

ESSENTIAL ROLE OF PARKS IN URBAN CENTRES

In urban centres, parks are a source of leisure from the demanding city life. They are also means of community exchange, serving as venues for private and communal events such as picnics and art shows. Moreover, parks also offer ^{mental} health and environmental benefits. However, with the growing urbanisation, sustainable city planning becomes key in preserving and carving green spaces. Modern cities must aim to build spaces where nature plays a prominent role within the infrastructure.

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