



# NEWSLETTER

August 2019



## **Vriksharopan - Planting Trees**

-By John F Williams, Member, FRNV

*Our Nature has very kindly provided us Rivers/ Mountains/ Trees / Forest /Animals, Birds etc and all of them have their own importance.*

*Let us start with the importance of Trees in our Life!*

*Importance of trees in our life is same as our family. Trees are important source of oxygen and natural air filters. They are natural water conversations and filters and serve as source of food, fruits for animals, birds and humans. Trees are home for birds and play-field for kids, birds and monkeys. Trees are important for environment, economic, social and personal development.*

*You can understand the importance of trees by analyzing the importance of oxygen. As you know we can't live without oxygen for a few minutes so we need to keep planting new trees.*

*Nurseries do provide Plants free of charge.*

*Since creation, trees have furnished us with two of life's essentials, food and oxygen. As we evolved, we discovered that they provided us with additional necessities such as shelter, medicine, and tools. Today, their value continues to increase and more benefits of trees are being discovered as their role expands to satisfy the needs created by our modern lifestyles.*

## **Community & Social Value**

*Trees are an important part of every community. Our streets, parks, playgrounds and backyards are lined with trees that create a peaceful, aesthetically pleasing environment. Trees increase our quality of life by bringing natural elements and wildlife*

habitats into urban settings. We gather under the cool shade they provide during outdoor activities with family and friends. Many neighborhoods are also the home of very old trees that serve as historic landmarks and a great source of town pride. Using trees in cities also deflect sunlight thereby reducing heat.

## **Ecological & Environmental Value**

Trees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife.

Trees control climate by moderating the effects of the sun, rain and wind. Leaves absorb and filter the sun's radiant energy, keeping things cool in summer. Trees also preserve warmth by providing a protection from harsh wind. In addition to influencing wind speed and direction, they shield us from the adverse effect of rain, sleet and hail. Trees also lower the air temperature and reduce the heat intensity of the greenhouse effect by maintaining low levels of carbon dioxide.

Many animals, including elephants, koalas and giraffes eat leaves for nourishment. Flowers are eaten by monkeys, and nectar is a favorite of birds, bats and many insects. Leaf-covered branches keep many animals, such as birds and squirrels, out of the reach of predators.

## **Personal & Spiritual Value**

The main reason we like trees is because they are both beautiful and majestic. No two are alike. Different species display a seemingly endless variety of shapes, forms, textures and vibrant colors. Even individual trees vary their appearance throughout the course of the year as the seasons change. The strength, long lifespan and regal stature of trees give them a monument-like quality.

Most of us react to the presence of trees with a pleasant, relaxed, comfortable feeling. In fact, many people plant trees as living memorials of life-changing events. Trees help record the history of your family as they grow and develop alongside you and your kids.

### **Practical & Commercial Value**

Trees have supported and sustained life throughout our existence. They have a wide variety of practical and commercial uses. Wood was the very first fuel, and is still used for cooking and heating by about half of the world's population. Trees provide timber for building construction, furniture manufacture, tools, sporting equipment, and thousands of household items. Wood pulp is used to make paper.

We are all aware of apples, oranges and the countless other fruits and nuts provided by trees.

Trees are capable to prevent erosion of soil and mud flow. That's why many farmers grow beautiful trees around their farms.

Trees play a great role in the protection from pollution. More trees mean less pollution from the increased levels of carbon dioxide and other pollutants in the earth. We can live longer because trees remove pollution and deliver fresh air to the lungs. Trees are playing great role in medical and medicines and are the basis of healthy life.

A wide variety of trees, plants and wildlife can thrive in India due to the distinct climatic zones that exist in the country. From tropical and dry to subtropical humid to mountain climate, the range in temperatures and elevations allow species of different kinds to survive.

*Below are a few trees that are native to the Indian sub-continent and are most commonly found in our forests:*

### **Indian Mahogany (Swietenia Mahogany)**

The trunk of this tree is used to make furniture and musical instruments. Famous in the world for its durability and beautiful colour tones.

### **Ashoka Tree (Saraca Asoca)**

Known for its evergreen, thick foliage, fragrant flowers and pointed top. It has beautiful flowers that bloom in bright yellow and orange in the months of February to April.

### **Gulmohar Tree (Delonix Regia)**

The Gulmohar tree has large flamboyant orange flowers and a wide canopy for which reason it is known for its ornamental value. The wood of the Gulmohar tree is used to make agricultural implements, handles for carpentry tools, combs etc.

### **Curry Tree (Murraya Koenigii)**

Tropical to sub-tropical is native to India and Sri Lanka. The leaves of this tree have also found their way into south Indian cooking and lend a distinct flavour and aroma to their cuisine. The tree also produces small black berries.

### **Peepal Tree (Ficus Religiosa)**

An evergreen tree that is worshipped in many different Indian religions.

### **Banyan Tree (Ficus Benghalensis)**

The national tree of India, the Banyan tree has a large canopy and aerial prop roots. It is revered by Hindus and Buddhists alike and represents life and fertility.

### **Sal Tree (Shorea Robusta)**

Native to the Indian sub-continent the Sal tree is known for its fine quality timber user to make furniture and other wood implements.

### **Arjuna Tree (Terminalia Arjuna)**

Found on the banks of rivers this tree can be distinguished by its unusual fibrous woody fruit.

### **Neem Tree (Azadirachta Indica)**

Neem is perhaps best known for its medicinal properties and is used in the preparation of making kinds of cosmetics such as shampoos, soaps, creams, ointments etc. It is also used to treat the pox virus and is used as a natural pesticide.

### **Palm Tree**

Palm tree provides palm sugar and toddy. It is also a symbol of worship for the Christians all over the world.

## ***Tree Plantation and its Relevance in Current Scenario***

*-By Prerna Pawar, Intern, FRNV, B.A. (History Hons.) II year, St. Stephen's College, Delhi University*

*A quote by Martin Luther says "For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were*

*made of gold and silver”.*

Planting a tree is planting a life which eventually is a life giving source for us. Just the way a child grows in the same way a plant grows with care, love and nourishment. Plants and trees are the life support system for human beings as it provides oxygen because of which we are alive. This is one of the major benefits of planting trees. Trees also serves as a shelter for animals, shade for the travelers under the scorching sun and a source of rejuvenation of the underground water. The need to plant trees is stressed upon time and again for the betterment of the environment but we don't realize its importance and neglect the damage caused by cutting down of trees for industrialization and urbanization.

Trees are perennial and tall which grows for million years which bear fruits and flowers. With growing population and urbanization, cutting of trees has started on a large scale. Unfettered felling of trees has resulted into ecological imbalance and consequent change in climate and deterioration of soil conditions. Trees maintain balance between oxygen and carbon dioxide which is essential for flora and fauna. Hence, it is essential that we plant trees to increase rainfall, conserve and enrich the soil, maintain optimum levels of temperature and recharge underground water resources. Trees conserve the soil and make the land fertile through their fallen leaves.

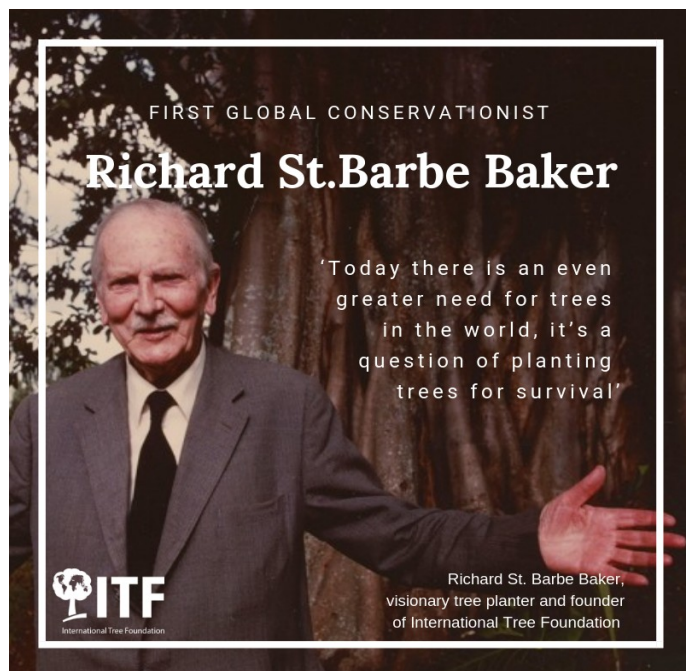
Thus, the need to plant more and more trees is the crying need of the hour. But how many of us realize it or even involve ourselves in planting trees?

*From this newsletter onwards, we are adding box items on various persons/organizations who have served as Role Models for our society, through their dedication and work. We welcome write ups from our readers.*

## **ROLE MODEL 1**

***Overcoming Environmental Crisis—  
Drawing Inspiration from Richard St.  
Barbe Baker “Man of the Trees”***

***-By A. K. Merchant, Friend, FRNV***



*One man who has contributed immensely to our understanding of the environment and the need to preserve the ecological balance was Richard St. Barbe. His services to our planet had made him a living legend in his own lifetime. At the age of four he planted two withies at the entrance to his garden—a withy being a willow twig—and they sprouted into trees. Perhaps it was this sort of impact on the physical world that inspired young Richard St. Barbe Baker to devote his life to the planting of trees. In his travels around the world, he became known as the “Man of the Trees”.*

*He was invited to India by the then Prime Minister of India, Indira Gandhi in 1972. He toured large parts of India in the company of our own “Man of the Trees”, Sunderlal Bahuguna. And yet it was not merely inspiration which guided the life of Richard St. Barbe Baker.*

*As an ecologist he taught: “The forest is a society of living things, the greatest of which is the tree.” “I have the dream of the whole earth made green again, an earth healed and made whole through the efforts of children: children of all nations planting trees to express their special understanding of the earth as their home, children of all races holding hands, circling the earth, expressing and celebrating their special understanding of all children as their brothers and sisters.”*



*Richard never retired; instead he travelled and taught. While on a visit to Canada at the age of 92 – a few days after planting a tree – he closed his eyes and died peacefully. He is buried in a Saskatoon cemetery near two large spruce trees.*

*\*The author serves as trustee of the National Spiritual Assembly of the Bahá'ís of India & the Lotus Temple, New Delhi. He is a visiting faculty at Centre for Cultural Resources & Training, Government of India, for teaching the subject of "Value Education"*

## **ROLE MODEL 2**

New Delhi's famous Hauz Khas Lake used to be a sewage dump. But it has got a second life now.

This change was brought about by two environmental Engineers: Tarun Sebastian Nanda and Debayani Panja. They restored the dying lake using a cost effective sewage treatment system. This involved constructing artificial wetlands. This involved cleaning the sewage by filtering it through wetlands. These wetlands work as bio-filter. Instead of chemicals, machine, electricity they use organisms to remove range of pollutants.



Nanda and Panja call their Hauz Khas project, Delhi's first citizen-led water body revival effort. They started the work on the lake in August 2017. Their wetlands now cover 425 sq m that's nearly the size of a basketball court. They purify over 2 millions litres of water every day. This has helped curb pollution and has helped bring back migratory birds. They have also added a floating solar-powered aeration system that increases the lake oxygen content. In urban India, including Delhi only 30% sewage is treated. The remaining 70% flows into water bodies. But initiatives like the one at Hauz Khas show change is possible.



### **Upcoming Event**

The Foundation for Restoration of National Values is pleased to extend an invitation to all the members for your kind presence at the 11th **Annual General Meeting** of FRNV scheduled for **September 7, 2019, Saturday, at 04.00 p.m.** at the Registered Office of the Society at **M-75, Greater Kailash Part I, New Delhi 110048.**

***Dear Readers,***

***FRNV invites stories from its readers on deep-rooted values that have helped us in our everyday lives. Some of these stories will be featured in the next issue of our newsletter. So put your thinking caps on, recall the values integral to your life which you cherish and write to us at [shilpi@valuefoundation.in](mailto:shilpi@valuefoundation.in).***