

MEDICINE AND PHARMACY

Climatic challenges for indian students in the case of the international medical faculty students' (Kyrgyzstan)

**Murzalieva Aizhan Maratbekovna¹, Saloni Manojkumar Gawali²,
Bhamini Pankaj Patil³**

¹ Lecturer, Department of Pathology, basic and clinical pharmacology,
International Medical Faculty;
Osh State University; Republic of Kyrgyzstan

² Student, International Medical Faculty;
Osh State University; Republic of Kyrgyzstan

³ Student, International Medical Faculty;
Osh State University; Republic of Kyrgyzstan

Abstract. This article explores the impact of climate change on the health of Indian students studying in Kyrgyzstan. The increase in temperature, air pollution levels, natural disasters, and shortage of food and water are all contributing to the deterioration of their health. The article highlights the need for governments to take appropriate measures to mitigate the effects of climate change on the health of vulnerable groups. Climate change has severe impacts on Indian students studying in Kyrgyzstan. The rise in air pollution, irregular weather patterns, and the impact on the agricultural sector all impact their health, wellbeing, and academic performance. It is crucial to address climate change and mitigate its effects to ensure a safe and healthy environment for Indian students studying in Kyrgyzstan.

Keywords: *climatic conditions, students, India, Kyrgyzstan, health.*

Climate change is a pressing issue that is affecting every aspect of human life, including health. One aspect that is often overlooked is the impact of climate change on the health of individuals, especially students studying abroad. This article focuses on the effects of climate change on the body of Indian students studying in Kyrgyzstan. Kyrgyzstan, a country in Central Asia, has been experiencing erratic weather patterns due to climate change, resulting in significant impacts on the health of Indian students. This article aims to raise awareness of the issue and highlight the need for appropriate measures to mitigate its effects.

The human body runs in incredibly complex adaptable

MEDICINE AND PHARMACY

mechanism and it can adjust to changing climates over time. Drastically changing climate make it difficult for our body to comfortably adapt in given environment in short period of time. It can cause some complications and benefits considering individual personal ability to refrain or adjust.

Encountering with sudden extreme cold temperature in Kyrgyzstan and leaving behind familiar humid temperature arises various issues most commonly having fever and cold. The oppressive climatic conditions difficult for growing vegetables it leads to insufficient diet intake for students which further causes problems related health , like vitamin & mineral deficiency, weakness, loss of appetite, serious issue of weight loss , metabolic disorders and malnutrition in some cases (Fig. - 1).

NO.	CLIMATIC EFFECTS ON BODY	PERCENTAGE OF INDIAN STUDENTS SUFFERING FROM CLIMATIC EFFECTS
1	FEVER	80-90%
2	COLD	40%<
3	SUNSTROKE	7-8%
4	WEIGHT LOOSE	40%>
5	PCOD/PCOS	20%.
6	SKIN ALLERGY	30%.
7	METABOLIC PROBLEMS	50-60%
8	STRESS	~60-70%
9	OCCASIONAL COLD COUGH	40%.
10	THYROID	10-20%

Figure 1

Given graph shows us climatic effects on body and the total percentage of indian students suffering from the climatic effects in Kyrgyzstan

Indian (Female) students have great impact of these factors on their menstrual health and creating problem like dysmenorrhoea, more loss of blood , formation of clots in periods, vaginal discharge. In the survey we got results as follows: Fig.-2

Kyrgyzstan and India have very different climates due to their geographical location, topography, and other factors. Kyrgyzstan is a landlocked country in Central Asia, while India is located in South Asia and bordered by the Indian Ocean.

Kyrgyzstan has a cold and dry climate with long, harsh winters and short, cool summers. The average temperature in January is -7°C (19°F). While in July it is around 20°C (68°F). The country experiences significant temperature variations between day and night, particularly in the mountainous regions.

MEDICINE AND PHARMACY

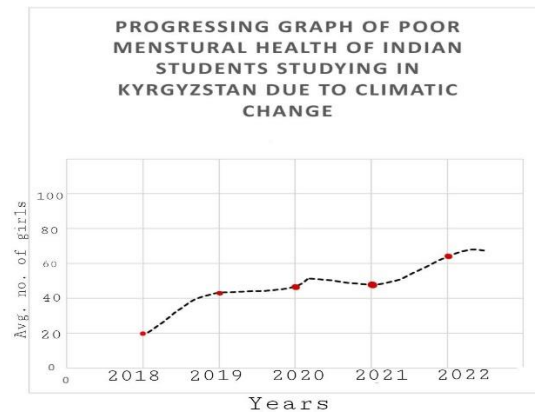


Figure 2

Progressing graph of poor menstrual health of Indian students studying in Kyrgyzstan due to climatic change

Precipitation is relatively low throughout the year, with most of it falling in the form of snow in the winter months. India, on the other hand, has a tropical climate with significant regional variations. The country experiences three main seasons: summer, monsoon, and winter. The summer months (March to May) are hot and dry, with temperatures ranging from 32°C (90°F) to 45°C (113°F) in some areas. The monsoon season (June to September) brings heavy rainfall to most parts of the country, particularly in the coastal regions. The winter season (December to February) is mild and pleasant in most parts of the country, although some areas in the north experience snowfall. Dry climate with long winters, while, In summary, Kyrgyzstan has a cold and India has a tropical climate with significant regional variations.

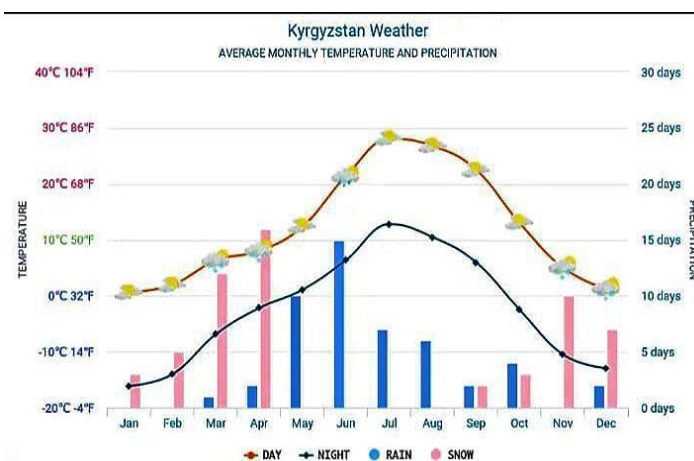


Figure 3

AVG. TEMPERATURE GRAPH OF KYRGYZSTAN

MEDICINE AND PHARMACY

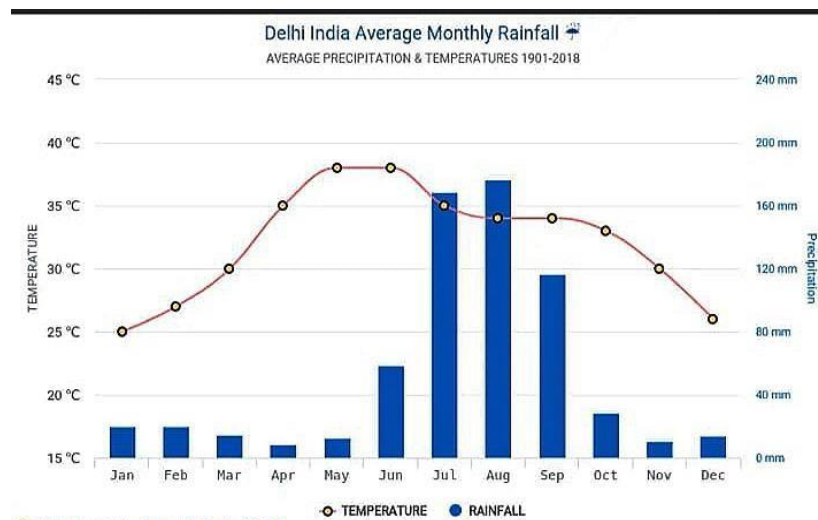


Figure 4

AVG. TEMPERATURE GRAPH OF INDIA

Discussion.

Climate change is a pressing issue that is affecting people all over the world. India, being one of the most vulnerable countries to climate change, has already started feeling its effects in various ways. The impact of climate change is not limited to India alone but extends to Indian students studying abroad, such as in Kyrgyzstan. In this article, we will explore the effects of climate change on Indian students in Kyrgyzstan and the measures they can take to mitigate them.

Kyrgyzstan, a landlocked country in Central Asia, has a diverse landscape ranging from high mountains to deserts.

Indian students studying in Kyrgyzstan face the effects of climate change in various ways. One of the most significant impacts is on their health.

The rise in temperature and humidity levels increases the risk of heatstroke, dehydration, and other heat-related illnesses. Additionally, the increase in air pollution due to dust and smoke from forest fires worsens respiratory problems such as asthma.

Another significant impact of climate change is on the economy. The agricultural sector in Kyrgyzstan is particularly vulnerable to climate change. The changing precipitation patterns, floods, and droughts can cause a decrease in crop yields, leading to food shortages and price hikes. This can significantly affect the Indian students studying in Kyrgyzstan as they may face difficulty in

MEDICINE AND PHARMACY

accessing affordable and nutritious food.

The impacts of climate change also affect the mental health of Indian students in Kyrgyzstan. The changing weather patterns and extreme weather events can cause anxiety and stress, particularly for those who come from regions that are not familiar with such weather conditions.

However, there are measures that Indian students can take to mitigate the effects of climate change. One of the most important measures is to reduce their carbon footprint. Students can achieve this by adopting eco-friendly habits such as using public transport, reducing energy consumption, and avoiding single-use plastics. Additionally, students can also engage in community-based initiatives such as tree-planting campaigns and waste management programs.

Another important measure is to raise awareness about climate change among their peers and communities. Indian students can share their experiences of climate change in their home country and its impacts on their daily lives. They can also engage in discussions and events related to climate change and its impacts on Kyrgyzstan and the world.

Finally, Indian students can also contribute to research and innovation in the field of climate change. They can participate in research projects that aim to mitigate the effects of climate change and develop innovative solutions to reduce carbon emissions and promote sustainable development.

CONCLUSION

In conclusion, climate change affects people all over the world, including Indian students studying in Kyrgyzstan. The effects of climate change on their health, economy, and mental well-being are significant. However, by adopting eco-friendly habits, raising awareness, and contributing to research and innovation, Indian students can mitigate the effects of climate change and promote sustainable development. After analyzing the various aspects of climate change and its impact on Indian students in Kyrgyzstan, it can be concluded that climate change has had a significant impact on their lives. The changing weather patterns, extreme temperatures, and natural disasters such as landslides and floods have affected their physical and mental health, as well as their academic performance.

In order to mitigate the negative impact of climate change, it is important for both Indian students and the Kyrgyz government to take steps towards sustainable practices. This includes reducing carbon emissions, promoting

MEDICINE AND PHARMACY

energy- efficient technologies, and adopting eco-friendly lifestyles. Additionally, it is important for educational institutions to educate their students about the importance of environmental conservation and provide them with the necessary skills to tackle climate change.

Overall, climate change is a global issue that requires collective action from all individuals and governments. The Indian students in Kyrgyzstan are just one example of how climate change can affect people from diverse backgrounds, and it is crucial that we work together to address this pressing issue.

References:

- [1] General resources on climatic conditions for India: URL <http://hikersbay.com/climate-conditions/india/delhi/climate-conditions-in-delhi.html?lang=en>
- [2] General resources on climatic conditions for Kyrgyzstan: URL <http://hikersbay.com/climate/kyrgyzstan?lang=en> <https://www.climatestotravel.com/climate/kyrgyz>
- [3] International Monetary Fund. Middle East and Central Asia Dept. Climate "Change Adaptation and Mitigation in the Kyrgyz Republic" Publication Date: 16 Feb 2023. Middle East and Central Asia dept.
- [4] Bellon, M. and Massetti, E. (2022a). "Economic Principles for Integrating Adaptation to Climate Change into Fiscal Policy," IMF Staff Climate Note 2022/001 (Washington, D.C.: International Monetary Fund).
- [5] Bellon, M. and Massetti, E. (2022b). "Planning and Mainstreaming Adaptation to Climate Change in Fiscal Policy," IMF Staff Climate Note 2022/003 (Washington, D.C.: International Monetary Fund).
- [6] Aligishiev, Z., Bellon, M., and Massetti, E. (2022). "Macro-Fiscal Implications of Adaptation to Climate Change," IMF Staff Climate Note 2022/002 (Washington, D.C.: International Monetary Fund).