

Interesting Christmas Trivia

- The word Christmas is Old English, a contraction of Christ's Mass
- 'Jingle Bells' was first written for Thanksgiving and then became one of the most popular Christmas songs
- In Greek, X means Christ. That is where the word 'X-Mas' comes from
- An angel told Mary she was going to have a baby
- The first state to recognize the Christmas holiday officially was Alabama
- Germany made the first artificial Christmas trees. They were made of goose feathers and dyed green
- For every real Christmas tree harvested, 2 to 3 seedlings are planted in its place
- The first Christmas cards were vintage and invented in 1843, the Victorian Era
- A Christmas club, a savings account in which a person deposits a fixed amount of money regularly to be used at Christmas for shopping, came about around 1905.



Wish you all a Merry Christmas and a Very Happy New Year!

Picture of the month ! : Take a few minutes out from your busy lives to answer the following questions:



- What does this picture persuade you to do?
- What is the underlying psychology of this picture?
- Who is the picture targeting to?
- Does this picture idealize some aspects of life?
- According to you will this picture create awareness for our environment?

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Noise Pollution in India

Any kind of disrupting sound from Humans, Animals, Machines that hinder in the normal working of humans and animals is called Noise. Noise Pollution is mainly caused by transportation and vehicular sound. Among many reasons one important factor that creates noise pollution is the establishment of industries parallel to residential areas. Other sources are car alarms, emergency service sirens, office equipment, factory machinery, construction work, grounds keeping equipment, barking dogs, appliances, power tools, lighting hum, audio entertainment systems, loudspeakers and noisy people.



Evil effects of noise:

- Auditory fatigue associated with whistling and buzzing in the ears.
- Long exposure to high sound levels cause loss of hearing. This is mostly unnoticed, but has an adverse impact on hearing function. Deafness can also be caused which may be temporary or permanent
- Speech interference due to noise produced by industries and also road and air traffic.
- Annoyance which is a psychological response.
- Decreased efficiency due to interference with mental concentration.
- Physiological changes like rise in B.P, heart rate and respiratory rate. Also hypertension, giddiness, nausea, fatigue and insomnia.
- It affects the sleeping there by inducing the people to become restless and lose concentration and presence of mind during their activities
- The buildings and materials may get damaged by exposure to infrasonic / ultrasonic waves and even collapse

Environmental Effects

High noise levels also have an adverse effect on animal life increasing their stress levels and also the death rates. Noisy Areas lead to loss of natural habitats for the animals leading them to live an unbalanced life.

Animal species are also seen communicating on a higher pitch that spoils their health.

In India

India has developed many rules and regulations from time to time to ensure that the noise levels in the country are maintained at a nominal level. As Motor Vehicles are the chief source of noise pollution, the Motor Vehicle Act of 1998, gave numerous powers to the state Administration to monitor the noise levels at their own level. The Supreme Court of India gave a significant verdict on noise pollution in 2005. Unnecessary honking of vehicles makes for a high decibel level of noise in cities. The use of loudspeakers for political purposes and by temples and mosques make for noise pollution in residential areas. Recently Government of India has set up norms of permissible noise levels in urban and rural areas. Although there have been many more provisions but as none of them have been implemented as they were supposed to be, the noise levels seems to be growing day by day.



Noise pollution in India can be controlled by the following ways:

- Control at source: It can be done by segregating noisy machines and also by using mufflers or noise reducers
- Maintenance of machines: Proper lubrication and maintenance of machines, vehicles etc. will reduce noise levels. For example, it is a common experience that many parts of a vehicle will become loose while on a rugged path of journey. If these loose parts are not properly fitted, they will generate noise and cause annoyance to the driver/passenger. Similarly is the case of machines. Proper handling and regular maintenance is essential not only for noise control but also to improve the life of machine.
- Reducing the noise levels from domestic sectors: The domestic noise coming from radio, tape recorders, television sets, mixers, washing machines, cooking operations can be minimised by their selective and judicious operation. By usage of carpets or any absorbing material, the noise generated from felling of items in house can be minimised.
- Control over vibrations: The vibrations of materials may be controlled using proper foundations, rubber padding etc. to reduce the noise levels caused by vibrations.
- Prohibition on usage of loud speakers: By not permitting the usage of loudspeakers in the habitant zones except for important meetings / functions. Now-a-days, the urban Administration of the metro cities in India, is becoming stringent on usage of loudspeakers.
- Regular servicing and tuning of vehicles will reduce the noise levels. Fixing of silencers to automobiles, two wheelers etc., will reduce the noise levels.
- Control of transmission by building enclosures and covering walls.
- Protection of exposure by using ear plugs and ear muffs. Legislation to restrict the use of loud speakers etc.
- Education through films and newspapers about the hazards of noise pollution

Tips for staying healthy this winter.

- Make sure you keep warm. Simple, but often overlooked. If it is cold, wear socks and a sweater.
- Eat a wide variety of foods, including plenty of fresh and seasonal fruit, vegetables, nuts and seeds.



- Drink plenty of water, and maybe try some herbal teas instead of coffee and tea.



- Minimise junk food, takeaways, saturated fats and processed foods, which we tend to crave during the cold months.
- Keep up the exercise during winter, but make sure you keep warm during and after the exercise. And if you do feel ill, either stop or decrease the amount of exercise.
- Keep up with (or start) stretching. This will help to keep you loose and supple, increase flexibility, increase blood circulation, kick start your metabolism and keep your body warm.
- Reduce or minimise the stress in your life. Winter is often the time that the body finally gives up and says enough is enough. Stress also depresses your immune system.
- Avoid smoking and passive smoke (and pollution) as this irritates the respiratory system and winter is more likely to lead to a cold or flu.
- Have some fun! Staying happy and smiling is known to scare off the bugs.
- If you don't mind taking supplements, consider taking a B complex, Zinc and Vitamin C. Or find a good multivitamin/mineral. For doses contact a competent health care or nutrition professional.

Fun activities for Winter.

Paper Plate Reindeer Card Holder

What you will need: Three dinner-sized paper plates, paint, plastic forks, red pompom or a button, paper, and glue.

What to do:

1. To make the body place two paper plates together, top to top. Cut off the top quarter of the plates to make a card holder, then glue the plates together as shown.
2. To make the head fold a paper plate almost in half as shown in the picture to the right.
3. Measure $3\frac{3}{4}$ ' in from the sides of the folded edge of the paper plate. Fold the sides back $3\frac{3}{4}$ ' to form the head shape as shown at the left. Glue or staple the sides together on the back.
4. Glue the head to the body as shown.
6. Cut out leg, tail, and ear shapes from brown paper and glue them to the body and head.
7. To make the antlers cut two plastic forks in half and glue each half fork to a whole fork as shown in the picture. Glue them to the back of the head.
8. Paint the paper plates and antlers. Glue on a red pompom for the nose.
9. Attach a string or strong magnet to the back of the reindeer to hang it up. Place your Christmas cards in the holder.

