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Article :NOISE POLLUTION AND DISASTER MANAGEMENT IN GAMES AND SPORTS

Physical Education as an instrument of health, fitness, performance and excellences. While conducting programmes of physical education, games and sports media refers to all the way, means, techniques and strategies-both verbal and non-verbal which aim to develop pro-active relationship between the sports person/Institution/organisation and community ranging from sportsman and general public. Sports related people observe with their own eyes and ears has lasting effect on their mind than they monitor through activity.

Direct Media leave a much wide scope for face to face interaction between sports person and public than indirect media.

**In Physical Education and Sports the following are the methods**

1. Meeting of Parents of sports person and physical education teachers.
2. Seminar, conferences and workshop an games sports and physical education.
3. Demonstration activities of physical education.
4. Sports exhibitions.
5. Intramural or Inter class tournaments.
6. Play days
7. Sports rallies

8. International / National/State competitions
9. National and International marathon race.
10. Conclaves.

In these approve programmes and events.

Major crowd attend the activities and lot of problems occur.

The present generation and coming generation have to solve three major problems, namely population, "poverty" and "Pollution" if they have to survive. Pollution creates the most dangerous problem like "cancer" in which death is sure but slow. Environmental pollution is assuming very dangerous proportion allthrough the globe and India is not free from this poisonous discuss this is gift of modern living. Unless timely action is taken we have a farbid and bleak future for the world.

### **Noise Pollution and Sports :-**

In simple word "Noise" is unwanted sound. This word is derival from latin word "NAUSEA". It means unwanted ermel, a potential hazard to health and communications dumpeal into the environment with regard to the adverse affect, it may have on unwilling ears.

ω Encyclopedia Britannics: In acoustic noise is defined as any undesired sound.

Thus noise can be described as a group of land, non harmonious sound or vibrations that are unpleasent and irritating to car.

### **Sources of Noise Pollution:-**

1. Traffic Noise:
2. Aircraft Noise
3. Railway Noise
4. Construction Noise
5. Industry Noise
6. Building Noise
7. House hold equipment sound.

### **Sources of Aloise Pollution in Sports.**

1. Inaugural function and closing ceremony noise.
2. Specifications- Mob-crow-Noise
3. Musical Noise:- Musical Instrument
4. Vechil Noise
5. Crackers Noise
6. Construction Noise:-

### **Harmful Effect of Noise**

1. Noise pollution make sports man more irritable. It effects his sports performance. He can't show his best. The effect of Noise makes sportsmen dull.

1. Noise decrease the efficiency of sportman.
2. Lack of concentration on his sports performance and skills.
3. Noise fed firing and got fatigue
4. Noise attack the peace of mind of sportman.
5. It is increase blood pressure of sports persons.
6. Loud Noise in sports event may cause temporary or permanent deafness.
7. More noise effect the nervous system and players may loose the control.
8. The physiological feature like breathing amplitudes, Blood pressure, heart beat, pulse rate, blood cholesterol are effected.
9. More noise damage material, stadium and building gets damage by exposure to infrasonic/ ultrasonic waves.
10. The working performance of sportsman is also effected and they lose their concentration on play.

### **Noise Contral in Sports (Sources)**

Following prevention may be taken.

1. Reducing the noise level
2. control over vibrations
3. Low voice speeking
4. Prohibition on use of land speakers.
5. Proper selection of machinery and its maintanance

6. Job rotation between workers.
7. Hearing protecting equipment like earmutts,  
ear pluges etc are the commonly used devices for loud noise hearing protection.

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