

Check Noise Pollution

By definition, noise is "sound without value" or "any noise that is undesired by the recipient". Thus, the kind of environmental impact of noise pollution is slightly different from other kinds of pollution.

Generally, there is much more noise in the urban areas because of larger concentration of population as well as industrial and other activities like transportation vehicular movements, etc. Non-industrial sources of noise can come from public address systems for religious or political propaganda, recreation, hawkers or other street noise. Noise can also arise from the natural sources like thunder.

Noise as a potent menace can be evaluated in terms of a 'noise level' scale, or in decibels (dB). However, the health hazard is a matter of perceived noise level decibels (pNdB), which according to the WHO's prescribed optimum noise level as 45 dB by day and 35 by night; and anything above 80 dB is hazardous. Table 10.2 lists noise sources and their intensity.

The hazards of noise pollution are many and varied. For example, people exposed to noise levels reaching 110 db may reveal mental trauma, deafness, physical fatigue and hypertension, cardiovascular disease, insomnia, peptic ulcer, eczema and asthma. Psychologists are of the opinion that prolonged exposure to noise for a day alone, may lead to severe mental disorientation, and in a few cases, result in a violent behavior.

The noise properties and their reasonable level, in general, can be controlled only through enlightened and co-operative authorities. However, in a few cases, noise pollution can be minimized only through rigorous law and conscious efforts of the law enforcement department.

The most common ill-effect of noise pollution is impairment of hearing ability of an individual. Hearing ability of an individual is monitored by Audiometric tests, the most common technique of which is referred to as the Threshold technique. It is based on the determination of the minimum sound level which an individual can hear: Starting from a zero value the sound level is gradually raised.

The level of sound which an individual can just perceive is noted. This is followed by gradual lowering of volume of a louder sound and the level of sound which is no longer audible to the subject is recorded. An average of the two values is taken as the threshold of hearing of the individual concerned.

Prolonged exposures to loud noise can cause temporary or permanent loss of hearing. People working in noisy places such as industrial establishments, factories etc. often suffer from temporary loss of hearing. The ciliary cells in the inner ear are inactivated or numbed and the threshold of hearing of the subject is raised. If the loudness of noise is moderate or the duration of exposure is short, the damage is only temporary.

The auditory system recovers itself when the exposure ceases. In Audiometric tests, the phenomenon is referred to as 'Temporary Threshold Shifts' or 'TTS'. Longer exposures to louder noises may cause permanent shift in the threshold of hearing of an individual.

The individual in such cases suffers from partial but permanent loss of hearing. He is no longer able to hear low sounds which are audible to normal persons. This is caused by slow and chronic damage to ciliary cells in the inner ear: Still, medical science is of little help in such cases. Very loud, sudden and impulsive noises, such as a bomb blast, are capable of causing acute damage to auditory system and an abrupt loss of hearing. With or without involvement of inner ear; it is the middle ear which is affected in most of the cases. High intensity sound waves damage the ear drums and may disrupt the delicate bony chain which carries sensation from ear drums to the inner ear: Very fine surgical techniques have been developed to restore the hearing ability where only middle ear is involved. Loud noise is a nuisance which affects sleep, concentration and work or performance of an individual. Work which needs a high degree of skill and precision is considerably affected. It may cause head ache, irritability and fatigue. It is interest-ing to note that our Optical system is considerably affected by noise pollution. Dilation of pupils, impairment of night vision, decrease in colour perception ability are some of the effects caused by exposure to loud noise for long durations. Noise affects our cardiovascular system also. Loud noises tend to decrease the output of blood from heart, cause arterial blood pressure to fluctuate and smaller blood vessels of the body constrict reducing the flow of blood to the organs concerned. Heart beat rate is affected. Changes in breathing amplitude have been reported due to sudden and impulsive noises. Eosinophilia, hyperglycaemia, hypokalemia and hypoglycaemia may also be caused by changes in blood circulation and other body fluids due to noise pollution.



OFF 'D' Of Nature, Man and Karma

Though science wishes to be unbiased and objective, the contrary is the case. Our views about nature are much influenced by our views of ourselves. Because we are, at least in the worst part of our nature, competitive with each other, we explain the whole of the workings of nature in terms of competition. Because sex is a very important item in our minds, we divide nature into 'living', that which procreates, and 'nonliving', that which does not procreate. Stones do not procreate, but does that say anything about the inner spiritual core of the stone? Does that say that there is no consciousness? Does it say that minerals are essentially separate in character from other forms of manifestation of nature? Why is the distance between a rock and a plant larger than between a plant and an animal? From a karmic point of view, all that exists is the manifestation of consciousness.

Because karma is universal, nature is analogical. Instead of being anthropomorphic, all that we find in man can analogically be found in nature. Nature is made of the same principles as is man. Nature is full of

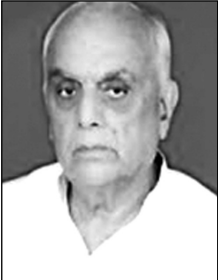
consciousness and intelligence, and the same laws of mind work in man as in nature.

The mind is motivated by many things besides competition. The mind may be creative, artistic, serious, playful, clumsy, evil, selfish, unselfish, cooperative, mean etc. All these aspects of consciousness have their own karmic effects. It is, therefore, no wonder that all these aspects are available in the forms of nature. There are so many thriving species in nature that are not especially competitive.

Many birds have tail feathers that seem an impediment to flying. Many creatures have gadgets that are beautiful or at least eye-catching that seem to serve no competitive function. The one-celled Radiolaria show a tremendous variety of beautiful spikes, but in terms of competition, one might expect that one of them — and probably not the most extreme form — would do better than all others and outrun them through the processes of evolution. Karma, therefore, expels anthropomorphism under the veil of objectivity but introduces analogy throughout nature.

Rudi Jansma

2nd October International Day of Non Violence



■ ER. P.L. KHUSHU

The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. According to the U.N. General Assembly resolution on 15 June 2007, which established the commemoration, the International Day is an occasion to "disseminate the message of non-violence, including through education and public awareness". The resolution reaffirms "the universal relevance of the principle of non-violence" and the desire "to secure a culture of peace, tolerance, understanding and non-violence".

Mahatma Gandhi, who is the pivotal energy source for India to have independence from the British, is equally the inspiration for non-violent movements for civil rights and social change across the world. Throughout his life, Gandhi remained committed to his belief in non-violence even under oppressive conditions and in the face of seemingly insurmountable challenges.

The theory behind his actions, which included encouraging massive civil disobedience to British law as also with the historic Salt March of 1930, was that "just means lead to just ends"; that is, it is irrational to try to use violence to achieve a peaceful society. He believed that Indians must not use violence or hatred in their fight for freedom from colonialism.

The principle of non-violence, also known as non-violent resistance, rejects the use of physical violence in order to achieve social or political change. Often described as "the politics of ordinary people", this form of social struggle has been adopted by mass populations all over the world in campaigns for social justice. Professor Gene Sharp, a leading scholar on non-violent resistance, uses the following definition in his publication, 'The Politics of Nonviolent Action:

"Nonviolent action is a technique by which people who reject passivity and submission, and who see struggle as essential, can wage their conflict without violence. Nonviolent action is not an attempt to avoid or ignore conflict. It is one response to the problem of how to act effectively in politics, especially how to wield powers effectively."

While non-violence is frequently used as a synonym for pacifism, since the mid-twentieth century the term non-violence has been adopted by many movements for social change which do not focus on opposition to war. As per Mahatma Gandhi the father of the nation, non violence is to protest and persuasion, including marches and vigils; "Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man".

Mahatma Gandhi gave the world the philosophy of nonviolence or Ahimsa. "Non-violence is the greatest force at the disposal of mankind, Mahatma Gandhi said. Mahatma Gandhi is regarded as the tallest leader of India's independence movement and was a pioneer of the philosophy of ahimsa (non-violence). The famous Sanskrit phrase 'Ahimsa Paramo Dharma' was also popularized by Gandhi, which loosely translates to 'non-violence is the highest moral virtue'. The International Day of Non-Violence aims to spread awareness about the philosophy and strategy of non-violence through education and public awareness. Mahatma Gandhi led the Dandi Salt March and the Quit India Movement in 1930 and 1942, respectively and was also vocal about eliminating the age-old practice of untouchability, caste discrimination and women oppression. He left behind a plethora of teachings and philosophy that still inspires people from all age groups.

■ ISHER SINGH JASROTIA

Mahatma Gandhi-known as the soul of the Indian freedom fighters who led freedom movement following the principles of non-violence, truthfulness and co-existence, enlightened the public for independence i.e "Pooran Swaraj".

Born on 02nd October, 1869 in Rajkot (Gujarat) in Dewan family; after passing the matriculation examination qualified himself as Barrister-in-law-in England and proved to be the greatest son of the soil.

We celebrate the Children day on November 14 in the Educational Institutions, which has coincidence with the birthday of Pt. Jawaharlal All Nehru. Similarly 2nd October is celebrated on the birthday anniversary of Mahatma Gandhi hereinafter-called "Bapu Gandhi".

Universally Mahatma Gandhi had great passion, love and affection for the children as Pt. Jawahar Lal Nehru had for the children who were called "Chacha Nehru" in the second decade, in the same manner; Mahatma Gandhi is memorized as "Babu Gandhi" on his birth anniversary. If we recollect the memories in our school days time i.e some times between 1954 - 1965 and even thereafter; the school children used to bear white caps on their heads. Mahatma Gandhi has distinguishable, tremendous and unmatched services at his credit, which could not be obliterated from the history of India. He had the mission for transformation of society into an egalitarian through social reforms. His recognition in terms of his statesmanship, aspirations and perception for peace and tranquility, equality of human being irrespective of caste, creed and colour are worth comprehensible & source of enlightenment to the modern and even to the next generation. After he returned from South African country in 1983, he could not put up with the injustice being meted out to the Indians. Henceforth, he followed the philosophy and ideologies of non-violence, truthfulness - an ultimatum for realistic prevalence not only in India but also across the world over: His symbolic characteristic is praiseworthy for his ambition of converting the knowledgeable society into egalitarian society. His main emphasis and focus was on the abolition of unsociability - the enforcement of any disability arising out of "Untouchability" should be an offence punishable in accordance with law. Later on, this was incorporated in Article 17 which has been implemented by the Protection of Civil Rights Act, 1955 whose earlier title being "The Untouchability (Offence) Act, 1955". Subsequently Article was put under the head Abolition of titles as (1) No title not being a military or academic distinction shall be conferred by the states (2) No citizen of India shall accept any title from any foreign state (3) No person who is not a citizen of India, while he holds any office of profit or trust under the state, accept without the consent of the President

YOUR COLUMN

Teachers are society builders

Dear Editor;

In many professions, it's easy to overstate the importance of the job. But in the case of our educators, it's more likely that people will underestimate the importance of teachers in our society.

For those who have dedicated their lives to teaching others, it's good to reflect on the vital importance well-educated, quality teachers play in shaping the world around us.

Taking on the task of shaping young minds is a big responsibility. To say that teachers can change lives is not an exaggeration. Consider some of the following vital roles that truly illustrate the importance of teachers.

It's interesting that so much public debate centers around celebrities, athletes and even politicians serving as role mod-

International Day of Non-Violence was first observed in 2007 when the UN General Assembly passed a resolution and stated that this day is an occasion to 'disseminate the message of non-violence, including through education and public awareness. The resolution was passed with a goal to secure a culture of peace, tolerance and understanding with the help of the teachings of India's global icon who inspired millions to adopt the path of non-violence. International Day of Non-Violence is observed across the world to give the message of non-violence. Be it civil rights or social reforms, Gandhi has been an inspiration for non-violent movements across the world. He remained committed to his belief in non-violence even under the worst circumstances and insurmountable challenges and led India to freedom. But the problem is that is non violence being practiced, when terror and terrorism in various forms has been a big disaster and concern of destruction in various countries, when humanity and humans have faced extinction on a mass scale, in various parts of this globe. To quote some, Al-Qaeda operates as a network of Islamic extremists and jihadists. The organization has been designated as a terrorist group by the United Nations Security Council, the North Atlantic Treaty Organization (NATO), the European Union, the United States, China, the United Kingdom, Russia, India, and various other countries. Al-Qaeda has mounted attacks on non-military and military targets in various countries, including the 1998 United States embassy bombings, the September 11 attacks, and the 2002 Ball bombings.

The United States government responded to the September 11 attacks by launching the "War on Terror", which sought to undermine al-Qaeda and its allies. The deaths of key leaders, including that of Osama bin Laden, have led al-Qaeda's operations to shift from top-down organization and planning of attacks, to the planning of attacks which are carried out by a loose network of associated groups and lone-wolf operators. Al-Qaeda characteristically organizes attacks which include suicide attacks and the simultaneous bombing of several targets. Al-Qaeda ideologues envision the violent removal of all foreign and secular influences in Muslim countries; of which it perceives as corrupt deviations.

Al-Qaeda members believe a Christian-Jewish alliance (led by the United States) is conspiring to be at war against Islam and destroy Islam. As Salafist jihadists, members of al-Qaeda believe that killing non-combatants is religiously sanctioned. Al-Qaeda also opposes what it regards as man-made laws, and wants to replace them exclusively with a strict form of Sharia, (Islamic religious law which is perceived as divine law). Al-Qaeda has carried out many attacks on people whom it considers kafir. It is also responsible for instigating sectarian violence among Muslims. Al-Qaeda regards liberal Muslims, Shias, Sufis and other sects as heretical and its members and sympathizers have attacked their mosques and gatherings. Examples of sectarian attacks include the 2004 Ashoura massacre, the 2006 Sadr City bombings, the April 2007 Baghdad bombings and the 2007 Yazidi community bombings.

Ten years since protesters in Syria first demonstrated against the four-decade rule of the Assad family; hundreds of thousands of Syrians have been killed and some twelve million people more than half the country's prewar population, have been displaced. The country has descended into an ever more complex civil war: Jihadist promoting a Sunni theocracy have eclipsed opposition forces fighting for a democratic and pluralistic Syria and regional powers have backed various local forces to advance their geopolitical interests on Syrian battlefields. The United States is at the forefront of a coalition conducting air strikes on the self-proclaimed Islamic State, though it abruptly pulled back some of its forces in 2019 ahead of an invasion of northern Syria by

any title from any foreign state (4) No person holding any office of profit or trust under the state, accept without the consent of the President accept any present enrolment or office of profit of any kind from or under any foreign state.

Like NBT which is now largest publishing house in India covering wide range of topics - social sciences, arts, biographies, science and technology; there are several books like 'Hind Swaraj' which exhibits their application across the country as well as the world over on the ideologies and philosophy of Mahatma Gandhi and their ostentatiously exhibiting. These books were actively engaged in dissemination of ideologies and philosophy of Mahatma Gandhi, his dreams, passion and aspirations for attainment and consummation of peace and tranquility the world over for conversion of knowledgeable society into egalitarian society. The theory preached by Mahatma Gandhi is eternal and for all times will remain as a force to reckon & will rule the humanity world over.

In December 1929, under Pt. Jawahar Lal Nehru leadership and with the blessing of Mahatma Gandhi, the Indian National Congress (motivation was for freedom struggle) at its Lahore Session resolved and declared "Iron Man of India", whose the aim was to integrate the states into Indian union falling within the jurisdiction of India, except Junagarh, Kashmir & Hyderabad, Kashmir remained as problem and undecided for a long time. Even after the constitution of India came into force on 26th January, 1950 in the form of India as Sovereign, Democratic Republic, India followed the ideologies and philosophy of Mahatma Gandhi where in the priorities were for friendly relationship with the neighbouring countries which became as one of widening concentric circles, around a central axis of historical and cultural commonalty. Later on, following the ideologies of Mahatma Gandhi, under the dynamic leadership of Pt. Jawahar Lal Nehru, India became the founder member of the non-aligned Movement and played an active role in strengthening the movement and making it an effective voice in representing the collective aspirations and interests of the developing countries on the vital issues of peace and harmony. The significance of his dynamical leadership in the pre-drawn period for peace and tranquility on the basis of brotherhood is praiseworthy and commendable across world over to which ultimately China was compelled to declare unilateral ceasefire. He had the passion and vision for non-violence, peace and tranquility; progress of the nation by enlightening the masses by way of educating them by implementing the rural developmental programmes, advocated to bear khaddar rather to use Swadeshi goods and pleaded that villages

els. The truth is, outside of their own home, one of the biggest role models in a young person's life is standing at the front of the classroom.

Teachers are people to look up to and emulate. Nearly everyone has a teacher (in many cases, quite a few teachers) who they admired and who provided them with an example of how to conduct themselves.

Teaching students information in a way that they will remember and put to use is one of the greatest gifts anyone can give to another person. Doing so opens students' eyes to new ways of looking at life. While so much emphasis today is on learning the hard skills necessary to excel in a certain profession - particularly in the postsecondary environment - much of the "life-changing stuff" happens in the younger years as children accumulate knowledge at the hands of a good teacher.

Yes, schools have guidance counselors. But almost every teacher will find themselves approached by students in one way or the other. They seek advice on everything from academic interests to issues related to their personal lives. Within

Turkey, a North Atlantic Treaty Organization (NATO) ally. The Turks have pushed Kurdish forces, the United States' main local partner in the fight against the Islamic State, from border areas. Russia, too, has carried out air strikes in Syria, coming to the Assad regime's defense, while Iranian forces and their Hezbollah allies have done the same on the ground.

Afghanistan and its people have been suffering from the bullets of terror out fits for decades now. As per Wikipedia, the free encyclopedia, the Soviet-Afghan War was a conflict wherein insurgent groups, known collectively as the Afghan Mujahideen, as well as smaller Shi'ite and Maoist groups, fought a nine-year guerrilla war against the Democratic Republic of Afghanistan and the Soviet Army throughout the 1980s, mostly in the Afghan countryside. The Mujahideen were variously backed primarily by the United States, Pakistan, Iran, Saudi Arabia, China, and the United Kingdom; the conflict was a Cold War-era proxy war. Millions of Afghans were killed and millions more fled the country as refugees, mostly to Pakistan and Iran. Between 6.5%-11.5% of Afghanistan's population is estimated to have perished in the conflict. By the mid-1980s, the Soviet contingent was increased to 108,800 and fighting increased, but the military and diplomatic cost of the war to the USSR was high. By mid-1987 the Soviet Union, under reformist leader General Secretary Mikhail Gorbachev, announced it would start withdrawing its forces after meetings with the Afghan government. The final troop withdrawal started on 15 May 1988, and ended on 15 February 1989, leaving the government forces alone in the battle against the insurgents, which continued until 1992, when the former Soviet-backed government collapsed. The Soviets' failure in the war is thought to be a contributing factor to the fall of the Soviet Union. It has left a mixed legacy in the former Soviet Union and in Afghanistan. Additionally, U.S. policies in the war are also thought to have contributed to a "blowback" of unintended consequences against American interests, which led to the United States entering into its own war in Afghanistan in 2001. Subsequent to the USA involving in its own war in Afghanistan in 2001, this costly war with failed objective, botched up strategies resulted in the inglorious exit of Americans from Afghanistan, with about more than 2000 American soldiers dead, with over \$2 trillion spending on such a failed misadventure of staying in Afghanistan for about 20 years. The 20-year American-led experiment to turn a rogue state into a Western-style democracy has come crashing to the ground.

Jammu & Kashmir is a victim of terrorism for the last more than 30 years, with the Pakistan's support through its ISI to foment trouble and disturb peace through Jehadi terror groups, based on Pan Islamic fundamentalism in this state of India. Enough of devastation in the shape of loss of precious human lives, loss of property to lakhs of its citizens, destruction and devastation of its perennial assets, set back to the growth and the development of Jammu & Kashmir and its people are some of the examples of violent of shoots of these terrorists acts which are fundamentally opposite to all the non violent norms and propounded by the father of our nation the Mahatma Gandhi.

Where is the non violence or its limbs in any form available across the globe? United Nations the world body celebrating the non-violence day on 2nd October every year since 2007 shall have to prevail world over to adopt non violence as a methodology of existence for the humanity.

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Mahatma Gandhi-the soul of Indian freedom fighters

must be made self-sufficient. He was having great aspiration for conversion of society into comprehensible modernization form. He believed that if mankind behaves arrogantly and uses the word 'belong to me' instead of 'belong to ours' then it is required to get rid of the machines to make mankind as universal well wisher. He had great passionate admiration for the children and it is a matter of delight able and coincidence that whereas we recollect the memories of Pt. Jawaharlal Nehru as Chacha Nehru on his birth anniversary, Mahatma Gandhi is called and memorized as "Bapu Gandhi" in the educational institutions and other associated institutions. Like Swami Vivekananda, Swami Dayanand Saraswati, Mahatma Gandhi who had the passion of peace and harmony, equality of human being, advocated strong desire and conception of contemplation of children's mindset to insinuate the reality of egalitarian society-a society for attainment of equal rights. He had the perception that the wealth of the nation lies in generating faith, confidence and mindset of the children and youth who could realizes the reality of life in the contemporary India. He had visual perception that human suffering, misery, illiteracy; superstitions are the root causes of poverty and backwardness of the nation and untouchability should be abolished from the society.

He pleaded for the richness of the nation through educating the youth and exploiting their disposition, energies and potentials. He believed that the youth have to be infused with the contemplation that the futuristic destiny of India is dependent upon youth whose energies should be exploited and shaped in a manner so as to meet the requirement of the nation in a changed fashion. Like other great leaders, he disseminated the message of brotherhood, love, truth and non-violence and existence of human excellence. His admires for the education of the children & believed that the education being basic factors for all round development of the children, they being tendered heart, need to be handled carefully by the parents and the teachers as well. He gave the ultimatum to the freedom movement and method of struggle; "Any great movement for liberation today most necessarily be a mass movement, and mass movements must essentially be peaceful, except in times of organized revolt. And if the principal movement is a peaceful one, contemporaneous attempts at a sporadic violence can only distract attention and weaken it". Let us take pledge to commemorate the memories of our great leader Mahatma Gandhi whose ideologies & philosophy will be followed from generation to generation in the educational institutions and other associated establishments relating to the educations so as to disseminate and give wide publicity to his heroic characteristics, great personality and traits not only in India but across the world over.

(The author is a Chairman, Modern Educational Society).

the classroom, teachers also serve as a sounding board for students' thoughts on everything from historical events to the meaning found in a literary work. Teachers also provide guidance on pursuing higher education and participating in events that encourage growth in a young person. The importance of teachers as guides for children as they consider furthering their education is immeasurable.

The best teachers also inspire their students to work harder and push themselves. They encourage students to understand the importance of dedicating themselves to passion projects or endeavors. And success builds upon success. The more a student pushes themselves to accomplish their goals, the more they realize what they are capable of doing.

Teaching can be a tough, complex job. As with any profession, there are days that are hard to get through. But for those who have committed their lives to the profession, they are joining the ranks of some of the brightest minds - and most important people - that students will come across in their lives.

Vijay Garg.