

# EMBRACING THE ROAR

## CELEBRATING INTERNATIONAL TIGER DAY WITH A DEEPER CONNECTION

Article by Acharya V Venkat

International Tiger Day, celebrated annually on July 29, is a global event that emphasizes the importance of tiger conservation. It's an opportunity to raise awareness about the numerous threats these majestic creatures face, including habitat loss, climate change, and illegal poaching. This year, however, we also delve into the spiritual significance of the Tiger and its importance in cultures worldwide.

### The Power of Tiger Energy:

Tigers hold a unique place in various cultures' spiritual beliefs. They are universally seen as symbols of power, strength, courage, and independence. In Shamanic traditions, for instance, Tiger energy is considered exceptionally potent. It represents the capacity to manage strong emotions, maintain balance in challenging situations, and embark on journeys of self-discovery and transformation. Tigers inspire the bravery to face the unknown and demonstrate the prowess necessary to achieve our goals.

In Chinese culture, the Tiger is one of the 12 zodiac animals and represents bravery, competitiveness, and unpredictability. Its energy is believed to bring good fortune, ward off evil spirits, and offer protection. The Tiger also embodies Yang energy, signifying power, heat, and the force of life.

In Indian mythology, the Tiger is the vehicle of the fierce and powerful goddess Durga. As her chosen ride, the Tiger signifies unrivaled strength and the ability to conquer darkness and evil.

### Why Tigers are Vital to the Ecosystem:

The significance of Tigers extends beyond spiritual symbolism. These apex predators play a pivotal role in maintaining the health and diversity of an ecosystem. As top predators, they keep the population of other animals in check, thereby maintaining the balance between herbivores and the vegetation upon which they feed.

Moreover, Tigers serve as an indicator of an ecosystem's health. A decrease in their population is often an indicator of potential problems in the ecosystem. Therefore, saving Tigers and ensuring their survival means we are essentially saving forests and the crucial ecosystem services they provide, including sequestering carbon, replenishing ground waters, and providing habitat for other species.

### Efforts Toward Tiger Conservation:

Efforts toward tiger conservation have been ramped up in recent years. Initiatives such as the Global Tiger Recovery Program aim to double the number of wild tigers by 2022. Strategies include improving the management of tiger habitats, clamping down on poaching and illegal trade, and engaging local communities in tiger conservation efforts.



Article by Acharya V Venkat.  
Founder & Managing Director  
Ashwa Unilife Group.  
Ph: 9949957979/7997761597



### Embracing the Roar

### Tigers and Biodiversity:

Tigers are a 'keystone species', which means their well-being is crucial to the health of the ecosystems they inhabit. This is because they indirectly help regulate the populations of prey species, which in turn plays a role in shaping the structure and functionality of ecosystems. Maintaining diverse and stable tiger populations thus becomes imperative in conserving biodiversity.

### Wildlife Safaris: More Than Just Tourism

Wildlife safaris are often associated with entertainment and tourism. Still, their significance goes much deeper. Safaris provide an opportunity for people to experience firsthand the majesty and vulnerability of species like Tigers in their natural habitat. This direct encounter can foster a profound connection with nature and promote a sense of responsibility for preserving these unique ecosystems.

Moreover, sustainable safari tourism can be a key contributor to conservation efforts. The revenue generated from safaris can be reinvested in local communities, incentivizing them to protect wildlife and their habitats. It can fund anti-poaching patrols, scientific research, and conservation programs, demonstrating a model where humans and Tigers can co-exist and thrive.

### Spiritual Connection with Tigers:

Seeing a Tiger in the wild during a safari can be a spiritual experience, connecting us back to the primal rhythms of nature. The Tiger, with its raw power, courage, and independence, can serve as a spiritual symbol, encouraging us to tap into these qualities within ourselves. The sighting can act as a tangible connection to the metaphysical tiger energy, making us more aware of our innate strength and resilience.

### The Therapeutic Power of Forests and Nature:

Visiting forests and immersing oneself in nature, often referred to as 'forest bathing' or 'Shinrin-yoku' in Japanese, has been scientifically proven to offer numerous health benefits. Forest environments can reduce levels of cortisol, the stress hormone, decrease blood pressure, heart rate, and boost the immune system's function.

Exposure to forests and green spaces can also significantly improve mood, focus, and energy levels. It increases our capacity to pay attention, think clearly, and be more creative. Therefore, the simple act of visiting a forest can have a substantial positive impact on both physical and psychological health.

Connection to the Natural World:

Visiting forests and going on safaris also help connect us to the natural world. It reminds us that we are a part of the larger ecological system and not separate from it. This connection can cultivate a sense of gratitude, respect, and responsibility towards nature and its preservation. Seeing wildlife in their natural habitats makes the need for conservation tangible and urgent.

Educational Value:

Forests and wildlife safaris also hold immense educational value. They allow us to observe biodiversity in action. The interdependency of species, the way the food chain works, the interaction between flora and fauna - all these abstract concepts become visible and understandable. This can particularly be a great educational tool for children, helping them to appreciate and understand the importance of biodiversity and conservation from a young age.

Boost to Local Economies:

Visiting forests and protected areas often boosts local economies, providing employment and income for local communities. This is particularly true when ecotourism is promoted and practiced, ensuring that tourism benefits both the environment and local communities.

Safaris: A Gateway to Understanding Nature:

Wildlife safaris, especially those that focus on conservation and education, can be the gateway to a better understanding of nature's intricacies. Observing a tiger in its natural habitat is not just thrilling but also a vivid reminder of the delicate balance of nature and our role in preserving it.

Embrace the Tiger Within:

This International Tiger Day, Let us recognize our shared existence and interconnectedness with Tigers and all of nature. Let's commit ourselves to appreciate and protect our natural heritage, learn from it, and let it heal and strengthen us. Tigers, and the energy they symbolize, have much to teach us if we have the humility and willingness to learn. Safaris can be one such pathway to this deeper understanding and connection. Remember, every Tiger saved is a step toward a healthier, richer, and more sustainable world for us all.



“वसुधैव कुटुम्बकम्”  
“VASUDHAIVA KUTUMBAKAM –  
The world is one family.”

let us not just focus on the physical protection and conservation of these majestic creatures. Let us also delve deeper into understanding the spiritual connection we share with them. Let us harness the courage, strength, and power of the Tiger spirit to face life's challenges head-on and bring about the change we wish to see in the world.

As we raise awareness about the importance of Tigers and the urgent need for their conservation, let us embody Tiger energy. Let us remember that every step we take to preserve and protect these magnificent beasts is a stride towards safeguarding our ecosystems, our planet, and ultimately ourselves.

The Population of the Tigers as per 2022, India census

Shivalik Hills Range & Gangetic Plains:- 819

Central Indian Landscape & Eastern Ghats-1439

Western Ghats Landscape – 1087

North east hills & Bhramaputra Hills- 9

Other places approx 300 plus

Total – 3682

With a 50 per cent increase in the last four years, Madhya Pradesh has the maximum number (785) of tigers in the country, followed by Karnataka (563), Uttarakhand (560), and Maharashtra (444), according to the data. (Source: Getty Images/Thinkstock).

Conclusion:

Embracing the Forests, Nurturing Ourselves,

Visiting forests and participating in nature tours like safaris offer benefits far beyond the immediate thrill and entertainment. These experiences foster our health, enlighten us about the rich biodiversity of our planet, and spur a sense of responsibility towards conservation. This International Tiger Day, let's pledge to spend more time connecting with nature, understanding, appreciating, and safeguarding it. After all, in healing the planet, we heal ourselves.



Disclaimer:  
The information provided in this article is for general informational and awareness purposes only.

Embracing the Roar.  
Article by Acharya V Venkat.