



OE24A11

## Teas, Trees & Shirin-Yoku



Shilpa Gavane

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### ABOUT

Shilpa Gavane is a professional architectural photographer specializing in capturing large-scale developments, buildings, landscapes, and industrial projects. Alongside her photography work, she teaches photography and design as a visiting faculty member at the National Institute of Design (NID) and various other design colleges. Additionally, she is the founder of 'Trees of Ahmedabad,' an initiative dedicated to raising awareness about urban trees, which involves documenting the stories of street trees and mapping their locations to foster a deeper connection with the natural environment. Through her diverse roles, Shilpa strives to blend visual artistry with educational and environmental advocacy.

### OVERVIEW

Shinrin-yoku or forest bathing, is a practice of therapeutic relaxation where one spends time in nature, focusing on sensory engagement. What if we combine this healing- a care for ourselves with care for the trees as well? In this workshop, we will practice a gentle and slow activism and explore how a change can be designed. From tree hugging to sharing stories, we will work together as a group, while drinking cups of chai sitting under the canopy of trees. We will explore our botanical world and using tech like cloud mapping we shall care for the earth.

### METHODOLOGY

Starting the workshop with experiential outdoor tree walks combined with discussions on botanical knowledge while working on the cloud mapping-together in groups. Then individual proposals and research on selected topics. And finally working on tangible results.

### KEYWORDS

Tree, environment, forest-bathing, nature, climate change.

### LOCATION

Ahmedabad

### MAXIMUM PARTICIPANTS

12