Assignment — 02

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Section :- @ D

Ans no :- (01)

Q:- Do you think a pandemic can outbreaks from environment ? Explain it using internal/ external elements of ecosystem.

Ans:- Yes I, think a pandemic can outbreaks from environment.

pandamic can cause huge impect on our environment. Because if we introduce different kind of element in our ecosystem it might cause huge impect to ecosystem some external components like Mercury, Na, Pb etc can joined in the ecosystem and can hamper the balance of ecosystem and the environment so, As a se result the ecosystem resistance decrease and many disease can spread into the ecosystem create pandemic situtions. This diseases can spread out in between

us and we might get attracted by any problem. Because we take produce and consumes both as a food.

If we think about ~~a [illegible] pandemic~~ cholera ~~where~~ outbreak which ~~ca~~ killed so many people big infected with this deadly disease. This tiny virus spread by food, sweat, tears, mucus, saliva, diarrhea, urine, water. People Throw away this thing in environment and ~~it~~ this thing started to spread by water by drinking and having food.

As we know Equilibrium is the steady state of an ecosystem where all organisms are in balance with their environment and with each other. Any small changes to the system will be balanced by negative feedback.

Ans no :- 02

Assuming the person is a girl whose age is (20-25) years old. Given that weight is 52 kg and height is 5'3".

5.3 inch to m ?

5.3 inch = (5 × 12) + 3 inch

∴ 5.3 inch = 63 inch

We know that,

1 inch = 0.0254 m

∴ 63 " = (0.0254 × 63) m

= 1.6002 m

= 160.02 cm

We know the BMR for a female's formula for Female :-

BMR = 655 + (9.6 × weight in kg) + (1.8 × height in cm) − (4.7 × age in years)

When age is 20 year :-

$BMR = 655 + (9.6 \times 52) + (1.8 \times 160.02) - (4.7 \times 20)$

$= 1348.236$ calories.

and When age is 25 years :-

$BMR = 655 + (9.6 \times 52) + (1.8 \times 160.02) - (4.7 \times 25)$

$= 1324.736$ calories.

And Now,

Balanced diet chart for a day [vegetable diet]

	food items	food amount	Fiber + carbons	Protein	Fat	calories
Breakfast	Apple	100 g	13.5	0.3	0.2	52
	Puffed rice	25g	18.5	1.75	2.5	102.5
	cucumber	50g	1.1	0.3	0.1	6
	flax seeds	2 tsp 6g	2.7	1.382	0.3	18.48
	Tea with skimmed milk	100ml	5	3	2	46
Lunch	Brown rice	75 g	56.25	7.275	1.88	261.5
	Jhinga Posto	little bit	18	5	2	85
	Moong dal	100 g	18	8	5	148
	canolaoil	1/2 tsp 7.5g	0	0	7.5	67.5
	Amul masti dahi	100 g	4.4	4.1	3.1	62

Post workout	whey protein (80%)	1/2 Scoop 15g	1	12.5	1	62.5
Tea Time	Tea in Skimmed milk	100 ml	5	3	2	47
Dinner	Roti	25g ata	18.12	3.6	0.495	91.5
	olive oil	11.11 g	0	0	11.11	100
	Amul butter milk	100 ml	2.25	1.7	1.5	29.3
	cucumber (Peeled)	50 g	1.1	0.3	0.1	6
	Matar (50 g green Peas, 50g skimmed milk)	50g	9.50	13.6	1	104
	Nethella Soya chunks	43.48	14.38	22.61	0	150
					Total	1348.236

Ans to ~~the~~ (03)

Ans:- We can plan in this way for a Child diet who might need food from outside, from 3 month to 1.5 year.

Month	Food
(3 to 6)	We can give dairy milk [Exm:- Cow milk]
(6 to 8)	Lequide food like - cerelac Lequide khichuri (etc)
(9 to 10)	We can give b. soft non-veg items with she smoked rice
(11 to 12)	We can give, biled egg, fruit Juice, milk and fruit etc.
(13 to 17)	We can give Bananas, peaches soft fruits, yogert, oatmeal, pancakes etc.

We have to continue to give him healthy food in which the baby shows interest in.

Ans no :- 04

Ans :- Gene therapy ~~is a tec~~ is a techique that using genes to fight or prevent diseases. It might mean replacing a gene that isn't working properly, adding a good gene into a person who a disease, or blocking a gene that is causing a problem.

Down Syndrome is one of genetic disorder where gene therapy recently using and try to reduce it. This happens because of presence of all part of a third copy of chromosome 21. It's linked to delays in physical growth, mild to moderate intellectual impairment and distinctive facial features.
By the gene therapy making changes to an individual genome that can

not be inherited on making changes to the genome at very early embryos that may then be inherited.

With the gene therapy may be able resolve elements of the condition such as the loss of nerve cells leading to weak musculature.

It is possible as a turn off the extra chromosome 21 responsable for Down's Syndrome by adding RNA gene known as X inactive specific transcript to human stem cells. By inserting the X inactive speciting gene onto the extra chromosome in cells taken from those with Down's Syndrome, they were able to ignite a buildup of RNA the coated the extra chromosome and shut it down. By this process it can be reduce on the early age.