

# Day 11 – Greener Challenge | Project Green Challenge 2025

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Instagram Post Link : [https://www.instagram.com/p/DPriO7eE92m/?img\\_index=1](https://www.instagram.com/p/DPriO7eE92m/?img_index=1)

## Ecosystem Services of Forests

**Ecosystem:** An ecosystem is a community of living organisms interacting with each other and their environment to form a balanced system.

**Ecosystem services** - are the benefits that humans receive from nature. These include resources and life-supporting functions such as clean water, air, food, climate regulation, and cultural inspiration that sustain life on Earth.

### Ecosystem Services of Forests :

- 1 . Carbon Storage
- 2 . Water Purification and Flood Control
4. Biodiversity Habitat
- 3 . Provision of Food, Medicine, and Resources
- 5 . Cultural and Recreational Benefits

❖ **I choose this: 5 Forest Ecosystem Services 'That Inspire Me' and their details are:**

#### 1. Carbon Storage (Climate Regulation) :

Forests are Earth's lungs — they absorb carbon dioxide and produce oxygen. By storing massive amounts of carbon, they help cool our planet and fight climate change.

**Why it inspires me:** It amazes me how silently trees protect us every second, standing as natural warriors against global warming.

## 2. Water Purification and Flood Control

Forests act as natural water filters and shields. Tree roots hold soil in place, purify rainwater, and prevent floods, providing clean water and safer communities.

**Why it inspires me:** I'm inspired by how forests work invisibly beneath our feet, turning chaos into balance and destruction into safety.

## 3. Biodiversity Habitat

Every forest is a living city — home to millions of species that depend on one another to survive. From tiny insects to majestic tigers, forests maintain nature's web of life.

**Why it inspires me:** It reminds me that every creature, no matter how small, has a place and purpose — just like each of us in life.

## 4. Provision of Food, Medicine, and Resources

Forests are nature's pantry and pharmacy. They provide fruits, herbs, timber, and countless natural medicines that sustain and heal human life.

**Why it inspires me:** It's powerful to know that solutions to many human problems already grow quietly in the heart of the forest.

## 5. Cultural and Recreational Benefits

Forests are sanctuaries for the human soul. They inspire art, culture, and peace, teaching patience, connection, and gratitude for life.

**Why it inspires me:** Whenever I imagine a forest, I feel calm and alive. Nature doesn't just support our bodies — it heals our hearts too.

➤ The following [sources](#) helped me learn about and identify these forest ecosystem services.

**Link-1:** <https://forest.eea.europa.eu/topics/society/ecosystem-services>

**Link-2:** <https://www.un.org/esa/forests/-content/ForestsEcoServices.pdf>



# 5 Ecosystem Services Forests give Us

1. Carbon Storage
2. Water Purification and Flood Control
3. Provision of Food, Medicine, and Resources
4. Biodiversity Habitat
5. Cultural and Recreational Benefits

@TurningGreenOrg  
@conservationlands  
@leavenotraceorg  
@citizensclimate

DETAILS

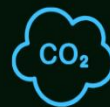


## 1. Carbon Storage (Climate Regulation)

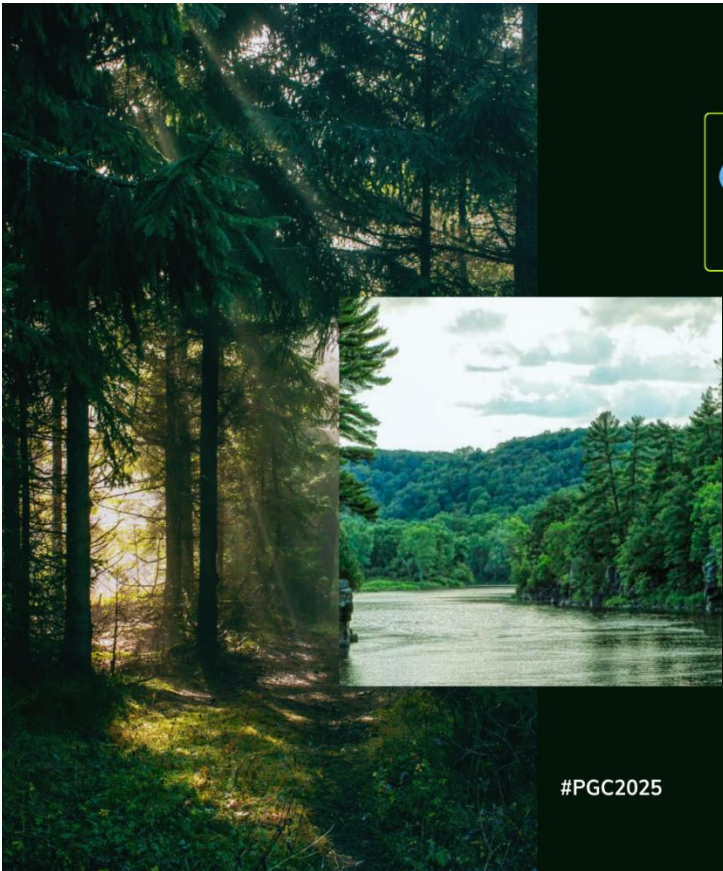
Forests are Earth's lungs —Forests absorb and store carbon dioxide, helping reduce global warming and stabilize Earth's climate. By storing massive amounts of carbon, they cool our planet and fight climate change.

- Trees absorb carbon dioxide and release oxygen.
- Forests store massive carbon in trunks and soil.
- Help slow global warming and balance Earth's climate.

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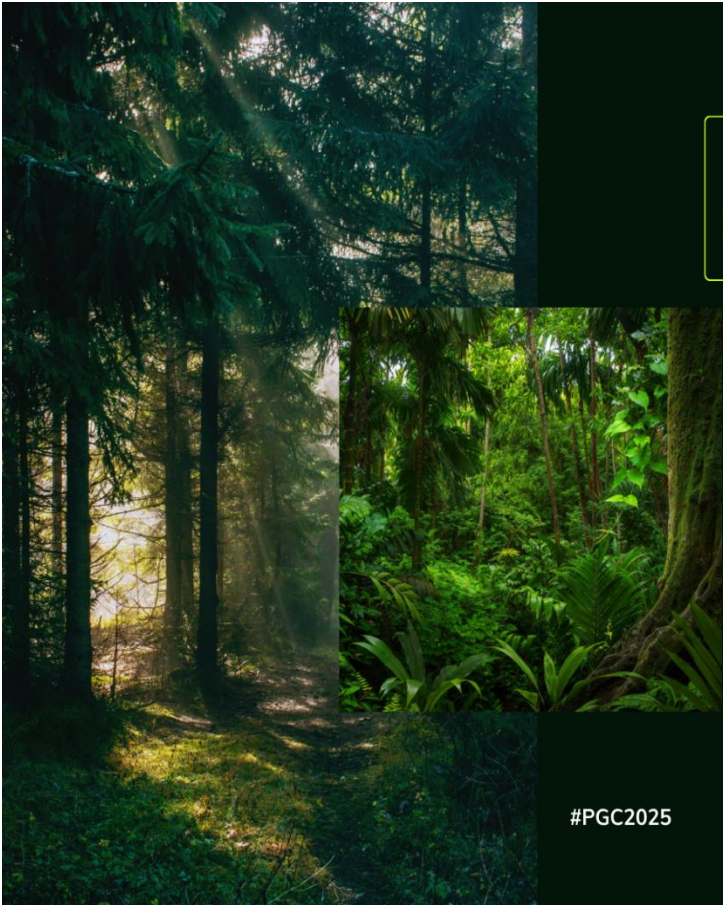
## 2. Water Purification & Flood Control

Forests act like Earth's natural water filters and shields. Tree roots hold the soil, purify rainwater, and prevent floods, giving us clean water and safer homes.

- Tree roots filter and clean rainwater naturally.
- Forest soil absorbs water, preventing floods.
- Keeps rivers flowing steadily and safely.



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## 3. Provision of Food, Medicine, and Resources

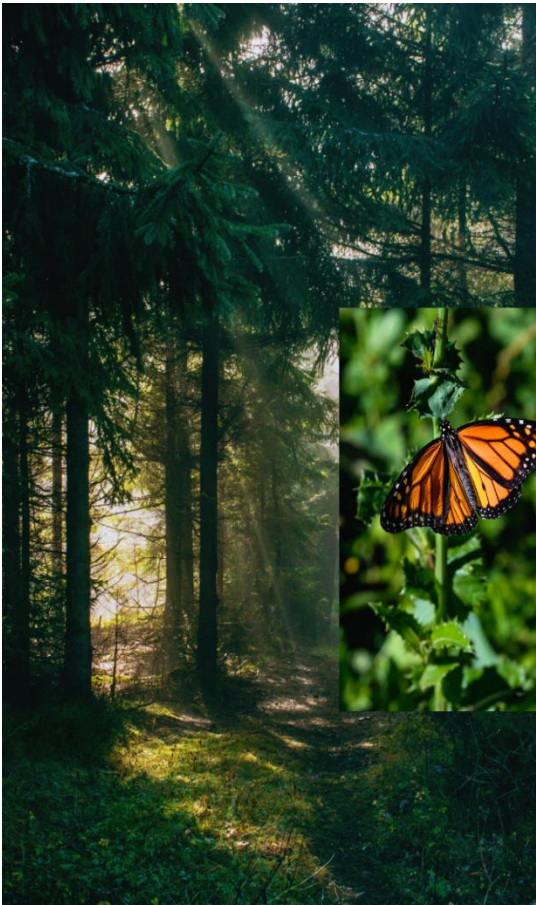
Forests are nature's pantry and pharmacy. They give us fruits, herbs, timber, and countless natural medicines that heal and sustain human life.

- Supply fruits, nuts, timber, and herbs.
- Source of many lifesaving natural medicines
- Support jobs and livelihoods for local people.



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## 4. Biodiversity Habitat

Every forest is a living city — home to millions of species that depend on each other to survive. From tiny insects to majestic tigers, forests keep nature's web unbroken.

- Forests shelter most land plants and animals.
- Provide food, nesting, and breeding grounds.
- Maintain balance in global ecosystems.



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## 5. Cultural and Recreational Benefits

Forests are sanctuaries for the human soul. They inspire art, culture, and peace — teaching us patience, connection, and gratitude for life.

- Inspire art, stories, and spiritual traditions.
- Offer peace, relaxation, and mental healing.
- Connect people deeply with nature's beauty.



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## **Why Forests Matter**

Forests regulate climate, prevent floods, support biodiversity, provide essential resources, and improve mental well-being. They are essential for people and the planet.

## **Forests: Nature's Lifeline**

From clean air and water to food, medicine, wildlife habitats, and peace of mind, forests sustain all life. Every tree counts!

## **Forests Support Life**

Forests act as Earth's lungs, water purifiers, medicine stores, wildlife homes, and cultural inspiration — making them vital for humans and nature.

## **In conclusion-**

**“Life-supporting functions that forests give us”** are the essential benefits and services forests provide to humans, wildlife, and the environment, which help sustain life on Earth.

Some examples include:

- Producing oxygen and storing carbon to regulate climate.
- Purifying water and preventing floods.
- Providing food, medicine, timber, and other resources.
- Offering habitats for countless species.
- Supporting cultural, recreational, and mental well-being.

**In summary:** Forests are vital for the survival and health of all life on our planet.

## **Reviewing the Infographic: “The Importance of All Forests”**

The infographic titled **“The Importance of All Forests”** highlights the significance of the **Forest**, encompassing various forest types—from natural forests to plantations—and emphasizes the need for **Sustainable Forest Management**. This approach ensures that forests continue to meet the growing demand for wood, fiber, fuel, and food, while providing essential ecological, economic, and social benefits



## Key Takeaways from the Infographic:

1. **Forest Continuum:** Recognizes the value of all forest types, including natural forests and plantations, in fulfilling diverse human needs.
2. **Sustainable Forest Management:** Focuses on practices that balance resource extraction with conservation, ensuring forests' health and productivity for future generations.
3. **Ecological, Economic, and Social Benefits:** Highlights how forests contribute to biodiversity, climate regulation, and support livelihoods through various forest products.

## Instagram Post screenshot :

