

Introduction: Planting trees is crucial for environmental sustainability and human well-being. Trees absorb carbon dioxide during photosynthesis, reducing the carbon footprint and combating global warming. Conclusion: Recognizing the importance of trees and participating in tree planting initiatives is essential for maintaining a healthy environment and ensuring human and ecosystem well-being. Body: Trees act as natural air purifiers, filtering pollutants and particulate matter, which promotes respiratory health and reduces respiratory diseases.