

CORE COURSE VIII - ENVIRONMENT AND HEALTH

Scope: The objective of this paper is to acquaint students who have little knowledge about environmental issues, their impact on health and how clean environment per se will pave the way for personal health.

Unit 1.

Man and environment – Ecosystems and natural balance – resources: biodiversity and its importance and threats – renewable and non renewable energy sources and types – rural energy problem – future energy options – solar energy – biogas – biodiesel- Sustainable development- limits to growth (Forester and Meadows) – EIA and its need.

Unit 2.

Pollution and health: Classification and effects of air and water effects of pollutants on human health – acid rain, automobile pollution: effects of oxides of carbon, sulphur and nitrogen on plants, animals, man and environment – effect of fertilizers, pesticides and heavy metals on human health – biomagnification – eutrophication: algal blooms, red tide – sewage and solid waste problem and disposal – treatment.

Unit 3.

Environment and disease: Global warming and ozone hole – CFC- effect on climate, health and agriculture – Water and air borne diseases: TB, cholera, amoebiasis, helminthiasis, Dehydration: ORT – social economic and health impacts of AIDS.

Unit 4.

Personal health: WHO definition – psychosomatic diseases – stress management – obesity and cholesterol management – body mind relationship – Yoga: aims, ashtanga yoga, basics about meditation.

Unit 5.

Population and health: Population explosion and the constraints in service sector- growth trends in developing and developed countries – urbanisation and its impacts – Occupational health hazards: asbestosis, silicosis, black lung disease; Food contamination and additives – biopesticides, organic farming, and GM foods.

Reference

1. Turk and Turk (1995) Environmental science, Saunders company, USA
2. Park and Park (1985) Social and preventive medicine, East west publications, New Delhi
3. Publications of world health organization on health and diseases
4. Light on Yoga, BKS Iyengar.