

JUNGLE BOOK

A COMMUNIQUE FROM FORESTS DEPTT, CHANDIGARH

EDITION: APRIL - JUNE 2022

HEAD OVER HEAL

They say that nature is the answer to all our problems. Starting from physical to spiritual. Not only forests provide us with a variety of natural medicines but also help us heal spiritually. According to a study, spending a few minutes into the natural surroundings decreases the stress and improves concentration and optimism. Clearly, mother nature has the most comfortable lap for us to lie down. India is a country that has been a land which not only respects the nature but also worships it. In many cultures, trees are considered sacred and not cut down or felled. Sages have been known to meditate under the large trees like Peepal, Mango, Banyan and many more. Clearly, there has been scientific conclusions that support the significance of these trees on a person's health as they not only give us clean oxygen but also heal our body with their therapeutic properties. Even the farmers worship their fields and harvesting is considered to be a festive season involving prayers and rituals.

Having indoor plants improve air quality, increase attention span, improve creativity, lower stress and stabilise mood. Having plants in the office can increase productivity by up to 15 per cent. Indoor plants also help a lot in cleaning the air indoors by reducing dust levels in the air simply by absorbing dust.

Along with this, plants also carry herbal properties that make them natural medicines that are much cheaper and safer to use for day-to-day ailments to chronic diseases. Their fruit, seed, stem, bark, flower, leaf, stigma or even a root is a precious gift to the mankind. Ayurveda is majorly

dependent on the nature and plants when it comes cure the problems that allopathy is still working on. About 8,000 herbal remedies have been codified in AYUSH systems in India. Recently, World Health Organization estimated that 80% of people worldwide rely on herbal medicines for one or the other primary health care needs and around 21,000 plant species have the potential for being used as medicinal plants.

Not only in India it is said that kitchen has all the medicines but now, western cultures have also understood and adopted the usage of Medicinal plants such as *Aloe*, *Tulsi*, *Neem*, *Turmeric* and *Ginger* as home remedies to cure several common ailments.

Apart from the medicinal uses, plants are also used as natural dye, pest control solutions, aromas, tea, etc. Moreover, they also keep the house insects at a bay. From mosquitos to ants to flies to mice to snake, plants are capable of repelling a number of insects and animals.

With the help and blessing of nature, we can self-heal our problems without investing too much in medicines or paying hefty amount to hospitals. The connection between nature and human has always been there and nature has always been giving best solutions. All we need to do is to initiate the communication and extend our hand by adopting nature as an integral part of our life and surroundings and surely the nature will heal and reduce our miseries to a great extent.

IFS PROBATIONER TRAINEES TOUR

31 May 2022

Department of Forests and Wildlife hosted an educative tour for IFS Probationer Trainees. In this tour, the trainees were made aware about the various aspects of the forest and the wildlife as well as the challenges faced by the urban set ups and kind of solutions executed by the department. Post an extensive informative presentation, they went to the Nature Interpretation Centre in Kansal where they observed the nature in its true form as well as displays at the NIC. Sh. Debendra Dalai, CCF, shared his knowledge about features and importance of Biodiversity of Shivalik region. Dr. Abdul Qayum, DCF, guided them throughout the tour to NIC.



WORLD ENVIRONMENT DAY 2022

The World Environment Day is celebrated on 5th June every year to create awareness about Environment and to sensitize people towards their duty to preserve and conserve the environment and the mother Earth. Every year a theme is declared by UNEP to draw the attention to specific environmental problem. This year's theme is very appropriately selected as "ONLY ONE EARTH". Since life is believed to be existing only on Earth, we need to be careful while exploiting any natural resources for our survival.

On the eve of World Environment Day 2022, a tree plantation drive was conducted carried out. In this drive, various saplings were planted at the Butterfly Park. Shri Dharam Pal, IAS, Advisor to the Administrator, UT Chandigarh stated that all the citizens should join hands together to protect the mother Earth. Shri Nitin Kumar Yadav, IAS, Home Secretary-cum-Secretary (Forests) said urged that everyone should realise the importance of nature in their day to day living.

Along with the plantation drive, more than 150 schools and 14 colleges with highly active Eco clubs were felicitated on the occasion of World Environment Day.



LAUNCH OF NATURE INTERPRETATION CENTRE

Department of Forests and Wildlife, Chandigarh has set up another Nature Interpretation Centre after one near the Sukhna Lake. Situated in Kansal Forest area at Sukhna Wildlife Sanctuary, the brand new NIC is a visitor-friendly and comprehensive destination for nature lovers and enthusiasts. Inaugurated by Shri Banwarilal Purohit, Hon'ble Governor of Punjab & the Administrator, UT Chandigarh on 11th May, 2022 in the presence of Smt. Kirron Kher, Hon'ble Member of Parliament, UT Chandigarh and Sh. Dharam Pal, IAS, Adviser to the Administrator, UT Chandigarh., the NIC will be open for general public after necessary permission from the Forest Department.

The NIC showcases the dynamic biodiversity of Chandigarh Forests and variety of flora that supports its rich wildlife. It is a genuine endeavour to give its visitors an enriching experience and kindle the affection and concern towards Mother Nature and environment at large. A complete visual treat, NIC depicts catchment of Sukhna, Information on biodiversity of Sukhna Wildlife Sanctuary and much more along with the interactive activities for kids. NIC is an ideal place for a getaway enriched with fun and knowledge.



DID YOU KNOW?

Trees stop growing in the Winter. The tree's bark acts as its first line of defence against the cold. The outer bark protects the tree from disease, insects, storms, and extreme temperatures. It is full of air spaces and works like insulation for the tree. During winter, tree roots cannot access liquid water because the ground is frozen. So, to keep the leaves from wasting water through transpiration, deciduous trees lose their leaves in autumn.



PLANT OF THE EDITION

ARJUN TREE

Scientific Name: *Terminalia arjuna*

In Sanskrit, arjuna means bright, silver or “shining,” – also the quality of the bark of the tree. The leaves and flowers of this tree are offered to the Lord Vishnu and Lord Ganpati. Arjun Tree a variety of health benefits as it is a natural medicine like anti-ischemic, antioxidant, blood pressure lowering. It is useful in managing high cholesterol level.



FLIP THE COIN

The attainment of knowledge happens either due to enlightenment or experience. This holds true when it comes to tempering with the process of nature. Nature is such an entity that teaches us silently with the repercussions that we eventually have to face due to our own acts of vile. One of these is destroying the natural habitats of urban & semi urban faunal biodiversity. The increase of human population, soaring demands and ambitions, industrialisation have direct correlation with the increase in rat population. One would wonder, how! The process may seem layered and long but its simple rule of Cause-and-Effect relationship at work.

Chandigarh has become an epitome of ideal life for anyone who aspires and desires to have a balanced life with all the facilities nearby. Spread across the area of 114 km² as compared to the closest Metro like Delhi which is 1483 km², Chandigarh becomes the dream destination for residents of Himachal, Haryana and Punjab who want to explore a city life and yet stay close to their native place. This is so because it offers a plethora of job opportunities with the surge in IT centres, industrial sector, banks and much more. It offers decent living standard, schools and prestigious institutions at the close proximity, hospitals like PGI, Fortis, Max, entertainment places like Elante Mall, Sector 17 Plaza and recreational places like Tagore Theatre which acts like a pillar in itself. And the list goes on.

As per Statista, a German company specializing in market and consumer data, the Per Capita Income of Chandigarh was 330 thousand in the year 2020

which was on constant growth since 2012. This clearly shows that Chandigarh makes more sound than it thinks it does. The humble role of forest department, Horticulture, Municipal Corporation collectively has been impactful in making Chandigarh a City

Beautiful. The maintenance of green roads to avenues and keeping the city clean is feature which is considered so ingrained that it has become synonym to the character of Chandigarh.

However, every coin has two sides, and so has the city beautiful. The aspirational value has led to the influx of people due to which Chandigarh has reached to the point of saturation in terms of availability of land to build new home. Thus, not only land prices surged but also there is not land to buy. This further gave birth to extension towards the outskirts of city compromising green and open lands, which are now hub for the construction of high-rise residential & commercial complexes pacifying the potential buyers in the name of Chandigarh.

So, if more people are coming here to live, where are the snakes and the rats are going to stay? That's a concern which has not attracted anyone's attention as yet. But that doesn't mean nature has not started taking revenge. It's just that this malignant tumour is too tiny to pain as of now. Rats have found their abode in our houses because snakes are either killed or 'rescued' as they are harmful for our habitat. Many new and old sectors are prone to mass distraction as these rodents are surviving on the foundations of these brightly lit buildings. Nobody is aware of the hollowing of the foundation of Big Chandigarh dream on which the multimillion businesses are built. The ground reality is below the ground. Now is the right time that we all focussed on the cancer before it kills our economy. A sustainable solution with

constructive approach is the need of the hour as it is calling out all the institutions and individuals that are either responsible and accountable or affected. Let's come together and make peace with the nature before our billion-dollar habitat is destroyed, we are left with no refuge.

