

List down some common units (things) of nature which you come across in your daily life & classify them in the 4 orders of the nature. Analysis & explain their aspect of mutual fulfillment of each unit with other orders.

Nature encompasses a wide range of elements that we encounter daily let's clarify some common aspects of nature into 4 orders -

Physical, Biological, physiological & Social

### I Physical order :-

- Sunlight :- Essential for various biological processes & energy production.
- Air :- Vital for respiration & support diverse life forms.
- Water:- Crucial for hydration, sustenance of life & various natural processes.

### II Biological order:-

- Plants:- Produce oxygen, provide food & contribute to ecological balance.
- Animals:- Contribute to biodiversity, support ecosystem & play roles in food chains.
- Micro organisms:- Vital for soil fertility & maintain position & various biological processes.

### III Psychological orders:-

- Natural land escape:- Views of nature can positively impact mental well-being reducing stress.
- Outdoor Activities:- Engaging with nature through activities like hiking or gardening can improve mood and overall mental health.
- Seasonal changes - Variation in weather and nature cycle can influence emotional states.

### IV Social orders:-

- Communication:- People coming together to appreciate and conserve nature can foster a sense of belonging.
- Environmental policies - Growth and socialite efforts to protect nature for common use.
- Environmental Awareness - Shared understanding & concern for nature among individual & communities.

### Mutual Fulfillment Aspect-

Physical-Biological connections:- Sunlight powers synthesis in plants, producing oxygen essential for animal. Air & water are shared resources vital for both plant and animal life.

Biological- Psychological connection:- Enjoying with natural land spaces and outdoor activities support mental well-being. The presence of diverse plants & animals life contribute to the overall condition of ecosystem.

- Physiological - Social connection: - Shared experiences of natures, like community activities or environmental awareness, campaigns, constellations, social bonds and foster collective sense of responsibility for environment.
- Physical - social connection: Environmental policies and community actions aim to pressure physical elements of nature for the benefit of society as a whole. The availability of clean air and water is a shared social concern.

In essence, these orders of nature are interconnected & their mutual fulfillment is vital for the overall balance & well-being of the planet & its inhabitants. Recognising & respecting these connections can lead to a more sustainable & harmonious co-existence with nature.

### Yoga - Question

Q1 Why is it important to pressure plants and shrubs that have medicinal properties?

A1 Medicinal plants offer natural remedies for diseases, promotes biodiversity, and provide sustainable health care solution, ensuring future generations benefits from their healing properties.

Q2 How can traditional knowledge about medicinal plants contribute to human well-being?

Ans It helps in treating common ailments naturally, reduces dependency on synthetic drugs & preserves cultural heritage while promoting holistic healing.

Q3 What role do human values like compassion & responsibility play using medicinal plant for healthcare?

Ans Compassion ensures ethically sharing knowledge for society's well-being while responsibility promotes ethical use and conservation of these plants.

Q4 How can we balance the use of medicinal plants with environmental conservations?

Ans By practising sustainable harvesting, promoting reforestation and encouraging organic farming to maintain ecological balance.

Q5 What are some common medicinal plant that can be used for curing diseases? & how do they benefit society?

Ans Tulsi (boosts immunity), Neem (Antibacterial), Aloe vera (heals wounds) and turmeric (Anti-inflammatory) provide affordable natural health care.

Q6 How can we ensure that the benefits of medicinal plants are accessible to everyone, especially in rural areas?

Ans By educating communities, promoting local cultivation & integrating herbal medicine into primary healthcare system.

Q7 What ethical consideration should be taken into account?

Ans Avoid overharvesting, respect indigenous knowledge & ensure fair distribution of benefits.

Q8 How can spreading awareness about medicinal plants reflect the value of social responsibility?

Ans It empowers communities, promotes self-reliance in health care, and encourages suitable living.

Q9 What are some sustainable ways to cultivate medicinal plants without harming biodiversity?

Ans Agroforestry, organic farming, and controlled harvesting methods ensure sustainability.

Q10 How does respecting nature and traditional healing practices align with human values?

Ans It fosters harmony with nature, preserves cultural wisdom, & promotes ethical responsibility towards health & the environment.