



# NATURE

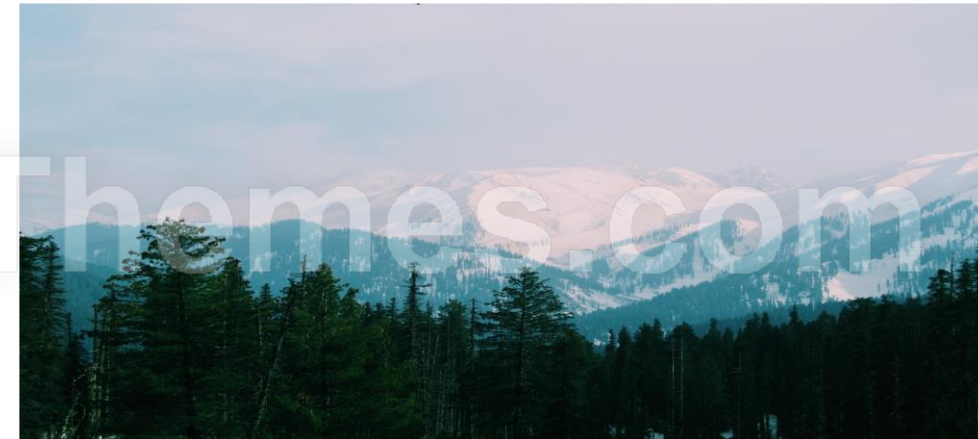
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"Nature Is The Art Of God"

# What is **NATURE**?

The **words nature** and **natural** are used for all the things that are normally not made by humans. Things like weather, organisms, landforms, celestial bodies and much more are part of **Nature**.

**Nature is the environment surrounding us and it includes trees, plants, rivers and oceans.**





# Importance of **NATURE**

- To have a healthy life we need fresh air, clean water, and surrounding
- Soil is one of the component of environment. It is useful for the growth of plants which are source of food to the animals around.
- Food materials are obtained from plants, animals and other natural sources.
- The clothing requirements like wool, cotton are obtained from plants and animals.
- We obtain many medicines from the nature which cause no side effects than artificial drugs

# NATURAL Degradation

Natural Degradation can be defined as a risk to which the world is exposed. It is termed as pollution.

## ❑ Reasons of **Natural** Degradation

- Exhaust gas from factories and auto-emissions
- Deforestation
- Technocentrism
- Chemical Effluents
- Transport
- Unplanned Construction
- Defective Agricultural Policies
- The Population Explosion
- Arbitrary Land-use policies



Importance of protecting

# NATURE

Nature not only helps us to survive but it also brings beauty to our surroundings. We can also utilize nature to make our lives easier. For example, we can use the sun to create solar energy and we can use coal to create fossil fuel.

nature is important to us, people destroy it. People pollute water by releasing waste material into water bodies and by releasing toxic chemicals from factories into the atmosphere. As the world population increases, the usage of water also increases. We must protect the water resources for our future generations.



So let's learn to love nature and protect it.

# Ways to Conserve the **NATURE**

Recycling



Reduce water consumption



Reduce the use of electricity



Plant a tree



Grow vegetables



Use rechargeable batteries



Quit smoking



Talk about it

**we all live on the same planet and it is our duty to protect it in any way we can.**

# Benefits of Being in **NATURE**

- **Encourages Physical Activity and Engagement**

- Accessibility to everyday green spaces encourages people to simply get out the door. This in turn motivates them to be active physically, spiritually, and socially, which can offset chronic illness, disability, and isolation.

- **Reduces Stress**

- Stress reduction is one of the most well-known benefits of being in nature. Getting outdoors, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Consequently, it may also help reduce blood pressure, heart rate, muscle tension, and the production of stress hormones.

- **Improves Short-Term and Working Memory**

- Believe it or not, being in nature can help improve your short-term and working memory. walks in nature boosted working memory much more than walks in urban environments

# Benefits of Being in **NATURE**

- **Reduces Inflammation**
- **Relieves Depression and Anxiety**



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## How does **Nature** influence your Personality?

Nature influences personality of everyone but once a person become close to God then it becomes a two way process from one way process. Nature is influenced by such an individual as much as nature influences him.

Nature also starts reflecting the emotions of such a person may it be anger, love or kindness. Nature is God and God is always poignant for his devotees.





# Beauty Of **NATURE**

“Study nature, love nature, stay close to nature.”

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