**INTRODUCTION OF INDOOR AIR POLLUTION AND WASTE DISPOSAL**

The term indoor air pollution means an increase of contaminants as a harmful level in indoor environment. It is one of the four most critical global environmental problems in rural areas of developing countries. In rural Bangladesh indoor air pollution is dangerously high for poor households dependent on biomass cooking fuels. The high moisture contents of biomass cooking fuels, combined with the inefficiency of traditional stoves, results in incomplete combustion producing indoor air pollution. Environmental tobacco smoke is another important contributor to indoor air pollution as majority of our pupil is habituated to tobacco. Some common components of indoor air pollution are-

Respiratory particles from tobacco smokes and stoves.

Carbon monoxide from aerosol sprays, combustion equipment, stoves, gas heaters.

Nitrogen dioxide from gas cookers, cigarettes.

Carbon dioxide from combustion, respiration etc.

Our women and young children suffer the greatest from this indoor air pollution. It causes acute respiratory infections in young children, chronic lung disease ans cancer in adults and adverse pregnancy outcome.

So it is very important to prevent indoor air pollution and it can be done by proper healthful housing. The following minimum standards should be maintained-

1. There should be at least two living rooms.
2. Ample verandah space may be provided.
3. The built up area should not exceed one third of the total area.
4. There should be a separate kitchen with a paved sink or platform for washing utensils.
5. The house should be provided with a sanitary latrine.
6. The window area should be at least ten percent of the floor.
7. There should be a sanitary well or tube well within a quarter of a mile from the house.
8. There should be adequate arrangement for the disposal of waste water, refuse and garbage.

By maintaining proper cross ventilation and proper healthful housing we can prevent this indoor air pollution.

**DISPOSAL OF WASTE**

The term “solid wastes” includes garbage, rubbish, demolition products, sewage, dead animals, manure and other discarded materials.

Disposal of waste may termed as a process of getting rid of this unwanted materials or substances.

It is now largely the domain of sanitarians and public health engineers. Because if we allow to accumulate this wastes, it will be a health hazard.

1. It decomposes and favors fly breeding.
2. It attracts rodents and vermin.
3. The pathogen which may be present in the solid waste may be conveyed back to man’s food through flies and dust.
4. There is a possibility of water and soil pollution and
5. Heaps of refuse present and unsightly appearance and nuisance from bad odours.

So proper disposal of waste is very important for human life.

There are three steps of waste disposal,

First of all, proper storage of waste is important while awaiting collection.

Second step is collection. House to house collection is by far the best method of collecting waste.

Third step is disposition by method of disposal.

There is no single method of waste disposal which is equally suitable in all circumstances. The choice of a particular method is governed by local factors such as cost and availability of land and labor. The principal methods of waste disposal are-

1. Dumping.
2. Controlled tipping or sanitary land fill.
3. Composting
4. Incineration
5. Manure pits and,
6. Burial

But waste disposal cannot be solved without public education.

If waste disposal is to be carried out efficiently, hygienically and economically, heavy capital outlay will be needed whatever system of disposal is adopted.

So, our government should be more concern about proper disposal of waste as it is very much important for public health and hygiene.