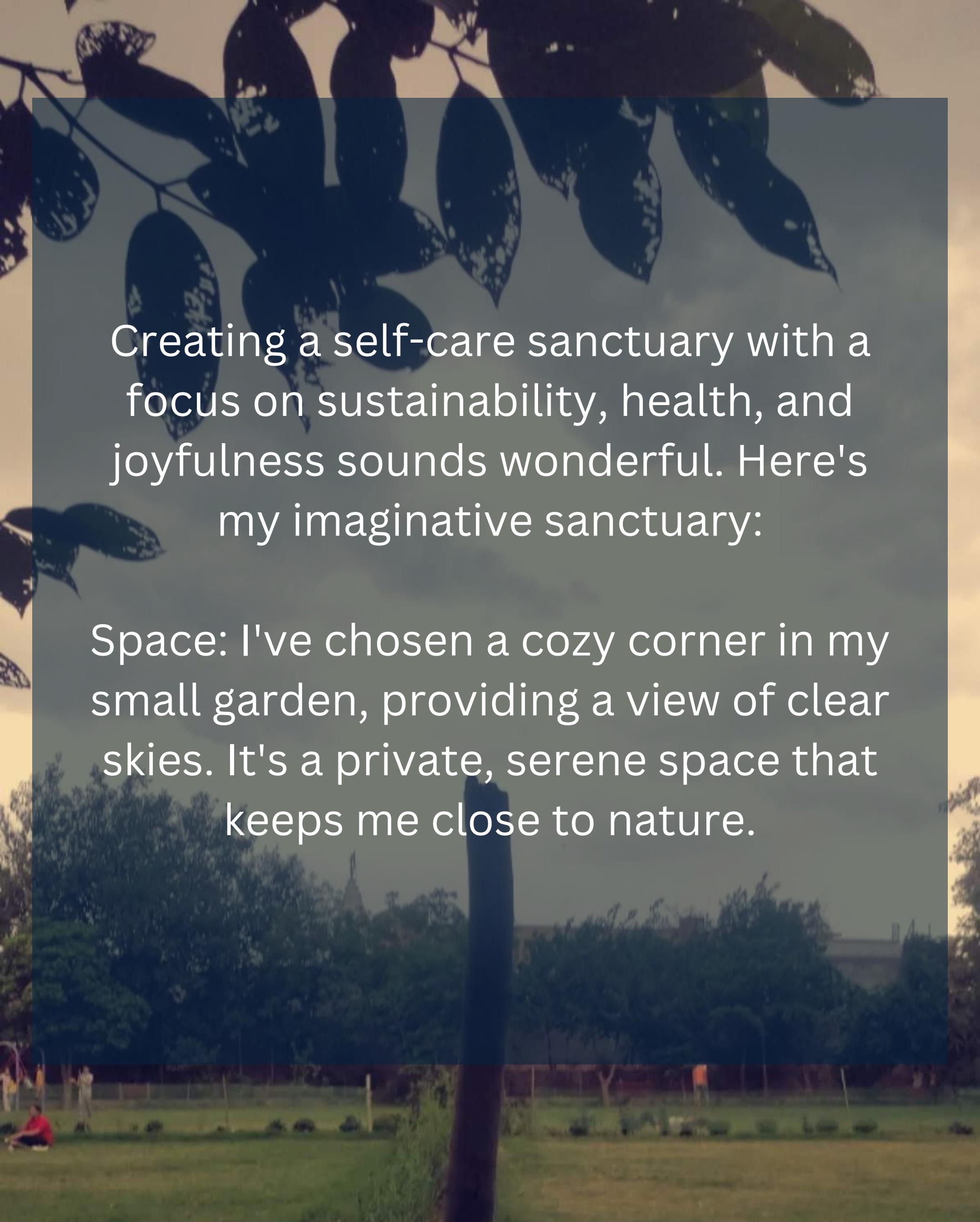




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Creating a self-care sanctuary with a focus on sustainability, health, and joyfulness sounds wonderful. Here's my imaginative sanctuary:

Space: I've chosen a cozy corner in my small garden, providing a view of clear skies. It's a private, serene space that keeps me close to nature.

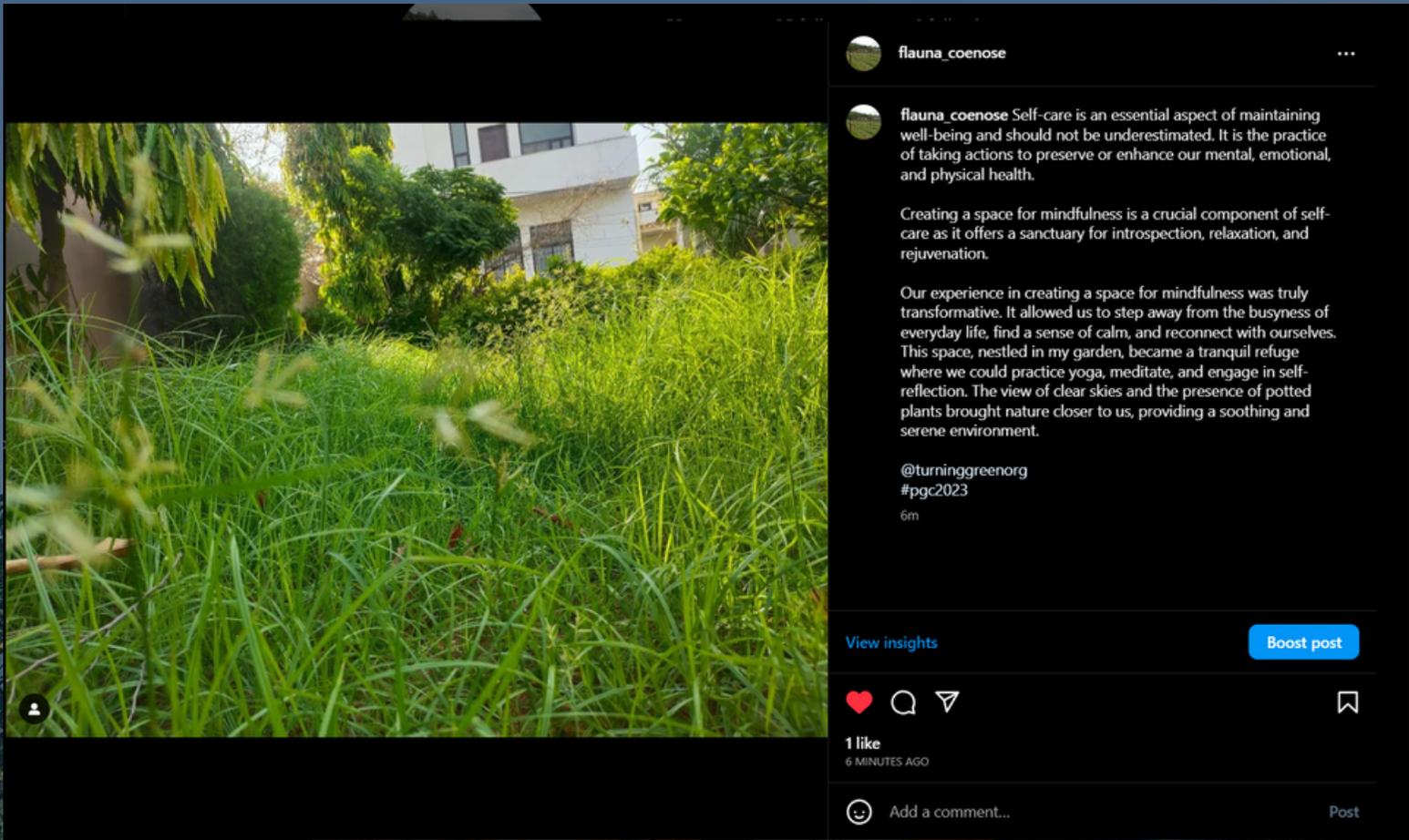
## Items:

1. Yoga Mat: A place to connect with my body, practice mindfulness, and nurture physical health.
2. Meditation Cushion: An inviting spot for comfortable meditation sessions, promoting mental well-being.
3. Blankets and Cushions: To create a snug and comforting atmosphere, promoting relaxation and a sense of security.
4. Wind Chimes: They hang gracefully, producing soothing sounds and connecting me to the gentle breezes, fostering tranquility.
5. Potted Plants: The greenery and vibrant life they bring into the space help improve air quality and overall well-being.
6. Sustainable Candles: I've chosen candles made from soy or beeswax. They provide warm, fragrant lighting and uphold my commitment to sustainability.
7. Recycled Artwork: To inspire creativity and reinforce my dedication to sustainability. It also adds a touch of personal expression.
8. Notebook and Pen: These are essential for journaling, self-reflection, and setting intentions, promoting emotional health.
9. Books and Novels: A selection of literature that feeds my soul, inspires my imagination, and provides moments of joy and mental escape.

## Brief Reflection:

Creating this sanctuary was a deeply fulfilling experience. As I sat in this space, I felt an immediate sense of peace and connection to nature. It reminded me of the importance of finding moments of stillness and introspection, both for personal well-being and for my commitment to environmental work.

I plan to use this sanctuary regularly for meditation, yoga, and journaling, as well as simply unwinding and enjoying the beauty of nature. The wisdom I've gained from the past 20 days of the PGC reminds me that self-care and mindfulness are essential for sustainability work. It's in these moments of tranquility that I can reaffirm my dedication to both personal and planetary well-being. This sanctuary will be my refuge to find balance and joy in the midst of environmental challenges, ultimately helping me stay grounded and joyful in my mission to protect and heal the Earth.



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