

# ORGANIC GARDENING AND HEALTH

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Reporters, Modern School Life Magazine

**"NATURE IS A GREAT HEALER OF ALL THE AILMENTS KNOWN TO MAN."**

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ORGANIC VEGETABLE GARDENING means growing and planting vegetables and plants without using any chemicals. This makes the plants taste natural and better. It also provides complete nutrition which our body needs. The main reason why our school has chosen to grow vegetables

the guidance of the school gardeners and their teacher. This was accompanied by sowing of seeds of different vegetables like bottle gourd, lady finger, snake gourd, bitter gourd, eggplant, etc. by keeping the pointed end of the seeds upward. After the sowing of the seeds they were

organically is to ensure the type of food we eat is chemical free and is grown naturally.

Then, what is better than school gardening activity to arouse interest and concern about Mother Earth in students.

Two reporters of Modern Senior Secondary School Life Magazine went to see what actually these children were doing. The students of standard VI to VIII were busy doing the task assigned to them by their instructor Ms. Kuljeet Kaur to convert a small patch of land behind the school hall into a miniature school garden. About 33 students were involved in this activity. They started with the loosening of soil with hoe and add manure to soil. It was good to see them working laboriously under

instructed to water them at regular intervals in their activity periods. Their teacher explained that food grown organically is very nourishing and beneficial to health. Enthusiasm of the students was boundless and their faces sparkled with joy. The ripened vegetables are distributed among students. This is the best way to connect students with nature. Students can be taught patience, co-operation, team work and social skills through natural landscaping and school gardening. Organic gardening not only benefits us or our family rather it also helps in maintaining the equilibrium of the ecology and environment which has been severely hampered by the use of chemical fertilizers.