



# WETLANDS, AN IMPORTANT ECOSYSTEM

Wetland are often termed as *nature's kidney* or *natural sink* as it cleanses the environment and balance the water retention of the land. They are vital links between land and water providing ecosystem services such as freshwater, biodiversity, livelihood, food and fodder, flood control reserve, ground water recharge, climate change mitigation etc.

### Pollution Filter

Healthy wetlands recycle nutrients, traps sediments and produce oxygen thereby improving the water quality and also sequester carbon improving the air quality

### Habitat

Support a variety of life forms including birds, fishes, reptiles & invertebrates

### Recreation

Provides recreational activities like boating, bird watching, photography etc

### Flood Control

Soaking up the excess surface water, wetlands act like sponge

### Groundwater Recharge

Surface water in wetlands percolate underground, thereby recharging groundwater



