Environment: *Chintan*

Dr Virendra Singh  
Professor of Medicine  
Head Allergy and Pulmonary Medicine  
SMS Hospital Jaipur

---

What is most essential for life?

- Air  
- Water  
- Food  
- Cloth  
- House  
- Jewelry

**Most essential, least expensive**

**Most expensive, least essential**
Environment & Health

Environment
- Smoking
- Cooking smoke
- Petrol & Diesel
- Occupational dust
- Occupational smoke

Adultrated Air

Silicosis
- Cook food
- Smoke bidi
- Works in mine
- Diesel smoke of generator

Mine worker
- Stone dust
- Smoking
- Diesel smoke of generator

Death count down
Staaaaarts?
1 & 1 = how many:  1+1=2
Harmful effect to cause COPD

Computerized Axial Tomography
Healthy users
Sick users
Tobacco users

PUBLIC

Non users
Potential users
Students
Grown up > 25 Yrs age

Healthy users
Sick users
Tobacco users

PUBLIC

Non users
Potential users
Students
Grown up > 25 Yrs age

Air is most vital for life and smoking adulterate it
Take tobacco get torture

Very easy not to start than to quit
Do not allow anybody to poison your breath

Thanks