

AB



# ***Sustainable Health and Well Being***

*Nivedita Awasthi  
Yogesh Chandra*

The responsibility for facts stated, opinion expressed or conclusions reached and plagiarism, if any, in this book is entirely that of the author(s). Neither the publisher nor the editors will be responsible for them whatever.

**ISBN : 978-93-94424-78-4**

**Copyright : Editors**

**Edition 2023**



*Published by*

**ABS Books**

*Publisher and Exporter*

B-21, Ved and Shiv Colony, Budh Vihar  
Phase-2, Delhi - 110086

☎ : +919999868875, +919999862475

✉ : [absbooksindia@gmail.com](mailto:absbooksindia@gmail.com)

**Website : [www.absbooksindia.com](http://www.absbooksindia.com)**

**PRINTED AT**

Trident Enterprise, Noida (UP)

**Overseas Branches**

**ABS Books**

*Publisher and Exporter*

Yucai Garden, Yuhua Yuxiu  
Community, Chenggong  
District, Kunming City,  
Yunnan Province -650500  
China

**ABS Books**

*Publisher and Exporter*

Microregion Alamedin-1  
59-10 Bishek, Kyrgyz  
Republic- 720083  
kyrgyzstan

All right reserved. No. Part of this publication may be reproduced, stored in a retrieval system, transmitted or utilized in any form or by any means electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner Author/Editors. Application for such permission should be addressed to the Publisher and Author/ Editors. Please do not participate in or do not encourage piracy of copyrighted materials in violation of the author's rights. Purchase only authorized editions.

**Sustainable Health and Well Being**

**By : Dr. Nivedita Awasthi & Dr. Yogesh Chandra**



6. **Challenges of Trending Urbanisation in Changing Paradigm of Climate Change: A Case Study of Ramnagar Town** 45  
*Dr. Abhilasha Kannaujia*  
*Dr. Rajeev Alluvalia*
7. **Indian Perspective on Sustainability in Well-Being** 55  
*Dr. Anjali Maurya*  
*Dr. Dev Ashish*
8. **The Derivatives of Mental Health in Sustainability, Climate Change and Environment** 62  
*Dr. Dev Ashish*  
*Dr. Anjali Maurya*
9. **A Study of Emotional Creativity Among Secondary School Teachers** 70  
*Anit Kumar Srivastava*  
*Prof. (Dr.) Santosh Arora*
10. **Substance Abuse: Problem, Cause, Government Programs to Control Drug Abuse and Tobacco Consumption** 76  
*Dr. Hemlata Goswami*
11. **An Overview: Health Care and Insurance Services with GST** 91  
*Shobhit Agarwal*
12. **Scarcity of Natural Resources, Ecosystem and Sustainable Health: Significance and Impact** 100  
*Dr. Sanjay Gupta*
13. **Nutrition Programmes in India : A Sustainable Approach** 110  
*Dr. Ipsita Singh*
14. **Mindset of the Society Towards HIV/AIDS Victims and its Consequences** 117  
*Dr. Kusum Gupta*

# 6.

## **Challenges of Trending Urbanisation in Changing Paradigm of Climate Change: A Case Study of Ramnagar Town**

Dr. Abhilasha Kannaujia\*

Dr. Rajeev Alluvalia\*\*

### **Introduction**

Himalaya extent from Afghanistan all the way to Myanmar – is worlds youngest and eco sensitive zones. Its recent geology has made the region prone to multiple hazards. Its topology is characterised with steep slopes, high seismicity, fragile geological formation and intense and highly variable precipitation pattern, susceptible to landslides, earthquakes, cloud bursts and glacial outburst. Himalayas has witnessing rapid urban growth in Past few decades mostly unplanned, unsystematic and irregular. being the most marginalised mountain system of the world Himalaya emerging of rapid built environment in less accessible

---

*\*,\*\*Assistant Professor, Geography, Dr. Nitiyanand Himalayan Research and Study Centre, Doon University.*