

Social Development  
for Communities  
FOUNDATION



SDC ROUNDTABLE  
REPORT

# IMPACTS OF CLIMATE CHANGE ON HUMAN HEALTH

JAN  
26

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# Introduction

In October 2023, the World Health Organisation (WHO) released a fact sheet on climate change and said the following:

- Climate change is directly contributing to humanitarian emergencies from heatwaves, wildfires, floods, tropical storms and hurricanes and they are increasing in scale, frequency and intensity.
- Research shows that 3.6 billion people already live in areas highly susceptible to climate change. Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhoea, and heat stress alone.
- The direct damage costs to health (excluding costs in health-determining sectors such as agriculture and water and sanitation) is estimated to be between \$2-4 billion per year by 2030.
- Areas with weak health infrastructure – mostly in developing countries – will be the least able to cope without assistance to prepare and respond.
- Reducing emissions of greenhouse gases through better transport, food and energy use choices can result in very large gains for health, particularly through reduced air pollution.

It isn't just the WHO. Since Conference of the Parties started meeting 28 years ago to assess global efforts to advance the key Paris Agreement with the aim of limiting global warming to as close as possible to 1.50 C above pre-industrial levels, it was the first time that it hosted a Health Day, for:

- Showcasing evidence based and clear impact pathways between climate change and human health.
- Promoting “health arguments for climate action” and health co-benefits of mitigation.
- Highlighting needs, barriers and best practices for strengthening climate resilience of health systems.
- Identifying and scaling adaptation measures to address the impacts of climate change on human health.
- Taking action at the nexus of health and relief, recovery and peace.

To sum up then, there is mounting evidence that climate change is not only bad for the world that we live in but dangerous for us humans as well. Now, it is not only about saving nature but also about saving ourselves. For this, we need to bring discussions on the immediate connection between health and climate change out of white papers and closed doors, and make them more mainstream.

# Background

For an ecologically fragile state such as Uttarakhand, climate change is more real than many other states. With tourism and pilgrimage numbers breaking records year after year, we are ignoring the ills of too much too soon. Lacunae in waste management, public transport infrastructure, policies and laws for construction, and protecting green cover means we need to take action as soon as possible.

Committed to the cause of climate action, SDC Foundation organised a Roundtable Dialogue on the issue of "Climate Change and Health" on January 26, 2024. It is worth mentioning here that it was a first of its kind, and saw the state's experts and top-notch healthcare professionals come together to discuss the implications of climate change on the physical and mental health of people. This report is an outcome of the above discussion.





# लोगों पर जलवायु परिवर्तन का सीधा असर

देहरादून, मुख्य संवाददाता। उत्तराखंड में लोगों के शारीरिक-मानसिक स्वास्थ्य पर जलवायु परिवर्तन का सीधा असर पड़ रहा है। देहरादून में मंगलवार को विशेषज्ञों ने राउंड टेबल डायलॉग में इस पर चिंता जताई। साथ ही, राज्यस्तर पर इससे निपटने के लिए रणनीति बनाने की जरूरत पर जोर दिया।

सामाजिक संस्था एसडीसी फाउंडेशन की ओर से आयोजित राउंडटेबल डायलॉग में वाइवा भू-विज्ञान संस्थान के पूर्व वैज्ञानिक डॉ. पीएस नेगी ने कहा कि आज स्थिति यह हो गई है कि जलवायु परिवर्तन की वजह से उच्च हिमालयी क्षेत्रों में औषधीय पौधों की प्रजातियां भी खतरे में हैं। तापमान में बढ़ोतरी से त्लेशियर सिंकुड रहे हैं। हिमालयी बर्फ पर ब्लैक कार्बन की परत जम रही है। एलबीएसएनएए मसूरी के मुख्य चिकित्सा अधिकारी डॉ. मयंक बडोला ने कहा कि हमें बीमारियों की निगरानी के लिए मजबूत प्रणाली विकसित करनी होगी, क्योंकि जलवायु परिवर्तन का सीधा असर सेहत पर पड़ रहा है। वहीं, स्त्री रोग विशेषज्ञ डॉ. मेघना असवाल ने कहा



दून में मंगलवार को एसडीसी फाउंडेशन ने जलवायु परिवर्तन से स्वास्थ्य पर असर को लेकर राउंडटेबल डायलॉग आयोजित की।

कि तापमान बढ़ने से गर्भवती महिलाएं सबसे ज्यादा प्रभावित हो रही हैं। प्रदूषण का असर गर्भवस्था शिशुओं पर भी पड़ रहा है। एसडीसी फाउंडेशन के अनुप

नौटियाल और प्रेरणा रतूड़ी ने राउंड टेबल डायलॉग में सामने आए तथ्यों को लेकर जलवायु परिवर्तन से निपटने के लिए प्रभावी रणनीति बनाने की दिशा

में काम करने पर जोर दिया। इस चर्चा में सर्जन और लेखक डॉ. महेश भट्ट, यूपनडीपी के राज्य प्रमुख डॉ. प्रदीप मेहता, सेंटर फॉर इकोलॉजी डेवलपमेंट

विशेषज्ञ बोले-चमोली तक में आ रहे डेंगू के केस, नैनीताल में भी पनप रहे हैं मच्छर

शुगर-थायराइड जैसी बीमारियों में भी बढ़ोतरी

स्वास्थ्य विभाग के पूर्व अपर निदेशक डॉ. एसडी जोशी ने अपने अनुभव बताते हुए कहा कि घूमपान नहीं करने वालों के फेफड़ों तक में माइक्रो प्लास्टिक और ब्लैक कार्बन पहुंच रहा है। इससे स्ट्रोक, दिल के दौर, मधुमेह और थायराइड जैसी बीमारियां बढ़ रही हैं। इस परिचर्चा में विशेषज्ञों ने कहा कि चमोली में भी अब डेंगू के मामले आने लगे हैं, नैनीताल में मच्छर पनप रहे हैं, जो कहीं न कहीं जलवायु परिवर्तन की वजह से हो रहा है।

एंड रिसर्च में फेलो निधि सिंह, स्वास्थ्य विभाग के आईसीसी अफसर अनिल सती, सामाजिक कार्यकर्ता राकेश बिजल्लाण ने भी हिस्सा लिया।

## Who said what

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**Anoop Nautiyal**  
Context Setting  
Founder SDC Foundation, Uttarakhand

Everything – from the food we eat, the water we drink, to the air we breathe – is being impacted due to climate change. Consequently, our health is adversely impacted, too. As we sit here today among illustrious healthcare professionals, scientists and experts, I hope we will be able to exchange information on the direct connection between health and climate change, why we need to join the cause of climate action and, most importantly, what can be done in the Himalayan state of Uttarakhand.



**Dr. Mahesh Bhatt**

*Panelist  
Surgeon and Writer*

We live in a natural system where if we change one thing, it creates a feedback loop for other things and impacts them as well. It is the same with climate change, which we all know is caused due to greenhouse gases (GHGs). A lot of times we think it doesn't impact us, but it does. Let's take the example of a cloudburst. It leads to flash floods, which erode the topsoil. This in turn leads to the quality of soil reducing, which means lesser crop yield, and means both food insecurity and rise in grain price. This impacts our nutritional content, which lowers our immunity.

I would also like to introduce the term climate justice here. The thing is, all those who are causing climate change are not too impacted by it. For instance, I live in Dehradun and use a lot of electricity to power my home's lights. And then there is my uncle's son, who lives in a remote village in the hills, and doesn't even have electricity. Due to my carbon footprint, his field gets washed away from a flash flood. Our carbon footprint is 100 times more than our house helps.



**Dr. P. S. Negi**

*Panelist  
Former Scientist  
Wadia Institute of Himalayan Geology*

Systematic change in the atmosphere for 30 years is called climate change. Yes, GHGs are driving climate change, but we also need to talk about black carbon, which is emitted from coal-fired power plants and gas and diesel engines – that means all automobiles using fossil fuels.

This black carbon in the atmosphere absorbs heat from the sun during the day, and releases it at night. As a result, the earth, which would cool down at night, continues to stay warm. In our Himalayan state, this is even more dangerous, since it leads to glaciers melting at a rapid rate. Not only that, medicinal plants that grew at really low temperatures are fast going extinct since temperatures are now that low anymore.

Then there is the issue of microplastics, which are said to have gone inside our bodies and have been found in unborn fetuses, human lungs and blood. All this is a worrying fact that we have to accept and find ways to tackle. And it can't be done later. It has to be done now.



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**Dr. Mayank Badola**

*Panelist  
Chief Medical Officer (CMO)  
Lal Bahadur Shastri National Academy of  
Administration (LBSNAA), Mussoorie*

There are three things we need to focus on at the moment. One, capacity building; we need to train our Asha workers, doctors, and other healthcare workers better. This will work to take measures to adapt to climate change. Two, crank up IEC so that information and understanding of existing and newer diseases is disseminated at all levels. Three, mitigation; we need to take steps to reduce our pollution levels, improve green cover, and revisit the definition of development.

With glaciers receding and permafrost melting, newer viruses are emerging from the earth and we need to study this phenomenon. Additionally, we need more efficient and robust surveillance and detection systems for diseases, especially those that are vector borne. We need to invest in healthcare and improve our response to health challenges.



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**Dr. Meghna Aswal**

*Panelist  
Gynaecologist*

I'm no expert on climate change, but in my experience as a gynaecologist, I have seen its effects on women and their infants. A rise in temperatures have led to increased cases of heat stress in pregnant women, and cases of dehydration have gone up as well. There are also instances of preterm labour, complications during childbirth and low birth weight.

You must have noticed how respiratory distress increases among children and senior citizens during Diwali. There is also scientific evidence between air pollution and neurodevelopmental and neurodegenerative disorders. Vector borne diseases such as dengue and chikungunya have also increased. You will be surprised to know that even as we were all battling corona, the cases of asthma patients had reduced – that is because the air quality improved!



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**Dr. S.D. Joshi**

*Panelist  
Former Additional Director - Health  
Govt. of Uttarakhand*

I still remember the post-mortem report of a young male many years ago. Both his lungs were black, but he wasn't a smoker. When I asked for more information, I was told he worked in the transport sector and even lived close to a high-traffic area. What I am trying to say is that pollution is not just about air, but also water, soil, and is connected to everything.

A number of diseases today are caused or exacerbated due to pollution. An increase in cases of strokes, heart attacks, diabetes, thyroid dysfunction and even cancer is proof that things are not well with the world. Let's also talk about the food we eat. A simple gourd, which would take three months to ripen, now ripens much faster. Do you think it has the same deep nutrition value? Obviously not. Also, when we talk about health, we should talk about the impact climate change has on our mental health.



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**Dr. Pradeep Mehta**

*Panelist  
State Head UNDP, Uttarakhand*

Climate change holds maximum threat to those living in the mountains and the coastal areas. In our own hills and those in Himachal, some varieties of apples have all but vanished. Apples from Ramgarh in Kumaon, have nearly gone. The Kullu-Bhuntar region in Himachal Pradesh, which was once known as the apple belt, sees apple production moving to higher reaches of the mountains due to an increase in temperatures in the areas where apple orchards once existed.

I was part of a survey study in Namik Uttarakhand, and we discovered that the region once grew a variety of rajma, but not anymore. Our own concept of bara anaja (twelve grains) has taken a beating and, consequently, so has our health. Our food lacks a variety of nutrition that we once got from a range of grains.

Studies show that globally, the number of climate migrants has far overtaken the number of war migrants, which is a cause for extreme worry. Talking about vector borne diseases, it is scary to see how multiple cases of dengue were reported in even far-off and hill districts such as Joshimath and Chamoli.



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**Dr. Nidhi Singh**

*Panelist  
Fellow at Centre for Ecology,  
Development and Research (CEDAR)*

Climate change and health is a complicated and complex issue. While we can't stop development, we can definitely choose solutions that benefit lives, the environment and the economy. In short, development needs to be impact-based, rather than need-based. When it comes to climate action, it can be both mitigation and adaptation. The thing with mitigation is that it is a long-term process, costly, and needs government and policymakers to get behind it. Adoption may be easier, but it isn't the long-term solution.

I would also like to point out the importance of bringing discussions on gender equality, disability and social inclusion (GEDSI) to the table. After all, it is women, children and the disabled who bear the brunt of any catastrophe. We can't work in silos and need to find a solution together.

Additionally, we need to disseminate information about climate change and pollution to the masses. In my research, I realised it is lacking widely among those who spend the entire day on the road, such as vendors and traffic police members.



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**Anil Sati**

*Panelist  
Information, education and communication (IEC) Officer,  
Dept. of Health , Uttarakhand*

Let me begin by saying that we are all responsible for climate change. We have become so far removed from nature and we can see the result of that. Things are going from bad to worse. Younger and younger people are being diagnosed with diseases, new strains of diseases, and what have you. In a time when milk can last in packs for months, we have diseases such as dengue, too, lasting for months!

We need to change our attitude towards nature and bring about changes in our habits and lifestyle.





**Rakesh Bijalwan**  
Panelist  
Social Worker

I do a lot of work on migration of people from the hills to plains. This migration has also led to rapid urbanisation. So, now we have more cars, more two-wheelers, air-conditioners and taller buildings. We need to ask ourselves where all this will lead us. Take the case of electric vehicles (EVs), for instance. Yes, they won't use fossil fuels, but have we stopped to consider the pollution caused from when these batteries have run their course? Even their manufacturing results in really high carbon emissions, some say more than those that run on fossil fuels.

In summary, we need to question our need to consume more and more. I feel we are missing a big chunk of the puzzle, which is the need to simplify our lifestyles and relook at our wants, needs, and desires.

मंथन

'क्लाइमेट चेंज का स्वास्थ्य पर प्रभाव' पर चर्चा के लिए राउंड टेबल डायलॉग का आयोजन

## क्लाइमेट चेंज से निपटने के लिए ठोस रणनीति जरूरी

माई सिटी रिपोर्टर

देहरादून। उत्तराखंड में लोगों के शारीरिक और मानसिक स्वास्थ्य पर क्लाइमेट चेंज के प्रभावों पर चर्चा करने के लिए राउंड टेबल डायलॉग का आयोजन किया गया। जिसमें स्वास्थ्य और जलवायु परिवर्तन पर नजर रखने वाले विशेषज्ञों ने हिस्सा लिया। विशेषज्ञों ने इन प्रभावों से निपटने के लिए प्रदेश स्तर पर ठोस रणनीति बनाने की जरूरत बताई।

सामाजिक संस्था एसडीसी फाउंडेशन की ओर से आयोजित राउंड टेबल डायलॉग में डॉ. महेश भट्ट ने कहा कि मैदान में तमाम सुविधाओं का इस्तेमाल कर रहे लोग पहाड़ों में जलवायु परिवर्तन के कारण होने वाली

**सेब की बेल्ट, राजमा की किस्में लुप्त हो रहीं : डॉ. प्रदीप**

यूनडीपी के डॉ. प्रदीप मेहता ने कहा कि सेब की बेल्ट लुप्त हो रही है। राजमा की कई किस्में भी विलुप्त हो रही हैं। फसलों की विविधता और बारा अनाज (12 अनाज) की हमारी संस्कृति तेजी से खत्म हो रही है। यह सब क्लाइमेट चेंज के कारण हो रहा है।

बादल फटने जैसी घटना के लिए कहीं न कहीं जिम्मेदारी है। वाडिया के पूर्व वैज्ञानिक डॉ. पीएस नेगी ने कहा कि जलवायु परिवर्तन से पारिस्थितिकी, अर्थव्यवस्था, स्वास्थ्य और उच्च हिमालय में औषधीय पौधों की पूरी प्रजाति खतरे में है। डॉ. मयंक बडोला ने कहा कि जलवायु परिवर्तन से स्वास्थ्य पर

**बढ़ते तापमान का गर्भवती महिलाओं पर पड़ रहा सीधा असर : डॉ. मेघना**

डॉ. मेघना असवाल ने कहा कि बढ़ते तापमान का गर्भवती महिलाओं पर सीधा असर पड़ रहा है। समय से पहले प्रसव और जन्म के समय नवजात शिशुओं का कम वजन कहीं न कहीं जलवायु परिवर्तन का प्रभाव है। उन्होंने कहा कि जब कोविड अपना असर दिखा रहा था, हमने अस्पताल में वायु प्रदूषण के निम्न स्तर के कारण अस्थमा के रोगियों में कमी देखी।

पड़ रहे प्रभावों से निपटने के लिए उत्तराखंड सरकार विभिन्न प्रयास कर रही है।

डॉ. एसडी जोशी ने कहा कि उन्होंने एक बार काले फेफड़ों वाले एक युवक की पोस्टमॉर्टम रिपोर्ट देखी थी, जबकि वह धूम्रपान नहीं करता था। इस दौरान सीडर संस्था की डॉ. निधि सिंह, सूचना, शिक्षा एवं

संचार अधिकारी अनिल सती, माइग्रेसन और रिवर्स माइग्रेसन के क्षेत्र में काम करने वाले सामाजिक कार्यकर्ता राकेश बिजलवान ने भी अपने विचार व्यक्त किए। एसडीसी फाउंडेशन के अनूप नौटियाल और प्रेरणा रतूड़ी ने प्रतिभागियों का आभार व्यक्त किया।

# Acknowledgements

SDC Foundation is extremely thankful to all those who were a part of the roundtable and took active part in the discussion on the cold January evening.

We are grateful to surgeon and writer Dr. Mahesh Bhatt; former Scientist at Wadia Institute of Himalayan Geology Dr. P.S. Negi; Chief Medical Officer (CMO) LBSNAA, Mussoorie Dr. Mayank Badola; gynaecologist Dr. Meghna Aswal; former Additional Director, Uttarakhand Health Dept, Dr. S.D. Joshi; UNDP State Head Uttarakhand Dr. Pradeep Mehta; Fellow at Centre for Ecology, Development and Research (CEDAR) Dr. Nidhi Singh; Uttarakhand Health Department's IEC Officer Anil Sati and social worker Rakesh Bijalwan.

We are also indebted to the many media organisations and news portals that gave excellent coverage to the event in their newspapers and online platforms. We also thank Pacific Hotel and its Senior Manager, Deepak Rawat, who extended all support in the conduct of the roundtable, and ensured there were snacks and hot tea to keep the charcha going strong.





# About Social Development for Communities (SDC) Foundation

Social Development for Communities (SDC) Foundation is a Dehradun-based environmental action and advocacy group engaged in communication, capacity building and community mobilisation in the Himalayan state of Uttarakhand. Its key functional domains include climate and environmental conservation, sustainable urbanisation and solid & plastic waste management.

The foundation works in partnership with institutions of Government of India, Government of Uttarakhand, and other stakeholders such as research and academic institutions, community groups, civil society, media partners, NGOs, businesses and trade bodies, schools and colleges in the state.

# Media Coverage

## 1st Roundtable on connect between Climate Change & Health held in U'khand

**By OUR STAFF REPORTER DEHRADUN, 30 Jan:** The city of Dehradun saw the state's experts and top-notch healthcare professionals come together for a first ever roundtable dialogue to discuss the implications of climate change on the physical and mental health of people in Uttarakhand.

The dialogue was organised by environmental action and advocacy group, SDC Foundation, and attended by surgeon and writer Dr Mahesh Bhatt; former Scientist at Wadia Institute of Himalayan Geology Dr PS Negi; Chief Medical Officer (CMO) IBSNA, Mussoorie, Dr Mayank Badola; Gynaecologist Dr Meghna Aswal; former Additional Director, Uttarakhand Health Department, Dr SD Joshi; UNDP State Head, Uttarakhand, Dr Pradeep Mehta; Fellow of Centre for Ecology, Development and Research (CEDAR), Dr Nidhi Singh; Uttarakhand Health Department's IEC Officer Anil Sati; Social worker Rakesh Bisht; and founder, SDC, Anoop Nautiyal and Lead Research & Documentation, SDC, Preeti

Rasthi.

Dr Mahesh Bhatt began the roundtable and expressed concern at how there was an immediate need for bringing climate justice to the table when talking about climate change. "I might be using two cars, air-conditioning and 10 light bulbs in my house and be safe. However, my cousin in a remote village in Uttarakhand might witness his fields being washed away from a cloudburst, which happened due to climate change. In which I too have played a part," said Dr Mahesh Bhatt.

Agreeing to how everything is interconnected, Dr PS Negi cited the example of how particulate matter emitted from fires and fossil fuels are increasing the temperatures and becoming a cause for receding snowlines and glaciers. "Climate change affects everything - ecology, economy, health, and wellbeing. Entire species of medicinal plants in the Higher Himalayas are at risk."

Dr Mayank Badola said that the Uttarakhand government is working on bettering its

healthcare in the face of climate change by capacity building, IEC robustness, and making healthcare facilities less polluting. "We need more efficient surveillance systems and detection systems for diseases, especially those that are vector borne," he said, adding, "Those living in the mountain areas and coastal regions are most susceptible to climate change. Thus, there is as much a need for mitigation as adapting measures."

Dr Meghna Aswal shared how she has seen a direct connection between rising atmospheric temperatures and preterm labour and heat stress in pregnant women as well as low birth weight and fetal distress in newborns. "Even as Covid was taking its toll, we actually saw a decrease in asthma patients due to low air pollution levels. Scientific evidence also shows a connection between air pollution and neurodevelopmental and neurodegenerative disorders," she said.

Dr SD Joshi shared how he once saw a post-mortem report of a young male with black lungs and he wasn't a smoker; he

worked in the transport sector. "Microplastics, black carbon and so many other forms of pollution are causing a surge in diseases such as strokes, heart attacks, diabetes, thyroid dysfunction, and so on," he said.

UNDP's Dr Pradeep Mehta spoke with reference to the entire Himalayan belt and said his own studies and work had shown entire apple belts vanishing and even several varieties of rajma becoming extinct.

Dr Nidhi Singh of CEDAR pointed out how climate change and health is a complicated and complex issue and said that even though stopping development is not the answer, the need is to focus more on impact-based development rather than need-based development. "It is also crucial that we bring discussions on gender equality, disability and social inclusion (GEDSI) to the table. After all, it is women, children and the disabled who bear the brunt of any catastrophe," she said.

Information, Education and Communication (IEC) Officer Anil Sati talked about the increase in vector-borne diseases in not only

## जलवायु परिवर्तन पर विशेषज्ञ चिंतित, रणनीति बनाने पर जोर

**जगरण संवाददाता, देहरादून :** जलवायु परिवर्तन से आज पूरी दुनिया खतरे में पड़ गई है। इसके प्रभाव से प्रकृति की गोद में बसा उत्तराखंड में भी अछूता नहीं है। पर्यावरण के साथ लोगों के शारीरिक और मानसिक स्वास्थ्य पर इसका सीधा असर पड़ रहा है। दून में विशेषज्ञों ने राउंड टेबल डायलाग में इस पर गंभीर चिंता जताई। साथ ही राज्य स्तर पर इससे निपटने के लिए रणनीति बनाने की जरूरत पर जोर दिया।

- देहरादून में आयोजित राउंड टेबल डायलाग में एकत्र हुए विभिन्न क्षेत्रों के जानकार
- विज्ञानी बोले, जलवायु परिवर्तन से उच्च हिमालयी क्षेत्रों में औषधीय पौधों की प्रजातियां खतरे में
- चिकित्सक बोले, सेहत पर पड़ रहा है इसका सीधा असर, गर्भवस्थ शिशु भी सुरक्षित नहीं हैं

सामाजिक संस्था एसडीसी फाउंडेशन की ओर से होटल पैसिफिक में आयोजित राउंड टेबल डायलाग में वाडिया के पूर्व विज्ञानी डा. पीएस नेगी ने कहा कि स्थिति यह हो गई है कि जलवायु परिवर्तन की वजह से उच्च हिमालयी क्षेत्रों में औषधीय पौधों की प्रजातियां भी खतरे में हैं। तापमान में बढ़ती ग्लेशियर हिमालयी बर्फ पर जम रही है। मुख्य चिकित्सा अधिकारी एलबीएसएनएए, मसूरी डा. मयंक बडोला ने कहा कि हमें बीमारियों की मानिट्रिंग के लिए मजबूत प्रणाली बनानी होगी, क्योंकि जलवायु परिवर्तन का सीधा असर सेहत पर पड़ रहा है।

प्लास्टिक और ब्लैक कार्बन पहुंच रहा है। इससे स्ट्रोक, दिल के दौर, मधुमेह, थायरायड जैसी बीमारियां बढ़ रही हैं।

चर्चा में विशेषज्ञों ने कहा कि चमोली जिले में अब डेंगू के मामले आने लगे हैं, नैनीताल में मच्छर पनप रहे हैं, जो कहीं न कहीं जलवायु परिवर्तन की वजह से हो रहा है। एसडीसी फाउंडेशन के अनूप सिमट रहे हैं, ब्लैक कार्बन की परत हिमालयी बर्फ पर जम रही है। मुख्य चिकित्सा अधिकारी एलबीएसएनएए, मसूरी डा. मयंक बडोला ने कहा कि हमें बीमारियों की मानिट्रिंग के लिए मजबूत प्रणाली बनानी होगी, क्योंकि जलवायु परिवर्तन का सीधा असर सेहत पर पड़ रहा है।

स्त्री रोग विशेषज्ञ डा. मेघना असवाल ने कहा कि तापमान बढ़ने से सबसे ज्यादा गर्भवती महिलाएं प्रभावित हो रही हैं। प्रदूषण का असर गर्भवस्थ शिशुओं पर भी पड़ रहा है। स्वास्थ्य विभाग के पूर्व अपर निदेशक डा. एसडी जोशी ने अपने अनुभव बताते हुए कहा कि धूमपान नहीं करने वालों के फेफड़ों तक में माइक्रो

## जलवायु परिवर्तन का मानवीय स्वास्थ्य पर असर

सहारा न्यूज ब्यूरो

देहरादून।

उत्तराखंड में लोगों के शारीरिक और मानसिक स्वास्थ्य पर जलवायु परिवर्तन के प्रभावों पर चर्चा के लिए राउंडटेबल डायलाग का आयोजन किया गया। जिसमें स्वास्थ्य और जलवायु परिवर्तन पर नजर रखने वाले विशेषज्ञों ने प्रतिभाग किया। राउंडटेबल में इन प्रभावों से निपटने के लिए प्रोड्यूसर स्तर पर ठोस रणनीति बनाने की जरूरत बताई गई।

पर्यावरण, कचरा प्रबंधन और सतत शहरीकरण पर काम करने वाली सामाजिक संस्था एसडीसी फाउंडेशन की ओर से आयोजित राउंडटेबल डायलाग में सर्जन और लेखक डा. महेश भट्ट, वाडिया संस्थान के पूर्व वैज्ञानिक डा. पीएस नेगी, डा. मयंक बडोला, डा. मेघना असवाल, डा. एसडी जोशी, डा. प्रदीप मेहता, डा. निधि सिंह, अनिल सती, राकेश बिजल्वण, अनूप नौटियाल, प्रेरणा रातू ने भाग लिया।

डा. महेश भट्ट ने क्लाइमेट जस्टिस के पहलुओं और प्रभावों पर चिंता जताई। उन्होंने कहा कि मैदान में तमाम सुविधाओं का



राउंडटेबल डायलाग में चर्चा करते विशेषज्ञ।

इस्तेमाल कर रहे हम लोग पहाड़ों में जलवायु परिवर्तन के कारण होने वाली बाढ़ों पटने जैसी घटना के लिए कहीं न कहीं जिम्मेदार हैं। वाडिया संस्थान के पूर्व वैज्ञानिक डा. पीएस नेगी ने कहा कि जलवायु परिवर्तन से वादस्थितिकी, अर्थव्यवस्था, स्वास्थ्य और उच्च हिमालय में औषधीय पौधों की प्रजाति खतरे में है। डा. मयंक बडोला ने कहा कि

जलवायु परिवर्तन से स्वास्थ्य पर पड़ रहे प्रभावों से निपटने के लिए उत्तराखंड सरकार विभिन्न प्रयास कर रही है। उन्होंने कहा कि हमें बीमारियों पर निगरानी के लिए मानिट्रिंग प्रणालियों को मजबूत करने की जरूरत है। एक बड़ा खतरा वेक्टर जनित बीमारियों से है। डा. मेघना असवाल ने कहा कि बढ़ते तापमान का गर्भवती महिलाओं पर सीधा

जलवायु परिवर्तन के प्रभावों पर चर्चा के लिए राउंडटेबल डायलाग

हर पटलू पर विस्तार से की चर्चा, ठोस रणनीति बनाने पर दिया जोर

असर पड़ रहा है। समय से पहले प्रसव और जन्म के समय नवजात शिशुओं का काम वजन कहीं न कहीं जलवायु परिवर्तन का प्रभाव है। डा. एसडी जोशी ने कहा कि उन्होंने एक बार काले फेफड़ों वाले एक युवक की पोस्टमॉर्टम रिपोर्ट देखी थी, जबकि वह धूमपान नहीं करता था। कहा कि माइक्रोप्लास्टिक्स, ब्लैक कार्बन और प्रदूषण के कई अन्य रूप स्ट्रोक, दिल के दौर, मधुमेह, थायरायड, डिप्रेशन जैसी बीमारियों में वृद्धि का कारण बन रहे हैं।

कान्फ्रंस में डा. प्रदीप मेहता, डा. निधि सिंह ने भी जागरूकता साधा की। एसडीसी फाउंडेशन के संस्थापक अनूप नौटियाल व प्रेरणा रातू ने चर्चा को सभी नेटवर्क और मंचों पर ले जाने का आग्रह किया।

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