

'One moment the world is as it is.

The next, it is something entirely different.... Something it has never been before'

-Anne Rice



*Print*



*"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."*

**-Vivian Greene**

The COVID-19 pandemic has indeed taught all of us to dance in the rain. There was a time when all of us wondered, at least momentarily, that the COVID-19 situation would cripple the world and all of us, permanently. Not at all. The world, and mankind recovered. Life is getting back on track.

We are just a month away from opening the doors of Naruvi Hospitals to public.

I want to thank all the readers of the Naruvi Print and our well-wishers for supporting us in spirit, unwavering in your faith in us.

Jai Hind.

**Mr. G V Sampath**  
Chairman



# THE DECIBEL EDITION

by

*The Great Indian Design Company*







THE  
LAST  
MONTH

If anything could be called a hurricane, the last month at Naruvi certainly qualifies.

There were interviews spanning the whole day. Equipment, lot after lot landing on the site, People getting onboarded. Everyone had their hands more than full.

Team Project ceased to exist. Several more specialised teams were carved out of the Project Team. Each of these teams were saddled with specific tasks to a granular level. All of them would leave to the site in the morning with their own trackers and regroup in the evening for a detailed analysis.

Everyone was on their toes and going about the site with hawk eyes 'snag hunting'. While all this was happening, there was another group of people working on the 'training the trainers' modules. The HIS software was given its final shape.

The first set of hospital staff are slated to join on the 1st of September. All the department heads are waiting with bated breath, to unleash all the work that went into the 'launch preparedness' on the first set of trainers.

Come hell, come high water, Naruvi Hospitals will be open to public in the first week of October.

Three cheers to the Naruvi Team, the PMC group, all the contractors, and last, but certainly not the least, the workers on the site who have wrung themselves dry to keep up timelines.

A big salute to all the people who have forgotten themselves in the pursuit of the Naruvi Dream.





THE  
AUDIO  
EFFECT



## Loud Noise Can Cause Hearing Loss Quickly or Over Time

Hearing loss can result from a single loud sound (like firecrackers) near your ear. Or, more often, hearing loss can result over time from damage caused by repeated exposures to loud sounds. The louder the sound, the shorter the amount of time it takes for hearing loss to occur. The longer the exposure, the greater the risk for hearing loss (especially when hearing protection is not used or there is not enough time for the ears to rest between exposures).

Here are some sources of loud noise that you may be exposed to. If you are repeatedly exposed to them over time, they can cause hearing loss.

- Everyday Activities
- Music from smartphones and personal listening devices, particularly when the volume set close to the maximum
- Fitness classes
- Children's toy

- Tools and More
- Power tools
- Gas-powered lawnmowers and leaf blowers
- Sirens
- Firearms
- Firecrackers

- Events
- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theatres



## Common Sources of Noise and Decibel Levels

Sound is measured in decibels (dB). A whisper is about 30 dB, normal conversation is about 60 dB, and a motorcycle engine running is about 95 dB. Noise above 70 dB over a prolonged period of time may start to damage your hearing. Loud noise above 120 dB can cause immediate harm to your ears.

## Sounds May Be Louder Than What You Hear

How loud something sounds to you is not the same as the actual intensity of that sound. Sound intensity is the amount of sound energy in a confined space.

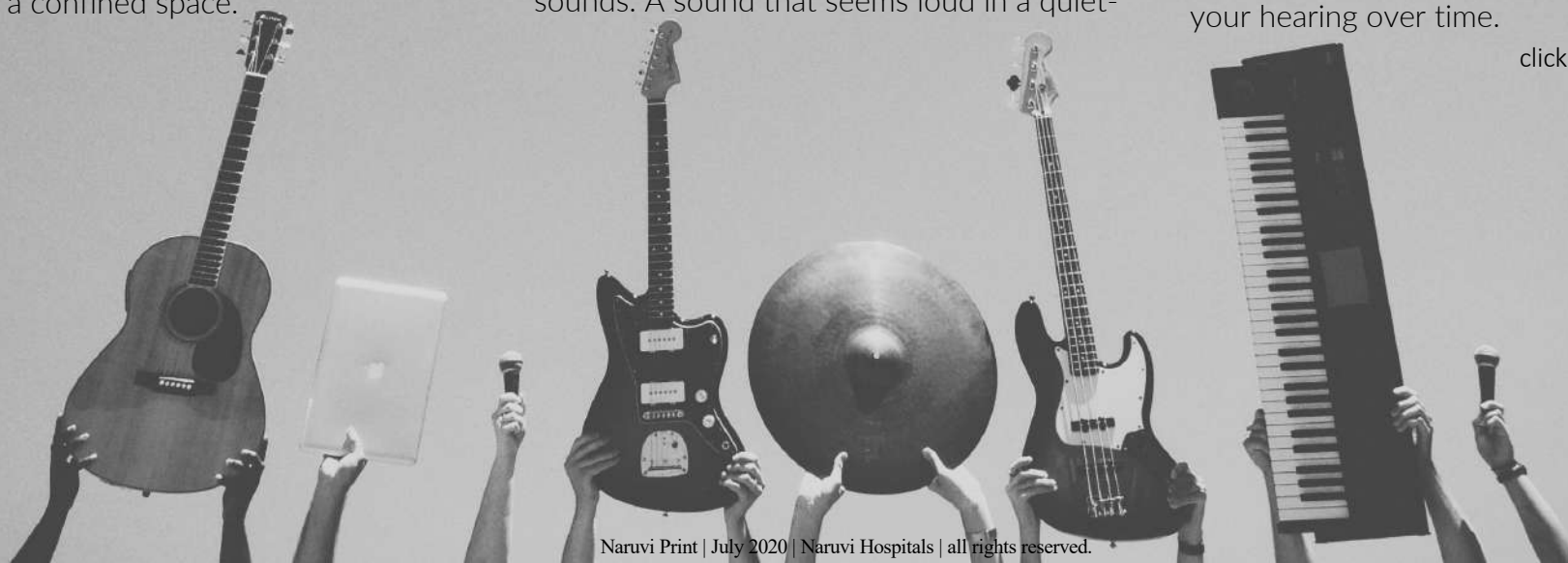
It is measured in decibels (dB). The decibel scale is logarithmic, which means that loudness is not directly proportional to sound intensity. Instead, the intensity of a sound grows very fast. This means that a sound at 20 dB is 10 times more intense than a sound at 10 dB.

Also, the intensity of a sound at 100 dB is one billion times more powerful compared to a sound at 10 dB. Two sounds that have equal intensity are not necessarily equally loud. Loudness refers to how you perceive audible sounds. A sound that seems loud in a quiet-

room might not be noticeable when you are on a street corner with heavy traffic, even though the sound intensity is the same. In general, to measure loudness, a sound must be increased by 10 dB to be perceived as twice as loud. For example, ten violins would sound only twice as loud as one violin.

The risk of damaging your hearing from noise increases with the sound intensity, not the loudness of the sound. If you need to raise your voice to be heard at an arm's length, the noise level in the environment is likely above 85 dB in sound intensity and could damage your hearing over time.

click [here](#)







# THE DECIBEL EFFECT

Everyday Sounds & Noises	Average Sound Level	Response After Exposure
Ticking watch	20	No damage
Normal conversation	60	No damage
Washing machine, dishwasher	70	You may feel annoyed by the noise
Gas-powered lawnmowers and leaf blowers	80 - 85	Damage to hearing possible after 2 hours of exposure
Motorcycle	95	Damage to hearing possible after about 50 minutes of exposure
Approaching subway train, car horn at 16 feet (5 meters), and sporting events	100	Hearing loss possible after 15 minutes
The maximum volume level for listening devices and venues; radio, television; nightclubs, bars and concerts	105 - 110	Hearing loss possible in less than 5 minutes
Shouting or barking in the ear	110	Hearing loss possible in less than 2 minutes
Standing beside or near sirens	120	Pain and ear injury
Firecrackers	140 - 150	Pain and ear injury

