

5. Disruption of food chains. pollutants can disrupt food chains and webs.

6. Respiratory problems: - Air pollution, pollutants like sulfur dioxide, nitrogen oxides can cause respiratory diseases such as asthma, lung cancer.

7. Waterborn diseases Contaminated water sources can spread diseases like cholera, hepatitis.

8. Cancer: - Exposed to certain pollutants such as benzene, heavy metals increases risk of cancer.

9. Neurological effects - Some pollutants like lead and mercury can affect the nervous system leading to developmental issues in children.

10. Cardiovascular problems Air pollution has been linked to heart attacks, strokes and other cardiovascular diseases.

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11. Endocrine disruption. Certain chemicals in the environment can disrupt the endocrine system, affecting hormone production and regulation.

* Pollution prevention and Mitigation strategies.

1. Technological Innovation: - Continued research and development can lead to more effective and sustainable solutions.

2. EIAs :- Environmental Impact Assessments: Before major developments conducting EIA helps identify potential environmental impacts and implement mitigation measures to reduce pollution.

3. Green Building Practices promoting energy efficient and sustainable building designs can reduce resources consumption and limit pollution.

4. Emission Controls

Industries and vehicles can implement emission control technologies such as scrubbers, catalytic converters, filters.

5. Alternative Energy Sources :-

Transitioning to clean and renewable energy sources like solar, wind and hydroelectric power can reduce greenhouse gas emission and air pollution associated with fossil fuels.

6. Waste Reduction and Recycling

Reducing waste reduction through source reduction and promoting recycling programs can reduce the amount of waste.

7. Efficient Transportation :- promoting public transportation, electric vehicles can reduce air pollution from vehicles.

8. Education and Public Awareness:

Informing public about pollutions consequences and encouraging responsible environmental behaviours can reduce pollution

9. Reforestation and Green Infrastructure
planting trees and creating green space in urban areas can improve air quality

policies and Regulations.