

10. Noise: How It Affects Our Lives

रोज़ हम अलग-अलग आवाज़े सुनते हैं। कुछ हमें पसंद आती हैं, कुछ नापसंद होती हैं।

Lesson summary

One of the environment hazards-dangers is noise pollution. It has bad effects on our health. Any, loud sound that we don't like is 'noise'.

The sound is measured in a unit called 'decibels' and the instrument that measures is called 'decibel meter'. Most people speak in a range between 45 to 75 decibels. Noise level beyond 85 decibels is harmful. Noise above 100 decibels can result in a hearing loss- deafness. Repeated loud noise has an effect on the inner part of our ears. It can cause deafness. Loud noise is harmful even during sleep. It causes a headache, expands blood vessels of the brain and is dangerous for the heart.

Some noises like the loudspeaker, loud music, and noise of machinery can be stopped. The government has made rules to stop noise pollution.