

PART 3: SANITATION AND DISEASE

HOUSE KEEPING PRACTICES:

One of the ways to minimise or eliminate waste and pollutants at their source is to see what you are releasing down the drain.

Used tealeaves, solid food remains, soft toys, cotton, sanitary towels, etc. should be thrown in the dustbin. These wastes choke the drains.

They do not allow free flow of oxygen. This hampers the degradation process.

Poor sanitation and contaminated drinking water is the cause of a large number of diseases.

In India, a vast number of our people are still without sewerage facilities. Where do they relieve themselves?

A very large fraction of our people defecate in the open, on dry riverbeds, on railway tracks, near fields.

Thus, it becomes the most common route for water borne diseases. They include cholera, typhoid, polio, meningitis, hepatitis and dysentery.

ALTERNATIVE ARRANGEMENT FOR SEWAGE DISPOSAL:

To improve sanitation, low cost onsite sewage disposal systems are being encouraged. Examples are septic tanks, chemical toilets, composting pits. Septic tanks are suitable for places where there

is no sewerage system, for hospitals, isolated buildings or a cluster of 4 to 5 houses. Some organisations offer hygienic on-site human waste disposal technology. These

toilets do not require scavenging. Excreta from the toilet seats flow through covered drains into a

biogas plant. The biogas produced is used as a source of energy.

Railway stations, bus depots, airports, hospitals are very busy places. Thousands of people visit them daily.

Large amount of waste is generated here. It must be disposed of properly otherwise epidemics could break out.

All of us can contribute in maintaining sanitation at public places. We all have a role to play in keeping our environment clean and healthy

