In the heart of hustling cities, urban green spaces stand as oases of tranquility, providing respite from the hustle and bustle. Parks, adorned with vibrant flora, become heavens of relaxation and recreation. The greenery offers a sanctuary for diverse wildlife, creating a delicate balance between urban development and environmental preservation. Beyond their aesthetic appeal, city parks play a crucial role in fostering community bonds. Families gather for picnics, friends engage in sports, and individuals find solace amidst nature's embrace. These communal spaces serve as venues for cultura events, open-air concerts, and art installations, enriching the urban experience. The benefits of urban green spaces extend beyond leisure. They contribute to improved air quality, mitigate the urban heat island effect, and promote overall well-being. Access to nature within city limits becomes a vital aspect of mental health, offering a refuge for introspection and rejuvenation. However, the challenge lies in balancing the increasing urbanization with the preservation of green spaces. Sustainable urban planning becomes imperative to ensure the co-existence of concrete jungles and national havens. Efforts to create and maintain parks, tree-lined avenues, and green rooftops become integral components of shaping cities that prioritize both human and environmental health. As cities evolve, the preservation and enhancement of urban green spaces become a shared responsibility. The vision is to cultivate urban land spaces that seemingly integrate nature into the tapestry of city life, fostering a sustainable and harmonious cohabitation between human progress and the environment.

Precis 2024: p Parks present in the centre of busy cities are illed with different flowers these are place of relaxation for busy people. They add beauty to cities I Not only it add beautiffy the cities but also provide place where different people meet and form 3) Parks also help in maintaing peace mental and physical health a) Although urbanization is a threat to parks. It Urban city planning must include building parks 5) So the precities should be planned in a war that ensure the presence of parks in rapidly expanding cities. Precis: Parks present in the cities have a natural habitat to various species. They beautifies the cities Moreover, parks helps in building good relations among different members of society. The greenery in parks keep air clean thus improving physical health Also they helps in maintaining mental health through nature However, increasing urbanization is a threat to parks. City planning must humans and Surrounding So the uppanning must include both parks to give relief from the business of city life. little: Preserving Parks: A Necessity of Life