



Global Webinar on “Indigenous Peoples’ Leadership for Integrated Holistic approaches to Health and Wellbeing”

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Speaker

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List of Presentation

1. Activities being done for Indigenous peoples' leadership on health, nutrition and planetary health.
2. Recommendations for promoting indigenous peoples' leadership on health, nutrition and planetary health.
3. Personal experience / journey to being an indigenous leader.



1. Activities being done for Indigenous peoples' leadership of health, nutrition and planetary health

Background:

Nepal, a beautiful country of the worlds' highest Mount Everest.



Nepal is a birth place of Lord Buddha, He was an indigenous Tharu and a pioneer personality of Peace and tolerance, as called him "Light of Asia".





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- The country comprises three geographical regions i.e., Mountain, Hill and Tarai (Plain) area.
- Indigenous Peoples' population is in majority, comprise 35.81 percent of total population in Nepal.





Activities being done for Indigenous peoples' leadership of health, nutrition and planetary health



1. Sickle Cell Anemia is known as genetic disease of Indigenous Peoples all over the world. In Nepal, Indigenous Tharu peoples are mostly suffered by this disease. More than 10% of the Indigenous Tharu population is suffering from this disease. So, it is a public health problem in Nepal.
2. Regarding the prevention, diagnosis, management and impact due to Sickle Cell Disease, elected Indigenous public representative like Mayor, Vice Mayor, Chairman, Vice- chairman is planning, programming and budgeting for these issues.
3. Indigenous pioneer persons, CSO, NGOs are advocating to formulate program and implement activities for the integrated holistic approaches to health and wellbeing by local and provincial government.



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4. Department of Ayurveda and alternative medicine is established by the government to promote the traditional medicine system. Majority of traditional healer are Indigenous Peoples. Trainings are provided to them for practicing the latest update. The traditional knowledge and practices being done by traditional healer is shared to others.
5. Indigenous community has the practice of eating 309 types of food items, seven types of rice liquors and four varieties of wines. Indigenous people have a tradition of eating those food items, which provide them calorie to be alive and protect them from epidemic diseases. Indigenous Peoples' leader is advocating to use in their daily, ritual, cultural, occupational, occasional, eventual, medicinal and seasonal life.



2. Recommendations for promoting indigenous peoples' leadership on health, nutrition and planetary health.



To promote indigenous peoples' leadership on health, nutrition and planetary health can be summaries as well. lets' talk about 4P (PPPP). I believe that these help us to understand the ground reality of the situation.

- 1. Policies:** Government health policy should be address for Indigenous Peoples' leadership on health, nutrition and planetary health as per the situation of the country.
- 2. Political leaders:** Political leader of Indigenous People should be committed, aware and promoting indigenous peoples' leadership in these areas.
- 3. Practitioners:** Indigenous Peoples health practitioner and programmer should be aware, committed and come with dedication for Indigenous Peoples' leadership on these areas.
- 4. Peoples:** Indigenous intellectual personality, CSOs' NGOs should take part to promote indigenous peoples' leadership on health, nutrition and planetary health.

- In the context of Nepal regarding above 4P, should adopt as in policies, plans as well as programs.



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5. Strengthen the Traditional (Ayurveda) Medical System by providing the training to the traditional healer and share the knowledge and practices they have been done.
6. Naturally, Indigenous People's food system has traditionally provided tasty and healthy diet. So, disseminate its importance and value in publicly.
7. It's time to raise the awareness of the planetary and one health needs of Indigenous Peoples should incorporate in policies, plans and programs of the regular government system.
8. Raise awareness on holistic health and wellbeing of Indigenous Peoples and should incorporate in government policies, strategies and programs.



3. Personal experience/ journey to being an indigenous leader:



- ❖ I am medical graduate and Master in Public Health from Tribhuwan University Kathmandu. My job experience is 36 years under the Ministry of Health and population as well as Ministry of Social Development in the post of senior health administrator and chief of health service division.
- ❖ Now I am working in Tharu Commission, as a commissioner. It is constitutional commission as per the constitution of Nepal. The main objectives of this commission are to promote and defend the rights of indigenous peoples of Nepal.
- ❖ I feel proud to say that I myself come from an Indigenous community called “Tharu”.
- ❖ Being Tharu, I also feel it is my duty to bring into the attention of the national and international community that more than 10 % of Tharu community in Nepal has been suffering from indigenous genetic disease called “Sickle Cell Anemia”.



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- ❖ The government has provided Nepali rupees one hundred thousand for the diagnosis and treatment of this disease, which is nowhere not sufficient. I feel that need more support from national and international community in terms of continuation of treatment and management.
- ❖ To conclude, My best wishes on this special occasion of international day of the world's Indigenous Peoples 2023.
- ❖ Wishes on the success of the theme “Indigenous youth as agents of change for self-determination’ with the sub-themes: Climate Action and the Green Transition; Mobilizing for Justice and Intergenerational Connections.
- ❖ I believe that the Global Webinar on “Indigenous Peoples’ Leadership for Integrated Holistic Approaches to Health and Wellbeing” is very suitable and fruitful program for 6.2% of Indigenous peoples in the world.



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- ❖ I am very grateful to get this opportunity as a speaker. So, thanks to those persons who cooperate and coordinate to me.
- ❖ Finally, I want to say thanks to organizer WHO/HQ and UN International Fund for Agriculture Development (IFAD)

Thanks for listing