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SKY ROOTS

THE ROOFTOP REGENERATION GARDEN, AMBALA

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- I’ve always loved the idea of rooftops turning into little worlds of their own. Places where soil, air, and sunlight could meet again.
- Ever since I first saw Singapore’s skyline, wrapped in green terraces and cascading gardens, I couldn’t stop thinking: why can’t we have this here?
- India has the perfect heart for it. So much light, warmth, and an instinct to nurture life. Yet, most of our rooftops just collect dust.
- Skyroots is my way of changing that. It’s not just about planting flowers or herbs; it’s about planting systems of renewal.
- I imagine rooftops that filter the city’s air, capture rain, feed families, cool neighborhoods, and give pollinators a home again.
- Imagine entire skylines where green replaces grey, where each building gives back instead of just taking.
- I’ve always envisioned rooftop gardens as something we could inherit, like how families pass down traditions, recipes, or stories.
- What if every generation passed down a living garden instead?
- In a country like ours, where heatwaves worsen each year and green spaces shrink under glass towers, this could be a revolution built from the top down. Not just an environmental solution, a cultural one.
- A way for India to reimagine how cities coexist with nature.
- In my last challenge, I talked about how regenerative ideas like this fit perfectly into India’s climate, communities, and mindset, and now, I want to move beyond ideas. I want to build Skyroots.
- I want people to see that this can work, even on a single terrace in Ambala, and feel inspired to make their own.
- Because for me, change begins the moment we stop talking about “someday” and start planting “today.”

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THE PLANT FAMILY

- Each plant in Skyroots isn't just chosen for beauty; it's an engine in the rooftop system.
- They filter air, cool the roof, fix nitrogen, feed people, and attract pollinators.

1. **Nutrient Restorers & Soil Healers**

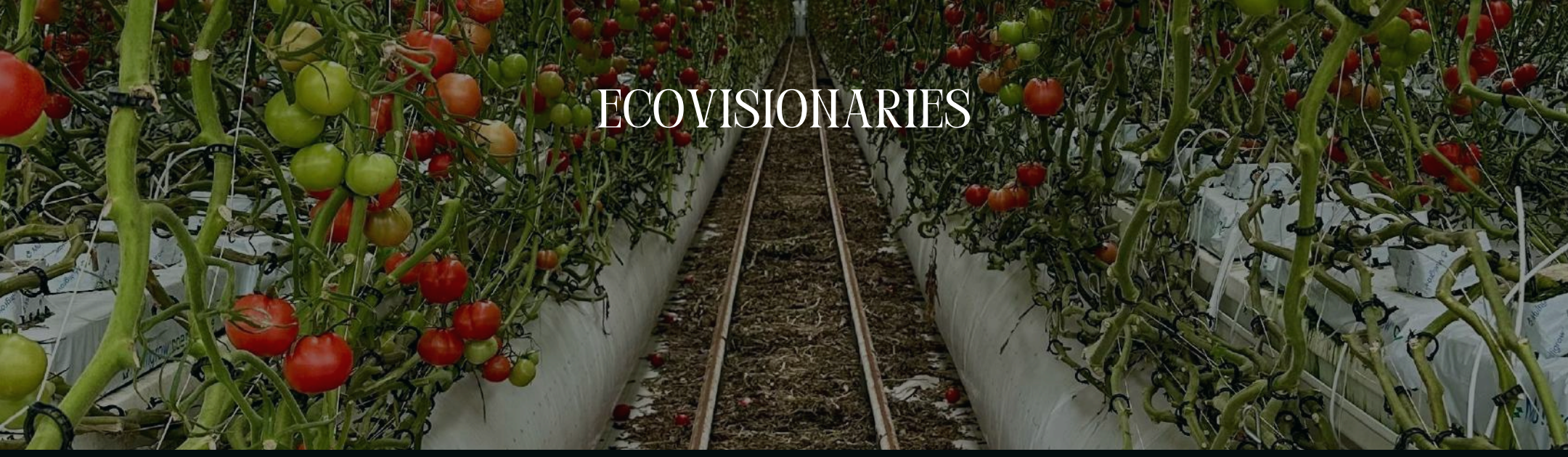
These are the quiet workers underground: improving the soil so everything else can thrive.

- **Spinach:** rapid grower, high in nitrogen, replenishes soil fertility.
- **Methi (fenugreek):** grows easily in rooftop pots; fixes nitrogen naturally.
- **Clover:** ground-cover hero, prevents erosion and enhances soil microbes.
- **Butterfly pea:** nitrogen fixer with deep blue flowers that enrich soil and feed pollinators.

2. **Pollinator Magnets & Air Purifiers**

These bring in life: bees, butterflies, and the natural hum of biodiversity.

- **Marigold:** pest deterrent and pollinator attractor; adds warmth and color.
- **Hibiscus:** large blooms for pollinators, and edible petals for tea.
- **Lavender:** calming scent, pest-repelling, and attracts bees like magic.
- **Jasmine (mogra):** aromatic, symbolic, and thrives in Indian rooftop conditions.
- **Sunflower (mini or dwarf)**: adds vertical joy and supports pollinators while improving soil with deep roots.

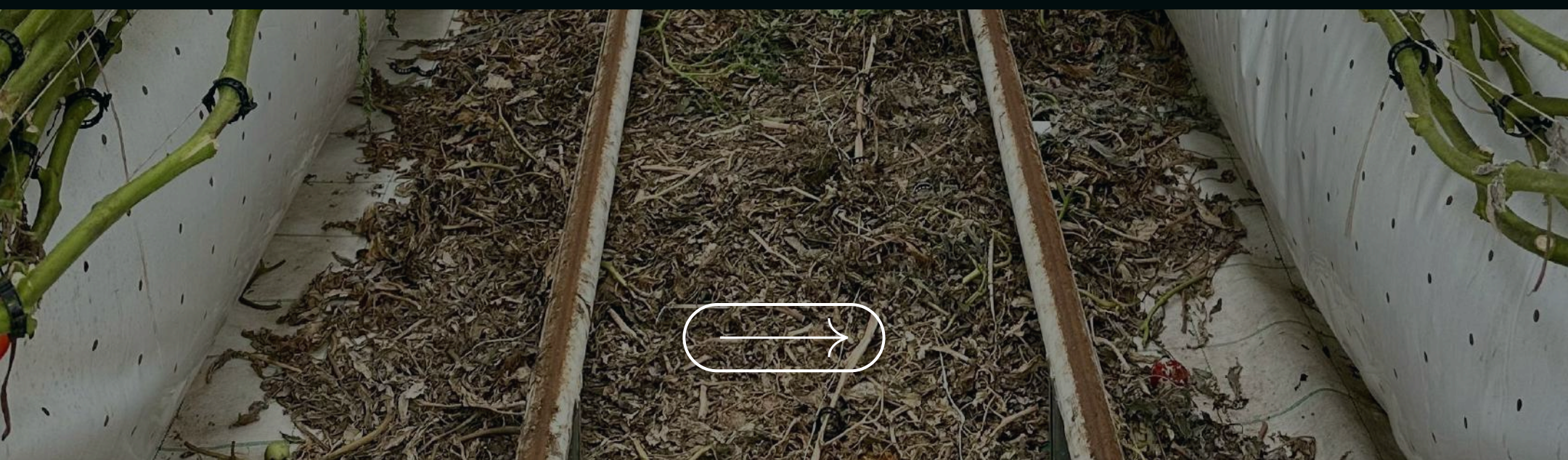


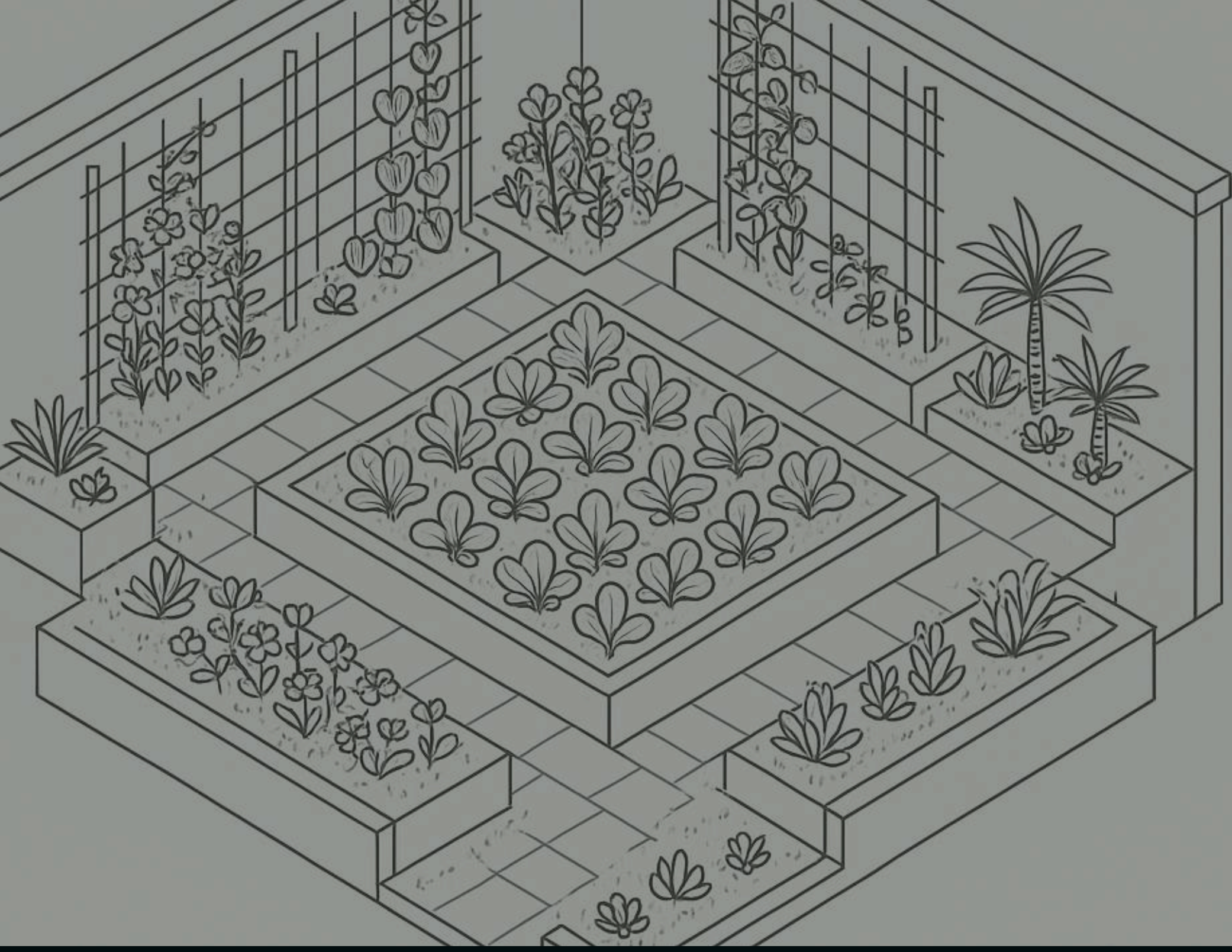
3. **Edibles & Everyday Nourishers**
For the people who live under this sky, as regeneration must also feed the body.

- **Curry leaf:** drought-resistant, aromatic, rich in antioxidants.
- **Lemongrass:** perfect for teas, natural mosquito repellent, and carbon absorber.
- **Tomato (cherry or desi):** easy to grow in containers, symbol of local urban farming.
- **Mint (pudina)**: cooling herb, thrives in partial shade, aromatic.
- **Basil (tulsi & sweet basil):** one sacred, one culinary, both are powerful purifiers.
- **Green chilies:** compact, fast-growing, adds spice and color to life.
- **Bell peppers:** colorful and productive, needing moderate sunlight.

4. **Climate Shields & Carbon Catchers**
These are the structure and breath of the rooftop. They regulate temperature, absorb pollutants, and conserve moisture.

- **Snake plant (mother-in-law's tongue):** powerhouse air purifier; tolerates rooftop heat.
- **Areca palm:** filters toxins and creates vertical greenery.
- **Money plant (pothos):** symbolic and hardy; purifies air and cools surroundings.
- **Aloe vera**: medicinal, cooling, and thrives on minimal water.
- **Bamboo (mini or lucky bamboo):** carbon sink, adds structure, and reduces rooftop heat.





Mini ecosystem logic

- **The soil level:** methi + clover + spinach = regenerates soil fertility.
- **The mid layer:** marigold + tulsi + lemongrass + tomato = creates a mixed bed for pollination and pest control.
- **The verticals:** butterfly pea vines + jasmine + money plant climb walls and railings, turning them green.
- **The corners:** aloe vera + snake plant + palms hold edges, stabilizing temperature and purifying air.
- **The sensory mix:** lavender and hibiscus bring scent and color, attracting both people and pollinators.

Together, they form a closed-loop ecosystem :
Air purified, water recycled, soil renewed, food grown, and biodiversity reborn. It honestly doesn’t feel like only a rooftop garden, but a biological city in miniature.

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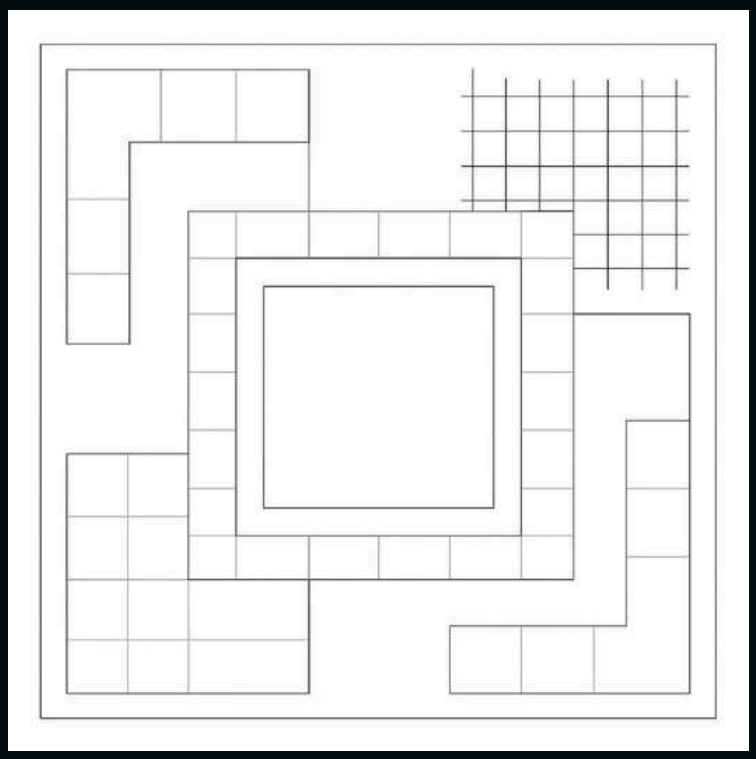
THE REGENERATIVE METHODS

Skyroots runs on circular systems: no waste, no excess, only flow.
Everything that leaves returns in another form.

- **Compost loop:** kitchen scraps, leaves, and plant waste feed a small bin that produces compost for new growth.
- **Living soil beds:** a blend of vermicompost, cocopeat, and biochar that breathes: storing carbon and nurturing microbes.
- **Rainwater harvesting:** small gutters channel monsoon water into tanks, reused for dry months.
- **Companion planting:** plants grow side by side in synergy: tulsi guards tomatoes, marigolds deter pests near spinach.
- **Pollinator pockets:** herbs and wildflowers invite bees, butterflies, and tiny birds, reviving rooftop biodiversity.

These practices don’t just “keep plants alive”, but they rebuild ecosystems from scratch.



ROOFTOP DESIGN

- A 10x10 ft terrace in Ambala, reimagined.
- Modular wooden planters line the corners. Marigolds spill warmth from the edges. Tulsi and spinach form the green heart. Butterfly pea vines climb trellises, painting the walls with blue. A compost bin sits quietly in one corner; a rain barrel catches each drop in another.

WHY THIS MATTERS

- India’s urban heat island effect has risen by 30% in the past two decades.
- Rooftop gardens can reduce temperatures by up to 4°C, cut energy costs, absorb pollutants, and even improve mental health.
- But beyond the data, it’s about reclaiming connection, about people remembering that cities can grow things too.
- Skyroots is my small rebellion against concrete monotony.
- It’s a belief that regeneration doesn’t need to start in labs or boardrooms, it can start on a roof, with a few seeds, a compost bin, and a little patience.
- If one rooftop can breathe again, so can a city.

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LET'S MAKE A DIFFERENCE TOGETHER!!!!

INSTAGRAM POST: