

Class Discussion: Noise Pollution

19th December 2023

Objective

To create awareness about Noise Pollution among students.

Description

If we like to sit quite and meditate with our inner self a lot of environmental distractions disturbs our mind and create turbulence in our mental stillness. If we notice our surroundings, we come across that these irritating noises are from multiple sources that is polluting our environment and disturbing the fauna of that particular habitat. This noise pollution is of prime matter of concern as it is already proved that it has detrimental effects on human health and negative impact on the ecosystem. The health specific associated risks includes; stress, mental irritation, behavioural changes, hearing impairments, hypertension, sleep disturbances, cardiac issues etc. In addition to that it also degrades the bird population, animal inhabitation, crop production etc. The sources of noise pollution are vehicles, industries, electronic media like Televisions, Radio etc., it is surprising that the humans are the culprit for the production of the demon called noise pollution and themselves hampering the their health as well as their habitat. To discuss this crucial environmental concern and to sensitise students about this sensitive issue, Institutional Eco Club of Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, organized a class discussion, where students discuss the environmental hazards associated with noise pollution and discuss ways to combat this.

