

# Forest bathing and green walk for city's nature lovers at Kukrail

TNN | Mar 24, 2024, 05:35 AM IST

Lucknow: The Centre for Gender and Environment (CGE) Lucknow organised a unique event at Kukrail forest on Saturday to mark World Forestry Day (March 21). Participants embarked on a forest bathing, or shinrin-yoku, experience to reconnect with nature and rediscover its restorative power.

The morning kicked off with a guided tour led by experienced nature guides. Participants traversed a two-kilometre trail, immersing themselves in the diverse forest habitats. Rustling leaves and birdsong provided a serene backdrop for a profound transformation.

Ornithologist and conservationist Asad Rehmani and healthcare professional Amita Shukla led discussions on the connection between nature and mental health. Rehmani pointed out our dependence on nature, while Shukla highlighted its role in promoting well-being. Throughout the event, organisers encouraged participants to embrace silence and connect with forest at a deeper level. The event was made possible through the collaborative support of the forest department, Naman Vasundara, Namo Gange, MOH Studio, Pyare Panje, and Kindhour.

We also published the following articles recently

International Day of Forests Curate your personalized Forest Bathing International Day of Forests celebrates forests' ecological importance, from maintaining balance to supporting communities. Explore forest therapies and Zodiac rituals to deepen the connection between nature and human well-being, guided by experts like Sidhharth S Kumar.108665018

New approach: Multiple swarms of drones to tackle natural disasters like forest fires IISc researchers develop a drone swarm approach to combat forest fires, utilizing advanced algorithms for efficient firefighting. The

technology, incorporating sensors and autonomous decision-making, shows promise for addressing other natural disasters like floods and earthquakes.108724700

World Forestry Day 2024: Celebrating forests and innovation for a sustainable futureWorld Forestry Day stresses forests' role in climate change, biodiversity loss, and as carbon sinks. 2024 theme: 'Forests and Innovation: New Solutions for a Better World'. Founded in 1971 by FAO.108656854