WOMEN HEALTH & SANITATION

- Women's health in India can be examined in terms of multiple indicators, which vary by geography, socio economic standing and culture in comparison to men in India.
- Health is an important factor that contributes to human well-being and economic growth.
- Currently, women in India face a multitude of health problems, which ultimately affect the aggregate economy's output.
- Gender is one of the main social determinants of health—which include social, economic, and political factors—that play a major role in the health outcomes of women in India and access to healthcare in India.
- Therefore, the high level of gender inequality in India negatively impacts the health of women.

WOMEN HEALTH & SANITATION

- Gender discrimination begins before birth; females are the most commonly aborted sex in India.

- If a female foetus is not aborted, the mother's pregnancy can be a stressful experience, due to her family's preference for a son.

- Once born, daughters are prone to being fed less than sons, especially when there are multiple girls already in the household. As women mature into adulthood, many of the barriers preventing them from achieving equitable levels of health stem from the low status of women and girls in Indian society, particularly in the rural and poverty-affected areas.

WOMEN HEALTH & SANITATION

- **Problems with India's healthcare system**: Of all health workers in the country, nearly two thirds are men. This especially affects rural areas where it has been found that out of all doctors, only **6 percent** are women. This translates into approximately 0.5 female allopathic physicians per 10,000 individuals in rural area.

- **Health problems of tribal women:** The high incidence of breast lumps among Adivasi women of Adilabad in Telangana has created apprehension of more serious health impacts for this remote population. "Leave alone breast cancer or any other type of carcinoma, even routine mammarian infections were unknown among indigenous people belonging to some tribes."

- **Malnutrition and morbidity:** Maternal Poverty and malnutrition malnutrition has been associated with an increased risk of maternal mortality and also child birth defects.

WOMEN HEALTH & SANITATION

Breast Cancer

- India is facing a large increase in the number of women with breast cancer.
- By the year 2020 nearly 70 percent of the world's cancer cases will come from developing countries, with a 5th of those cases coming from India.

- Much of the sudden increase in breast cancer cases is attributed to the rise in Westernization of the country.
- This includes westernised diet, greater urban concentrations of women, and later child bearing.
- Additionally, problems with India's health care infrastructure prevent adequate screenings and access for women, ultimately leading to lower health outcomes compared to more developed countries.

TREE PLANTATION

TREE PLANTATION

- Tree-planting is the process of transplanting tree seedlings, generally for forestry, land reclamation, or landscaping purpose.

- It differs from the transplantation of larger trees in arboriculture, and from the lower cost but slower and less reliable distribution of tree seeds.
  Because trees remove carbon dioxide from the air as they grow, tree planting can be used as a geoengineering technique to remove CO_2 from the atmosphere.

- Desert greening projects are also motivated by improved biodiversity and reclamation of natural water systems, but also improved economic and social welfare due to an increased number of jobs in farming and forestry.

TREE PLANTATION

- Tree Plantation drives combat many environmental issues like deforestation, erosion of soil, desertification in semi-arid areas, global warming and hence enhancing the beauty and balance of the environment.
- Trees absorb harmful gases and emit oxygen resulting in increase in oxygen supply.
- On an average, a single tree emits 260 pounds of oxygen annually.
- A fully-grown tree is sufficient for 18 human beings in one acre of land in one year stressing the importance of tree plantation for mankind.
- The type of tree planted may have great influence on the environmental outcomes.
- To promote the growth of native ecosystems indigenous trees be planted.
- A practical solution is to plant tough, fast-growing native tree species which begin rebuilding the land.
- Planting non-invasive trees that assist in the natural return of indigenous species is called "assisted natural regeneration."

TRAFFIC AWARENESS

Save Yourself by Learning Traffic Signs and Road Safety Measures

- Traffic signs are the silent speakers on the road.

- Traffic signs give information about the road conditions ahead, provide instructions to be followed at the major crossroads or junctions, warn or guide drivers, and ensure proper functioning of road traffic.

- Being unaware of road signs is akin to throwing caution to the wind. It can lead to loss of life and property. A person is supposed to be familiar (get through a written or oral test) with the traffic signs and symbols before acquiring a driving license in India.

TRAFFIC AWARENESS

Traffic Control Organisation
- **Road traffic control** involves directing vehicular and pedestrian traffic around a construction zone, accident or other road disruption, thus ensuring the safety of emergency response teams, construction workers and the general public.
- Traffic control also includes the use of CCTV and other means of monitoring traffic by local or state roadways authorities to manage traffic flows and providing advice concerning traffic congestion.

The Traffic Police carries out the following tasks:-
(a) Clearing of road blockages due to accidents or any other reason.
(b) Educating general public on road safety rules.
(c) Conduct of road safety seminars or training.
(d) Control / monitoring of Speed.
(e) Ensuring proper marking and placement of road signs.

TRAFFIC AWARENESS

Traffic Organization

The traffic in any city or town is controlled by the Deputy Commissioner of Police (Traffic).

He is assisted by various Assistant Commissioners of Police (ACPs), Inspectors, Assistant Sub Inspectors(ASIs), Head Constables and Constables.

The strength depends on the size of the city or town and the trafficthat is to be managed.

In addition, there is a Control Room, which monitors all Traffic Cameras and Communications.

TRAFFIC AWARENESS

Causes of Road Accidents

(a) Distracted Driving

(b) Drunk Driving

(c) Speeding

(d) Reckless Driving

(f) Running Red Lights

(g) Night Driving

(h) Tailgating

(j) Wrong-Way Driving/ Improper Turns

(k) Teenage Drivers

(l) Drugs

TRAFFIC AWARENESS

Road Safety Education.

Education about road safety is often provided in schools, colleges, workplaces, clubs and public places.

There could be other ways to create mass awareness:

1) Distribute booklets and pamphlets in schools.

2) Show presentations on road safety, traffic signs and negative aspects of road accidents in the classrooms.

3) Share online content with peers.

4) Encourage parents to help children learn preventive measures in real time.

5) Educate teachers with the basic laws and regulations on the road.

TRAFFIC AWARENESS

Celebrating Road Safety

- Every year, prominent metro cities of India celebrate the road safety week to promote road safety measures and aware people about various traffic signs.

- During the entire week, the transport departments of various states create awareness through community building process in schools, colleges, offices, and on roads.

- They also sensitize people about the outcome of drunken driving, high-speed driving, the importance of wearing a helmet for bikers and seat belts for four wheeler drivers.

- They also educate about traffic and driving signals. At times, they choose themes to communicate to the masses

☺   ☺   ☺

POLLUTION

- **Types of Pollutants**

  The term "pollution" refers to any substance that negatively impacts the environment or organisms that live within the affected environment.

  The five major types of pollution include: air pollution, water pollution, soil pollution, light pollution, and noise pollution.

- **Air Pollution**

✓ Air pollution contributes to respiratory problems such as asthma, lung cancer, chronic bronchitis, and other lung ailments.

✓ Nitrogen and sulphur oxides in the air contribute to acid rain, which is a form of precipitation with a lower (more acidic) pH than normal.

✓ Acid rain harms forests, species that live in water bodies, and degrades outdoor statues, monuments, and buildings.

POLLUTION

Water Pollution

A major source of water pollution is runoff from agricultural fields, industrial sites, or urban areas.

- **Soil Pollution**

- **Light Pollution**

- **Noise Pollution**

POLLUTION

Thank You!