Theme: "Forests and Health"

Forests give us so much to our health. They purify the water, clean the air, capture carbon to fight climate change, provide food and life-saving medicines and improve our well-being.

In 2012, the United National General Assembly proclaimed 21st March as the International Day of Forest/ World Forestry Day to raise awareness on the importance of all types of forests.

Forest sustainable management and their use of resources are key to combating climate change, and contributing to the prosperity and well-being to future and current generations. It also plays a crucial role in poverty alleviation and in the achievement of the Sustainable Development Goals (SDGs).

Importance of Forest

- > Forest cover about a third of the earth's surface area.
- Approximately 1.6 billion people, of which more than 2000 indigenous people rely on forests.
- Forest also provides shelter for half of the earth's vertebrate species, mammals, and insects.
- It contributes to air quality by balancing oxygen, carbon dioxide and humidity.

 Did you know?*

The tallest tree in the world is

called Hyperion (115.61 metres)

Challenges faced by Indian Forestry

1. Forest fires: A major challenge faced by our ecosystem is forest fires, it not only causes animals and economic losses, but forest fires also lead to the release of huge carbon stores into the atmosphere. Large tracts of vegetal cover are destroyed every year by forest fires. Forest fires in India are most destructive in dry season.

- 2. Inadequate and dwindling forest cover: The biggest problem of the Indian forest is the inadequate and fast dwindling forest cover. There is an increasing demand for major and minor forest products. These products are needed for fuel, building and to feed large number of forest-based industries. Vast forest tracts have been cleared for agriculture which has played havoc with forests.
- 3. Practice of age-old shifting cultivation by tribal and local people: Tribal and local people have been granted customary rights for free gazing as well as removing timber fuel and minor forest products. They are also allowed for age old shifting cultivation. These practices have led to the reduction in forest yield.

Did you know?

Tuensang district (including Longleng and Kiphire) has the largest forest cover (4,228 sq. km) in Nagaland

Types of forest in Nagaland

- Northern Tropical Wet Evergreen Forest: It is found only in Mon district and the dominant species found here are Hollong, Makai, and Nahor.
- Northern Tropical Semi Evergreen Forest: This type of forest are found in the foothills of Assam - Nagaland boarder in Mokokchung, Wokha and Kohima districts.
- Northern Sub-Tropical Board Leaved Wet Hill Forest: This type of forest are found in the hill areas below 1800 m and above 500m in all districts in Nagaland.
- Northern Sub-Tropical Pine Forest: It is found in hill elevation of 1000 meters to 1500 in parts of Phek and Tuensang districts. Pine is the dominant species and is mixed with Quercus, Schima, Prunus, Betula and Rhododendron.
- Northern Montane Wet- temperate Forest: It is found in the tallest mountains in Nagaland above 2000m in Japfu, Saramati, Satoi and Chentang ranges.









