

YOUR SCHOOL / COLLEGE NAME

ASSIGNMENT 04

Water Pollution: Causes and Control

Sources, effects on health and solutions

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SUBJECT **Environmental Studies**

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Introduction

Water pollution is the contamination of rivers, lakes, groundwater and seas by harmful substances. Clean water is essential for drinking, farming and industry, yet many water bodies in India receive untreated sewage and industrial waste every day.

Sources of Water Pollution

Pollutants enter water from points such as factory outlets and from spread-out sources such as farm run-off.

- Untreated domestic sewage
- Industrial effluents containing chemicals and heavy metals
- Fertiliser and pesticide run-off from farms
- Plastic waste and solid garbage
- Oil spills and religious offerings in rivers

Pollutant	Main source	Effect
Pathogens	Sewage	Water-borne diseases
Nitrates	Fertilisers	Algal blooms
Heavy metals	Industry	Poisoning, food chain
Plastics	Litter	Harm to aquatic animals

Effects

Polluted water spreads diseases such as cholera, typhoid and diarrhoea. Excess nutrients cause algal blooms that use up oxygen and kill fish, and heavy metals enter the food chain.

- Water-borne diseases
- Loss of aquatic life
- Contaminated crops and food chain
- Higher cost of water treatment

Remember

Prevention at the source is always cheaper than cleaning water later.

Control Measures

Treating sewage before discharge, enforcing industrial standards, organic farming and public awareness can greatly reduce pollution.

- Sewage treatment plants in every town
- Zero-liquid discharge for industries
- Using compost instead of excess fertiliser
- River clean-up and awareness campaigns

Conclusion

Clean water is a shared responsibility. Strong laws, better infrastructure and everyday habits such as not dumping waste into drains can restore our rivers and lakes.

Bibliography

- NCERT textbook, relevant chapter (latest edition).
- Reference book on the subject, standard edition.
- Class notes provided by the teacher.