

BEWARE OF THE HARMFUL EFFECT OF NOISE POLLUTION



WE CAN REDUCE NOISE POLLUTION BY FOLLOWING THE TIPS BELOW:

- ❖ Say No to Crackers During Festivals & Important Occasions
- ❖ Do not Honk! Unnecessarily
- ❖ Use The Acoustic Enclosure with D.G.Sets
- ❖ Shut the Door when using noisy Machines
- ❖ Use the Sound Limiters with DJ and Public Addressing System
- ❖ Follow the Noise Rules and Limits of Noise level
- ❖ Go Green by planning trees

If someone violates the noise rules and creates the excessive noise (complaint may be lodged)

Helpline No. 155271 and Website ngms.delhi.gov.in

Sources (Cause) of Noise Pollution:

- Engineering companies, Printing presses,
- Textile mills, Metal works,
- Mechanical pneumatic drills,
- Transportation, Constructive Activities,
- Loudspeakers,
- Social events like worship places, parties, gigs and discos,
- Stone crushing, Bulldozing, Welding,
- Automobile repair activities,
- Fireworks.

Mitigation measures:

- Ear protection using ear muffs or plugs especially for babies, elderly people, handicapped persons, pet animals etc.
- Avoid using headphones or earplugs at high volumes.
- If suspecting hearing loss, get tested.
- Use of sound insulating architectural elements in offices, apartments, industries and public places.
- Planning living spaces such that there is sufficient distance between the source of noise and residences, schools and hospitals.
- Use of silencers in automobiles.
- Lubrication and maintenance of machinery.
- Plant more trees at strategic points. These act as sound barriers.
- Need to put a stop to parties and religious functions that are held at high pitch all through the night, causing many to spend sleepless nights.

Effects of Noise Pollution:

- Damage of our eardrums and loss of hearing.
- Aggressive behavior, Disturbance of sleep,
- Constant stress, Fatigue, and Hypertension,
- Increases stress leading to psychological disturbance.
- Blood pressure, cardiovascular disease,
- Stress-related heart problems,
- Nervous Disorders,
- Thickening of the Blood,
- Neurological Problems.

