**Presentation Report**



**Presented by**

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**Presented To**

Madam Qubsha

**Date**

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**Topic Name:** Impact of Nature on Mental Health

**Slide 1 (Mental Health)**

In this slide we have defined mental health. It is A state of complete physical, mental, spiritual and social wellbeing in which each person is able to realize one's abilities, can cope with the normal stresses of life, and make a unique contribution to one's community”

**Slide 2 (Trends in Mental Health)**

In this slide we have told the trends that how mental health trends have been in statistics of given data.

**Slide 3 (Determinants of Mental Health)**

In this slide we have provided the factors that affect the mental health.

**Slide 4 (Impact of Nature)**

In this slide we have provided the information that how nature impacts the human health.

**Slide 5(How to remove environmental deprivation)**

This slide tells how we can remove our environmental deprivation by adopting various habits.

**Slide 6 to 8 (Therapeutic use of environment)**

These slides tell that Lower stress levels among those who visited green areas more frequently .A Dutch study linking proximity to green space with morbidity data for >345,000 patients found strong relationship for anxiety disorder & depression.

**Slide 9 to 10 (Benefits of being in nature)**

These slides tell that nature can help reduce our stress levels and regulate our metabolic activities.

**Slide 11 to 12 (Conclusion)**

These slides conclude our whole presentation.