

**Indigenous Peoples, Healthcare, Mental Health, and Wellness**

Nepal has an indigenous population of 26.5 million individuals (which is about 35.8% of the country), as a result, the indigenous community is one of the most diverse in the world. Overall, the country is ranked 157 out of the 187 countries of the world in the Human Development Index, however that number would drastically increase (be worse) had it only include the Nepalese Natives. Having a life expectancy gap of 20 years between indigenous and nonindigenous groups, its no wonder Nepal places as one of the least in this category. In fact, about 43% of indigenous Nepalese women have reported that they are unable to receive health care services due to lack of money, while a mere 34% of mothers from indigenous nationalities receive care from skilled birth professionals. A large impact in the previously mentioned statistics is the fact that 25% of psychiatrists originally from Nepal work outside of the country: resulting in rural areas (such as those the indigenous people live near), having a limited amount of physiatrists. In terms of mental health, a policy was developed by the government in 1997, however, these policies have not quite been introduced to the Nepalese Natives quite yet. The act strives to provide basic mental health services to the entire population by integrating mental health care into the existing health care system. Knowing that the indigenous have been greatly marginalized in terms of overall health, the government has agreed to serve as an aid along with the Nepal Health Sector Strategy (NHSS). Only through time and commitment can the indigenous people of Nepal begin to feel their dignity respected

**Indigenous Land Rights, Climate Change impacts and**

In the past, the indigenous Nepalese have had their own system of property ownership (which often differed with the mainstream private property ownership system). In many cases they had been using the resources without any formal property ownership, but through understanding and traditional practices. These natives stemmed their culture and identity as a result of living in a certain location, however, now their security is being threatened. The Nepal government has begun to impend on the use of their traditional resources, evicted entire families from their own land: all because of a lack of proper policies to ensure the natives their livelihood. To combat such things, The Lawyers’ Association for Human Rights of Nepalese Indigenous Peoples (LAHURNIP) has registered under the Institution Registration Act 1967 in 1995. It was established by indigenous lawyers so as to protect indigenous Nepalese from such horrors. To further aid their fellow natives, the LAHURNIP have suggested that the government implement land rights that have already been made into policies by the government.

**Indigenous Peoples, Poverty, and Development**

All indigenous Nepalese lost ownership and control over their ancestral lands before the 1960s because of the country’s destructive land policies. As a direct result, during 2000–2007, 55.1 per cent of the Indigenous Nepalese population lived below the poverty line with an income of US$1.25 per day, and 77.6 per cent had an income of less than US$2 per day. To try and combat these statistics, the Nepalese government created the five-year Tenth Plan from 2002 to 2007 and the Poverty Reduction Strategy Paper. These two plans and strategies focused on four main topics:

(i) high, sustainable and broad-based economic growth, (ii) social sector and rural infrastructure development, (iii) social inclusion and targeted programmes for the poor, vulnerable and deprived groups, and (iv) good governance.

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