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Sub: Noise pollution and preventive measures

Stop noise pollution before it stops your hearing capacity.

In pursuance to the guidelines issued by the education department we take the initiative to make general awareness about the harmful effects of noise pollution. Noise pollution affects both health and behavior of people in number of ways. Even animals are not spared from harmful effects of noise pollution.

Exposure to prolong and excessive noise has shown to cause a range of health problems. Ranging from stress, poor concentration, loss of sleep, hearing loss and cognitive impairment.

Sound is an important part of everyday life but when sound becomes noise, it can be negatively affecting our mental and physical health.

We need to recognize that noise pollution is a serious health concern worthy of our attention and we should find realistic ways to manage it.

Ways to minimize noise pollution:

- Turn off appliances when not in use such as T.V, games etc.**
- Shut the doors when using noisy machines.**

- Use proper lubrication and better maintenance of machines to reduce noise pollution.
 - Keeping music, T.V volume down
 - Keeping vehicles in good condition by getting them serviced at regular intervals
 - No unnecessary use of high pressure horns for thrill or fun should be used.
 - Respect quiet hours at night: don't play loud music, songs and avoid use of other sound making instruments at night time and thus peace of others must be respected.
 - Tree Plantation: encourage your ward to plant trees as they are good noise absorbents. According to studies, trees reduce noise by 5 to 10 decibels around them.
- Preventive measures can be taken without extra efforts and costs.



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