



## #REVIEWS

# Green Me: Welcoming greenery and sustainability at your doorsteps

Who does not love to walk barefoot on the dewy grass and bask in the freshness of nature? Nature heals, and studies show that being surrounded by greenery can reduce our stress, anxiety, and even anger, and generate pleasant feelings. Nowadays, we find the sight of vegetation in the urban areas of our country very rarely, and it seems like Dhaka has been rid of its greenery completely. To promote urban plantation, Green Me — an urban greening and farming service provider — started its journey in 2019.

“The reality is city dwellers are the worst sufferers of climate change and are equally responsible for it. We do not have many open spaces left for our well-being; therefore, our goal is to create more green spaces and to engage and educate city dwellers to embrace urban plantations. Also, we are attempting to ensure the Sustainable Development Goals (SDGs) adopted by the United Nations,” said Rashid Shimul, a green entrepreneur and founder of Green Me.

To repair the condition of urban areas, especially our Dhaka city, we need more greenery, and even if we cannot do



gardening or farming on a larger scale, we should continue the practice of growing and nurturing plants on a minimum scale, for example in our balconies or rooftops.

The vision of Green Me is to prevent environmental pollution, and build a green city. Green Me is primarily providing greenscape designs and execution services for corporate offices and resorts, and indoor plantation and urban farming services to grow fresh fruits and vegetables in your home.

Rashid remarked, "Having an indoor garden means you can use it for recreational purposes and gain freshly grown vegetables from it. This way, you can provide your family with fresh and safe food and it eventually contributes to the overall well-being of your family as well as mother nature."

To provide top-notch service to the clientele, an expert team of Green Me comprising ten members is persistently working hard to ensure properly planned rooftop gardens and indoor farming. Moreover, Green Me is also providing round-the-year online support and virtual



consultation free of cost.

Even after completing the service, GreenMe stays in touch with their customers so that the seedlings are properly nursed and their clients are guided. Some of their other conducive services include professional garden maintenance service, designing a vertical garden wall, providing quality

materials, and knowledge to those who want to curate an indoor garden by themselves, and training and workshops about the urban plantation.

"I have been providing voluntary gardening service and conducting beneficial workshops such as how to produce vermin or organic compost and cultivate mushrooms at home," explained Rashid, adding, "Hopefully, I will be able to expand my enterprise in other fastest growing urban cities of our country soon."

Green Me is also offering valuable gardening tools and accessories to passionate gardeners, and these can be purchased at their physical shop or ordered online. Further information is available on Green Me's official Facebook Page.

GreenMe's Official Facebook Page:  
**Essentials**—  
Facebook Page: <https://www.facebook.com/greenme2019/>  
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**By Ayman Anika  
Photo: Green Me**

The advertisement features a woman with long dark hair, wearing a pink sleeveless top, standing within a circular frame. Inside the circle are three illustrations: aloe vera leaves, a cocoa butter pod, and a perfume bottle. Text around her includes 'ALOE VERA', 'COCOA BUTTER', and 'FINE FRAGRANCE'. The central text reads 'এবার শীতে আপনার সজীব ও কোমল তরুণ পাক আভিজাত্যের ছোঁয়া' and 'Beautina BODY LOTION'. Below this is the tagline 'HEALTHY তুকে আত্মবিশ্বাসী আমি। আর আপনি?' and 'প্রতিটি বড় লোশনের সাথে একটি স্যান্ডলিনা সোপ ফ্রী'.