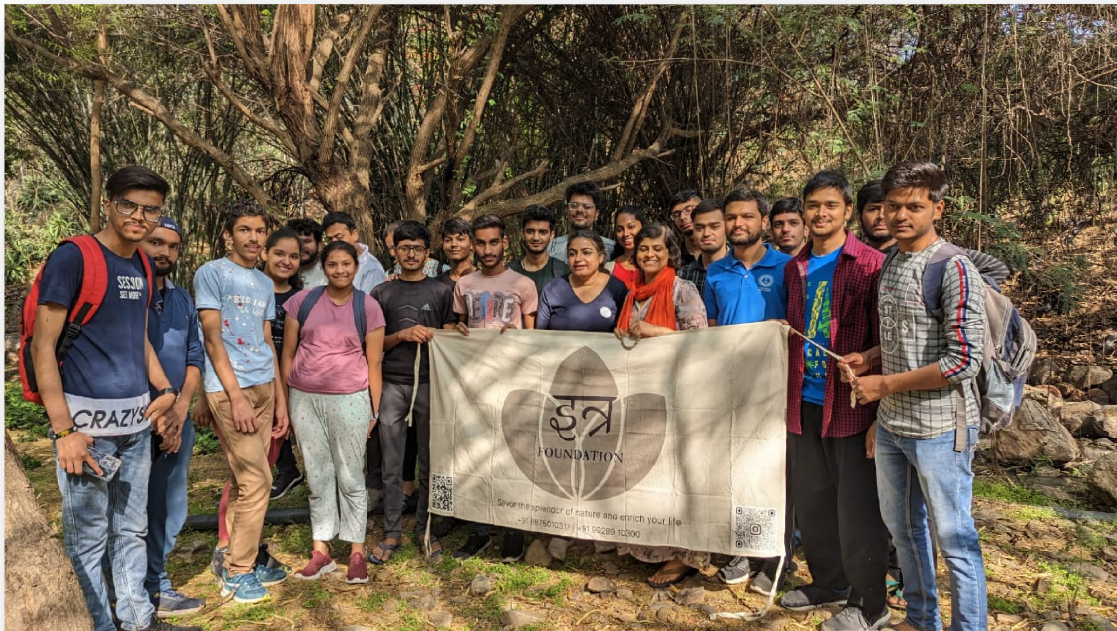




Malaviya National Institute of Technology Jaipur  
Dean Student Welfare Office

## Nature Walks 2023: A Report



## About

The Wellness Team, Dean Student Welfare Office organized Nature Walks in collaboration with Itra Foundation to promote student wellness. The objective was to create an opportunity to take a break from using screens, engage with nature, and make new friends. The Nature Walks were guided by Ms. Richa Singhi, Founder of the Itra Foundation in Smriti Van, from 7:00 am to 9:30 am on March 25, 26, and April 2, 2023.



## Purpose

The purpose of the nature walks was to:

- (a) engage students with nature and take a break from using screens,
- (b) spread awareness about mental well-being through eco-therapy,
- (c) promote team-building and camaraderie for sharing perspectives and,
- (d) increase knowledge about the natural environment.

## Resource person

Ms. Richa Singhi, Founder, Itra Foundation

Itra Foundation is a Jaipur-based environmental and social NGO to promote ecological appreciation and sustainability. The organization offers a variety of programs to help organizations connect with nature and understand its vital role in our lives. The future goal is to create a network of individuals committed to protecting the environment and promoting social welfare.

## Dates

The Schedule was as follows:

Group 1	25 <sup>th</sup> March, 2023
Group 2	26 <sup>th</sup> March, 2023
Group 3 & Group 4	2 <sup>nd</sup> April, 2023



## Activities Covered

- Grounding- Walking Barefoot
- Walking on Rocks and Uneven Surfaces to Increase Focus
- 7-point exercise/ laughter therapy
- Demonstrated benefits of Nagdhuni (Pedilanthus)

- Digital detoxification
- Sand Doodling
- Benefits of connecting with nature for human health
- Finding natural resources in their connection with nature
- Created Art Installations
- Captured Sound/Greens/Dry nature elements to create natural music instrument.

### **Feedback**

Feedback provided by some participants is provided as follows:

- 1) “I loved this event. It was great to know about nature, plants, biology, senses, etc. This event must be carried out regularly to cherish the mind and take glimpses from nature by taking a leap from this technical world.”
- 2) “The Nature Walk was a refreshing initiative. We got to feel nature all around us in all ways. I felt relaxed during those couple of hours. Kudos to the team for organizing it so well.”
- 3) “The walk was very refreshing and enthusiastic. We came to know about different plants and how nature can benefit us and our mental peace. The different impacts of nature on our sense organs and how it stimulates energies inside us. We really appreciate the club and NGO's efforts for this walk. Thank you ☺ ☐”
- 4) “I wanted to take a moment to express my gratitude for the wonderful nature walk that I participated in last weekend. The walk was well-organized and the guides were knowledgeable and enthusiastic. They shared interesting facts about the plants and birds we saw along the way, and were happy to answer any questions that we had. I appreciated their attention to safety and the environment, as well as their commitment to leaving no trace. I would highly recommend this nature walk to anyone who enjoys being outside and exploring the beauty of the outdoors. Thank you”
- 5) “It was a fantastic journey to Smriti Van. I think we should do these activities more frequently and if possible should include in our curriculum.”
- 6) “The experience was truly enriching. I felt at peace and didn't feel the need to constantly check my phone. It made me realise that nature is the best remedy for an anxious mind. Looking forward to more such initiatives from the wellness club.”
- 7) “The trip was great. I was able to interact with many other people and also with nature. It helped me relax from the stressful routine and take a break. I also learnt many things during the walk that were explained by the Itra foundation members. Hope to have more such events in future.”