

"Trees are our closest relationship. What they exhale, we inhale. What we exhale, they inhale. This is a constant relationship that nobody can afford to break or live without."

- Sadhguru

Project GreenHands



No green cover means no water, no oxygen... NO LIFE!
The diminishing tree cover on our planet is putting our very survival in question.

PROJECT GREENHANDS - Mass Tree Planting through people's participation is the immediate need.

Current Scenario

Over-exploitation of natural resources has led to massive degradation of ecological systems and to global warming. Unless serious corrective measures like restoration of tree cover, ground water and soil health are put in place, our way of life will be seriously affected.

The situation in the state of Tamil Nadu, India is a case in point. The forest or tree cover in Tamil Nadu is only 17.58%, against the national ideal of 33%. Tamil Nadu receives heavy rains for a short period from October to December, resulting in heavy floods and soil erosion, where almost 50% of rainfall runs off to the sea, carrying life sustaining soil with it. In the absence of green cover, a severe drinking water scarcity has also arisen. An increasing population in the next 35 – 50 years will lead to prime agricultural lands being lost to fulfill the basic needs of the people. Due to uncertainty in the monsoons and adverse climate changes, food production will become a matter of chance.

With the current rate of land degradation, experts predict that by 2025, 60% of Tamil Nadu will be a desert, unsuitable for food production. This situation, if unchecked, will result in loss of ecological balance, poverty and social instability.



What is Project GreenHands?

Project GreenHands is an ecological initiative of Isha Foundation to prevent and reverse environmental degradation and enable sustainable living. The Project aims to create 10% additional green cover in Tamil Nadu. Drawing on large scale people's participation, Project GreenHands intends to plant 114 million trees. Additionally, nature awareness campaigns are conducted to establish a culture of care for the environment. Starting from Tamil Nadu, Project GreenHands seeks to inspire people around the world to keep this planet livable for future generations.



Why Plant Trees?

Trees

- Reduce global warming and adverse climate change by absorbing carbon dioxide and releasing oxygen to the atmosphere.
- Are essential for seeding the clouds, rain harvesting, groundwater recharge and to maintain a healthy hydrologic cycle.
- Are an effective means of soil regeneration and prevention of soil erosion.
- Provide home and habitat to different species of plants and animals, enhancing bio-diversity.
- Mitigate poverty and malnutrition by serving as a source of income generation and nutritious food.

Awareness is the Key

A shift in mindset is crucial to preserve the natural environment for future generations. This needs to happen by

- ❖ Cultivating a culture of revering trees as the very basis of life.
- ❖ Creating awareness about using natural systems for a sustainable livelihood.



Project GreenHands - Results

2005	25,000 seedlings planted in Tsunami affected villages of Cuddalore District.
2006	Guinness World Record – 852,587 seedlings planted on a single day in 6,284 locations of 27 districts in Tamil Nadu and Pondicherry, involving 256,289 people.
2007	Over 4 million saplings were grown in 427 Isha nurseries and 44 partners' nurseries and planted in the state of Tamil Nadu.

Goals

1. To plant 114 million saplings in Tamil Nadu and Pondicherry. 85% of the trees will be planted in villages and 15% in schools and colleges in towns and cities.
2. To establish 4 large-scale nurseries, able to produce 1 million saplings of income-generating trees each.
3. To establish Mobile Environmental Awareness Centres that tour from village to village to inspire a change in mindset of the population.
4. To establish "Green Villages" - a sustainable tree planting model - in which intensive plantation zones with up to 33% green cover are implemented and maintained directly by the village inhabitants.

Potential ecological impact of planting 25 million trees :

CO ₂ absorption per year	:	135,050 tons
O ₂ production per year	:	73,000 tons
Top soil preservation	:	91.25 million tons
Green cover area	:	2,900 sq km
Rain water harvesting	:	45,625 million liters



Special Project Features

Project GreenHands

- ☞ Makes tree planting a part of our culture through people's participation
- ☞ Is committed to ensuring the seedlings grow into full trees
- ☞ Only native and endemic plant species are chosen
- ☞ Post-planting surveys monitor progress, trigger replanting if necessary and provide feedback for future corrections
- ☞ Supports sustainable living and enhances the quality of life for the local population
- ☞ Additional supply of food & nutrition
- ☞ Income and wealth generation for farmers
- ☞ Self-sufficiency in food production
- ☞ Local climate improvement: cleaner air, cooler temperatures, ground water recharge and improved drinking water supply.



How you can help

Making a lasting difference is easy if we all join efforts. If each one of the 70 million people in Tamil Nadu plants and nurtures just two saplings, there will be 140 million trees.

You can participate in any of the following ways :

✂ **Sponsor trees.** A tree sponsorship ensures Project GreenHands will grow and plant a tree sapling and bring the appropriate environmental training to the individual who will take care of it.

Options : 1. Sponsor 5 fruit trees per village house. A donation of Rs. 350 (US\$9) or multiples thereof can bring food and help to improve the nutrition of one of more rural families;

2. Sponsor trees for a school. A donation of Rs. 400 (US\$10) can help to plant 10 trees in a school yard; a donation of 200 trees at Rs. 8,000 (US\$ 200) will green an entire school;

3. Sponsor 100 timber and fodder trees per farmer. Donation of Rs 4,000 (US\$100) or multiple can help on or more farmers augment their livelihood and enrich the earth simultaneously;

✂ **Help create nurseries** at schools, industries...

Option : Nurture a mini-nursery. If you have just 3ft x 9ft of space in your compound, veranda or terrace and would spare 5 minutes a day to water them, you could grow 500 seedlings for the project with a meager investment of Rs. 750.

✂ **Become a Project GreenHands Ambassador** – help create awareness, participate in project implementation and raise funds for this much-needed environmental cause.

✂ Register yourself **to plant and take care of trees.**

✂ **Sponsor awareness-generating materials** - brochures, leaflets, hoardings, press & TV advertisements.

✂ **Donate in kind.** Materials required are mobile phones, petro cards, PCs, printers, scanners, two and four wheelers.

✂ Offer your time and expertise in communications, training, computers, designing, database management, software development, writing.

Today's contribution will reach future generations - join us now!

"Every society needs individuals who will go on planting mango trees, without thinking whether they will get to eat the fruits or not."

- Sadhguru

To donate or for details visit :

www.projectgreenhands.org

www.ishafoundation.org

Send cheque or DD drawn in favor of
Isha Foundation to **Project GreenHands**,
Isha Foundation, 15, Govindaswamy Layout,
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☎ +91 94426 44707, +91 0422 2580199

All donations are exempt from Income
Tax under 80 (G) of the I.T. Act.

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About Isha Foundation

Isha Foundation, a not-for-profit organization founded by **Sadhguru**, plays a vital role in the well-being of the individual and the world. Isha Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of universal appeal.

The Foundation is engaged in initiating multitudes into the science of inner well-being, helping them to realize the ultimate potential within. To this end, it runs regular **Isha Yoga Programs** throughout India and in the United States, United Kingdom, Lebanon, France, and Singapore.

The Foundation has also set up several projects to serve as models for rural upliftment, educational reform, environmental stewardship, as well as holistic and healthy living. It has initiated a social outreach program called **Action for Rural Rejuvenation**, aimed at providing medical relief and bringing an end to human suffering in the remote villages of India. The education initiative called **Isha Vidhya**, aims to raise the level of education and literacy in rural India, and helps disadvantaged children realize their full potential. Other projects include **Isha Home School**, **Isha Business**, **Isha Craft**, **Isha Publications** and **Inner Freedom for the Imprisoned**. In addition, the Foundation has pioneered several renowned initiatives for world peace and outreach programs for the socially disadvantaged. Isha's endeavors are an outcome of the selfless dedication and the spirited efforts of its volunteers.