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TREE PLANTATION AND ITS BENEFITS:

Trees have been with us throughout our whole lives. They're the background of a favorite memory and that welcome patch of green our eyes seek as we gaze out our windows—an activity we're doing a lot these days. While they are silent and stationary, trees hold tremendous powers, including the power to make all our lives better and healthier. If a tree has power, a forest has even more. What superpowers do trees have?

More like breakfast, lunch and dinner. Trees' food-making process, photosynthesis, involves absorbing carbon dioxide from the air and storing it in its wood. Trees and plants will store this carbon dioxide throughout their lives, helping slow the gas's buildup in our atmosphere that has been rapidly warming our planet.

A healthy tree can lead to a healthy you and me. A study by a TNC scientist shows that time in nature—like a walk among the trees in a city park—correlates with a drop in anxiety and depression.

The good news: it doesn't take a lot of time in nature for these soothing powers to kick in. You may have felt the benefits from a short walk or hike in your neighborhood. We're drawn to green spaces, and for good reason.

Leave it to leaves. Trees remove the kind of air pollution that is most dangerous to our lungs: particulate matter. This pollution arises from the burning of fossil fuels, and can reach dangerous concentrations in the largest cities as well as in neighborhoods near highways and factories.

Tree's leaves will filter this dangerous pollution, but only if they're planted near the people who need them; most of the filtration occurs within 100 feet of a tree. More trees in cities, especially in lower-income neighborhoods close to highways and factories, can reduce ailments like asthma and heart disease that cause 5% of deaths worldwide.

From our windows, many of us can see how much our feathered and furry neighbors enjoy their ‘high-rise apartments.’ Even a single tree can provide vital habitat for countless species.

An intact forest can do even more, creating a home for some of the most diverse and resilient webs of life on the planet. Old-growth forests, the forests that we need to protect most urgently, create habitat at the ground level, at the top of their tree canopies, and everywhere in between.

Trees give us all shade—and that’s a good thing! Temperatures are rising and heatwaves are getting longer due to climate change. Some places feel the heat more than others. Neighborhoods with lots of pavement absorb more heat and can be five to eight degrees hotter than surrounding areas. These areas also stay hotter later into the night, which is detrimental to our health.

Enter our branchy, leafy neighbors. A tree’s shade acts like a natural air conditioning and can even keep down the energy costs of our

actual air conditioning systems, which are increasingly working overtime.