Name of the Organisation: The Healing Circle (THC) Trust

Location: Bangalore, Karnataka, India

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Project Overview

1000 Together is a flagship afforestation and sustainability initiative of The Healing Circle (THC) Trust. It seeks to re-green the drought-prone regions of Doddaballapur district, where THC has established Freedom Land—a 35-acre campus envisioned as a *Centre for Conscious Living*.

The initiative integrates education, environmental restoration, and community engagement. By combining tree planting, water conservation, organic farming, renewable energy, and mindful practices, THC is working toward creating a self-sustaining ecological model that nurtures both inner freedom and outer productivity.

Goals

- Maintain **16000 saplings** already planted since 2019.
- Build resilience through afforestation, water harvesting, natural farming, and renewable energy practices.
- Engage volunteers, students, corporate partners, and local communities in re-greening efforts.
- Ensure long-term survival of saplings with an above 90% survival rate achieved so far.

Progress So Far

- **2163 saplings** planted so far in 2025 (separate trees with the herbs garden)
- **Over 16000 saplings** of diverse species (native, fruit-bearing, medicinal, sacred) have been planted since 2019.

- Saplings sourced through WWF support, tribal women's cooperatives, and environmental organisations such as Junglescapes.
- Detailed monitoring of each sapling (species, age, location, survival rate) is being done by the farm team by taking data manually and with intricate observation.
- Volunteer engagement has created a culture of mindful connection with nature.
- Current survival rate of saplings is above 90%, demonstrating strong care and monitoring.

Year 2 Focus (Budget Utilisation: ₹5,64,005)

In 2025 we will have planted over 680 trees , 518 shrubs and 815 herbs and 150 saplings of various grasses. Year 2 of the initiative builds upon earlier planting efforts and focuses on both new plantations and maintenance:

1. **Planting and Maintenance of 680 Forest and Fruit Trees**
    - Selection of drought-resistant, native, and fruit-bearing species.
    - Site preparation, mulching, and irrigation support.
    - Organic nourishment through compost and natural pest management.
2. **Establishment of New Herb and Shrub Garden**
    - Creation of a dedicated garden with 1,333 medicinal herbs and shrubs.
    - Integration of therapeutic, educational, and community health benefits.
    - Maintenance and care to ensure survival in semi-arid conditions.
3. **Maintenance of Herb and Shrub Garden from Year 1**
    - Continued irrigation, mulching, de-weeding, and organic nourishment.
    - Protection from grazing and seasonal risks.

Anticipated Outcomes in Year 2

- **Enhanced Biodiversity:** With over 2,013 trees and an expanded herb and shrub garden,(680 forest trees, 518 shrubs and 815 herbs shrubs till October 2025) the land will see improved soil fertility, groundwater recharge, and ecological diversity.
- **Community Engagement:** Involving local communities and volunteers in care, creating awareness and ownership.
- **Sustainability Models:** Herb and shrub gardens will support traditional medicine, community health, and educational use for children and villagers.
- **Scalable Model:** Demonstrating how drought-prone land can be revitalised through integrated afforestation and agroforestry methods.

Monitoring and Evaluation

- Regular documentation of each new sapling's species, height, age, and location.
- Follow-up checks at 1, 3, and 6 months after planting.
- Maintenance records updated in the central database.
- Tracking of survival rate to ensure at least 85–90% growth.

Sustainability

The Healing Circle Trust is committed to long-term sustainability through:

- **Dedicated Humanpower:** Engagement of six workers for approximately eight days to carry out the planting of new saplings, including pit preparation, planting, and initial care. Deployment of four workers over a period of 180 days to ensure regular watering, weeding, mulching, and general upkeep of the newly planted and existing trees.

- **Watering and Maintenance:** Deployment of three workers over a period of 180 days to ensure regular watering, weeding, mulching, and general upkeep of the newly planted and existing trees.

- **Infrastructure:** Borewells, water storage, sump pumps, irrigation systems, nursery for saplings.
- **Organic Farming Integration:** Compost, mulching, and natural pest management ensuring eco-friendly care.
- **Community Involvement:** Volunteers, local farmers, and children participate in planting and care.

Impact of Year 2

- **Ecological Impact:** Increased green cover, improved microclimate, soil fertility, and groundwater recharge.
- **Social Impact:** Community participation, children's experiential education, and livelihood opportunities.
- **Health & Well-being:** Herb gardens contribute to local wellness practices; exposure to greenery enhances mental health and immunity.

Summary of Fund Utilisation (07.07.2025 to 04.11.2025)

Fund received on 07.07. 2025 - INR 5,64,005

Sl. No.	Particulars	Amount Utilised (INR)
1	Purchase of Saplings	91,125.00
2	Maintenance (manure, fertilisers, etc)	16,000
3	Labour cost & wages	1,18,225.00
Total		**2,25,350**

Conclusion

Year 2 of the 1000 Together initiative represents a critical phase where both new plantations and maintenance of previous efforts will ensure long-term ecological balance and sustainability. The budget of ₹5,64,005 will directly contribute to expanding biodiversity, ensuring the survival of saplings, and strengthening the connection between communities and their natural environment. (Kindly refer to Annexure 1 for the species list)

This initiative is not just about planting trees—it is about nurturing a living ecosystem, building resilient communities, and leaving behind a healthier planet for future generations.

Annexure 1

Species List

#	Common Name	Botannical Name
	Large trees	
	Jacaranda	***Jacaranda mimosifolia***
	Gulmohar	***Delonix regia***
	White Teak / Gamhar	***Gmelina arborea***
	Bastard Myrobalan	***Terminalia Bellirica***
	Indian rosewood	***Dalbergia latifolia***
	Shisham	***Dalbergia sissoo***
	Wild Jamun	***Syzygium cumini***
	Silk Cotton	***Bombax ceiba***
	Mahogany	***Swietenia mahogani***
	Cluster Fig Tree, Indian Fig Tree	***Ficus racemosa***
	Chebulic Myrobalan, Bahera	***Terminalia Chebula***
	Mango	***Mangifera Indica***
	Devil Tree / Blackboard Tree	***Alstonia scholaris***
	Medium trees	
	Mahua	***Madhuca longifolia***
	Tamarind	***Tamarindus Indica***
	Copperpods	***Peltophorum pterocarpum***
	Jackfruit	***Artocarpus heterophyllus***
	Indian Elm	***Holoptelea integrifolia***
	Chironji Tree Cudappah Almond	***Buchanania latifolia / Buchanania Lanzan***
	Pongamia; Indian Beech	***Pongamia Pinnata*** ***Millettia pinnata***
	Soapnut tree	***Sapindus emarginatus***
	Indian Coral Tree	***Erythrina variegata***
	Flame of the forest	***Butea monosperma***
	Neem Tree	***Azadirachta indica***
	Arjun	***Terminalia arjuna***
	Bengal Badam	***Terminalia catappa***

	Honge	***Pongamia pinnata***
	Jungle jalebi	***Pithecellobium dulce***
	Black Katechu	***Acacia catechu (big & small)***
	Small trees	
	Amla	***Phyllanthus emblica***
	Krishna Siris	***Albizia amara***
	Amaltas	***Cassia Fistula***
	Drumstick	***Moringa oleifera***
	Rusty Acasia	***Acacia ferruginea***
	Red Cutch Tree	***Acacia chundra***
	purple Orchid tree	***Bauhinia purpurea***
	Red Cassia / Ceylon Senna	***Cassia roxburghii***
	Scrambled Egg Tree	***Cassia surattensis***
	Mulberry	***Morus Indica***
	kum kum tree	***Mallotus philippensis***
	Crape myrtle	***Lagerstroemia parviflora/Indica***
	Sandal wood	***Santalum album***
	Blue Mist Tree, Sweet Indrajao, Pala-Indigo	***Wrightia Tinctoria***
	Kino	***Pterocarpus marsupium***
	Kath Ber	***Ziziphus xylocarpus***
	Red Sander	***Pterocarpus santalinus***
	Vegetable hummingbird	***Sesbania Grandiflora***
	Indian Olibanum	***Boswellia serrata***
	Bitter Albizia	***Albizia amara***
	Hill Mango	***Commiphora caudata***
	Mehndi	***Lawsonia inermis***
	Shrubs/small trees	
	bel	***Aegle marmelos***
	Bauhunia racemosa	***Bauhinia racemosa***
	Custard Apple	***Annona squamosa***
	Carissa carandas Karonda	***Carissa carandas***
	Indian Three-Leaf Vitex	***Vitex trifolia***
	Solid bamboo	***Dandrocalamus strictus***
	Henna	***Lawsonia inermis***
	Phalsa	***Grewia asiatica***

	Mulberry	***Morus Indica***
	Star fruit	***Averrhoa carambola***
	Grasses	
	Lemon Grass	***Cymbopogon citratus***
	Citronella	***Cymbopogon nardus***
	Vetiver	***Chrysopogan zizanioides***
	Climbers, herbs, shrubs, trees	
	Four angled vine	***Cissus quadrangulis***
	Betel leaf	***Piper betle***
	Curtain creeper	***Tarlmounia elliptica***
	Wild canna	***Canna indica***
	Raatrani	***Cestrum nocturnum***
	kanakambaram	***Crossandra infundibuliformis***
	Tree cotton	***Gossypium arboreum***
	Aadhathoda	***Vasaca aadhathoda***
		Vitex negundo blue
	Alexandrian laurel	***Callophylum inophyllum,***
	Fishtail palm	***Caryota urens,***
		Citrus medica
	Elephant apple	***Dillenia indica***
	Kokum	***Garcinia indica***
	Indian elm	***Holoptelea integrifolia***
		Lagerstromia indica
	Woodapple	***Limonia acidissima***
		Strychnos nuxvomica
		Pterocarpus marsupium
		Sterculia urens
		wrightia tinctoria
	additional fruit trees	
		Psidium guayava
		Ficus carica (Big)
		Citrus limon (Hybrid)
		Litchi chinensis
		Citrus grandis
	medicinal herbs and pollinator gardens	

	Rosemary	***Salvia rosmarinus***
	Sage	***Salvia officinalis***
	Lemon Balm	***Melissa officinalis***
	Mix of Mint Varieties	***Menthaspp.***
	Oregano	***Origanum vulgare***
	Thyme	***Thymus vulgaris***
	Tulsi(Holy Basil)	***Ocimum tenuiflorum***
	Indian Marigold	***Tagetes erecta***
	Hibiscus	***Hibiscus rosa-sinensis***
	Balsam	***Impatiens balsamina***
	Portulaca	***Portulaca grandiflora***
	Aloe Vera	***Aloe barbadensis miller***
	Doddapatra	***Rhapidophora decursiva***
	Jasmine	***Jasminum officinale***
	Alamanda	***Allamanda cathartica***
	Tecoma	***Tecoma stans***
	Button Rose	***Rosaspp.***
	Periwinkle	***Catharanthus roseus***
	Frangipani	***Plumeria rubra***
	Bottle Brush	***Callistemonspp.***