

the Paris Agreement aim to curb greenhouse gas emissions, while technological advancements in cleaner energy and transportation are being pursued.

Conclusion

Investigations reveal that the aggravation of air pollution, driven by industrial growth, transport systems, and farming techniques, is causing significant health and environmental challenges. The spectrum of health consequences is extensive, with a range of pathologies from respiratory and cardiac conditions to oncological diseases, precipitating an uptick in medical consultations and a compromised immune system. Concurrently, the environmental degradation manifests in climatic shifts, acidification of rain, and a decline in species diversity. A multi-faceted approach is imperative, encompassing legislative overhaul, technological innovation, and educational outreach, to shield vulnerable populations and mitigate the pervasive effects of atmospheric contaminants. In light of a sombre prognosis, international leaders are mobilising through the enforcement of stringent environmental standards, the adoption of sustainable energy sources, and the promotion of electric mobility to enhance air quality and curtail emissions. The exigency for collective and sustained efforts to maintain the trajectory of progress and safeguard both human health and environmental sanctity is paramount. The immediacy of action and the continuity of vigilance are indispensable in the global endeavour to combat air pollution.

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PREVALENCE OF DIABETES MELLITUS AMONG THE MEDICAL UNDERGRADUATES AND GRADUATES

Introduction

Diabetes mellitus is a chronic metabolic disorder, a global health concern characterized by a high blood sugar level and impaired metabolism of carbohydrates, lipids, and proteins due to insufficient insulin secretion and/or insulin action. Hyperglycaemia (elevation of blood glucose concentration) is a common effect of uncontrolled diabetes, and over time, this leads to damage

to, dysfunction, and failure of many of the body's organs, including the eye. Clinical complications shared by all forms of diabetes are thought to result from long-standing hyperglycaemia but are compounded to a greater or lesser extent by comorbid conditions. Diabetes mellitus is classified into a few forms. Both type 1 and type 2 diabetes are chronic diabetes diseases. Prediabetes and gestational diabetes are two diabetes disorders that can be treated. When blood sugar levels are greater than usual, prediabetes develops. However, the blood sugar isn't elevated enough to qualify as diabetes. Furthermore, if preventative measures are not implemented, prediabetes might progress to diabetes. Gestational diabetes develops during pregnancy. However, when the baby is delivered, it can disappear [1].

Diabetes mellitus is becoming one of the major non-communicable diseases in the world. Diabetes is becoming more common as a result of aging, urbanization, population growth, and rising rates of physical inactivity and obesity. Over the past thirty years, diabetes has changed from being a minor disorder mostly affecting the elderly to one of the leading causes of morbidity and death among young and middle-aged people. The new estimates show an increasing rise towards younger people developing diabetes. Among the youth of today, medical students have a busy academic schedule, generally do not have much time for physical exercise, are always stressed, and are addicted to fast foods.

As the prevalence of diabetes becomes more common in the future, it is critical to assess the risk factors and provide knowledge of the disease to raise awareness among the younger generation and motivate them to take preventative action, which will eventually lower the incidence of the disease in the future [2].

Goal

This study is aimed to assess the risk of diabetes among the medical undergraduates and graduates students.

Material and methods of research

A theoretical analysis of scientific literature about recent studies which demonstrate the most common risk of diabetes mellitus is extracted from PubMed, WHO, Web of Science, Google Scholar, IDF Diabetes Atlas were used for analysis. Based on the above factors, a study was conducted using a descriptive, cross-sectional design. Data was collected through an electronic, anonymous survey among the medical students [3].

The result of the research and their discussion

A total of 75 medical students who were above 18 years were enrolled in this survey. Among them 45 (60%) were females and 30 (40%) were males. Students who are studying from first to sixth year students intern doctors, graduates were allowed to participate in this survey. Majority of intern doctors about 21 (28%) participated. Among the entire population, only a few were diagnosed with Diabetes mellitus. Analysis of the survey showed that a greater number of students 3 (37.5%) were diagnosed with Type 1 Diabetes mellitus. An equal number of students 2 (25%) were diagnosed with Type 2 and Gestational Diabetes mellitus. And only a few 1 (12.5%) had prediabetes.

This survey showed that most of the them 27 (36%) occasionally engaged in physical exercise, 29 (38.7%) of them regularly, 15 (20%) rarely and only a few 4 (5.3%) never engaged in physical exercise. A majority of 36 (48%) regularly consumed sugary or high-carbohydrate food and beverages, 27 (36%) occasionally consumed, 8 (10.7%) of them never consumed and 4 (5.3%) of them rarely consumed sugary or high-carbohydrate food and beverages. According to the survey, none of them 27 (71.1%) had no risk factors for diabetes mellitus but a minority of them had risk factors like smoking, hookah, stress, obesity. Minority of the people 11 (14.7%) from this survey routinely monitor their blood glucose level. In this survey, 50 (66.7%)

didn't seek any medical advice or treatment for diabetes related concerns, 19 (25.3%) may have sought advice or treatments and 6 (8%) have sought medical advice or treatment for diabetes related concerns. At the end of the survey some of them shared their concerns regarding Diabetes mellitus stated some most important facts and emphasized that diabetes can be a huge threat to medical students who don't follow a proper nutritional diet and who do not routinely monitor the blood glucose level. There were also other concerns on maintaining a good work-life balance, awareness among students, also emphasized on comprehensive training on Diabetes mellitus vital for medical students; holistic curriculum and hands-on experience essential for effective care.

Conclusion

In this study it was concluded that even though most of them were not diagnosed with Diabetes mellitus the rate of developing Diabetes mellitus in the near future is higher. The rising prevalence among the young has been linked to factors such as unhealthy eating habits and insufficient exercise, stress from exams and ongoing evaluation, smoking, which are common among college-age groups, and non-modifiable risk factors, which include a family history of Diabetes mellitus. Therefore, interventional lifestyle counselling, physical activity programs, and dietary advice are highly recommended. It is also highly necessary to routinely monitor the blood glucose level as most of the participants 44 (60.3%) have a family background with Diabetes mellitus. This can help in preventing future diabetes risk in while also predicting the likelihood of having diabetes.

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EVALUATION OF WATER AND FOOD SAFETY KNOWLEDGE AMONG FOREIGN STUDENTS LIVING IN BELARUS

Introduction

Water and food which is the main source of survival for life, has led to various adverse conditions, diseases and even death due to – the improper usage, handling and poor sanitary practices over thousands of years around the world. Proper safety measures are taken by people to avoid such circumstances which has become a part of their daily life style. Consumption of food that is contaminated by microorganisms or chemical agents such as pesticides is the major cause of gastrointestinal diseases [1]. Consumption of water in Belarus contaminated by different strains of enteroviruses [2], other biological compounds, nuclear radiation and heavy metals such as nitrates [3] have caused kidney diseases, meningitis and cancer that has led to