

Shinrin-yoku – Connecting the Mind, Body and Forest

By Diana Jimmy

Don Bosco Senior Secondary School, Nerul, organised a Value Education Programme on "**Shinrin-yoku – Forest Bathing**", presented by the students of **Classes VI-C and VI-D** under the guidance of **Ms. Diana and Ms. Ramani** on **22 July 2026**. The programme highlighted the connection between humans and nature and explored the role of forests in promoting health, well-being and environmental responsibility.

The programme introduced students to *Shinrin-yoku*, the Japanese practice of immersing oneself in the atmosphere of the forest through the senses. Through a skit titled "**When India Meets Japan – Learning from Nature**", students explored the cultural connections of India and Japan with nature and drew parallels with India's traditions of meditation and learning in natural surroundings.

The students also presented the **Chipko Movement**, highlighting the courage of Gaura Devi and the villagers who protected trees through non-violent action. The programme further focused on Navi Mumbai's green spaces and the importance of protecting urban biodiversity. Scientific facts about the benefits of spending time in nature, including stress reduction, relaxation and emotional well-being, were presented. The theme was also connected with the school's **Silence Time** and relevant Sustainable Development Goals.

The message of environmental responsibility was reinforced through a dance performance on "*Na Kaato Mujhe... Dukhta Hai*" and the song "**Keepers of the Earth**". The students encouraged the audience to recognise their connection with nature, protect living beings and work towards a greener future.

The programme continued with a reflective session led by the **Principal, Mrs. Kalyani Chaudhuri**, who invited the students to experience the essence of *Shinrin-yoku*. The students were encouraged to pause, observe and connect with nature before reflecting on **Mother Earth** and the importance of gratitude and nurturing relationships.

The Principal also spoke about the **letters written by students to their mothers**, which provided an opportunity for them to express their love and appreciation. Students shared their feelings, while some parents also expressed their emotions upon reading the heartfelt letters. The session created a meaningful connection between nature, gratitude and the bond between children and their mothers.

The programme concluded with a "**Leaf of Gratitude**", presented as the Vote of Thanks. The leaf symbolised the many people whose support and contribution helped the programme grow and come to life.

The Value Education Programme by the students of **VI-C and VI-D** was a meaningful blend of **environmental awareness, scientific learning, cultural understanding, artistic expression and emotional reflection**, leaving the audience with the message that connecting with nature inspires us to care for ourselves, others and the Earth.





