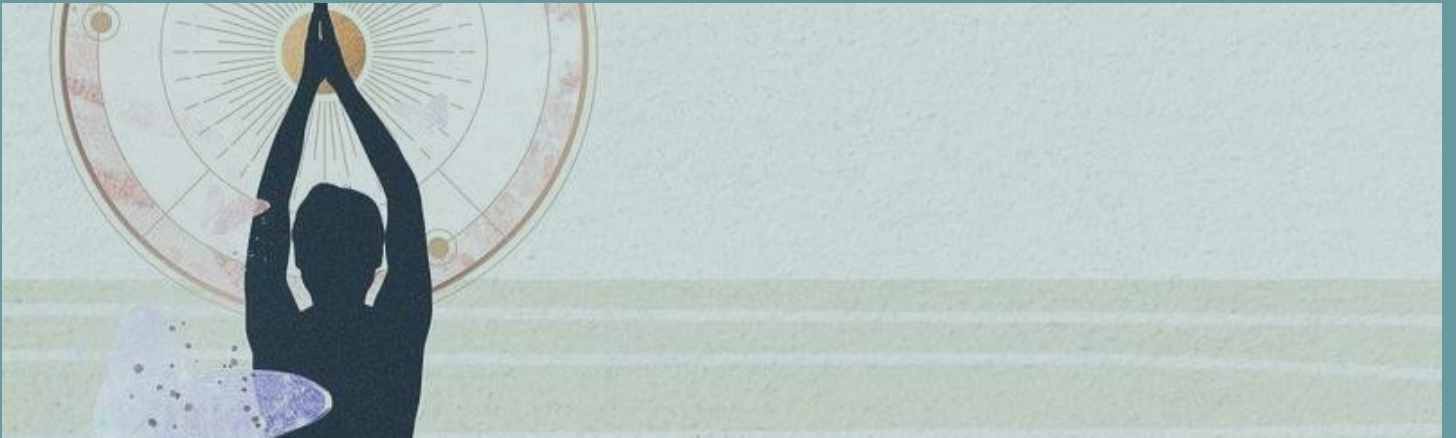


APRIL 2025



Geo - Magazine 2024-25

TOPOPHILIA

“Mapping memories onto landscapes”

DEPARTMENT OF GEOGRAPHY

DR.BHIM RAO AMBEDKAR COLLEGE

UNIVERSITY OF DELHI



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WHY TOPOPHILIA?

Derived from the Greek words *Topos* (place) and *philia* (love), this term captures the profound emotional connect individuals form with their surroundings. It is a concept deeply interwoven with geography, celebrating the intricate relationships between people, culture, and the environment.

With the name TOPOPHILIA, this magazine reflects the spirit of the Department of Geography, encapsulating the vibrant and impactful journey undertaken during the academic year 2024–2025. Through its pages, the magazine portrays the department's engaging seminars, workshops, field studies, and other diverse programs that have enriched both minds and perspectives, fostering a deeper understanding of the geographical world.

The theme for this year's edition, "Environment and Health: Understanding the influence of environment on Physical and Mental well-being," further emphasizes the critical intersection of geography and human life. This theme explores how various aspects of the environment—whether natural landscapes or urban settings—profoundly affect physical health and mental well-being. From the role of clean air and green spaces in promoting healthier lifestyles to the impact of climate change and urbanization on mental health, this theme underscores the importance of fostering harmonious bonds with our surroundings to lead healthier and more fulfilling lives.

Within TOPOPHILIA, readers will uncover insightful narratives of exploration and discovery, collaborative research efforts, and creative expressions centered on the intricate links between the environment and health. It is a curated collection of knowledge and inspiration, aimed at bridging the gap between academia and real-world challenges.

At the heart of this magazine lies the tireless dedication and unwavering passion of the editorial team. Their hard work, creativity, and attention to detail have transformed a vision into reality, presenting a cohesive and inspiring volume. Each article, photograph, and feature stand as a testament to their commitment to showcasing the department's achievements and engaging readers in meaningful conversations.

We warmly invite you to embark on this journey through TOPOPHILIA. Let the love of place, the quest for knowledge, and the exploration of this year's theme guide you as you delve into the captivating world of geography and its indispensable role in our lives.

From Principal's desk

It is with profound pleasure I extend my warmest congratulations to the Department of Geography on the successful publication of *Topophilia* for the academic session 2024–2025. The selection of the theme, “Environment and Health: Understanding the Influence of Environment on Physical and Mental Well-being,” is both timely and thought-provoking, addressing an area of ever-growing importance in contemporary discourse.



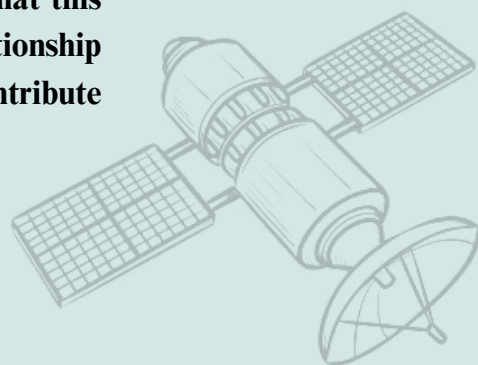
At a time when rapid urbanisation, climate change, and environmental degradation present pressing challenges to communities across the globe, it has become increasingly evident that the conditions of the spaces we inhabit—whether natural or built—profoundly influence not only our physical health but also our mental resilience. This theme thoughtfully encourages readers to reflect on how aspects such as air quality, access to green spaces, urban noise, and social environments shape the quality of our lives, while also highlighting the importance of nurturing healthier, more sustainable living environments for all.

I extend my sincere appreciation to Dr Tulika Sanadhya, Teacher-in-Charge, for her dedicated leadership and commitment in guiding the department towards academic and creative excellence. My congratulations also to the editorial team—Osheen Rattan (Content Head), Yuktika Singh (Chief Student Editor), Kadeeja Farha (Graphic Designer)—and all members of the Content Team, whose diligence, creativity and collaboration have culminated in a publication of notable clarity, relevance and visual appeal.

Topophilia stands as a testament to the intellectual vitality and collaborative spirit of the Geography Department. It is my hope that this edition inspires its readers to reflect deeply on the vital relationship between environment and health, and encourages them to contribute meaningfully towards a more sustainable and equitable future.

With warm regards,

Prof Sada Nand Prasad
Principal, OSD
Dr Bhim Rao Ambedkar College



Insights from the Teacher-in-charge (2024 - 25)

We are delighted to present to our readers the first edition of our geographical magazine, Topophilia. This compilation features articles written by our students and faculty, addressing various issues related to the environment, health spaces, and sustainability within the context of geographical understanding.

This work is dedicated to all those who hold a deep compassion and passion for their surroundings—be it their local spaces, regions, states, or nation—as well as their inner selves. In a rapidly changing world filled with complexities related to caste, race, religion, language, income, and social structures, it is essential to nurture a sense of affinity and wholeness in the spaces both around and within us. Aristotle rightly once said, “The whole is greater than the sum of its parts.” In the world filled with known reality there exists the beauty of unknown which makes the whole process of learning very interesting and the outcomes are unique and holistic.

We must strive to develop a sense of belonging and togetherness to foster socio-geographical connections and interrelations—helping us understand and embrace where we truly belong.

I extend my heartfelt congratulations to the student editorial team for bringing forth such a relevant and thought-provoking issue.

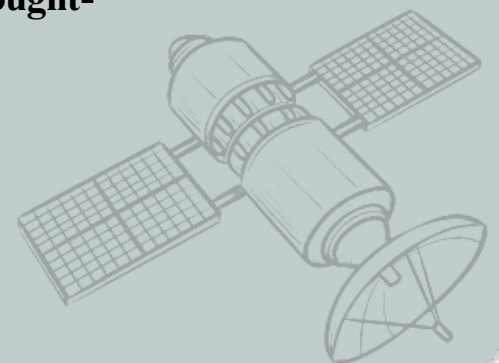
Happy exploring to all of you!

With best wishes,

Dr. Tulika Sanadhya

Teacher-in-Charge,

Department of Geography





Faculty, Department of Geography



**Prof. Ramashrey
Prasad**



**Prof. Jitender
Saroha**



**Prof. Mohinder Singh
Kadayan**



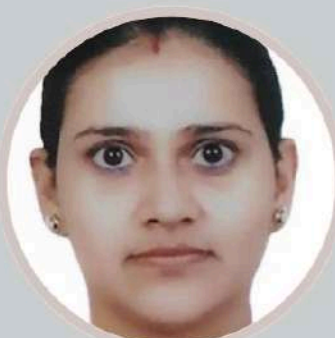
Prof. Monica Ahlawat



Dr. Tulika Sanadhya



**Prof. Md Riyazuddin
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**Dr. Tara shanker
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Faculty, Department of Geography



**Dr. Satish Kumar
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Mr Suraj Dev



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Dr. Varuni Pathak



Mr Rituraj Pegu

Non-Teaching Staff



**Rajesh Khatri
(Senior
Cartographer)**



**Ravindra Singh
(Lab
attendant/Dealing
Hand)**

FROM THE CORE TEAM



Left: Yuktika Singh; Centre: Osheen Rattan;
Right: Kadeeja Farha

Every great accomplishment begins as an idea—a vision that sparks a journey of creativity, collaboration, and determination. TOPOPHILIA, the magazine of the Department of Geography, started as a thought. A seed of inspiration, nurtured by the collective efforts, unwavering dedication, and passion of our incredible team.

From conceptualizing the theme to curating content, every step of the way brought its own set of challenges. With the combined efforts of our team members and the invaluable support of our teachers, we turned that thought into reality. This magazine is more than a publication; it is a celebration of hard work, teamwork, and the shared love for geography.

Our goal was to create a magazine that not only reflects the department's achievements and events but also inspires readers to think deeply about the world around them. Through stories, research, and insights centered on the theme "Environment and Health: Understanding the influence of environment on Physical and Mental well-being," we hope to convey meaningful messages and spark thoughtful conversations.

The journey was far from easy, but it was one we are proud to have undertaken. With each challenge we faced, we discovered new strengths and learned the true power of collaboration. It is with immense pride and gratitude that we present TOPOPHILIA to you—a product of

dedication, perseverance, and the support of an exceptional team. We invite you to explore its pages, celebrate its theme, and join us in appreciating the profound impact of geography on our lives.



MEET THE TEAM OF MAGAZINE 2024-25



OSHEEN RATTAN
(CONTENT HEAD)



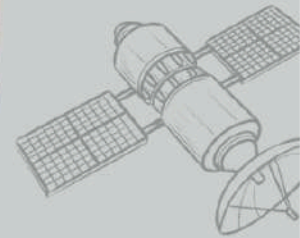
YUKTIKA SINGH
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ARCHIE SINHA
(CONTENT)



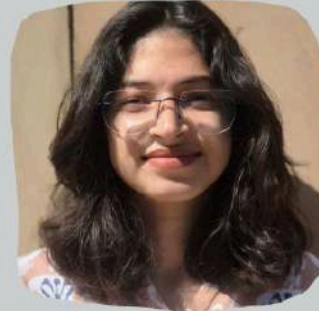
AYUSH KASHYAP
(CONTENT)



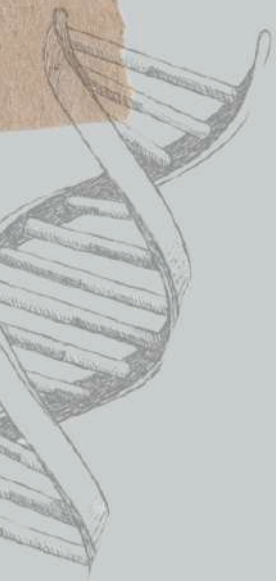
**ARCHISHA
CHAKRABORTY**
(CONTENT)



VIDHI TYAGI
(CONTENT)



SHWETA RAJORIA
(CONTENT)



STUDENTS REPRESENTATIVE

(2024 - 25)



Ankit Chauhan
(President)



Shreya Tripathi
(Vice Presiden)



Krishna
(General Secretary)



Akshit
(Joint Secretary)



Shivanshi
(Cultural secretary)



Anirudh
(Social Media Head)



Jahanvi
(Alumni Coordinator)



Florence
(Decoration head)



Page 2

FACULTY CORNER



Geography: The Everyday Wonder

We Live In

What is so fascinating about geography—and why?

To define this word, perhaps we need to go all the way back to the origin of the universe. Or maybe not. Maybe it's simpler than that. Think about the way we live, the food we eat, the clothes we wear, the culture we adopt, the places we move through daily—that is geography. In many ways, geography is not just a subject. It is our day-to-day life “Dainik Jeevancharya”.

Whenever I interact with my students, sometimes I ask them—and sometimes I ask myself—what is it that draws us to this subject? Why are we interested in reading geography? Maybe you, the reader, are wondering the same right now.

No, I'm not going to list out the legendary geographers—Eratosthenes, Strabo, Ptolemy, Herodotus, Humboldt, Karl Ritter, Penck, Davis, Ratzel, Vidal de la Blache, E.C. Sample, R.P. Mishra, Ashok Mitra, Doi... (Though yes, to truly understand the momentum and evolution of this discipline, one must eventually meet these names.)

Some UPSC aspirants may say they're into geography because it covers a major portion of General Studies. Others might just feel it's still better than history. But the real hook—the core of our fascination—lies in the term itself “Geography”. We, as humans, are constantly shaping and being shaped by the Earth. Isn't that something worth diving into?

It gets more exciting when you think back to that moment in class six, learning for the first time what the solar system is, and how celestial bodies influence life on Earth. Then by class twelve, you start noticing a little geographer within yourself waking up whenever there's some exciting new research or discovery in the world.

I'm not here to break down complex terminologies or the historical evolution of geography as an academic discipline. I'm here to ask a simple question:

What do you plan to do after finishing a BA Program course or an Honours in Geography?

Maybe you're unsure. Maybe you have a few ideas. But here's something I want to tell you—if you have even the slightest curiosity and concern for this subject, geography can shape you into a far more conscious and responsible citizen. Because geography teaches you what it means to live on Earth—and what the consequences are of living carelessly. From the study of Earth's surface to resource management, environmental concerns, climate change, flora and fauna, soil and vegetation, population, settlement, migration, urbanization, crime patterns in cities, GHG emissions, protocols and policies, borders, geopolitics, war and peace, imperialism, the global north and global south, the elite and the indigenous, disasters and disaster management—geography covers it all. And it doesn't stop there.

It expands into mental maps, human psychology, cultural identity, health, development, inequality, resilience. Geography flows into every discipline—like water, it takes the shape of whatever container it is poured into. That is the power and beauty of this subject.

So yes, geography is not just about maps and mountains. It is about everything. It is about us.

-Dr Smrity Upadhyay

Contours of Curiosity: The Making of a Broad-Minded Geographer

भूगोल केवल भौगोलिक सीमाओं का अध्ययन नहीं, बल्कि दृष्टिकोण की विस्तृतता का अभ्यास है।”


“Geography is not just the study of spatial boundaries, but the practice of widening perspective.”

A geographer cannot look at a city without seeing layers of time compressed into present space. They cannot view a coastline without understanding the ancient dialogue between land and sea. They cannot witness migration without perceiving the complex push and pull of economic forces, political pressures, and human yearning. This is not by choice, but by intellectual necessity. The mind expands to accommodate contradictions. It must. For how else could one reconcile the rigid permanence of mountains with the dynamics of human settlement patterns? How else could one comprehend both the mathematical precision of coordinate systems and the cultural ambiguity of borderlands?

Broad-mindedness is not an accidental trait of geographers but a professional requirement. Their discipline demands they hold multiple perspectives simultaneously – the satellite view and the ground-level experience, the economic activities and the cultural narrative, the geological timeframe and the urgent present.

There is something fundamentally humbling about geographical study. Those who truly engage with it cannot maintain the illusion that any single perspective captures reality. The geographer who studies water resources cannot ignore political boundaries; the urban geographer cannot separate economic models from cultural practices; the physical geographer cannot disconnect natural systems from human intervention. Each specialized focus inevitably leads to broader connections.

The geographer's mind becomes a crossroads where disciplines meet and methodologies intersect. They develop what might be called spatial empathy – the ability to mentally inhabit different positions across physical and conceptual space. This mental habit makes rigid ideological positions difficult to maintain. How can one remain dogmatic after seeing how ecological, economic, and cultural systems overlap and influence one another with greater complexity?



In an age of hardening viewpoints and digital echo chambers, the geographical perspective offers a necessary corrective. It reminds us that human experiences are both universal and stubbornly local, that systems are interconnected in ways that defy simplistic categorization, that the world resists our attempts to divide it neatly into discrete spatial units of analysis. True geographical thinking cultivates a certain intellectual restlessness. It is never satisfied with boundaries as they are drawn, always questioning, always looking for the exceptions that challenge established patterns. This curiosity extends beyond professional inquiry into a general approach to life – an openness to what lies beyond the familiar territory of one's own experience.

The geographical mind recognizes that all positions are, in fact, positions – specific locations in physical and intellectual space that determine what can be seen and what remains obscured. This awareness creates a natural resistance to absolutist thinking. The geographer knows too intimately how perspective shapes perception. Perhaps most importantly, geographers understand that humans both shape and are shaped by their environments in an ongoing dialogue that spans generations.

This is why geography produces broad minds. Not because its practitioners are inherently more virtuous or insightful than others, but because the nature of their inquiry demands intellectual expansion. When your subject is the intricate relationship between humans and their environments across space and time, narrowness of thought becomes not just a limitation but an impossibility.

The world needs this geographical mindset now more than ever, the capacity to see connections across artificial divides, to understand both the particular and the universal, to recognize patterns without reducing complex realities to simple formulas. In a fragmented age, geographers offer something precious: minds broad enough to embrace the world in its bewildering wholeness.

-Mr Rituraj Pegu

Geographies of Belonging: Identity, Space, and the Politics of Place

The notion of belonging is deeply embedded in the discipline of geography. Fundamentally, geography examines physio-humanic landscapes and spatial distributions while also delving into the complex ways individuals connect with space, place, and their identities. The phrase ‘geographies of belonging’ pertains to the spatial aspects of identity development and the sociopolitical dynamics that dictate who is considered to belong in specific locations and under what circumstances. In an era marked by mobility, displacement, conflict, and globalization, these inquiries have gained significant urgency. To comprehend the geographies of belonging, one must explore not only the tangible boundaries of places but also the symbolic and emotional dimensions associated with them.

Belonging is significantly shaped by both tangible and symbolic geographies. On a material level, borders, neighborhoods, cities, and nations serve as the environments where individuals reside, engage, and form their identities. Symbolically, these locations are infused with significance, encompassing memories, histories, and cultural practices that foster a sense of connection among individuals. For example, indigenous groups worldwide, including the Adivasis in India and the Maori in New Zealand, emphasize their connection to ancestral lands not merely in terms of resource entitlements but as an essential element of their spiritual and cultural identity. These geographies are not impartial; rather, they are contested arenas where power dynamics are at play, often manifested through governmental mechanisms such as land legislation, urban development, or surveillance.


In urban environments, the dynamics of belonging are increasingly influenced by gentrification and spatial exclusion. Cities such as Delhi, Mumbai, and Bengaluru have experienced the conversion of working-class areas into commercial or upscale residential districts, resulting in the marginalization of long-standing residents. This shift entails more than mere physical relocation; it signifies a rupture from one’s identity and community. Additionally, the rise of gated communities and exclusive areas illustrates the politics of space, where class, caste, and religion dictate access and redefine who is considered to ‘belong’ within the urban landscape. These developments prompt essential inquiries regarding the right to the city, a notion advocated by Henri Lefebvre and further elaborated by scholars like David Harvey, which underscores the importance of equitable access to urban spaces as a shared resource.

In rural areas, the concept of belonging frequently intertwines with ecological identity. For groups such as the Bishnois in Rajasthan and the Dongria Kondh in Odisha, their identity is deeply connected to their land, forests, and wildlife. These communities resist prevailing development models that aim to displace them for industrial or infrastructural advancements. The Narmada Bachao Andolan (Save Narmada Movement), spearheaded by activists like Medha Patkar, exemplifies how a strong connection to place serves as a basis for resistance. In this context, environmental justice and spatial justice intersect, demonstrating how geography serves as both a source of identity and a battleground for political activism.

Migration serves as a vital perspective for examining the geographies of belonging. The phenomenon of forced migration, driven by conflict, climate change, or economic hardship, disrupts conventional ideas of national identity and citizenship. The experiences of Rohingya refugees from Myanmar, Syrian asylum seekers in Europe, and climate migrants in South Asia highlight their struggle for spatial and political recognition. In these instances, statelessness manifests as a spatial reality, a geography characterized by exclusion. In India, the discussions surrounding the Citizenship Amendment Act (CAA) and the National Register of Citizens (NRC) reveal how bureaucratic mechanisms are employed to define who belongs and who does not, frequently along communal lines. These cases demonstrate that the politics of place extends beyond theoretical discourse; it has tangible impacts on individuals' lives, their means of subsistence, and their dignity as human beings.

An additional aspect to consider is the gendered landscape of belonging. In numerous societies, public spaces remain contentious for women and gender minorities. The safety, accessibility, and design of urban areas frequently exhibit a masculine bias, which restricts mobility and autonomy. Initiatives such as 'Why Loiter?' in Mumbai underscore the denial of women's right to exist and feel a sense of belonging in public spaces without a specific purpose. Likewise, queer geographies are emerging as significant subfields that challenge heteronormative spatial practices, reclaiming areas through pride parades, safe zones, and inclusive urban planning. These movements emphasize that belonging transcends mere residence or citizenship; it encompasses being recognized, acknowledged, and respected within a given space.

Moreover, digital geographies are transforming how belonging is conceptualized and experienced. The emergence of virtual communities, digital mapping, and social media has enabled individuals to navigate new dimensions of identity and place-making. While these technologies provide platforms for marginalized voices, they also perpetuate spatial inequalities. For instance, the digital divide in access to online education during the COVID-19 pandemic illustrated how geography continues to influence opportunity and belonging, even within virtual environments.



In academic discussions, the concept of place-making is of paramount importance. It denotes the process by which individuals convert spaces into significant places through social interactions, cultural expressions, and the creation of memories. This process is fluid and frequently subject to debate. In post-colonial contexts, place-making also encompasses the decolonization of geographies, which includes reclaiming indigenous stories, renaming public areas, and contesting Eurocentric narratives of space. In India, the renaming of cities like Allahabad to Prayagraj and Faizabad to Ayodhya exemplifies the intricate relationship between identity, memory, and political ideology, illustrating how the geographies of belonging are perpetually negotiated and redefined.

Ultimately, Belonging transcends mere personal sentiment; it is a spatial condition shaped by inclusion and exclusion, memory and amnesia, as well as proximity and distance. To comprehend these geographies, a multi-scalar perspective is essential, ranging from the intimate realms of home and community to the expansive geographies of nations and the world. As spatial theorist Doreen Massey articulated, space is not a fixed entity; it is perpetually evolving. The same applies to the notion of belonging.

In an era marked by escalating displacement, climate unpredictability, and identity politics, examining the geographies of belonging has become increasingly critical. For students, scholars, and citizens, geography provides vital tools to challenge conventional perceptions of space and envision more inclusive futures. By acknowledging the political nature of space and the spatial dimensions of identity, we are better prepared to foster a world where belonging is recognized as a shared human right rather than a privilege. Through community involvement, advocacy for spatial justice, or inclusive design, geography enables us to chart not only the world but also our place within it.

-Dr. Ravi D. Bishnoi



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STUDENT'S COLUMN




THE BITTER TRUTH OF ENVIRONMENT AND HEALTH

We as students and humans have read and heard of multiple definitions of health and environment. Health is the state of complete physical, mental, and social well-being, going beyond merely the absence of disease or infirmity. In contrast, the environment encompasses the surrounding conditions in which a person, animal, or plant lives or operates. We also have heard of many types of health being discussed lately, mental health being the most common and recent one. This time, I will not be discussing mental health. Instead, I would like to focus on a type of health that people often shy away from talking about.

SEXUAL HEALTH, a topic of at most concern these days. It includes the knowledge and resources to make informed choices about one's sexual and reproductive health. It is evident that people are very averse about discussing their sexual health, but the question is why? The components of sexual health include access to accurate information on sexuality, comprehensive sexuality education, clinical services regarding management of sexual dysfunctions and access to information and counselling regarding sexuality. In a largely populated country like India, about only 15% of men and women aged between 15-24 have received an actual sex education.

It is often said "You will find out when the time is right" when it comes to a topic like sex education. This is the particular reason why most adolescents receive sex education through pornography or other sources but not an adult guiding them. Let alone men, it has been shown through statistics that majority of teenage girls have no knowledge about menstruation before they get their first period. There are many women who are unfamiliar about Men Irritable Syndrome (MIS) which is like PMS, also known as Pre- menstrual Syndrome in women.

There is an ample amount of data proving that only 3% of girls and 19% of boys used condoms during their first intercourse. This actively demonstrates that the women in the age group of 15-19 are at a high risk of unplanned pregnancies and about 50% of them face maternal deaths due to unsafe abortions. So, is not this a concerned health issue? A more prominent issue with unavailable sex education is the problem of STIs or Sexually Transmitted infections. Statistics show that about 1 million curable STIs are acquired every single day. Moreover, in 2020, 374 million new infections were detected, that too in the age group of 15-49 out of which 1 of 4 are curable. This actively demonstrates that there is a much-needed awareness about STIs all over the world.



Coming on to the next aspect of the article which is, the environment. The environment refers to the surrounding condition in a person lives. Let us take a break from discussing global warming, ozone depletion, and other climatological issues, and instead shift our focus to the everyday activities happening around us that we, as humans, often choose to ignore. Now you might be thinking how can sexual health be related to environment? Well, it has been reported that on an average about 86 rapes and 49 offences against women happen daily in India. Huge number, isn't it?

About more that 53% of children between the age of 5-12 are sexually abused, out of which half of the cases are unreported. Moreover, about 34% of the married adolescents face sexual violence. Rape has no age, no colour, no gender, and no status. Daily we read articles related to rape, ranging from a newborn to a dead body of 80-year-old women. Often mistaken as a hate crime against women, a lot of sexual abuse and rape cases are reported against men too. It is reported that 1 out of every 11 men/boys experience sexual assaults/harassment/rape. Research shows, around 28% of the men are subjected to verbal sexual assaults, 23.3% to unwelcomed sexual touching, 15% to cyber sexual harassments and 8% to sexual assaults. Are these statistics true? Certainly not! There are many more cases which remain unreported.

Is this the environment we are living in? Are these the medical advancements we take pride in? I don't believe this environment is safe for anyone, regardless of caste, colour, status, or culture. While the world grapples with the consequences of climate change, we must also address the challenges faced by young teenagers when they experience their first menstruation. We cannot ignore the harmful and misleading information that the pornography industry imparts to the youth. Nor can we overlook the fear that both men and women feel when stepping out of their homes. This is the kind of 'Environment and Health' we truly need to discuss!

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**COLLEGE: DR. BHIM RAO AMBEDKAR
COLLEGE**

COURSE: B.A. GEOGRAPHY HONOURS

ROLL NO.: 1772/23


YEAR/SEMESTER: 2ND YEAR, 4TH SEMESTER

WHEN THE LAST TREE FALLS

We are the country that worships animals, plants, and trees, and yet we are the country that is rapidly cutting down forests and destroying natural ecosystem, India's priority as of now solely is to double its economy to \$7 trillion by 2030 and to achieve it the government and the big industries have tied up and are frequently destroying the natural habitat of hundreds of plants, animals, and bird species. In our country forest clearing for industries particularly mining, has led to huge amounts of deforestation with states like Jharkhand diverting large areas for coal mining and other projects like dams and industrial complexes also contributing to forest loss. As the union and state government in Chhattisgarh clear the second phase of mining operations at a controversial coal mine in Hasdeo area, over 15,000 trees have been cut since 2012. Activists say this is an undercount, estimating that another 399,000 trees face the axe for mining coal in the lush forests of Hasdeo Arand- Chhattisgarh.

Adivasis worship the trees as deities, depending on them for livelihood. The clearing of forest here has led to an increase in human- elephant conflict in the area. In just 30 years India has lost large forests to over 23,000 industrial projects. This includes almost 14000 sq. km of forest in Madhya Pradesh's Singrauli district (mining), 2/3rd the size of Haryana has been lost to encroachments (15000 sq. km), currently up to 250 sq. km or more than twice the size of Chandigarh's area- are handed over every year for "non forestry activities" including dam building, defence projects, powerplants, industries and roads.

The government celebrated the marginal increase in forests covers, however the claims of increase in forest cover by the government was disputed by sector experts as they highlighted the discrepancies in the methodology noting that the report is counting plantations on the roads, rubber, coffee, or tea plantation and even patches of trees as forest cover. According to the reports, India's forest now covers 701,673 sq. km or 21.34% of the country compared to 640,619 sq. km 29 years ago. But if you see official reports, "India's forests have increased in number and on paper" but the reality is that it is just "an outcome of statistical jugglery and the use of flawed definitions by India's forest bureaucracy" – Economic times commented in 2012. According to the data from CAMPA – Compensatory afforestation fund management and planning authority, of the 14000 sq. km of forest cleared over three decades the largest area was given to mining (4947 sq. km), followed by defence projects (1549 sq. km) and then to hydroelectric projects (1351 sq. km).



When these numbers are brought up, the defence often is that development is important for the country and that compensatory afforestation is being done, but the fact is that while development is important, when we destruct the forests, we are uprooting livelihoods of the native people, birds, and animals.

Compensatory afforestation is the term used to describe the trees that must be planted to compensate for the trees that were cut down. But the experts on the subject view it as “unscientific” and a “flawed” concept because it may replace the trees but it cannot replace the ecosystem the got destroyed. Deforestation does not just means cutting down large number of trees it also implies the collapse of an ecosystems.

The environmental impact of cutting down forests and collapse of entire ecosystems are huge, increase in temperatures, reduced rainfall, loss of biodiversity, soil degradation, alteration of microclimates, increased levels of carbon di oxide, loss of habitats, disruptions of water cycle, expansion of decertifiedareas, increased air pollution are just a few examples of it. But cutting down of forests are not just impacting the physical environment, It also has a significant impact on the health of human beings like heightened risks of respiratory disorders due to pollution and heat stress because of high temperatures are just a few to begin the long list of life-threatening impacts of loss of forests on humans.

Deforestation is not merely an environmental issue but a moral challenge that tests humanity's responsibility toward nature. As stated before we are a country that worships the nature and its time we stand against the exploitation of the nature at the hands of the government, mining and industrial giants in the name of development because when the last tree has fallen and the rivers are dry, we cannot eat money and sustain life in horrible climate with extremely polluted environments and temperatures so high that it boils the skin off of the animals, birds and humans.

NAME: YUKTIKA SINGH

COLLEGE: DR. BHIM RAO AMBEDKAR COLLEGE

COURSE: B.A. GEOGRAPHY HONOURS

ROLL NO.: 1757/23

YEAR/SEMESTER: 2ND YEAR, 4TH SEMESTER

AN ESSENCE OF NATURE

Nature is more than just a backdrop or a mere landscape that humans use when faced with hardships. It is the essence, the foundation of life- both for living and nonliving. Nature is everywhere and everything; from the air we breathe to the water we drink; it lies deep inside the earth and well above the earth. It surrounds us from all sides, above and beyond.

From the lush forests of the Amazon to the deep trenches of the Pacific, everything is a part of nature. It not only sustains civilization while providing air, water, and food but also provides us with valuable resources that provide a comfortable life to humans like petroleum, crude oils, coal, iron, gold, natural gas, and many more minerals.

Yet, an integral part of the role of nature is often overlooked. It is its valuable part played in the health aspect of humans which is as necessary as others. Nature and health, both are closely interlinked and their profound connections can be seen through the eyes of geography. The geography of a place (its location, elevation, climate, etc.) plays a very crucial role in the health of people and the environment both. It is also affected by human actions itself, majorly. The said nature is always calm and peaceful, whispering in our ears through the melodies of moving winds and flowing water; rushing and gushing, encircling us.

But the question is, do we hear those sounds? Are we listening to the silent cries of our “mother nature”? Are we even seeing what kind of damage and destruction our needs are causing? Is this how we pay back the gifts? What kind of reply are we giving in return for those harmonies? These are some of the questions that every human being ought to ask themselves. But the list of questions doesn't end here. There are many more to ask and many to come in the near future.

The Art of Balancing

The design of nature in itself is very fragile, woven with the intricate balance between all its forms and lives. An art form that is beyond the understanding and capabilities of human beings; yet they foolishly try to decipher it, rubbing the minute details as they move forward.

With the onset of industrialization and Urbanization, carbon emissions have been increasing since then. At present if we look at its concentration in the atmosphere in percentage, it is only about 0.04 percent; however, even a slight increase in its concentration is enough to cause damage like an increase in average global temperature. Earlier, nature had maintained this delicate balance in the environment for the living beings to sustain themselves. But now, this has become ill proportioned and is causing nothing but damage all around. All this is because of the actions done by humans and its consequences which came in response to them.

The delicately balanced environment is now facing turmoil. Why? Because of the reckless actions of the human race in the name of development. The continuous discharge of unfiltered water from industries into the oceans and other water bodies, smoke coming out of the chimneys of factories containing harmful gases, and many more. The earth, once an eternal giver of life, now cries for help.

A Wake-up Call for Humanity

Nature, which was once a finely tuned instrument, where each string when played together created harmony and spread peace & joy, now is playing the sounds of help. The changes made by humans for their comfortability in nature and the destruction it is causing are not just theoretical; they are tangible, felt by millions around the world. Rising sea levels, more frequent and intense storms, droughts, and the loss of biodiversity are all consequences of our disregard for the environment.

But the question remains: have we heard nature's cry? Are we truly listening to the silent pleas for help that echo in every dying forest, every polluted river, and every melting glacier? The trees, rivers, animals and plants both above and below the earth are crying for help and to stop. The increasing coral bleaching in the ocean, rising sea level, regular Tsunami and cyclones, changes in the seasons and the list goes on; are the result of ignorance. The degradation of nature directly impacts public health. Deforestation leads to habitat loss and increases the spread of diseases, while poor water management results in contaminated drinking sources. Extreme weather events—floods, droughts, and heatwaves—are growing concerns, affecting millions globally.

Reclaiming the Balance

The essence of nature is not just in its beauty or its provision of resources; it lies in its ability to regenerate, to adapt, and to nurture life. But it cannot do so alone. Humanity must take responsibility for its actions, acknowledging the impact we've had and working towards a future where nature and health can coexist harmoniously. This is not just a call to action for today, but a commitment for the future.

To protect both nature and human health, sustainable policies are essential. Urban planners must integrate green spaces, governments should prioritize clean energy, and individuals must adopt environmentally friendly habits. By respecting the delicate link between nature and health, we can create a world where both thrive together.

As stewards of this planet, we are responsible for the damage we have caused. Yet, there is hope. The same human ingenuity that led to industrialization can be harnessed to restore balance. Sustainable practices, renewable energy, reforestation, and global cooperation can somewhat reverse the damage, but only if we act swiftly and responsibly. Nature, though fragile, is resilient—if we give it the chance to heal. Only for once if we as humans act together to keep our home alive and thriving. Only if we wake up at the right time.

In every gust of wind, every wave that crashes against the shore, and every seed that grows into a tree, nature speaks to us. The question is, are we willing to listen?

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“THE SILENT HEALER: HOW NATURE RESTORES OUR HEALTH”

In a world brimming with screens, schedules, and city smoke, it's easy to forget that the greatest healer has always been right outside our doors—nature. The environment we live in, breathe in, and move through holds immense power over both our physical and mental well-being. It is not just the backdrop of our lives but a key character shaping our health stories every day.

Studies have shown that access to green spaces lowers stress hormones, improves mood, and even boosts immunity. Physically, environments with clean air and water directly reduce disease risks. Mentally, the natural world offers serenity in a way no therapy can replicate. A simple walk in a park, a moment listening to birdsong, or feeling the sun on one's skin can recharge the mind more effectively than a hundred motivational quotes.

However, this relationship is fragile. The increasing urbanization, deforestation, and pollution not only degrade the environment but degrade us too. As nature suffers, so does our health—rising respiratory illnesses, anxiety, and even eco-anxiety are clear indicators.

We need to re-establish our bond with the Earth—not just for the planet's sake but for our own. Creating greener cities, preserving forests, and educating people about nature's health benefits can collectively lead us toward a healthier society.

In the end, understanding the link between environment and well-being is not just a matter of science, but of survival—and perhaps, revival.

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LOST IN NATURE, FOUND IN PEACE: ASSAM'S SECRET TO A HEALTHY MIND

Let us be honest, sometimes life can feel like a circus—work deadlines, never-ending notifications, and that one random construction noise during odd hours can make anyone feel like escaping to the hills. Well, guess what? That might just be the best thing for you! Turns out, the environment is not just a pretty background it plays a huge role in keeping our minds as fresh as a cup of Hot Assam Tea!

As someone who proudly calls Assam home, I have always been amazed by its natural beauty. This land is a treasure trove of greenery, bliss, and fresh air. But beyond its postcard-worthy landscapes, Assam offers something even more precious—mental peace. And trust me, Assam's environment is like a personal therapist—minus the hourly fees!

- **The Green Magic of Assam**

If you have ever taken a walk through the tea gardens of Jorhat or stood by the banks of mighty Brahmaputra in Guwahati, you will know exactly what I am talking about. Greenery has a magical way of calming the mind. Studies say that spending time in nature lowers stress, boosts creativity, and even improves memory. So, the next time you feel like life is playing kabaddi with your emotions, take a break and let nature tackle the stress for you!

- **Kaziranga – Nature's Wild Therapy**

Kaziranga is not just about the famous one-horned rhino—it is also a paradise for mental peace. The vast grasslands, dewy mornings, and the sheer diversity of wildlife make it an ideal place to disconnect from our stressful lives and reconnect with nature. Imagine the joy of spotting elephants, deer, and the famous and endangered one-horned rhinos while listening to the chirping of exotic birds. It is like a real-life nature documentary but with fresh air and no subscription fee!

- **The River Effect – Why the Brahmaputra is Basically a therapist.**

There's something deeply therapeutic about staring at a river. The slow, steady flow of water has a way of making problems seem smaller. Maybe that is why so many people find peace sitting by the Brahmaputra, watching its endless journey. Nature teaches patience, resilience, and the art of going with the flow—literally!

- **Majuli – The Island of Peace**

Majuli, the world's largest inland river island, is not just a delight to our sight but also a mental purifying zone. With its vast open fields, traditional Satras (monasteries), and calm surroundings, it feels like stepping into a different world—one where stress does not exist. If you ever feel like life is moving too fast, a visit to Majuli will remind you to slow down and breathe.

- **Sivasagar – Where History Meets Serenity.**

The historic town of Sivasagar is not just about Ahom-era monuments; it is also a place where nature and tranquility blend seamlessly. The calm waters of Sivasagar Tank, the vast green landscapes, and the rhythmic chanting from temples create an environment that soothes the soul.

Whether it is a walk in the forests of Assam, a moment of silence by the river, or just feeling the cool breeze on your face, the environment is always ready to give you a mental reset. So, go on—disconnect from chaos and reconnect with nature. Your mind will thank you for it! And if someone asks why you are lying in a field staring at the clouds, just tell them it is ‘science-backed therapy’—because, honestly, it is!

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THE IMPACT OF ENVIRONMENT ON **MENTAL HEALTH**

What a question it is?", "How can environment impact our mental well-being? ", this thought must occupy many minds, so let's give it a check. YES! it is true, the environment surely creates a strong impact on our mental well-being.

So, ever wondered, why most of us say, " I wish I had a home in mountains, away from the chaos,"these are such ideas which nowadays, every person is developing, why because the serenity and quiet aloneness of mountains and the beautiful valleys provide natural space to their hectic life. This is how the environment affects our mental health. Also, ever wondered, how the rain enlightens our gloomy day or the sharp shooting sunlight makes us feel more tired on a hectic day, or why we feel so good when the soothing wind gently kisses our cheeks? That is all the impact of environment on our mental well-being that we witness every day.

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NATURAL DISASTER AND POST TRAUMATIC STRESS DISORDER”: - UNDERSTANDING THE INFLUENCE OF ENVIORNMENT ON MENTAL WELL-BEING

Abstract

Natural disasters are major adverse events resulting from natural processes of the Earth, potentially causing fatalities, property damage and environment disruption. But one of the main consequences of these disasters which mostly remains unnoticed is their effect on the mental health of the person who is the victim of the same. Following a disaster, individuals may experience intense emotions, difficulty in coping with the surroundings, high stress and exhaustion, these are all immediate psychological effects which are considered to be short term and can be overcome within a period of time with the help of respective treatments. But then the question comes then why do these people continue having flashbacks of those harsh incidents, and why do they start avoiding their treatments and refuse to overcome their suffering don't they want to be cured and be happy and because of all these unnatural behaviours the person is declared “insane” but let me tell me you he/she is not insane rather they are suffering from a long-term chronic disorder “PTSD {post-traumatic stress disorder}” which takes a longer span of time to recover and to be cured. In this paper we will see that how PTSD is a horror for the victims of natural disasters and how prevalent it is and also how it can be cured.

Keywords: Natural disaster, post-traumatic stress disorder, Treatment, Mental health

INTRODUCTION

Witnessing a natural disaster is an experience that deeply affects people, resulting in anxiety and stress. These symptoms, which seem like a normal reaction at first, can become a serious mental health problem when the level of stress and anxiety experienced doesn't decrease over time. Although disasters have been around since the existence of humanity, the assessment of their psychiatric effects is relatively new. Because meeting the socio-economic needs such as shelter and nutrition after the disaster has been a priority for both the donors and the victims. Providing post-disaster psychiatric help and drawing attention to this field entered the agenda of the WHO after 1995. In post disaster screening studies, the most common mental-illness was found to be PTSD.

Exposure to disasters increases the risk for post-traumatic stress disorder (PTSD), depression, non-specific psychological distress, and anxiety disorders. PTSD is a mental health condition that is triggered by witnessing or experiencing a traumatic event. A wide range of different types of traumas are associated with PTSD symptoms, including physical violence, sexual assault or rape, and natural or human-made disasters.

Although estimates of the prevalence of PTSD among disaster survivors vary significantly between studies due to differences in disaster type, degree of exposure, and other important factors, a literature review spanning 40 years of disaster research found that 30–40% of direct disaster victims develop PTSD. PTSD is characterized by intrusive and distressing remembering or re-experiencing of the event, avoidance, hyperarousal or reactivity, and cognition or mood symptoms. PTSD symptoms can cause difficulty in daily functioning, including an individual's ability to work or maintain close relationships with family members or friends. PTSD has been called a “life sentence” due to its impact on chronic disease, accelerated aging, and premature mortality.

Despite the strong influence of disasters on mental health, not everyone who experiences a disaster develops PTSD and many who do ultimately recover. Research on post-disaster mental health has found that disaster survivors generally follow distinct trajectories of disaster-related PTSD symptoms. Four prototypical trajectories of dysfunction have been identified. Many people do not experience persistent disaster-related PTSD symptoms; these individuals either experience few or no PTSD symptoms at all in the aftermath of a disaster (termed “resilience”), or initially experience high PTSD symptoms, but these symptoms decline over time (termed “recovery”). These two trajectories do not involve persistent PTSD symptoms. However, others experience a chronic or long-term burden of disaster-related PTSD. For example, some disaster survivors initially experience few PTSD symptoms, but these symptoms subsequently increase over time (termed “delayed”). Finally, some disaster survivors have moderate to severe symptoms that persist over time, resulting in chronic dysfunction (termed “chronic”). Although, natural disasters affect many people at the same time, according to World Health Mental Survey, the prevalence of traumatic stress symptoms after a natural disaster is around 3.8%.

DISCUSSION

The broader literature on trauma exposure indicates that having a history of exposure to one or more traumatic events can exacerbate the mental health consequences of subsequent traumatic experiences. The theory of stress sensitization suggests that the stress response systems of individuals exposed to early stressors are primed to respond to later stressors in ways that increase the risk of developing adverse mental health outcomes. Repeated traumas have a cumulative effect on health, with increased trauma affecting mental health in a dose–response manner, wherein exposure to multiple traumatic events is associated with greater morbidity and impairment in individuals with. As a result, disaster survivors previously exposed to non-disaster-related traumatic events likely experience an excess risk of disaster-related psychological distress and functional impairment, the burden of which can persist for years. Because cases of PTSD in individuals exposed to multiple traumatic events are associated with greater impairment, studying the potential impact of pre-disaster trauma is particularly crucial to understand who is most at risk for disaster-related PTSD, and to mitigate long-term psychological distress among social groups disproportionately affected by trauma.

- **Risk factors for the development of PTSD after Natural Disasters**

When the risk factors for the development of PTSD after natural disasters are evaluated, some factors which come in front areas. Age, gender, race-ethnicity, economic resources, personality traits, level of coping with the problem, emotional regulation, prior exposure to trauma, pre-existing mental illness, biological vulnerability and social support. Studies showed that people who lost their property after floods or were not supported by their families, such as widowed or divorced women, experienced more stress and had higher PTSD scores. Regarding the economic component of resilience, lower socioeconomic status has been reported to be consistently associated with greater post-disaster distress. It has been determined that many survivors of disasters have adaption problems in the life process, daily life, and work life of individuals due to the chronic stress they have experienced during the recovery period following the disaster. The factors that cause this chronic distress can be attributed to job loss or resource depletion, which leads to socioeconomic distress in the post-disaster period. It has been reported that countries with high income and education level experience fewer losses than countries with low income and low education levels. The level of resilience to trauma is found to be lower in individuals who have been repeatedly exposed to natural disasters and trauma.

Disasters often involve communities not directly exposed to trauma, such as those who have lost family members, friends or colleagues or lost property, were forced to relocate, or were exposed through the media. This raises a critical point about the burden and nature of post-disaster psychopathology. The mental health consequences of such events among those indirectly exposed to a disaster may be just as deteriorating as those directly exposed to or close to the disaster epicenter. Most of the people interviewed in the post-9/11 national surveys reported that they were indirectly exposed to the attacks, mostly through TV broadcasts. Studies have found that religious coping, a secure relationship with God, and belief in the meaning of life are inversely related to PTSD. People with high religious coping have a lower risk of major depressive disorder and a higher quality of life. A study of Hurricane Katrina (U.S) survivors found that negative religious coping in the context of perception of punishment was associated with acute stress disorder and it was found that those with pre-disaster mental illness were associated with an increased risk of PTSD symptoms.

- **Clinical symptoms of PTSD after Natural Disasters**

Symptoms usually begin within three months of the early traumatic event, sometimes year later, in which case it is referred to as PTSD with delayed onset. The clinical features of PTSD are grouped under four main headings;

The first group includes findings related to the state of arousal which is the first response to stress, they are the most common symptoms of PTSD. Continual anxiety, insomnia and concentration disorder are also included under this heading. Sleep-related disorders are common in PTSD and are associated with an increased risk of suicidal ideation attempt, and related death.

The second cluster of symptoms is about re-experiencing the traumatic event. These can be in the form of thoughts, perceptions, or dreams. In these cases, the person may re-perceive the sounds or smells associated with the event. Sometimes, the person can relive the moment of trauma by experiencing dissociative flashbacks. During this period, the person is buried in memories of the moment of trauma

The third group is related to avoidance behavior. The person is aware of the difficulty in controlling himself in the face of events in the outer world and withdraws into his inner world. Situations such as avoiding places that remind of an event, avoiding talking about event or moving away from the given environment.

The fourth cluster of symptoms is the change in cognition and mood. Memory impairment can also be seen in these individuals. Dissociative amnesia is more common in various traumatic events such as war and genocides and sexual and physical abuse. People experiencing depersonalization say that they watch themselves like a movie.

When examining the literature, there is a field of research on the concepts of loss and mourning that goes back to the article “Mourning and Melancholia” published by Sigmund Freud in 1922. In this work, Freud examined the analysis of grief and investigation of the phenomenon of mourning in the inner life. Freud mostly showed an evaluation and approach on the individuals inner world and the process of spiritual struggle of the mourning phenomenon. After this work of Freud, many researchers started to work on grief and trauma in history.

The most well-known theoretical model in the post-disaster trauma and grief process is “Kubler-Ros’s Five Stage Theory of Grief. According to the perspective of this theory, individuals grieving after a post-disaster loss go through the following process respectively:

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- Denial and isolation
- Anger process
- The bargaining process
- The process of experiencing depression
- Acceptance process

The reactions given during this process are as: -

- Emotional reactions: Depression, hopelessness, anxiety, guilt, anger, loneliness
- Behavioural responses: - Crying, withdrawal, and burnout
- Cognitive reactions: - Thoughts of helplessness, difficulty in concentrating and denial
- Physiological reactions: - Loss of appetite, fatigue, and somatic complaints

Pathological grief rates, as high as 40-50%, have been reported amongst those who have experienced traumatic loss after a disaster. Among the factors affecting the course of traumatic grief are the way the news is covered on TV, social media, the prevalence of trauma, how quickly post-traumatic help arrives, and how the deceased is buried.

- Treatment Approaches

Treatment options are classified as pharmacotherapy and psychotherapy. The U.K based National Institute for Health and Clinical Practice (NICE) recommends drugs therapy as a second-line treatment for PTSD. It is recommended to give priority to psychotherapy in mild cases and to carry out psychotherapy and pharmacotherapy together in moderate and severe cases. The primary goal of early intervention is to reduce the progression of symptoms to a psychiatric disorder. Some of the goals for when psychiatric disorder does are; recognizing the neuropsychiatric symptom of the related disorder, to treat acute symptoms and restore functionality with respective treatments, provide grief and loss treatment, early recognition, and treatment and to provide long-term management of negative psychological consequences of natural disasters such as financial loss and unemployment.

Pharmacotherapy, the first goal of this treatment is to prevent the development of PTSD by initiating post-traumatic treatment at an early stage. The general principle is to treat the leading symptom cluster and accompanying conditions, if any. An appropriate intervention immediately after the trauma experience ensures that the traumatic event is processed appropriately in the mind and recorded in the memory without its threatening effect. Studies emphasize the time of intervention as the 'golden hour.' Prazosin is an alpha blocker that can be effective in reducing nightmares and sleep disturbances associated with PTSD. In some cases, if individuals experience severe symptoms such as dissociation or psychosis, antipsychotic medications like Seroquel may be prescribed. The duration of maintenance therapy is 6-12 months in acute PTSD patients, and 12-24 months in chronic PTSD patients, with more than 75% improvement in symptoms. In patients with residual symptoms, drug therapy should be at least 24 months.

Psychosocial Treatments, Behavioural approaches in the treatment of PTSD were generally made by Foa et al. According to this model, both cognitive and emotional processes are important, and the cognitive-affective fear construct is central to PTSD. In Behavioural treatment, it is aimed to experiencing traumatic stimuli and images, activating the fear structure associated with the traumatic experience, and learning that the images are no longer dangerous. In line with the theories of Foa et al, the Prolonged Exposure Therapy was developed, which predicts a three-stage change consisting of exposure to fear-triggering stimuli, repeated and prolonged exposure, and reduction in anxiety levels. It has been shown that when the person is exposed to a triggering stimulus that is not objectively harmful during therapy, cognitive restructuring, and fear memory are regulated and avoidances are reduced, ultimately reducing anxiety. Mindfulness is one factor that has also been found to be associated with positive post-disaster psychiatric outcomes. Mindfulness training following a disaster has been shown to provide modest benefits for improving psychological well-being. Additionally, research that looked at PTSD survivors between 1980 and 2007 found that those who were the direct victims of disasters were 30% -40% more likely to have post-traumatic stress disorder, compared with the average of 5%-19% in the general population.

Socioeconomic reasons often help to reduce following natural disasters. Providing survivors with financial assistance, housing support, and job placement services can help alleviate the economic burden caused by the disaster. Financial stability can reduce stress and provide individuals with the necessary resources to seek treatment for PTSD. Ensuring that survivors have access to affordable mental health services is essential. This can involve offering subsidized therapy sessions, medications, and transportation to mental health clinics. Accessibility to care can help individuals seek treatment for PTSD without the additional barrier of cost. Cultural beliefs and practices can influence how trauma is experienced and expressed.

CONCLUSION

Natural disasters have a profound impact on both the physical and mental health of those affected. While the immediate devastation caused by events like earthquakes, hurricanes, floods, and wildfires is visible and tangible, the psychological aftermath can be just as severe, with Post-Traumatic Stress Disorder (PTSD) emerging as one of the most common conditions. PTSD characterized by intrusive thoughts, nightmares, flashbacks, heightened anxiety, and emotional numbness, can disrupt a person's ability to function and rebuild their life. The development of PTSD following a natural disaster is not simply the result of the event itself, but also the complex interplay of individual vulnerabilities, the intensity of the disaster, and the socio-economic and environmental factors. Furthermore, the prolonged recovery phase often involves exposure to additional stressors such as displacement, financial instability, and social isolation. The treatment of PTSD in the aftermath of natural disasters requires a comprehensive and multifaceted approach. Psychological therapies, such as Cognitive Behavioural Therapy (CBT), Trauma-Focused CBT, Exposure Therapy, and Eye Movement Desensitization and Reprocessing have been shown to be effective in helping individuals process their trauma. Lastly, socio-economic factors cannot be overlooked when considering PTSD recovery. Financial hardships, housing instability, and loss of employment can intensify the psychological effects of trauma. Overall, PTSD following a natural disaster is a complex and challenging issue that requires a holistic, multi-layered response.

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CLIMATE CHANGE AND HEALTH: **AN EMERGING PROBLEM IN DELHI**

ABSTRACT

This research paper investigates the relationship between climate change and human health in Delhi, India which is an important part of environment. The study analyses changes in temperature and precipitation patterns in Delhi due to climate change and assesses their impacts on human health. The results reveal that climate change is significantly affecting human health in Delhi, particularly among vulnerable populations such as children, urban poor, and the elderly. The study identifies increased temperatures, respiratory diseases, and water-borne diseases as major health concerns. The findings of this research highlight the need for urgent attention and collective action to mitigate the health impacts of climate change in Delhi.

KEYWORDS: Climate change, human health, vulnerable, precipitation, heat wave, disease.

INTRODUCTION

India is the country of diversity, whether it be culturally, geographically, or climatically. Delhi is the capital city of India. Geographically, Delhi is in the north - central India surrounded by landmass from all the directions.

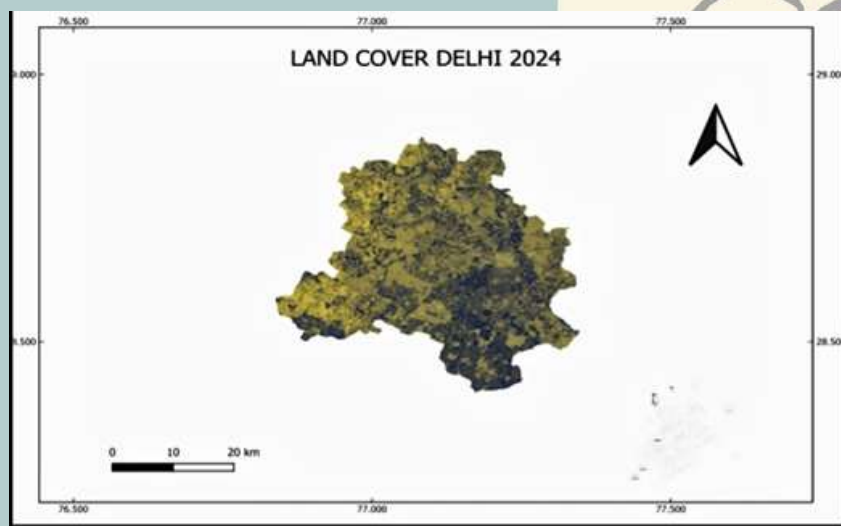
There have been several changes that can be observed from the ancient India to the modern India. Along with rapid increase of population or urbanization, climate change is one of the major changes experienced. The climate change effects not only in the form of environment deteriorations but also the effect it causes to the health of the public. The health of human beings is affected by the climate change through the changing patterns in the climate such as temperature, precipitation, etc., directly, and indirectly through air, water, food quality, etc.

The climate change has stimulated many health consequences and this has become a serious concern for the humanity in the 21st century. Initially, Climate change arises from the localized sources, but it has had wide dispersed effects on our society.

Over the last few decades, several studies have been undertaken in various parts of the world to assess the relationship between climate change and health.

STUDY AREA

Study area for this research article is Delhi. Delhi is the capital of India, located in the northern part. The latitudinal and longitudinal extend of Delhi is 28.40° N to 28.92° N and 76.50° E to 77.37° E respectively. Delhi shares its boundaries with Haryana, Rajasthan, and Uttar Pradesh and has 11 districts.



Source: 2024, Prepared by author

RESEARCH PROBLEM

Over the past few decades, with the advent of urbanisation and industrialisation there has been a development which can be discerned in various fields in the country. Increasing development has majorly contributed towards the growth of pollution and increased levels of population which have affected the environment in a negative direction to such an extent that the result of such destruction can be seen in the form of climate change. Climate Change as a distorting effect of environment, affects the health of humans at a large scale. Specifically, Delhi being the capital city, attracts more people and because of its location, it has adverse health impacts.

RESEARCH QUESTIONS

- What is climate change and its extent in Delhi.
- Which populations are most vulnerable to climate change-related health issues in Delhi?
- What is the impact of climate change on human health?

RESEARCH OBJECTIVES

- To know the extent of Climate Change in Delhi.
- To identify the most vulnerable population.
- To assess the impact of climate change on human health.

METHODOLOGY

This study used a secondary data research approach, utilizing existing literature and sources to investigate the impact of climate change on human health in Delhi.

The data sources used in this study include:

Research papers related to the topic of scholars, newspaper articles, reports of organisations like WHO, Delhi state plan, etc.

For the data analysis, the material found was read and taken as per the demand of topic.

REVIEW OF LITERATURES

In this article, some important scholarly works and recent studies made towards climate change and its impact on human health is discussed. The maximum variable which influences climate change has gradually changed within five decades. Continuous rising temperatures and diminishing rainfall regime changing climate more vigorously. The monsoon starts in late June and lasts until mid-September, with about 799.5 mm annual rainfall has decreased to 762.2 mm at Safdarjung (Mr. Diwakar).

As per INCCA projected rise in temperature by the year 2030 is 1.7 to 2°C. The direct impact of weather on human health is mortality due to increased temperature, disasters resulting in flood, loss of life and infrastructure due to cyclones etc, impact on water and vector-borne diseases, malnutrition and respiratory diseases (Poonam Singh and Ramesh C. Dhiman).

From the analysis of environmental epidemiology investigating the linkage between temperature and daily number of deaths in Delhi it is found that 60% of the deaths have positive correlation. (Shailesh Kumar).

Climate change is expected to cause approximately 250 000 additional deaths per year between 2030 and 2050 (WHO 2014). Climate change's impact on children's health in Delhi revealing that children under 5 are most vulnerable to health-related illness (45% increase) (Kumar et.al).

Urban poor experience 30% higher rates of respiratory problems (Singh et.al).


Climate change acts on Mental health with different timings, a study found that 35% of people experience health related stress (Paolo cianconi et.al)

RESULTS AND DISCUSSIONS

Climate Change can be defined as “changes in the earth’s weather, including changes in temperature, wind patterns, and rainfall, especially the increase in the temperature of the earth's atmosphere that is caused by the increase of particular gases, especially carbon dioxide” (Oxford Dictionary). The United Nations Framework Convention on Climate Change (UNFCCC), the other major international policy defines climate change as, “a change of climate that is attributed directly or indirectly to human activity, that alters the composition of the global atmosphere, and that is in addition to natural climate variability over comparable time periods.” The definitions provided under these international policies provides a clear image as to what is climate change, the major causes of climate change and the effect it may have on human life.

The Greenhouse Effect is one of the major contributing factors of the climate change. Human Contributions is the other major factor which have bestowed immensely towards the issue of climate change and is the major contributor to Greenhouse gases. Extent of climate change in Delhi:

Average temperatures have risen, with notable extremes observed in May and June. Safdarjung and Palam Airport records show an upward trend, with mean temperatures increasing from 300.1°C to 302.3°C and 297.5°C to 304.5°C, respectively.



Annual rainfall has decreased from approximately 799.5 mm to 762.2 mm at Safdarjung, with similar declines at Palam. However, the proportion of rainfall declined but because of the pattern changes i.e. heavy rain pour at a day or irregular rainfall, the problems of flooding and food growth or supply hinders. The rainfall pattern is becoming less predictable, with less total rainfall but more extreme weather events, creating a complex climate scenario in Delhi.

Relative humidity shows distinct seasonal patterns, peaking in winter months. Wind speed has increased, particularly during the pre-monsoon period, influenced by hot, dry winds from the Thar Desert. (Indian Meteorological Department of Delhi).

Most vulnerable section to be affected by climate change and its health impacts:

Low-income groups and homeless people are affected by climatic health consequences because of improper infrastructure, facilities and even knowledge. Children and Elderly people have low immunity, they might not adapt the changes and hence are vulnerable to diseases. Further the older people are challenged by other factors like isolation which indirectly is a cause of climate change and this affects their mental health leads to depression. Women especially pregnant women are vulnerable to health impacts of climate change because of biological changes. Occupational groups who have to work outside in the field are also the vulnerable population in this perspective (National Institute of Environmental Health Sciences) “Man has the fundamental right to freedom, equality and adequate conditions of life, in an environment of a quality that permits a life of dignity and well-being, and he bears a solemn responsibility to protect and improve the environment for present and future generations”.

One of the human rights provided under international policies to the individuals is the right to health which is rightly infringed by the climate change. Climate Change can no longer be considered simply an environmental or developmental issue. More importantly, it puts at risk the protection and improvement of human health and well-being. It can be observed that it is the climate change which causes serious impact on the physical, biological and other chemical processes which are essential for the sustenance of human life on earth.

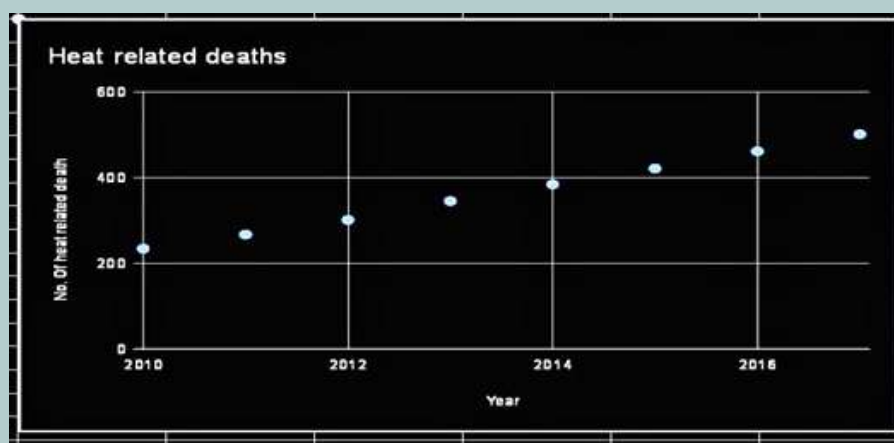
Health concerns	Vulnerability due to climate change
Temperature related morbidity	<ul style="list-style-type: none"> • Heat and cold related illness • Cardio-Vascular illness
Vector borne diseases	<ul style="list-style-type: none"> • Changed pattern of diseases • Malaria, filaria, kala Azar, viruses and other pathogens carried by mosquito, and other insects
Extreme events and water borne diseases	<ul style="list-style-type: none"> • Diarrhoea and cholera • Damaged infrastructure due to natural disasters like Cyclone • Social and mental stress

Source: 2023, Delhi Action Plan on Climate Change

Data analysis:

There is a measured increase of 0.6° C mean temperature in Delhi from 1961-2010. This further leads to 40-50% increase in frequency and duration of heatwaves and it caused 10-15% heat related death. - Mr. Diwakar

Fig 1: Heat Related Deaths in Delhi



Source: Prepared by author, data form climate variability in Delhi 1961-2010

Heat related	Year	Data
Deaths	2010-2017	1200
Hospitalizations due to heat	2004-2013	12.6% increase

Source: Singh et. Al 2018 and Shailesh Kumar (Research paper)

Table 3: Impact of air quality in Delh

Table 3: Impact of air quality in Delhi

Respiratory diseases	Year	Data
Respiratory hospitalizations	2004-13	22.5% increase
Asthma patients in Delhi	2014	12.1%

Source: WHO 2014 Report

Table 4: Vector borne diseases

Vector borne disease	Year	Data
Dengue increase	2006-16	56% increase in dengue cases in Delhi
Chikungunya increase	2006-16	26% increase in Delhi

Source: Kumar et. Al 2020 (Research paper)

Vector-borne diseases (VBDs) are closely linked to climate change in Delhi, as changing environmental conditions facilitate the spread of disease-carrying vectors. This is how climate change contributes to VBDs in Delhi:

Temperature increase → Increased mosquito breeding → Dengue and Chikungunya outbreaks.

Changing precipitation patterns → Flooding → Mosquito breeding → Malaria

Humidity increase → Extended vector survival → Prolonged disease transmission.

Urban heat islands → Increased vector density → Higher disease risk.

Table 5: Water borne diseases

Water borne disease	Year	Data
Diarrhoea cases during heavy rainfall	2004-2013	14.5% increase
Lack of access to clean water in Delhi	2020	23.6% population

Source- Journal of urban health (2018) and WHO (WASH report 2020)

CONCLUSION

The study on the impact of climate change on human health in Delhi reveals alarming consequences. Climate variability in Delhi shows significant temperature increases and altered precipitation patterns, exacerbating health risks. Children, urban poor, and vulnerable communities are disproportionately affected, suffering from heat-related illnesses, respiratory diseases, and water-borne infections. Climate change also takes a toll on mental health, inducing anxiety, depression, and stress.

Delhi's urban poor face heightened health disparities due to inadequate healthcare, sanitation, and adaptive capacities. The assessment projects showed increased mortality rates attributed to climate change. To mitigate these impacts, Delhi requires climate-resilient healthcare systems, enhanced surveillance, and climate-informed urban planning. By prioritizing climate-resilient healthcare and urban planning, Delhi can protect its residents' well-being and ensure a sustainable future.

This study analyzed the climate change's health impacts in urban India, informing policymakers and stakeholders. Addressing climate change's health consequences in Delhi demands urgent attention, collective action, and sustained commitment to safeguarding human health and well-being.

SUGGESTIONS AND RECOMMENDATIONS

Vulnerable population support: as we study about the vulnerable population who's highly impact by the climate change, for them government should ensure to identify and map those people. Those people should be targeted by government to provide the basic and needed health, food and housing or shelter services.

Lack of knowledge about impact of climate change on human health: People are getting impacted by climate change because of lack of awareness and knowledge about how climate is impacting their health and how they can be protected by these changes. Although organizations like IMD give warnings during high rainfall and alerts of heat waves, etc. but that does not reach properly at the targeted group. So, government should ensure to make the targeted population to get knowledge and awareness about the said concern at ground level. For this several teams and committees can come to force specifically for certain period.

Launching of climate change and health mobile app: almost everyone is today's time has access to mobile phones . Launching an app which will give you reminders about what to do or what not to do and symptoms, preventions and even some home cures for the health impacts would help to make people conscious.

Launching of climate change and health research fellowships: The study on health impacts of climate change in India is somewhere limited. Government should promote more research on this topic specifically on national level so that the hotspots of climate change and the most vulnerable states to climate change can be known and studied.

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NAME- AARYA GAUR

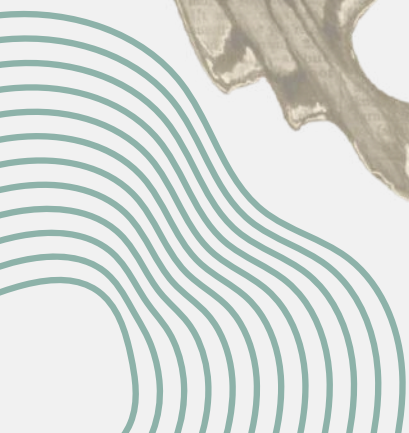
COLLEGE- IPCW

COURSE- BA{H}GEOGRAPHY

YEAR/SEMESTER- 2YEAR/ 4TH SEM



CREATIVE CORNER



जो आंखों से न दिखे (मानसिक स्वास्थ्य पे एक कविता)

जो आंखों से न दिखे उसका भी वजूद होता है,
मुस्कुराते चेहरे के पीछे कोई चुपके से रोता है,
दूर से बहता हुआ तालाब पास से देखो तो है सराब (मिराज),
कोई साथ होकर भी न समझे दिल में दबे दर्द बेहिसाब,
क्यों कोई हकीकत दिखाता नहीं मायूस है वो बताता नहीं,
लड़ता है खुदसे खामोशी में क्यूं चीख के हाले दिल सुनातानहीं,
महसूस हो जो वो खुल के कहो अंदर ही अंदर न घूट ले जियो,
मदद लेना किसीसे कमजोरी नहीं है अकेले सब सहना ज़रूरीनहीं है,
मुश्किल से है मिलती , है कीमती बड़ी, जिंदगी में चाहे हारो परजिंदगी
से नहीं ।

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ROLL NO.: 1789/23

YEAR/SEMESTER: 2ND YEAR, 4TH SEMESTER

"IN THE MAP OF HEALTH AND EARTH"

From mountain height to ocean floor,
The Earth keeps secrets that we store.
In twisted streams, broad woods,
Lies the rhythm of life, our health's inner guide.

The air we breathe, the land we walk on,
Shape what is in our head.
In busy streets or open heavens,
Well-being moves, it slips, it takes flight.

Where smog settles thick and water flows black,
Disease prowls in each path.
But in green fields and ocean breeze,
We discover a mind more at peace.

The tropics buzz with biting flies,
While deserts parch beneath the skies.
Mountains protect and oceans warm,
Each with its own distinct form.

In maps we read the patterns plain—
Of where disease may recur.
Of cities spreading far too wide,
Of forests vanishing too past.

Yet hope is present in nature's call,
To balance health and life for all.
Urban greens and cleaner air,
Are we setting goals that we craft with geo-care.

So let us read the Earth as lore,
In each rock and each shore.
For place and health are tied as one,
Under the stars, under the sun.

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HONOURS
ROLL NO.: 1800/24
YEAR/SEMESTER: 1ST YEAR, 2ND

परशुराम की मुस्कान।

धीर थे गंभीर थे, फिर भी छटा छाई थी, इस रण में, मैदान में युद्ध की घड़ी जो आई थी, थे सामने दो वीर जो एकजग-तारिणी का लाल था.. और सामने स्वयं परशु लिए रामथा.. घनघोर युद्ध छा गया यह वक्त कैसा आगया.. गंभीर नाददिशाओं में छा गए.. तीर से तीर टकरा गए.. यू युद्ध रेखा अम्बाबनी.. फिर अस्त्र भीष्म ने लिया उद्ध्वस्त करने जो चला.. फिर आकाशवाणी यूं हुई एक नाद फिर और छिड़ा.. बोले स्वयं ईश्वर ही की अस्त्र यह है अमोघ.. तू करना ऐसा उद्योग... सामने खड़ा गुरु महान है.. शिष्य को भी लिया पहचान है.. अब बस इस द्वंद्व से तू कर... दे दे युद्ध को विराम तू.. स्मरण कर हे!.. नियति को पहचान तू...

कहने लगा वीर जो दे दिया एक प्रण गंभीर जो... दुनिया इसी कर्म से है जानती... भीष्म प्रण सुनाता हूं जिस दिन तू आएगी युद्ध घोषणा छाएगी.. हो जाऊंगा निशस्त्र मैं, चाहे दुनिया पीछे हो पड़ी पर जिस छवि में भी होगी तू खड़ी हर नियति से मुख मोड़ कर इस प्रण को ओढ़ कर.. तू सामने जो होगी खड़ी.. हरबाण प्रत्यंचा पर होगी चढ़ी... हर बाण मैं खाऊंगा... यही दृश्यक्षमा याचना तुझे सुनाएगा... फिर शांत करना तू ये अगन जा दे दिया तुझे भी यह वचन,

फिर गुरु को नमस्कार कर... शांतनु-पुत्र जाने जो लगा... हुए प्रसन्न परशुराम भी... क्या शिष्य मैंने पाया हैं.. यह प्रण कैसा सुनाया है युद्ध को विराम कर प्रसन्न मुख विचार कर.. मुस्कान छटा छाई रही.. गुरु-शिष्य का ये नाता है.. धन्य हैं वो जो निभाता हैं.. धन्य हैं जो निभाता हैं।



(इस कविता में परशुराम और भीष्म आमने-सामने हैं तथा अंबा परशुराम की शरण में हैं और उचित न्याय की उपेक्षा कर रही हैं.. अपने शिष्य का युद्ध कौशल देखकर परशुराम प्रसन्न है और एक मंद मुस्कान की छटा उनके चेहरे पर छाई हुई है, परंतु उसी समय वह युद्ध में वीरों की भांति अडिग हैं, भीष्म अमोघ अस्त्र का आवाहन करते हैं जो विपक्षी पर विजय करके ही लौटी हैं, इस युद्ध को स्वयं ईश्वर आकाशवाणी द्वारा रोकते हैं तथा गुरु-शिष्य के नाते में आँच आने से बचाते हैं. यह कविता दर्शाती है कि इस जगत में केवल गुरु और माता-पिता ही ऐसे हैं जो हर स्थिति में अपने संतान व शिष्य को अपने से आगे बढ़ता देख प्रसन्न होते हैं!)

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COURSE: B.A. GEOGRAPHY
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YEAR/SEMESTER: 3RD YEAR, 6TH
SEMESTER

EROSION OF EXISTENCE

Amidst the whispers of the forest's embrace,
Where shadows dance upon the ancient ways,
I tread the path less trodden, seeking grace,
In nature's realm where silence holds its sway.
In the land of Japan, the flower chrysanthemum symbolises
death
Yet in the path I took, it blossomed boldly, dispelling mortal
dread.
Its petals murmuring truths, none can evade.
And behold, the lily, with its pure embrace,
Carves hearts upon the bark, in innocence.
Through dappled light and shadows long,
The forest tells its tale, in a whispered song.
Of journeys taken, of paths unknown,
In nature's embrace, we find our home.
Amidst this captivating beauty, echoes a solemn refrain,
A heartbeat of the earth, a rhythmic abstain.
It narrates tales of eras past, from spring's joyous bloom,
To summer's sorrow, draped in gloom.
It laments with purpose, voicing the anguish of nature's
plight,
As humans inflict wounds, deep and bright.
Roots of trees reveal lungs clogged with unwarranted waste,
Beside a river, forsaken, in a desolate state.
The mountains weep silently, once hospitable, and grand,

Asking why humanity harms with its relentless hand.
The young sapling, just beginning to grow,
Has sent advice for you all that
Before naming a child after a flower so fine,
Consider that someone will pluck her eyelashes just to adorn a pathway.
As nature, the benevolent giver,
We bleed tears of sorrow as our abode transforms into a graveyard,
each soul offering a wilted flower in remembrance.
The river, once pure,
now vomits toxic tide and the
once lush grasslands now lie ashen.
We tie the hands of nature,
paralyze them and slowly
bleed them to death.



We burn them and when
They scream in pain,
We destroy their homes.
And yet we anticipate
Nature to be blind
And continue being
the perpetual giver.
Consequently, every soul in this realm
shall endure the shared anguish
of nature's plight.
It is time we employ our hands
not for destruction but for nurturing
a wholesome heart.
Otherwise, the day draws near
when we will drown in our sins,
with the environment as our silent witness.

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ROLL NO.: 22/534
YEAR/SEMESTER: 3RD YEAR, 6TH
SEMESTER



THE SEASON OF ROT

Spring arrives, mocking. The earth cracks beneath a sky too bright. Nothing grows but the weeds of regret, wilting under sunbeams that bring no life. Rain falls, yet the rivers stay dry, like his eyes—too tired to shed another tear.

Summer rages, merciless. The land burns, its skin peeling in thirst. Forests blacken, lakes shrink to dust, as his heart shrivels under the weight of her absence. Nights are thick with suffocating heat, but nothing is warm—only raw, only ruined.

Autumn strips away what remains. The trees surrender, their skeletal arms reaching for mercy. Winds howl through empty fields, scattering the ashes of what once was. The world forgets, and so do the people—just as she forgot him, just as he forgets himself.

Winter comes, final, unforgiving. The frost creeps, slow as death, sealing cracks in ice and skin. The rivers freeze, the soil hardens—nothing moves, nothing breathes, nothing mourns. And at last, neither does he.

—STYGIAN

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(GEOGRAPHY AND PSYCHOLOGY)
ROLL NO.: 143/23
YEAR/SEMESTER: 2ND YEAR, 4TH
SEMESTER

EXHALING GUILT

This poem personifies air as a living entity, a soulful being who was once pure, nurturing, and free. She was the fragrance of flowers, the melody of the flute, the cool breeze that brought comfort and peace. She was a giver of life, embracing all with her gentle touch.

Mental and Physical Tormentation: A Two-Way Struggle

The torment she experiences is both mental and physical, reflecting the cruel transformation imposed upon her by humanity.

- **Mental Pain:** The air feels deeply betrayed. She questions her own existence, wondering, "What was my crime?" She was once loved, cherished, and needed. Now, she is taken for granted and treated as a mere dumping ground. She oscillates between sadness, anger, and helplessness, struggling to understand why humans would destroy something that keeps them alive.
- **Physical Suffering:** She is not just emotionally hurt - her body is withering. Her breath is heavy with toxins, her purity is stained, and her once-refreshing touch has turned into suffocating gusts of wind. The industries have burned her skin, the smoke has strangled her essence and now she struggles to exist.

The poem also portrays a gradual emotional transformation in the air's journey:

1. **Happiness & Freedom:** She begins as a joyous, carefree force: pure, nurturing, and life-giving.
2. **Pain & Betrayal:** As pollution spreads, she grieves over her lost innocence. The very beings she sustained now poison her.
3. **Anger & Resistance:** She lashes out, creating storms and turbulence, trying to shake humans into realization.
4. **Helplessness & Pity:** Realizing that humans still don't listen, she is left weak, defeated, and sorrowful. She no longer hates them, but pities them, warning them that they are sealing their own fate.

This poem is not just the story of air—it is the story of human negligence. The pain she endures is ultimately the pain that humans will suffer too. If she perishes, so will we.

मैं थी वायु,
हर फल की खुशबू,
हर नदी की प्रीत,
मैं थी हवा, जो देती थी राहत की रीत।

ना शोर था, ना कोई गम का निशान,
ममता का आँचल था मेरा मान,
ना नफ़रत थी, ना था धुआँ,
हर श्वास में घुली, मैं बंसी की तान।

था हर दिशा में मेरा ही गीत,
ना ज़हर, ना डर, ना कोई भयभीत।

सुनो मेरी, मैं शीतल पवन,
मधुर बयार की बात,
दी थी मैंने आसमां को अपनी उड़ान,
धरती पर जीवन की थी मैं पहचान।

पर ये बीते ज़माने की बात थी,
जब मेरी साँसों में महक की सौगात थी।

फिर तुम आए,
छल से काले बादल ले आए,
अनेक विष अब मुझमें समाए,
क्या एक बार भी, तुम ना घबराए?

तुमने फेंका ज़हर,
हर कदम !,
हर राह ! ,
लालच के अधीन,
विनाश की चाह!
दम घुटता तुम्हारा,
पर अब क्यों पछताए?

फैले कारखाने, धुएँ की लपटे,
मेरी साँसों में घुलने लगी नफ़रते,
बैठी हूँ मैं ,
अब अपनी आरजू समेटे।

कभी मैं थी जीवन,
थी हर दिल की आस,
अब बन गई हूँ सज़ा की मिसाल।
कभी मैं थी जीवन, थी हर दिल की आस,
अब बन गई हूँ मैं सज़ा की मिसाल
बढ़ा शोर, बढ़ी धुंध,
उद्योगों का ज़ोर में जलाए गए वृंद,
क्या है मेरा जुल्म ?
क्या मेरा कसूर ?
क्यूँ किया तुमने, ये मेरा हाल
मन में मेरे कई सवाल

मेरा तन झुलसता है, मेरी साँसें घुटती हैं,
धुएँ में गुम,
मेरी हर बूँद जलती है।

जो कभी राहत थी, अब घुटन बनी,
जो कभी सजीव थी, अब मृतप्राय हुई।

रोती हूँ मैं अब, विलाप में लीन,
क्या फिर जी पाऊँगी वो दिन,
जो तुमने मुझसे छीने?
हर गाड़ी की आवाज़ में,
हर फैक्ट्री के धुएँ में,
मैं घट रही हूँ, हर ज़रूरी साँस में।
पर था ये अतीत,
एक भूली कहानी,
मनुष्य तूने की अपनी मनमानी।

लों की खुशबू थी जिसमें घुली,
अब वो हवाएँ हैं ज़हर से धुली।

मैं थी जो संजीवनी,
अब मृत्यु का रूप,
कहाँ खो गई मैं, मेरा वो निर्मल स्वरूप?

अब भी समय है,
कर ले पहचान,
मैं ही जीवन,
मैं ही प्राण,
मत कर मेरा अपमान।

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ROLL NO.: 24/0699
YEAR/SEMESTER: 1ST YEAR, 2ND
SEMESTER

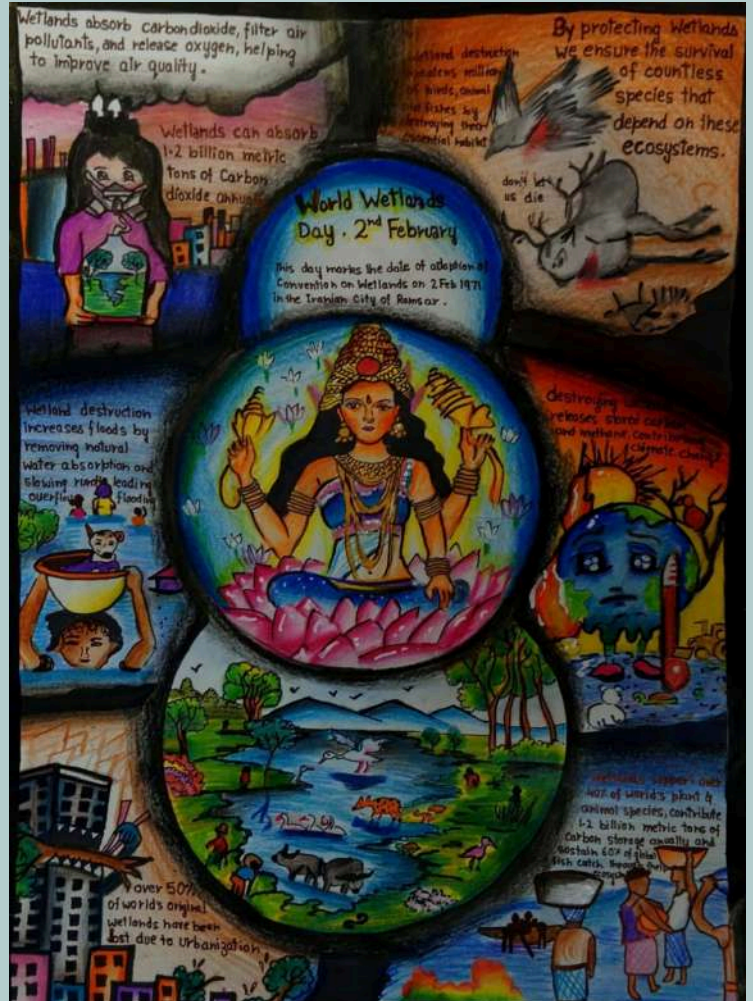
POEM: “WHERE THE EARTH BREATHES”

Where the earth breathes in fields of green,
And rivers hum a song serene,
There lies a calm the soul has missed,
In every leaf, a gentle kiss.
The city chokes in steel and smoke,
But trees still stand, and hope evokes,
That healing lives in soil and skies,
Not just in pills or lullabies.
The wind can whisper, “You are whole,”
The sun can stitch a shattered soul,
The stars can teach you how to feel,
And rain reminds that wounds will heal.
So, walk beneath the forest’s shade,
Let silence be the serenade—
For in the wild, we are not alone,
But finding pieces once unknown.

**SUBMITTED BY:
RITWA SOCIETY OF POETRY
DR. BHIM RAO AMBEDKAR COLLEGE**

POSTERS

This artwork emphasizes the importance of preserving wetlands, the dire consequences of their destruction, and the significance of World Wetlands Day and the Ramsar Convention. A divine figure safeguards wetlands, while human actions cause destruction, leading to biodiversity loss, floods, rising temperatures, and deforestation. The artwork highlights the crucial role of wetlands in air purification, biodiversity, flood control, and the impact of urbanization and degradation, prompting the question: when will we take action to protect the world's wetlands before it's too late?



NAME: RASHIKA SOHAL

COLLEGE: LAKSHMIBAI COLLEGE

COURSE: BCOM HONOURS

ROLL NO.: 24504109

YEAR/SEMESTER: 1ST YEAR, 2ND SEMESTER

"HARMONY IN BALANCE"

This artwork captures the delicate equilibrium between nature and inner peace. Through a blend of tranquil elements and flowing composition, it reflects the interconnectedness of life, encouraging mindfulness and serenity amidst chaos. Each detail invites the viewer to pause, breathe, and find their own moment of balance.

A reflection of yoga and mental wellness through the calm of nature. Breathe, stretch, and find your center in the natural flow of life.



NAME: SARANGI R.

**COLLEGE: DR. BHIM RAO AMBEDKAR
COLLEGE**

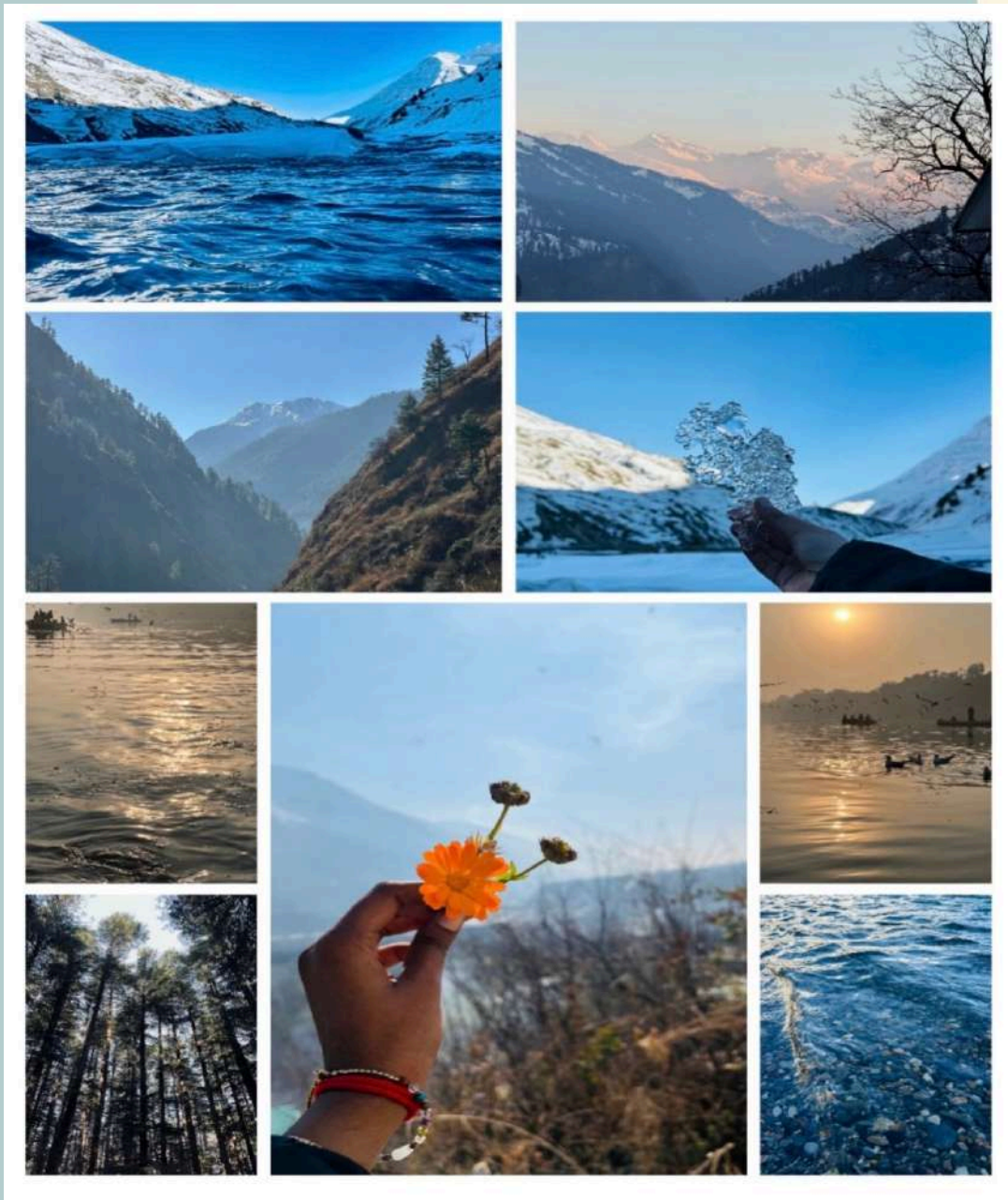
**COURSE: BA. PROG
(GEOGRAPHY+ECONOMICS)**

ROLL NO.: 109/24

**YEAR/SEMESTER: 1ST YEAR, 2ND
SEMESTER**



NAME: SURBHI KUMARI
COLLEGE: DR. BHIM RAO
AMBEDKAR COLLEGE
COURSE: B.A. GEOGRAPHY
HONOURS
ROLL NO.: 1786/22
YEAR/SEMESTER: 3RD YEAR,
6TH SEMESTER



This collage speaks softly, yet deeply. Snowy mountains stretch into still skies, their silence louder than words. A single flower held to the light reminds us how even the smallest things can glow. Water ripples gently, trees rise with quiet strength, and ice melts like time in your hand. These are not just landscapes—they are moments of stillness, beauty, and breath. In their simplicity, they hold depth: a reminder to slow down, to see, to feel. Nature does not shout—it whispers. And if you listen closely, you will hear everything.

NAME: SAMRIDHI GUPTA
COLLEGE: DR. BHIM RAO
AMBEDKAR COLLEGE
COURSE: B.A. GEOGRAPHY
HONOURS
ROLL NO.: 1763/23
YEAR/SEMESTER: 2ND YEAR, 4TH
SEMESTER

HIGHLIGHTS OF THE YEAR 2024-25

1. Special Lecture by Prof. Anu Kapur

Department of Geography, Dr Bhim Rao Ambedkar College,
University of Delhi

Date: September 11, 2024

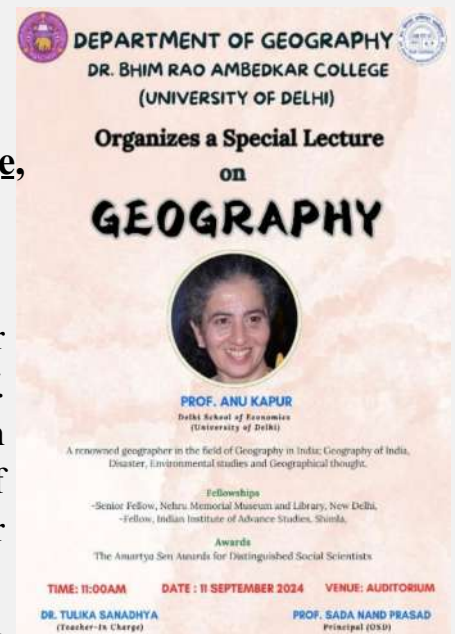
The Department of Geography at Dr Bhim Rao Ambedkar College had the privilege of hosting a special lecture by Prof. Anu Kapur from the Delhi School of Economics. The session provided an inspiring overview of the dynamic field of geography, highlighting its growing relevance, career opportunities, and practical applications.

Prof. Kapur emphasized the multifaceted nature of geography, showcasing diverse career paths in academia, urban and regional planning, disaster management, and environmental studies. She also underscored the rising demand for GIS and remote sensing expertise, encouraging students to pursue advanced training in these technologies.

Highlighting real-world applications, Prof. Kapur discussed geographers' contributions to market research, management, and the tourism industry, urging students to enhance their communication and technical skills to stay competitive in the evolving landscape.

A highlight of the lecture was her reflection on cartographic work, particularly AURA: University of Delhi at 100, a centenary coffee table book launched by Prime Minister Narendra Modi. Prof. Kapur generously gifted this book to the department, leaving a lasting legacy.

The lecture was both enlightening and motivating, equipping students with valuable insights into the opportunities and challenges within the field of geography. Prof. Kapur's contributions and expertise left a profound impact on the audience.



2. Workshops: Applications of Remote Sensing and GIS

Department of Geography, Dr Bhim Rao Ambedkar College

Date: September 19, 2024

The Department of Geography organized a workshop on the transformative applications of Remote Sensing and GIS, under the guidance of Dr Tulika Sanadhya (Convener) and Dr Tara Shanker (Co-Convener). The event featured three insightful sessions led by distinguished experts, highlighting the potential of these technologies in addressing environmental and urban challenges.

Session 1: Conserving the Ganga with Technology

Mr. Piyush Gupta, National Mission for Clean Ganga, discussed the use of Remote Sensing and GIS for pollution tracking, habitat mapping, and resource management, showcasing their impact on conserving the Ganga River.

Session 2: Exploring the Digital Coordinates

Dr Rakesh Arya, CSRD, JNU, delivered an engaging lecture on the revolutionary role of GIS in spatial planning and data analysis, supported by vivid case studies across sectors like urban development and environmental management.



Session 3: Urban Climate Studies with Remote Sensing

Prof. Atiqur Rehman, Jamia Millia Islamia, explored remote sensing applications in urban climate studies, focusing on urban heat islands, land-use changes, and climate resilience strategies.

The workshop was a resounding success, inspiring participants to harness geospatial technologies for sustainable development. The department extends heartfelt gratitude to the speakers and organizers for making this event impactful and enrich



3. Field Trip: 5th Semester

Department of Geography, Dr Bhim Rao

Ambedkar College, University of Delhi

Field Visit: Udaipur, Phanda, Chittorgarh,
and Kumbhalgarh

Dates: 27th September – 1st October 2024

The 5th-semester field trip to Rajasthan provided an immersive learning experience, blending geographical study with cultural exploration. The visit covered Udaipur, Phanda, Chittorgarh, and Kumbhalgarh, allowing students to analyse the intricate relationship between socio-economic factors, environmental challenges, and historical heritage.



Day 1: Arrival in Udaipur

The journey commenced with a morning arrival in Udaipur, the "City of Lakes." After settling into accommodations, students explored Lake Pichola, an artificial freshwater lake created in 1387 for drinking and irrigation purposes. Observations included pollution caused by tourism and the need for sustainable practices to preserve the lake. A visit to the Karni Mata Temple followed, accessible via ropeway, offering panoramic views of Udaipur and insights into the temple's spiritual and cultural significance.

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Day 2: Exploration of Phanda

Phanda, a rural-urban fringe area southeast of Udaipur, provided valuable insights into rural dynamics.

- **Agriculture:** The region predominantly grows wheat, maize, and millets, with a heavy reliance on chemical fertilizers and minimal organic farming.
- **Health and Infrastructure:** Despite government healthcare schemes like Ayushman Bharat, access to quality healthcare remains limited. Basic infrastructure is supported by the Urban Improvement Trust (UIT).
- **Social Observations:** Gender inequality, the persistence of the pardah system, and child labour were noted. The population is predominantly Scheduled Tribes (ST), with General and OBC communities also present.

Day 3: Visit to Chittorgarh Fort

A visit to Chittorgarh Fort, a UNESCO World Heritage Site, offered a glimpse into Rajasthan's historical grandeur. Built by the Mauryan dynasty under Chitrangada Mori, the fort symbolizes Rajput bravery and resilience. Its sprawling architecture and cultural legacy left a lasting impression on the group.

Day 4: Kumbhalgarh Fort and Kanunja Village

The day included a visit to Kumbhalgarh Fort, renowned for its 38-kilometer-long walls and significance as the birthplace of Maharana Pratap. The fortress is a testament to the architectural brilliance of the Aravalli Hills.

In Kanunja Village, students observed:

- **Social Challenges:** Child marriage and low female literacy remain pressing issues.
- **Health and Sanitation:** Despite being declared ODF+ (Open Defecation Free Plus), open defecation persists, and school sanitation facilities are inadequate.
- **Agriculture:** Farmers primarily use cow dung and urea, with limited access to high-yield or genetically modified crops.

Day 5: City Palace, Udaipur

The final day featured a visit to the City Palace, a magnificent structure reflecting 400 years of Mewar's royal heritage. Built by Maharana Udai Singh II and expanded by successive rulers, the palace showcases the region's architectural brilliance and historical significance.



**4. Online Session on Chronic Health Issues
& Natural Health Science**
Organized by the Department of Geography,
Dr Bhim Rao Ambedkar College, University
of Delhi

Date: November 19, 2024

The Department of Geography hosted an engaging online session titled “Chronic Health Issues & Cure through Natural Health Science”, delivered by Dr Arun Sharma, Director of the International Institute of Mahayoga & Natural Hygiene (IMANAH). A global advocate for natural health sciences, Dr Sharma has been widely recognized, including receiving the International Gandhi Award (2024) for promoting natural health globally.

Session Highlights

• **Welcome Address:**

Dr Tulika Sanadhya, Teacher-In-Charge, emphasized the growing importance of health awareness in combating modern challenges. Prof. Sada Nand Prasad, Principal, encouraged regular health-focused sessions to foster well-being among students and faculty.

• **Key Insights by Dr Sharma:**

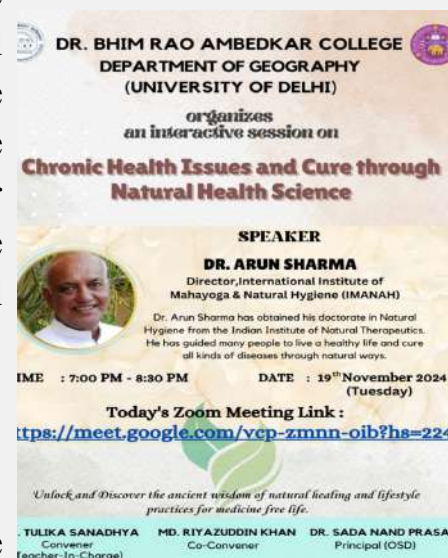
- o Chronic diseases are rooted in lifestyle choices and dietary habits.
- o Highlighted the classification of foods into Satvik, Rajasik, and Tamasik, advocating Satvik diets for improved health.
- o Stressed the collective responsibility to combat air pollution and its impact on health.
- o Advocated for integrating natural health science into academic curricula as a life skill.

• **Interactive Q&A:**

Participants actively engaged with questions on healthy routines, dietary habits, and practical lifestyle changes. Dr Sharma’s actionable advice left attendees inspired to adopt natural, sustainable health practices.

Conclusion

The session highlighted sustainable health approaches, encouraging participants to adopt healthier lifestyles by blending traditional wisdom with modern practices.



5. Workshop on "Geospatial Technologies: Applications in Health and Career Opportunities"

Organised by department of geography, Dr. Bhim Rao Ambedkar College, University of Delhi

Date: March 4, 2025



The Department of Geography organized an insightful workshop on "Geospatial Technologies: Applications in Health and Career Opportunities", conducted by Dr. Ravindra Nath Tiwari, HOD, Geoinformatics, NIGMT Foundation, Delhi. The session focused on the role of GIS (Geographic Information Systems) and geospatial technologies in the health sector, especially during the COVID-19 pandemic, and explored career opportunities in Geoinformatics.

Session Highlights

Dr. Tiwari introduced Geospatial Technologies, explaining how GIS, remote sensing, and spatial analysis are transforming fields like public health, epidemiology, and disaster management. He demonstrated how GIS software is used for tracking disease outbreaks, mapping healthcare infrastructure, and resource allocation.

A key discussion was the application of GIS during the COVID-19 pandemic, where spatial data helped authorities monitor virus spread, identify high-risk areas, and implement data-driven containment strategies. He showcased real-world case studies on contact tracing, vaccine distribution, and healthcare accessibility analysis.

Career Opportunities in Geoinformatics

Dr. Tiwari emphasized the growing demand for GIS, remote sensing, and spatial data analytics professionals in industries such as:

- Healthcare & Epidemiology – Disease mapping, hospital resource management.
- Urban Planning & Smart Cities – Infrastructure, traffic management.
- Disaster Management – Risk assessment, emergency planning.
- Environmental Conservation – Climate monitoring, pollution control.
- Agriculture & Natural Resource Management – Precision farming, soil mapping.
- Business & Market Analysis – Location intelligence, logistics optimization.

Interactive Session and Conclusion

The session concluded with an engaging Q&A round. Dr. Tiwari provided guidance on learning ArcGIS, QGIS, and Google Earth Engine for practical applications.

The workshop provided valuable insights into geospatial technologies and their real-world impact, inspiring students to consider careers in Geoinformatics. The college administration and faculty expressed gratitude to Dr. Ravindra Nath Tiwari for an informative and engaging session.



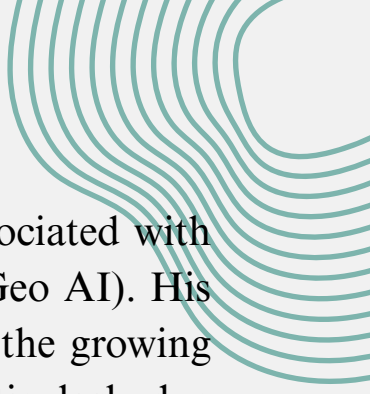
**6.Academic Workshop Organized by the
Department of Geography.
Organised by Department of
Geography, Dr. Bhim Rao Ambedkar
College
Date: March 20, 2025**

The Department of Geography at Dr. Bhim Rao Ambedkar College organized a comprehensive academic workshop on 20th March 2025, encompassing critical discussions on disaster management and natural wellness. The event featured insightful sessions by distinguished experts: Prof. P.K. Joshi, Dr. Pankaj Kumar, and Dr. Arun Sharma.

The first session was delivered by Prof. P.K. Joshi, affiliated with the Special Centre for Disaster Research, Jawaharlal Nehru University (JNU). His talk titled “Disaster Management” shed light on the expanding relevance of disaster management in both academic and policy domains. He clearly differentiated between hazards and disasters, emphasizing that many disasters stem from the mismanagement of hazards. Prof. Joshi discussed major incidents like the Bhopal Gas Tragedy and the Odisha Cyclone, highlighting the critical need for preparedness and policy frameworks such as the Disaster Management Act of 2005. He elaborated on key institutional mechanisms including the NDMA, SDMA, DDMA, and the NDRF, and introduced modern tools like satellite imaging, AI, GIS, and remote sensing for early warnings and risk mapping.

The session also covered fundamental principles of disaster management—Preparedness, Mitigation, Response, and Recovery—and key practices such as hazard mapping, community education, insurance-based risk transfer, and post-disaster relief and rehabilitation






The second session was presented by Dr. Pankaj Kumar, associated with the International Geographical Union (Commission 4.47 – Geo AI). His talk focused on Glacial Lake Outburst Floods (GLOF) and the growing risk of such events in the Hindu Kush Himalayan region, particularly due to climate change. Drawing from his research in Lahaul & Spiti, Dr. Kumar highlighted alarming environmental changes including increased glacial lake formations, vegetation growth in higher altitudes, rising land surface temperatures, and frequent cloudbursts. Data presented spanned from 1981 to 2021, indicating a 4–5 times increase in glacial lakes and a 604% spike in observable environmental changes.

The final session featured Dr. Arun Sharma, Director of the International Institute of Mahayoga & Natural Hygiene. His session began with a spiritually grounding mantra by Adi Shankaracharya. Dr. Sharma stressed the value of natural healing methods and advocated for healthy food habits and regular physical activity. He shared that thorough chewing, raw food consumption, and breathing exercises like pranayama can greatly benefit both physical and mental well-being. He challenged the overreliance on modern medicine, describing surgery as a form of medical failure and claiming that even chronic illnesses can be reversed through traditional and natural methods as outlined in ancient scriptures. Dr. Sharma encouraged attendees to incorporate even minimal amounts of daily exercise and emphasized that pranayama can be practiced anywhere, anytime.

The workshop was a resounding success, providing attendees with both scientific and holistic perspectives on health, environment, and resilience. It effectively blended modern research with ancient wisdom, enriching the academic atmosphere and promoting a multi-dimensional understanding of disaster and wellness management.



7. Wellness Session by Dr. Arun Sharma

Organized by the Department of Geography, Dr. Bhim Rao Ambedkar College

Date: March 25, 2025

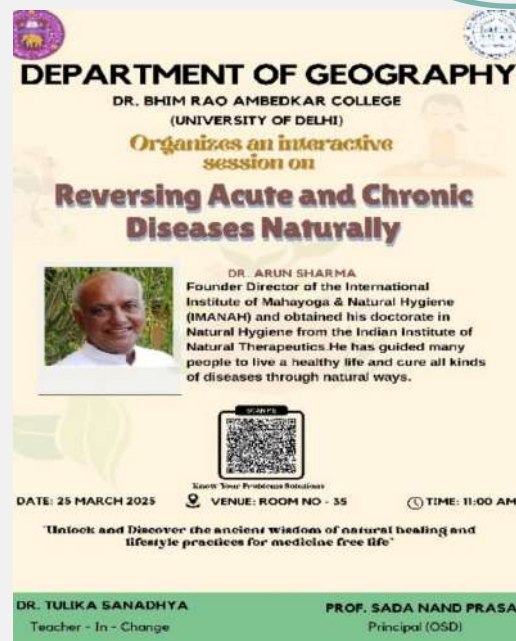
The Department of Geography, Dr. Bhim Rao Ambedkar College, organized an enlightening session on March 25, 2025, featuring Dr. Arun Sharma, Director of the International Institute of Mahayoga & Natural Hygiene. The session focused on the principles of natural healing, healthy living, and holistic wellness. The programme commenced with Dr. Sharma chanting a mantra composed by Adi Shankaracharya, setting a serene and spiritual tone for the event. He emphasized the importance of adopting healthy food habits and incorporating regular physical activity into our daily routines, stating that these simple practices can prevent and resolve many health issues.

Dr. Sharma highlighted the significance of chewing food thoroughly, explaining its numerous health benefits. He expressed a strong belief in the healing power of natural methods and described surgery as a form of medical failure. According to him, a wide range of ailments—from constipation to cancer—can be effectively addressed through natural techniques outlined in ancient Indian scriptures.

He firmly stated that chronic diseases and disorders can be treated without the use of conventional medicines. When asked about incorporating exercise into a busy lifestyle, Dr. Sharma encouraged participants to do whatever they can—whether it's walking or engaging in just 15 minutes of physical activity each day.

He also underscored the importance of breathing exercises, particularly pranayama, for enhancing both physical and mental well-being. He noted that pranayama can be practiced anytime and anywhere, making it accessible for all. Furthermore, he advocated for the inclusion of raw fruits and vegetables in our daily diet to promote better health.

The session was highly informative and inspiring, leaving the attendees with practical insights into natural living and holistic wellness.



BHU CHETNA 2025

Annual Geography Fest Report

Organized by the Department of Geography

Dr. Bhim Rao Ambedkar College, University of Delhi

Date: 9th April 2025

Theme: “Global Healthscapes and Sustainable Futures”

The Department of Geography at Dr. Bhim Rao Ambedkar College hosted its much-awaited Annual Fest, Bhu Chetna 2025, on 9th April. With the theme “Global Healthscapes and Sustainable Futures,” this year’s edition focused on the intersection of health, environment, and sustainability—highlighting the growing relevance of geography in contemporary global discourse.

Inaugural Session: Lighting the Flame of Knowledge

The event began with the ceremonial lighting of the lamp and Saraswati Vandana, setting a tone of reverence and learning. Dr. Tulika Sanadhya, Teacher-in-Charge, delivered the welcome address, contextualizing the theme and reaffirming the department’s commitment to academic excellence and socially conscious education.

Keynote Address: Redefining Green Careers

The keynote address was delivered by Ms. Gayatri Raghwa, Environmental Education Consultant and former UNEP specialist, who illuminated the evolving concept of "green careers" in India. Her session encouraged students to see themselves as changemakers in a sustainability-driven world, exploring interdisciplinary roles in fields such as renewable energy, eco-tourism, policy-making, and more.



Special Session: Healing the Self, Healing the Planet

A special session by Mr. Harish Ranjan, a Life Coach and Holistic Health Mentor, brought a deeply personal and reflective touch to the day. Sharing his transition from corporate life to holistic healing, he inspired students to connect inner well-being with environmental harmony, urging them to embrace mindfulness and transformation as tools for a better future.

Sponsorships and Collaborations: Building Together

Bhu Chetna 2025 was enriched by meaningful collaborations. Vision IAS joined as the Study Partner, while _du_fest amplified the fest’s presence as the Media Partner. Gifting Partners—Humaribagiya, AP Creations, and Shiuli Jewellery—added a vibrant, eco-conscious element with interactive stalls and handcrafted offerings. Wellness booths and food stalls brought warmth and joy to the campus ambiance’s.

Competitions: A Showcase of Talent and Thought

The fest featured a variety of competitions designed to align with the central theme:

- Kalakriti – Poster & Slogan Making
- Eco-Trail Atlas – Map Pointer Competition
- Kairos – Photography
- Vox Terra – Debate on “Is AI a necessity or a mental drain for the youth of the globalised era?”
- Verdant Trivia – Quiz Competition focused on health, geography, and sustainability

The cultural segment brought together talent and tradition—from a spirited Punjabi folk dance and soulful musical mashup to a dynamic fusion performance celebrating India’s cultural unity.

Closing Ceremony: A Heartfelt Conclusion

As the sun set on this illuminating day, the Prize Distribution Ceremony brought a moment of well-earned recognition to the winners and participants. The elected Student Union added to the celebratory atmosphere, reflecting student empowerment and participative leadership.

The fest officially concluded with a Vote of Thanks by Dr. Riyaz Uddin, who gracefully acknowledged the combined efforts of faculty, students, sponsors, and volunteers. His words captured the essence of the fest—a testament to vision, collaboration, and the unrelenting spirit of inquiry.

Bhu Chetna 2025 was more than just an academic event—it was a movement of minds and hearts converging for a common cause. It stood as a proud reflection of the department’s commitment to environmental stewardship, holistic education, and the nurturing of young changemakers. The event left every attendee not just informed, but transformed—with renewed purpose and hope for a greener, healthier, and more sustainable future.



SPECIAL THANKS TO TEACHER IN-CHARGE

We would like to extend our deepest and most sincere gratitude to Dr. Tulika Sanadhya, Teacher-in-Charge, Department of Geography, for her invaluable support, encouragement, and unwavering dedication throughout the journey of creating this magazine.

Dr. Sanadhya's vision, intellectual brilliance, and commitment to academic excellence served as the guiding force behind every step of this endeavour. From the initial conception to the final execution, her consistent involvement, thoughtful suggestions, and keen editorial insights ensured that the magazine maintained high standards of quality and relevance.

Her ability to inspire and motivate the team, while fostering an environment of creativity and collaboration, played a pivotal role in transforming this magazine. It is through her encouragement that students and contributors felt empowered to express their thoughts, showcase their talents, and engage critically with important academic and social themes.

This magazine stands as a testament to her leadership and dedication—not just as a teacher, but as a mentor who leads by example and uplifts everyone around her. We are truly grateful for her support and honoured to have worked under her guidance. Thank you, Dr. Tulika Sanadhya, for being the light behind this initiative and for helping us make this magazine a true reflection of the spirit of the Department of Geography.





2024-2025 : That's a Wrap



BEHIND THE PAGES



As the Chief Student Editor of Topophilia, I had the privilege of shaping the editorial vision of our departmental magazine. With a deep appreciation for storytelling and an eye for detail, I oversaw the flow of content, edited write-ups, and worked closely with the team to ensure each piece aligned with the magazine's voice and purpose. My role was not just about editing—it was about bringing together diverse contributions to create a cohesive and engaging reflection of the Department of Geography. Being part of this creative journey has been both challenging and incredibly rewarding.

As the creative force behind the words, I'm Osheen, proudly serving as the Content Head of the Department of Geography. In this role, I'm responsible for crafting and curating all forms of content for the department—be it captions, letters, reports, or written communications. For Topophilia, our departmental magazine, I took charge of developing the core content and write-ups, while also compiling and organizing the magazine's basic structure. Through this role, I strive to ensure that the essence and achievements of our department are expressed with clarity, creativity, and impact.



As the Graphic Designer of Topophilia, I was responsible for bringing the magazine's visual identity to life. From layouts and typography to colour palettes and illustrations, I focused on creating a design that not only complemented the content but also captured the essence of the Department of Geography. Every page was crafted with attention to detail, aiming to strike a balance between aesthetic appeal and readability. Designing Topophilia was more than just a creative task—it was an opportunity to visually narrate our department's story in a way that resonates with every reader.



THE
EARTH
SPEAKS
TO ALL OF
US



"TRUE WELLNESS CANNOT EXIST IN ISOLATION. IT BEGINS WITH THE SOIL WE STAND ON, THE SKIES WE LIVE UNDER, AND THE HARMONY WE CREATE BETWEEN OURSELVES AND THE EARTH."



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