

# **Exploring Human Wellbeing Indicators from Restored Forests in India and Nepal**

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What benefits to human well-being come to mind?





## Provisionary services

- Fuelwood
- Fodder
- NWFPs
- Fiber
- Forest food
- Water

## Regulatory services

- Climate regulation
- Flood control
- Disease control
- Pollination
- Water purification

## Cultural services

- Spiritual
- Recreational
- Cultural
- Aesthetic
- Sense of place

## Supporting services

- Nutrient cycling
- Soil formation
- Primary production





# What is human wellbeing?

- Complex, subjective and multi-dimensional concept
- Metrics may range from 'material well-being' measured through simple income and HDI- based measurements
- 'Aristotelian' or Psychological well-being metrics such as power of choice, intellectual faculties, reasoning, meaning-making, freedom of imagination, and forging societal links and identities
- 'Capabilities' or 'freedom' based ideas of Human Well-being
- Also linked to social capital (such as social cohesion and engagement, as well as community and family networks) where people have entrepreneurial opportunities and good access to services such as health and education leading to sustainable rural development





## CONSTITUENTS OF WELL-BEING

### Security

- PERSONAL SAFETY
- SECURE RESOURCE ACCESS
- SECURITY FROM DISASTERS

### Basic material for good life

- ADEQUATE LIVELIHOODS
- SUFFICIENT NUTRITIOUS FOOD
- SHELTER
- ACCESS TO GOODS

### Health

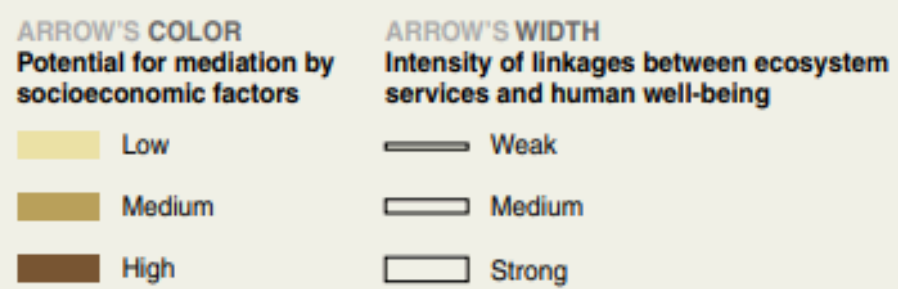
- STRENGTH
- FEELING WELL
- ACCESS TO CLEAN AIR AND WATER

### Good social relations

- SOCIAL COHESION
- MUTUAL RESPECT
- ABILITY TO HELP OTHERS

### Freedom of choice and action

OPPORTUNITY TO BE ABLE TO ACHIEVE WHAT AN INDIVIDUAL VALUES DOING AND BEING



Source: Millennium Ecosystem Assessment



# Study context

- Mid-hills of Himalayas in India and Nepal
- Long histories of forest restoration
- Foreign aid projects- Swiss, Japan, World Bank, UNDP
- Community governance





# Basic material for a good life

- Adequate livelihoods: livestock rearing, NTFP collection, Medicinal plants, forest guards
- Sufficient nutritious food: vegetables, tubers, fruits, spices, flower
- Shelter: bamboo, fiber for rope, timber for houses, livestock shed
- Access to goods: fuelwood (cooking food for house, cooking animal feed, heating), fodder for livestock, NTFP's, water





# Security

- Tenure security: community forestry and PFA in policies, Feeling of belongingness
- Secure resource access: water, land
- Security of rights: right to roam, sustainable harvesting and use, marketing of products
- Security from disasters: landslides, flood control





# Health

- Strength: walking, hiking
- Feeling well: meditation, relaxation, birdsong, sounds of water, heating house in winter, picnic in forest
- Spiritual wellbeing: temples, trees with spiritual value (banyan), funeral sites or burial grounds inside forest
- Access to clean air and water





# Good Social Relations

- Social cohesion: feeling of belongingness, formation of forest institutions for better collective management, forests as social space for gathering, sharing ideas and emotions
- Mutual respect: understanding of protecting forests for future generations, decision-making in community forestry user groups
- Ability to help others: Forest User Groups serve as banking and credit institutions, trainings for forest management (Forest department, institutions, NGOs)





# Negative wellbeing outcomes

- Human-wildlife conflict
- Fear of thieves
- Forest fire
- Leeches
- Consider going to forest as a chore/  
boredom
- Injury/ inability to walk
- Presence of invasives as hindrance to walk







Thank you for your attention!

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