

RAISE YOUR AWAAZ AGAINST

# NOISE POLLUTION



It's time to shout out  
against disturbance.

To loudly say shhh!

Time to break the silence  
against those breaking the silence  
of your peace of mind

**Fight the harmful effects  
of noise pollution and take  
back your health**

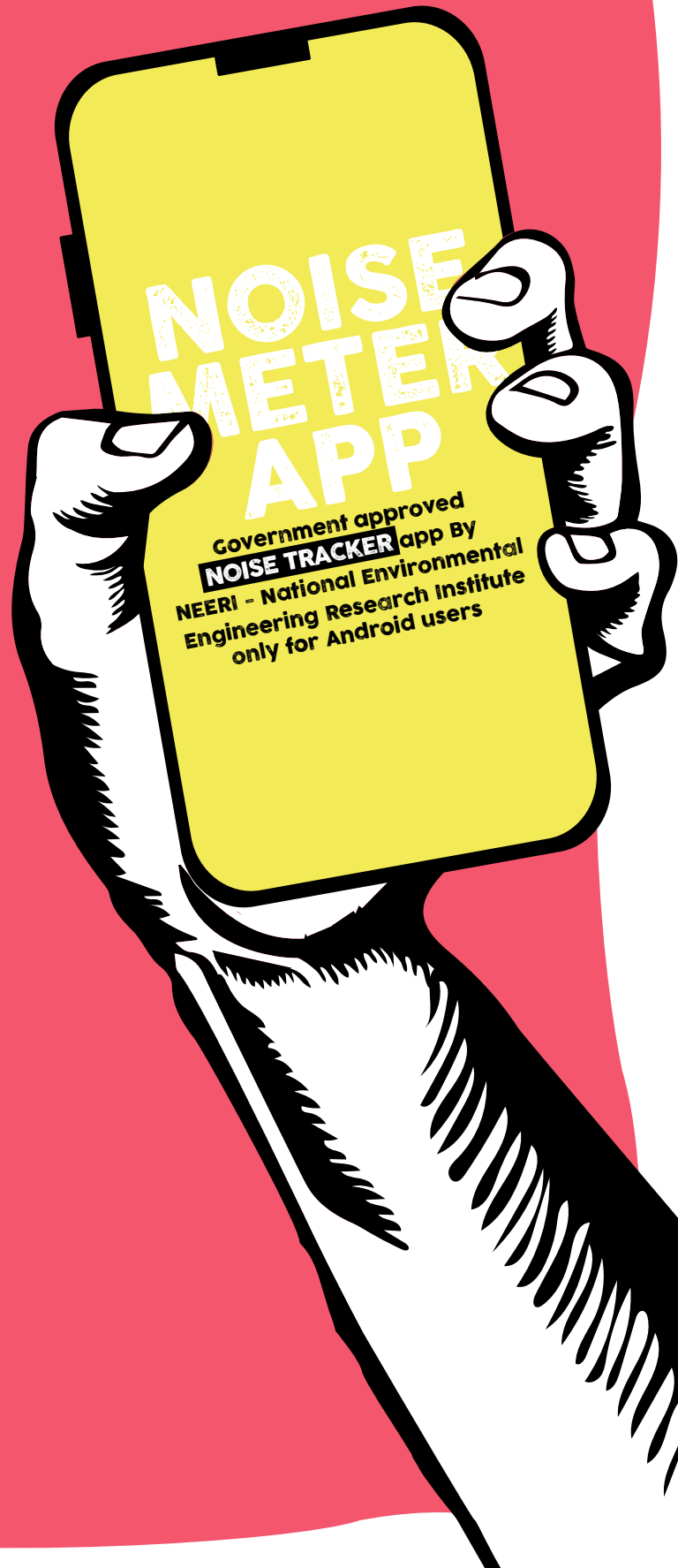


## Make your voice heard against the noise with an app

Excessive noise is more than just irritating.

It can cause serious physical and psychological harm, not just to us, but also to the environment around us.

Noise pollution apps can help you create a record of harmful-decibel-level sounds in your area, and make a log of police action or inaction.



## HOW AN APP CAN HELP

**1** Download any Free Noise meter App



**2** Take a decibel measurement of the offending noise, but please stay outside any private property boundary

Peep Peep Peep  
Dharr Dharr Dharr  
BOM BOM BOM  
KHARR KHARR KHARR  
KHAD.KHAD  
DUM.DUM  
PAAA.PAAA  
PARR.PARR

## HOW THE APP CAN HELP



**3** Take screenshot of the measurement

**4** send it to your local police twitter account, or call 100 to log a complaint



## HOW THE APP CAN HELP

- 5** Make a record of your complaint, detailing date and time of measurement taken, and complaint sent.

### ADD OUR AWAAZ TO YOURS

- 6** Tag Awaaz and the Police twitter account for us to map trends and also have the record of your complaints. This will help us take better and quick action and safeguard your health.



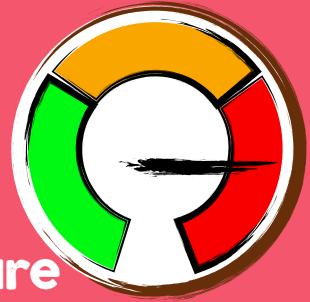
# How does noise pollution affect our health?

Noise pollution is much more than just an annoyance. The effects can be severe and cause long-term physical and psychological issues.

Hearing loss



High blood pressure



Heart disease



Sleep disorders

Stress and anxiety



Mental and physical fatigue



Memory impairment







## THE ENVIRONMENT SUFFERS, TOO

We and our children are not the only victims of noise pollution.  
It also affects the world around us.

Birds, animals and even insects depend heavily on sound. Calls to attract mates and communicate with each other, echo-location to find their way, the sound of prey to find food, the sound of predators to avoid danger.

All of these abilities are hampered by noise pollution. They also suffer the same physical and psychological effects we do. Noise pollution has been shown to change the behaviour of whales and dolphins, increase a caterpillar's heartrate, cause bluebirds to have fewer chicks. It is causing severe changes in breeding ability, migratory patterns and social behaviour, and in extreme cases, can even cause extinction events.

This in turn creates a ripple-effect on the environment. When animals, birds and insects flee in search of quieter locations, it has a huge impact on the ecosystems in which they play a vital role. Trees and plants that depend on them for pollination and seed dispersal suffer. The delicate predator-prey balance is disturbed. Entire landscapes change, with the repercussions felt for decades. These effects linger, even if the noise pollution was temporary.

Noise may be invisible. But its effects are visible everywhere.

# A SOUND UNDERSTANDING

In a written statement to the  
Lok Sabha in March, 2021,  
**The Minister of State, Ministry of  
Environment, Forests and Climate  
Change, noted:**



Noise pollution can be attributed to vehicular traffic, honking, railways, metro trains, aeroplanes, industries, generators, construction activities, use of public address systems, bursting of firecrackers, etc.



**Here's a handy checklist of noise pollution sources, so you can keep an ear out for harmful sounds.**

# RECREATIONAL SOURCES



**Firecrackers**



**Loudspeakers**

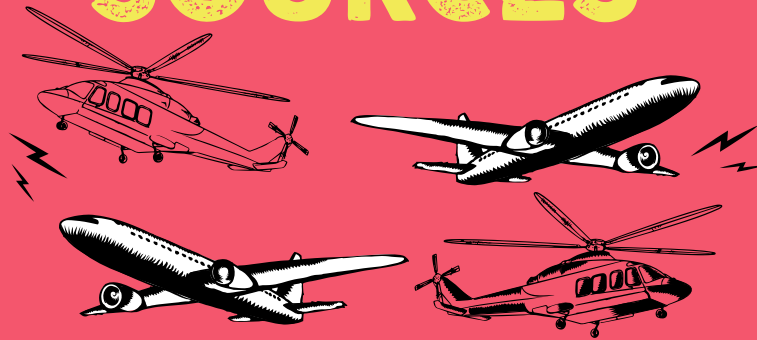


**Loud music**

**Any excessively noisy festive celebrations**



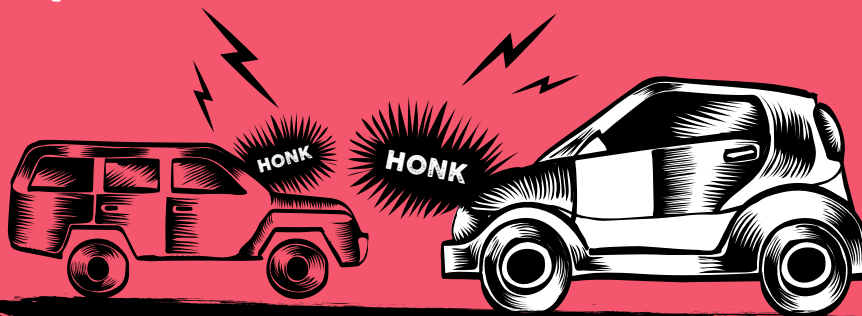
# TRANSPORT SOURCES



- Air traffic • Night flights
- Airports too close to residential areas
- Helipads



- Trains • Honking • Night trains
- Railways lines too close to residential areas



- Road traffic • Excessive honking • Mufflers

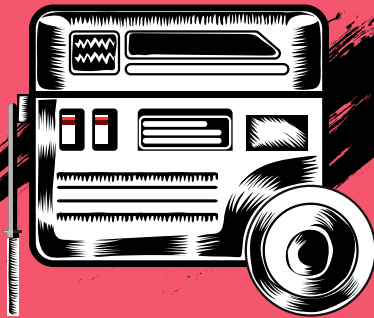
# APPLIANCE SOURCES



**Air conditioners**



**Vacuum cleaners**



**Generators**

**Kitchen appliances**

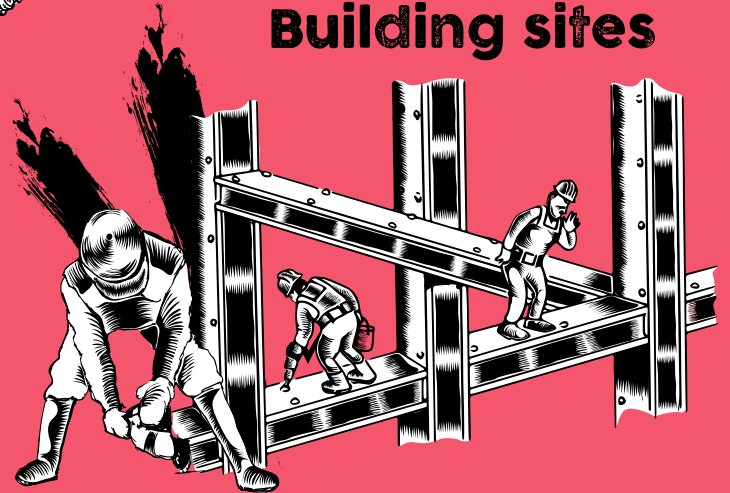


# CONSTRUCTION & INFRASTRUCTURE SOURCES

## Interior renovations



## Construction of infrastructure Building sites



## Road repairs



## Unexpected sources

A surprising source most people don't consider is the noises we like! If they're loud enough, and go on too long, even the sounds we find pleasing can cause the same damage as sounds we find annoying. Loud music, headphone listening, high volume TV, celebrations, music concerts... it all has an impact, and we should try to keep our exposure to the minimum.

## Everyone can be a source

It's important to be mindful of our own contributions as well, and be considerate to neighbours and others around us, when playing our music, renovating our homes, honking.

# **A C O U S T I C** **SOUND** **BARRIER**

**effectively used on flyovers  
to reduce traffic noise**

**By simply using  
ACOUSTIC SOUND BARRIER  
at construction sites,  
noise pollution can be decreased  
by almost 20 decibel**



**THE LAW  
HEARS YOU**



- India now has stringent noise pollution laws that are governed under the dedicated **Noise Pollution (Regulation and Control) Rules, 2000.**
- The noise standards for motor vehicles, air-conditioners, refrigerators, diesel generators and certain types of construction equipment have been listed under the **Environment (Protection) Rules, 1986.**
- Industry-related noise is regulated by State Pollution Control Boards / Pollution Control Committees (SPCBs / PCCs) for states / Union territories under the **Air (Prevention and Control of Pollution) Act, 1981.**
- **The Central Pollution Control Board imposes fines of up to Rs 1 lakh to offenders.**

## LEGAL DECIBEL NORMS

The Central Pollution Control Board has laid down the norms for permissible sound levels during the **day time (6am - 10pm) and at night time (10pm - 6am).**

**INDUSTRIAL AREAS** ● Day: 75dB ● Night: 70dB

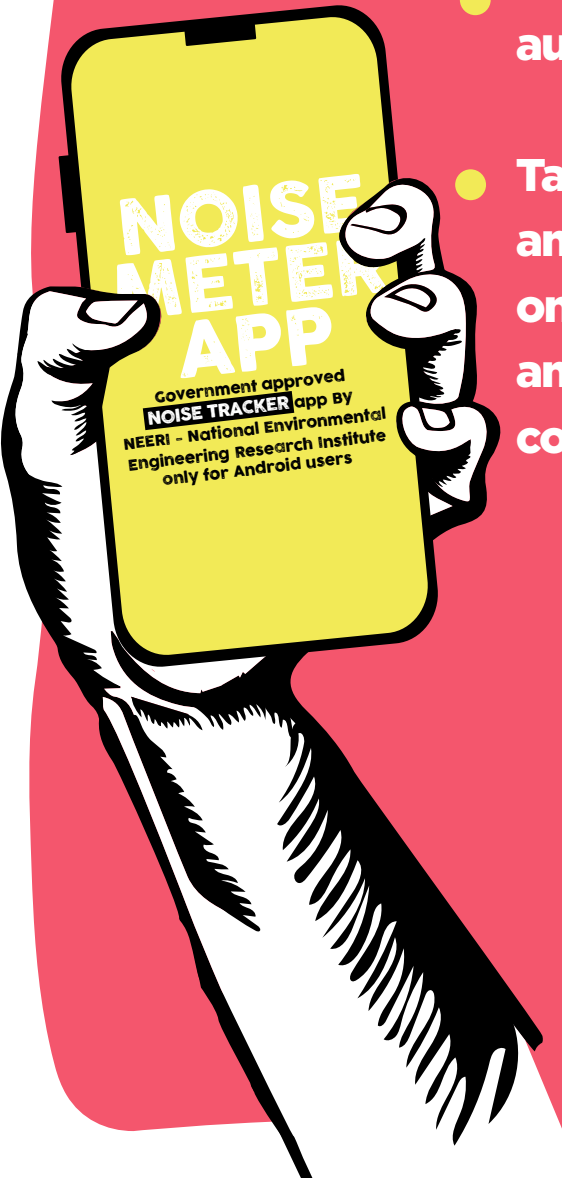
**COMMERCIAL AREAS** ● Day: 65dB ● Night: 55dB

**RESIDENTIAL AREAS** ● Day: 55dB ● Night: 45dB

These decibel level limits remain unchanged even when timing regulations are relaxed for special occasions.

# HOW YOU AS A CITIZEN CAN CONTRIBUTE

- Use the app to log sounds that break the law, and report them
- Constantly urge your local authorities to take action
- Tag Awaaz @awaazforaction and Mumbai Police @MumbaiPolice on twitter for us to map trends and also have the record of your complaints.



AWAAZ  
FOUNDATION



Together, we must  
all raise our **AWAAZ**,  
and shut down

**NOISE**  
**POLLUTION**



AWAAZ  
FOUNDATION

