

ELECTIVE – II – ENVIRONMENT AND HEALTH

1. **Man and Environment** : Ecosystems and natural balance – Resources ; Living and Non-living – Biodiversity : its importance and threats – Renewable and non-renewable energy – Future energy options : Solar energy, biogas – Sustainable development – EIA and its need.
2. **Pollution and health** : Effects of air pollutants and health of man – Acid rain, automobile and industrial pollution : effect of oxides of carbon, sulphur and Nitrogen on land and animals. Water pollution : Effect of fertilizers, pesticides, and heavy metals on human health – eutrophication – sewage and solid wastes problems – Disposal and treatment.
3. **Environment and disease** : Water and air borne disease : Tuberculosis and respiratory infections, skin infections, cholera, amoebiasis, helminthiasis – diagnosis, precautions and remedial measures (ORT) – disease related to dietary deficiency – stress related disorders.
4. **Personal Health** : WHO definition of health – Psychosomatic diseases – Stress management – Emotional intelligence – Positive thinking – Body – mind relationship – Life style and health – Yoga: aim, asanas, disease concept, basics about meditation for wholistic health.
5. **Population and Health** : Population explosion – Urbanization and its impacts – Occupational health hazards – Food contamination and additives – Measures to prevent manifestation of ill health : provision of clean drinking water, application of bio-pesticides and bio-fertilizers, proper diet with supplementation – Impact of GM food on human health and its manifestations.

Reference:

1. Turk and Turk (1995) Environmental Science, Saunders Company, USA
2. Part and Park (1985) Social and Preventive Medicine, East West Publications, New Delhi.
3. Publications of World Health Organization on Health and Diseases.