mental Health, Sunflower symbolises resilience, endurance and hope.





2024 - Jasmine

In 2024, our choice was Jasmine. In the world of Mental Health, jasmine symbolizes love, sensuality, and grace. Scientific studies show some other benefits of indulging in the scent of jasmine: Almost instantaneous soothing of nervous tension; alleviates spasms. Promotes feelings of contentment and happiness. It works well with Depression and Anxiety.

2025 – The Ginger Saga

In 2025, as we are entering our 5th Year, we want to make it big and different. Following the trends of the agricultural industry, our choice this year is Ginger. Ginger offers several potential benefits for mental health, including boosting mood, enhancing cognitive function, and reducing anxiety and stress. Its anti-inflammatory and antioxidant properties may help protect brain cells, potentially slowing down cognitive decline and reducing the risk of conditions like Alzheimer's.

This year through this initiative we are targeting to:

1. Grow 100 sacks of ginger.
2. After production sales will help the families involved in the production financially.

