

Report on Nature Walk

Nature walk is an excellent way to stimulate student's appreciation for the nature. They can see, here, smell, feel the textures of fallen leaves, bark of trees, buds, dry twigs, flowers etc. and like to discover new scents, sights, sounds, textures. To increase observation skills and vocabulary skills a Nature walk can also help to focus their attention and take in the details of things around them. It can also be a peaceful, reflective experience for students. Nature Walk is a great way to soothe human mind. The best way to enjoy the Nature Walk will increase the ability to focus and concentrate. Spending time around trees and looking at trees reduces stress, lower blood pressure and improves moods. Numerous studies show that both exercising in forests and simply sitting looking at trees reduce blood pressure as well as the stress-related hormones cortisol and adrenaline. Nature Walks provide a great opportunity to be mindful and connect to ourselves and the world around us. Such activities cultivate a sense of awe and wonder, and get the youths moving after periods of sitting or inactivity.

Keeping all these above points in mind, a Nature Walk was organized by the Nature Club and IQAC of MBB College, Agartala, on the early morning of 20th November, 2023 in the College premises. In this activity number of events was observed by the students and the teachers. The various things that was observed was flowers, birds, dry leaves, butterfly, insects, snakes, grasses, cobweb, trees, various hydrophytes etc.





