

DEPARTMENT OF BOTANY EXTENSION ACTIVITY - 8

Floral printed QR codes for Mental health and stress relief



Report on Floral printed QR codes for Mental health and stress relief

Organized by the 13 II PG Botany students July 2023

Beneficiaries: Staff and Students

Floral-printed boards with QR codes were affixed across the campus. When scanned, these QR codes unlock curated playlists named after various flowers, combining botanical education with an engaging digital experience.

Outcome of the activity

- Nature-inspired mental relaxation and reducing anxiety to the staff and the students.
- The activity encourages students and staff to take short, mindful breaks, enhancing focus and productivity.
- Associating flowers with music fosters a deeper emotional connection to nature, which has been shown to improve overall well-being and reduce stress levels.