

Day 18 – Greenest Challenge | Project Green Challenge 2025

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I created my **mindful space** on the balcony, where sunlight and fresh air make it naturally peaceful. I added a small plant and a soft chair to make it cozy and calm. The sound of birds and the gentle breeze help me feel more connected to nature. I kept everything simple, using what I already had. To make this space even more special—something that reminds me to slow down and breathe whenever I'm there.



Today, I spent time on my balcony, sitting quietly and enjoying the sunlight and gentle breeze. I focused on my breathing, observed my thoughts without judgment, and simply noticed the small details around me. This practice helped me feel calm, grounded, and more connected with myself and the world around me.

Calm and Peaceful Mind

Today, I allowed myself to think of nothing, letting go of tension and stress. I simply relaxed, focusing on my breath and the present moment. My mind felt peaceful, clear, and free from worries. This stillness brought a sense of calm and balance, helping me recharge and feel fully present in the moment.

“From the quiet of my balcony, I wrote a poem to reflect the calm and clarity I experienced today.”

Poem: Peace in the Present

Sit quietly, breathe slow,
Let the worries go.
Sunlight warms, breeze flows,
A gentle calm grows.

No thoughts, no stress, just being,
Nature’s quiet, all-seeing.
Mindful moments, soul set free,
Peace within, for all to see.



Finding Calm in My Balcony Space :

Being in my balcony space felt peaceful and grounding. As I focused on my breathing and observed the sunlight, breeze, and surrounding sounds, my mind slowed down and my body relaxed. I noticed a shift in my energy — I felt calmer, more present, and centered. Spending this time helped me feel refreshed, mindful, and ready to approach my day with clarity and intention.

Feeling Grounded and Inspired :

Spending time in my balcony space made me feel more grounded and centered. I felt calmer and more aware of my actions, which inspired me to care for myself, support my community, and be mindful of the environment. It reminded me that small, conscious steps can make a positive difference in my life and the world around me.

Benefits:

Spending time in my mindful balcony space helped me feel calm, relaxed, and more present. It reduced stress, cleared my mind, and improved my focus and awareness.

Vision:

I want to continue cultivating mindful spaces and practices in my life so I can act with more care, positivity, and responsibility for myself, my community, and the planet.

My Balcony Flowering Garden: A Space for Calm and Connection :

I want to add a small flowering garden to my balcony. The flowers will create a calm and vibrant atmosphere, making the space feel more peaceful, refreshing, and connected to nature.

My Current Soul Condition:

Right now, my soul feels calm, centered, and refreshed. I feel more connected with myself and the world around me, with a sense of clarity, balance, and readiness to approach life with intention.

What I Learned:

I learned that even small, simple actions — like sitting quietly, noticing my surroundings, and focusing on my breath — can create a powerful sense of peace and grounding. Mindfulness is about being fully present, not doing anything perfect.

“Peace begins when I take a moment to be present, breathe, and connect with myself and the world around me.”

Instagram Post screenshot :

