

STUDENTS ENGAGING IN "GULAYAN" PROJECTS

by:

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In an era of technological distractions and fast-paced lifestyles, reconnecting with nature offers invaluable lessons that extend far beyond the classroom. For students, participating in "Gulayan" or school gardening projects is more than just an agricultural activity—it's an opportunity for personal growth, community engagement, and environmental stewardship. A "Gulayan" project teaches students the value of hard work and responsibility. From preparing the soil to planting seeds, watering, and ensuring proper care, students learn that growth takes time, patience, and consistent effort. These lessons translate into real-life skills such as discipline, time management, and teamwork—qualities essential for their future endeavors.

The activity also promotes a deeper understanding of sustainability and environmental awareness. Students witness firsthand how their efforts contribute to growing food, reducing waste, and promoting green spaces. By cultivating their own vegetables, they develop a sense of self-reliance and an appreciation for the resources required to produce food. Beyond practical skills, the "Gulayan" project nurtures emotional and mental well-being. Tending to plants can be a therapeutic experience, allowing students to relax, focus, and find peace amidst the hustle of schoolwork. The sense of accomplishment they feel when they see their garden flourish boosts their self-esteem and inspires a growth mindset.

"Gulayan" projects also serve as a platform for community building. Working together in groups fosters teamwork and camaraderie among students, while donating or sharing their harvest teaches the value of generosity and social responsibility. These

interactions strengthen their ties to one another and to their broader community, creating a sense of unity and purpose. The benefits extend to academic learning as well.

Gardening incorporates science, math, and even art into a hands-on experience. Students learn about plant biology, soil composition, and the importance of biodiversity. They calculate measurements for garden plots, track growth rates, and design creative layouts for their vegetable patches. These cross-disciplinary connections enrich their educational experience and enhance critical thinking skills.

Ultimately, the "Gulayan" project equips students with more than just gardening knowledge. It instills life lessons about perseverance, respect for nature, and the importance of giving back to the community. As they cultivate their gardens, students also cultivate values and skills that prepare them for a thriving future. Through "Gulayan," students are not only planting seeds in the soil but also nurturing the seeds of growth within themselves. This transformative activity reminds them—and everyone around them—that even the smallest efforts can yield a bountiful harvest, both in the garden and in life.

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