

## PRECT (2024)

### In The Relation of an Individual with Urban Green Spaces:-

In the fast forward lifestyle of cities, Urban green spaces plays a crucial role.

The greenery with vibrant environment welcome the comfort and bond with the nature.

whereas, the parks play's the role of human well being and help in creating good relation among themselves that includes family gatherings, concerts, art exhibition or sport game. These urban

spaces are not only a space of relaxation but become a place of spreading culture.

Also, when it comes to human well-being the purification of air, reducing scorching heat.

Appantly, it helps in an individual mental health. On contrary, there are

certain challenges which needs to be look after during the increase of

urbanization with the preservation of green

spaces. In result, the sustainable urban

planning includes the best care of both human and environmental health.