

## **Letter to the Editor of a Newspaper About Noise Pollution**

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To

The Editor,

Hindustan Times, Kasturba Gandhi Marg, New Delhi-110001.

Sir,

Apropos your Editorial and a few news-items on Environmental Pollution published recently, I want to underline the problem of noise pollution in the big cities and towns of our country. It has been causing bearing damage to thousands of people. If it goes on increasing at the present rate, it is estimated that by the turn of the present century only a few people above the age of ten will have normal hearing capacity in many of our most industrialized cities. Many of us are still not aware how dangerous is noise pollution. It is ubiquitous and all around emanating from continuous traffic, industries, factories, workshops, household activities, construction work, the aero planes flying above, rock and pop music and the loudspeakers used for various purposes including marriages, religious preaching's and entertainment.

Noise harms us in so many ways. It disturbs our sleep, rest, peace, and causes irritation, annoyance and mental tension. It interrupts the flow of our thoughts and adversely affects both our mental and physical health.

Sometimes a noise may not arouse us from sleep, but certainly it affects badly our rest at the level of quality and quantity. It may go unnoticed; but it certainly produces pro-found psychological changes in the human body. Frequent loud noise may cause decreased flow of blood in the small vessels, dilation of pupils, tensing of muscles, digestive tip-sets, nervousness and anxiety. It lowers the working efficiency, specially in workers requiring concentration and accuracy. The most glaring harmful effect of noise, is in the form of gradual loss of sense of hearing.

Noise control laws are there, but they are not of much help because they are not stoutly enforced by the authorities. Only increased public awareness can deal with the menace which is growing more and more dangerous Gay by day. Noise should be checked, and kept within safe limits. It is the duty of the government and administration to see that noise does not pose a danger to the well-being of the citizens. Factories, workshops and repair shops of vehicles, eta., located in the residential areas should be removed immediately. Heavy vehicular traffic should not be allowed in the city during the peak hours of

traffic. Blowing of horns, etc., should also be checked. A new concept suggest that planting of trees can also reduce the noise pollution to some extent. Moreover, uncontrolled and unnecessary

noise should be checked by strict enforcement of rules and regulations. The public should also cooperate with the authorities in the control of noise. Without public cooperation nothing appreciable can be achieved in this respect. The use of loudspeakers should be totally banned, especially in the areas having schools, hospitals, libraries, etc.

Yours truly,

**Surinder Singh**