

Global Health in India

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India's rich cultural history and heritage makes it a well-known travel destination for individuals around the world. Given that India occupies one fifth of the world's population, the pace of health outcomes in India significantly impacts overall global progress. Despite substantial improvements in some health indicators in the past decade, India contributes disproportionately to the global burden of disease, with health indicators that compare unfavorably with other middle-income countries and India's regional neighbors. Patel, Vikram et al. (2015) While my time there I am mainly interested the on social and medical challenges the LGBTQ community faces. Whether it is family rejection due to religion or access to healthcare. In some cases, lesbians, gays, bisexuals, transgenders and queers are unable to access essential healthcare services. (Del Castillo, 2023) in the United States. I would like to know how the LGBTQ community takes care of each other and how they move in India's society. If they face homelessness and isolation and what they do to survive. People who identify as LGBTQ+ experience higher rates of anxiety and depression and higher rates of disability and functional limitation as older adults, creating a need for more health care while having limited access. (Akre et al., 2025). Born and raised in Miami, FL no one bats an eye unless you come across an older person from a conservative immigrant household. From my knowledge of India and their culture they are very conservative, and, in some areas, it can be dangerous to walk around alone as a woman let alone a person of the LGBTQ community. You must be careful to walk at night; hesitant to serve women alcohol and cannot show public displays of affection. They are also known for their delicious cuisine, family structured values and their cultural arts and music. As India continues to seek social harmony and comfort in hierarchy, it makes it more difficult to speak out and create safe spaces for queer Indians. (Goyal, 2021) While my time there I hope PHRII (Public Health Research Institute of India) brings in guest speakers and give their

testimonials on what India is doing to take care of all its people and what resources they provide to those who seek and need it most. I would love to personally make friends and meet people of the queer community in my time there listen to their stories and understand their cultures and beliefs. This interests me mainly as this is a part of my academic journey. Providing mental health care comes in all colors, shapes and sizes and I must be prepared to care for those who seek my help. Working in healthcare for the past 6 years in Diagnostic Radiology cancer does not care who you are or what age you are. When people are at their lowest struggling to survive, they seek our services to help them stay with their loved ones just a little longer. I have seen how this impacts on the workers as well working through the whole Covid-19 pandemic in a hospital. All the steps taken to ensure the spread of covid doesn't reach our loved ones at home. The burnout we faced saw many of my long-time colleagues leave because they couldn't handle it anymore. Seeing the effects of covid on a cancer patient and the effects it took on families. Hearing my colleagues talk about their poor mental health being exposed to the conditions. Testimonials of how far people come to seek help and the lengths they go to. Having people thank me for hearing them talk for 20 minutes and I made their day better just listening to them and providing simple care on a vulnerable group of people being LGBTQ or Cis-gender. My only concerns in India would be not to get sick eating the food and encountering someone with malicious intentions knowing I come with an open heart and I'm there to learn about their culture and their way of life. How people would perceive me being Latina and never left the United States. I don't want anyone to think that I do not care and I am only doing this for a grade I am doing this cause everyone deserves to live a little longer even if you are the "black sheep" of the family and learn to love love ourselves for who we are even when all odds are against them.

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