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ENJOYING BIODIVERSITY IN FOREST

CASE STUDY/INSIGHT

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Forests are essentially an important part demonstrating earth's biodiversity. They constitute one third of the earth's land mass. Forests are home to 80% of world's terrestrial biodiversity. It includes different kinds of life like animals, plants, birds, insects, fungi and microorganisms. These living organisms depend on forest for food, water and shelter. The most biologically diverse and complex forests are tropical forests. Forests can be visited and enjoyed in many ways. Forests provide excellent opportunity to connect with nature and experience the beauty of natural biodiversity.

Usually forestry department will allow a group of members with the guide for recreational activities in forests. There are many interesting activities that can be done in the forest without disturbing the biodiversity. Such activities are bird watching and listening, plant observation, hiking, photography and camping. Bird watching and listening to their sounds is one of the most popular nature related hobbies. It gives pleasure and keeps away the stress. Forests accommodate countless varieties of plants of different species. Observing such diverse varieties of plants give an understanding of plant diversity and gives us peaceful and pleasant feeling. Hiking is walking in forests through the nature for leisure. Hiking is beneficial for health and mind in many ways. It refreshes our body with fresh oxygen, calmness and gives our mind peace and happiness. It boosts mood, energy and reduces stress.

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Camping in the forest provides an opportunity to live amongst nature and cherish it. It involves tent for staying, cooking equipment, sleeping accessories and other basic accessories. Camping involves camp-fires and it should be safely done without causing harm to the forest. All recreational activities in forests will give a chance to breathe fresh oxygen, improves mood by reducing stress, walking exercise for body, have fun and enjoy forgetting all other problems. Photography is an excellent opportunity to capture the beautiful sceneries of biodiversity.



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All such recreational activities should be done legally after getting permission from the forest authority and should act in compliance with the forest rules and regulations. They should be accompanied by a forest guide during the visit. People should behave with moral and social responsibility by enjoying in forests without causing disturbance or harm to the biodiversity. People visiting forests should not litter and cause any type of pollution.

Visiting forests provide a great opportunity to connect with the nature and understand its significance and diversity. It also gives us the best memories to cherish. Let us use this opportunity in the right way and enjoy the biodiversity.

