

**Publisher :** Lakhimpur Girls' College, North Lakhimpur, PO – Khelmati, Dist. – Lakhimpur, Assam.

## Editorial

### Unplug and Explore: The Joy of Outdoor Living

*"Nature is an infinite sphere of which the center is everywhere and the circumference nowhere."*

– Blaise Pascal

Nature's beauty is a profound and awe-inspiring aspect of our world, featuring a diverse array of landscapes, colors, and experiences. From the majestic peaks of mountains to the serene shores of tranquil lakes, each element possesses its own unique charm. The vibrant colors of sunrise or sunset, the fields of wildflowers, and the lush greens of leaves and tree trunks in forests evoke a sense of tranquility. Wildlife, such as deer, squirrels, and birds, adds another layer of beauty, reminding us of the delicate balance of ecosystems and our connection to the Earth. Water, in its various forms, enhances nature's allure, evoking feelings of peace and reflection while serving as a sanctuary that provides an escape from the hustle and bustle of daily life. Being immersed in nature rejuvenates our spirits and nurtures our well-being.

Humans are deeply intertwined with the environment and Earth's rhythms. Biologically, we share a common ancestry with other organisms, making us part of the intricate web of life. Our physical bodies have evolved and adapted to diverse ecosystems, highlighting our connection to nature. Emotionally and psychologically, our surroundings influence us significantly, stimulating our senses and fostering well-being. Historically, our ancestors relied on natural resources for sustenance, shelter and survival, forming a bond with the land that resonates today. This instinctive connection to nature manifests in activities like hiking, gardening, and simply spending time outdoors.

However, the rise of digital devices and screens has profoundly altered our daily lives, shifting our communication, work, and relaxation habits. Many people now spend hours scrolling through social media, streaming videos, or engaging in online gaming, often prioritizing screen time over face-to-face interactions. While technology allows for global connections and access to vast information, excessive screen time can lead to social isolation, decreased physical activity and mental health challenges. The constant gratification of instant notifications can create a cycle of distraction, making it difficult to focus on tasks or fully engage with our surroundings.

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The physical health impacts of excessive screen time are concerning. Many individuals adopt a sedentary lifestyle due to prolonged periods in front of screens, leading to issues like obesity, cardiovascular problems, and poor posture. Eye strain, dry eyes and blurred vision are common complaints resulting from extended screen use. Furthermore, the blue light emitted by screens disrupts sleep patterns, contributing to insomnia and fatigue. Mentally, excessive screen time is linked to anxiety, depression, and stress, often resulting in feelings of inadequacy and low self-esteem, particularly through social media comparisons. The dependency on digital devices fosters a cycle of constant checking, which detracts from real-life experiences and relationships.

Recognizing these impacts is crucial for fostering healthier habits in a digital age. Unplugging from digital devices allows us to reconnect with nature and rediscover the simple joys it offers. By stepping away from screens, we create space for mindfulness and the wonders of the natural world. This shift can bring profound peace and happiness, allowing us to appreciate the vibrant colors, soothing sounds, and fresh scents that nature provides.

Engaging in outdoor activities not only stimulates our senses but also promotes physical activity, boosting mood and overall well-being. Activities like hiking, gardening, or simply being in a park help us reconnect with ourselves and our environment. Nature also fosters social bonds through shared experiences, creating lasting memories that enrich our lives.

Being in natural environments enhances our senses and sparks wonder. Research indicates that spending time outdoors reduces stress and anxiety, while improving overall well-being. Nature encourages mindfulness, allowing us to focus on the present moment and escape the pressures of daily life.

Ultimately, nature serves as a sanctuary, offering rejuvenation and reminding us of the simple pleasures and happiness found in the world around us. As we strive to balance our digital lives with the beauty of nature, we can cultivate deeper connections with ourselves, others, and the environment. Embracing the outdoors not only enriches our lives but also encourages us to cherish and protect the natural world for future generations.

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