ACTION PLAN FOR CONTROL OF AIR POLLUTION

IN NON-ATTAINMENT CITY OF BIHAR

(Gaya)



BY

BIHAR STATE POLLUTION CONTROL BOARD Parivesh Bhawan, Patliputra Industrial Area, P.O.-Sadakat Ashram, Gaya–800 010

Action Plan for Control of Air Pollution in Non-Attainment City of Bihar (Gaya)

Preamble:

Gaya, the Head Quarters of Magadh Division and Gaya district, is situated on banks of Flagu river at 24.75N latitude & 85.01E longitude and about 111m above sea level. It is spread over an area of 90.17 Sq km and has a population of 4,70,839 (Urban Agglomerations) as per census 2011. The Gaya agglomeration includes Gaya Municipal Corporation Area, Kaler (out growth) & Paharpur (census town) etc. Total no. of vehicles registered as on October 2018 in Gaya District with Transport Department is 3, 44,882 (Truck: 17429, Bus: 2318, Car: 14138, Taxi: 6240, Jeep: 8006, Three Wheeler: 23059, Two Wheeler: 251345, Tractor: 12561, Trailer 9467 and others: 319).







The major sources of air pollution in Gaya are road dust, vehicular emission, domestic fuel burning, open waste burning, construction activities, industrial emissions etc. Bihar State Pollution Control is regularly monitoring the ambient air quality at Gaya through Continuous Ambient Air Quality Monitoring Station (CAAQMS) installed at Collectorate campus.

Particulate Matter (PM₁₀ & PM_{2.5}) has been identified as main air pollutant as it is found above the prescribed national standards. This is mainly due to re-suspension of road dust, emission from vehicles, D.G. sets, construction activities, burning of domestic fossil fuels, open burning of solid wastes, transportation of construction materials such as sand, soil etc. without covering and emission from brick kilns located around Gaya. NO₂ also has been observed an alarming level. This is mainly due to vehicular emissions. Plying of old vehicles and traffic congestion causes higher level of NO₂. It has been observed that air quality of Gaya during winter season becomes very poor & severe due to condensation of fine particulate matter in the lower portions of the atmosphere.

1.	Name of the city	:	Gaya
2.	Air Pollution concerns	:	PM ₁₀ , PM _{2.5} , NO ₂
3.	Air pollution levels: (provide range of 24-houly average concentration values; annual average for past five years; No. days in various AQI categories)	:	Annexed as Annexure-1
4.	Months with high air pollution levels	:	January, February, November & December.

Action Plan for Control of Air Pollution in Non-Attainment city of Bihar

SI. No	SECTOR	ACTION POINTS	Technology/Infras tructure requirement (TR/IR)/ Methods (M)/ Outcome (OC)	Implementation period (Short – 6 months, Med- <2 yrs.), long – (>2 yrs.)	Implementation agency	Time Target for Implementati on
		Restriction on plying and phasing out of 15 years old commercial diesel driven vehicles.	OC- Reduction In black carbon emissions M- Policy reforms	Medium		December 2019
		Complete ban on 2- stroke autos and replacing them with EV or CNG based vehicle	TR—E-rickshaws OC—Reduction of emission load from autos TR—CNG based autos OC—Reduction of emission load from autos	Medium		December- 2019
	tion	PUC check (every 6 months)			December- 2020	
1	Transportation	Better PUC check infrastructure and management (Hon'ble Supreme court of India in W.P.(C) no 13029/1985 that pollution testing centres should be set up with in premises of all petrol pumps)	and strict pollution norms emission from private and public vehicle will decrease	ollution Transport De sion Medium Govt. of Bih e and	Transport Dept. Govt. of Bihar	
		Incentivising the use of cleaner fuels - electric vehicle and (CNG/LPG) for private vehicles	M—Proper infrastructure to increase adoption rate of cleaner fuels OC—Reduction of emission load from private vehicles	Medium		December- 2021
		Installation of Diesel Particulate Filter (DPF) in all the diesel vehicles	TR—Installing DPF filters to existing diesel vehicles OC—Reduction of emission load from diesel vehicles	Medium		December- 2020
		Good traffic management including re-direction	OC- Reduction in Emission due non congestion	Medium	Traffic police	December 2020

of traffic movemen	t			
to avoid congestion				
	intervention			
Demarcated lanes for E rickshaw's	OC- Reduction in Emission due non congestion	Short	Traffic police	Immediate
plying for public commuting	M- Policy Intervention	Short		
Development of multi-level parking facilities	OC- Traffic congestion reduction & road encroachment reduction will help in emission reduction M- Land space demarcation around public transportation hotspots	Long	Gaya Municipal Corporation (GMC)	December 2023
Complete ban of carriage transport, heavy vehicles, during peak hours (8:00 -11:00 am & 5:00 - 8 pm). (Arranging alternat routes to all carriag transports between	and reduce tail-	Short	Traffic police	April 2019
Launch drive again any vehicle with visible smoke comi out of it and ensure strict compliances	emission load from ng poorly maintained			
Complete ban on o road parking and encroachment removal from the roads	n- OC—Reduction in traffic congestion will facilitate faster vehicle movement and reduce tail- pipe emission	Alternate locations to park vehicles	Traffic police GMC	
Monitoring of Vehic fitness	le		Transport & Traffic dept.	December 2019
Checking on fuel adulteration	OC- Reduction in emission	Short -	District Administration & Oil companies	April 2019
Periodic calibration test of vehicular emission monitorin instrument.		Medium	BSPCB & Transportation Dept.	April 2019

	7	Adapting new technologies for Brick kilns	Adapting Cleaner technology	High	Bihar State Pollution Control Board (BSPCB) Dept. of Industries (Bihar)	December 2019
2	Industry	Shifting of Polluting Industries like stone crushers away from city area (min 10km away from the city outskirts)	TR- Regulatory requirements 1) Incentive to owner for relocating outside the city OC—Reduction in emission load from stone crushers	Long	Bihar State Pollution Control Board (BSPCB) Dept. of Industries	December 2021
		Ban on Polluting Industries	TR- Regulatory requirements	Short	(Bihar)	June 2019
		Check on Stubble Burning	OC- Reduction in emission from stubble burnings M- Regulatory as well as Awareness Sensitization	Medium	Dept. Of Agriculture	December 2020
3	Biomass & Garbage Burning	 Identify Garbage burning locations and strict enforcement of NGT (2016) rules regarding prohibition of garbage burning. Promoting waste composting plants at city level Recycling plants for dry waste. 	M—Composting plants OC—Composting waste/garbage will reduce the emission load from garbage burning M—Recycling centres for dry waste OC—Proper disposal of dry waste will reduce the emission load from garbage burning	Medium	GMC	Immediate
		Ensure segregation of waste at source and daily collection of segregated waste	OC—Reduction in emission load from garbage burning	Incentivizing mechanism that ensures waste is segregated at the source		
		To create separate space/zone to handle solid waste, C&D waste and other waste in the city	OC—Reduction in emission load from SWM	Land allocation & fund availability		

		 Increasing the LPG connections in low income strata. To mandate LPG/Bio gas in commercial eateries. Ensuring 100% 	M—Increase in LPG connection OC—Reduction in emission load	Medium	Food And Civil Supplies Department South Bihar Power	December 2020
		electrification and uninterrupted electric supply with in the city.	total emission load from kerosene lamps	Medium	Distribution Company Limited	December 2019
4	Domestic	Ensure easy availability of affordable cleaner cooking fuels (LPG in urban areas & biogas in rural areas)	M—Improvement in LPG/Bio gas infrastructure OC—Reduction in total emission load from chullahs (due to number reduction)	Medium	Food & Civil supplies Dept.	December 2020
	Dor	To mandate LPG/Biogas in commercial eateries and to promote induction cookers	M—Improvement in infrastructure that ensures availability of LPG/bio-gas to all eateries as in when required. OC—Reduction in emission load due to less burning of biomass	Setting up governance and rules that assists officials in mandating LPG/Bio gas at commercial locations	Food And Civil Supplies Department GMC	
		Introduction of improved chullahs (low emission chullahs)	 Identifying areas for using chullahs Procuring the chullahs OC—Reduction in indoor emission load 	Medium		
5	Constr uction &	Construction materials should be transported in covered vehicles	OC—Reduction in emission load from dust	Short	Traffic Police & Gaya District Administration	Immediate

		To mandate facility of tar road inside the construction site for movement of vehicles carrying construction material	OC—Reduction in emission load from dust	Medium	GMC	December 2019
		Promotion of the use of prefabricated blocks for building construction	OC—Reduction in emission load from dust	Long		December 2020
		Restrictiononstorageofconstructionmaterialsalongtheroad.	OC- reduction in road dust	Short	GMC	Immediate
		Strict enforcement of CPCB guidelines for construction (use of green screens, side covering of digging sites, etc.)	OC—Reduction in emission load from dust	Short	BSPCB	Immediate
	st	To take appropriate action to remove road dust/silt regularly by using mechanical sweepers	Mechanical sweeping 1) Identifying the road stretch with high silt content 2) Procuring the mechanical sweepers OC—Reduction in resuspension of dust	High	GMC	
6	Road Dus	To reduce dust through end-to-end paving of the road	M—Improvement in Infrastructure OC—Reduction in resuspension of dust	High	GMC State Public Works Department	
		To create green buffer along the road	M—Identify and prioritize the road stretches and other areas OC— Reduction in resuspension of dust	Medium	GMC	

7	D G Sets	Initiate steps for installation of combined de NOx – particulate filter in all the diesel gen-sets Introduction of DG sets which use Clean Fuel Incentivising the use of clean fuel (CNG/ LPG) based generator set	M —Procuring the filters and identifying the DG sets which needs to be retrofitted with filters OC—Reduction in emission load from DG sets OC—Reduction in emission load from DG sets	Medium Medium Medium	Medium	BSPCB
8	Strengthening of AAQ monitoring	 Installation of four CAAQMS at Gaya. a. Two CAAQM stations under CSR funds of CPSU through CPCB at Eco- Park. b. Two CAAQM stations under State Govt. financial assistance. 	OC- Proper Evidence on sectorial contributions with primary baseline surveys to update the emissions inventory. OC- Efficient Monitoring	Short	BSPCB	June 2019
	Str	Source apportionment study (Dispersion +Receptor) Modelling	OC- identification of pollutants	Medium	BSPCB	December 2019
	reness	Issue of advisory to public for prevention and control of air pollution	OC- Awareness and better implementation of policy	Short	BSPCB & Dept. of Environment, forest & Climate Change	Immediate
9	Public Awareness	Launch public awareness programme campaign to control air pollution	OC—Through awareness, public participation for air pollution reduction will increase	Short	BSPCB GMC & Dept. of Environment, forest & Climate Change	Immediate
10	Others	Compliance of guidelines on D.G. sets and action against violation	OC- Reduction in Black carbon TR- DPF (Diesel Particulate Filters installation)	Short	BSPCB & GMC	Immediate
	Ot	Help line to oversee non compliances on aforesaid issues.	OC- Awareness and better implementation of policy	Short	BSPCB & GMC	Immediate

Hospital incinerators for bio-medical incineration	OC—Reduction in bio-hazardous materials being dumped in to the landfill		BSPCB GMC Dept. of Health (Govt. of Bihar)	
City wise cap on coal use	OC—Reduction in coal consumption will reduce the emission load		BSPCB Food And Civil Supplies Department	
Polluter pay principle	OC—Will act as a deterrent against polluters	Medium	BSPCB	December 2019
Transportation of municipal solid wastes, construction materials and debris in covered system.	OC- Minimization in road dust TR- Monitoring of Implementation	Short	GMC	Immediate
Immediate lifting of solid wastes generated from de- silting and cleaning of municipal drains for its disposal.	OC- Minimization of Road dust TR- Monitoring of Implementation	Short	GMC	April 2019

- 1. **Monitoring mechanism for implementation:** The aforesaid action plan shall be implemented by Bihar State Pollution Control Board with co-ordination of Department of Environment and Forest, Govt. of Bihar, Urban Development & Housing Department, Govt. of Bihar, Transport Department, Gaya Municipal Corporation, Traffic Police and District Administration. Bihar State Pollution Control Board shall regularly review the implementation of aforesaid action plan.
- 2. Public Awareness and Grievance Redressal: A multifaceted awareness campaign is scheduled where in not just to create sensitization but create some agents of change among all sections of society. Set up an anti-Pollution Help-Line in Gaya region to register complaints of specific violations. A pollution app at crowd sourcing platform is in the phase to be prepared wherein citizens can take a picture of the violation and upload it for quick remedial action. In addition, efforts are also being made through various camps, trainings and workshops, apart from campaigns through various print media, televised shows and radio jingles, in informing the air pollution as a hazard and adhering to the standard measures as a citizen. Gathering information to build an Emissions Inventory is an essential input for forecasting air quality in a given area. While static emission sources like industries, brick kilns etc. are captured easily, the challenge lies in capturing information such as waste-burning, accidental fires, other events that throw up clouds of dust and any such type of events. One possible solution to this problem is to use crowd-sourced information where unknown individuals will be able to report as well as verify air pollution events that are random in nature. The challenge is to make sure that complete information about the event is captured as well as establish the veracity of the information being received. This will act as source of public awareness and simultaneously social media can used as a potential tool for the same.

- 3. BSPCB along with other stakeholders like Gaya District Administration BSDMA, Dept. Of Health will be sending out advisory for citizen's preparedness. Use of media and social media for creating wide dissemination will be catered through these advisory. A statutory advisory is attached in the annexure II.
- 4. To monitor the air pollution, Gaya has 1 Continuous Air Monitoring Station (CAMS) reporting data for all the criteria pollutants, one manual stations reporting data on PM2.5, PM10, SO2, and NO2 .However the data acquired by CAMS installed at Gaya Collectorate is insufficient to find the sectorial and per capita emission load. There should be at least 12 CAMS in the city for efficient reporting. However, emission inventory survey can be used to supplement the data to calculate the emission load and BSPCB is planning to conduct the emissions inventory survey.

5. Convergence with Graded Response Action Plan :

In pursuant to the order of the Hon'ble Supreme Court dated December 02, 2016 in the matter of M. C. Mehta Vs. Union of India regarding air quality in National Capital Region of Delhi and approval of Ministry of Environment, Forests and Climate Change, Govt. of India vide its notification S.O. 118 (E), dated- January 12, 2017 CPCB has formulated Graded Response Action Plan for Delhi & NCR based on Air Quality Index and concentration of particulate matter. In consistent with the same, a Graded Response Action Plan has been formulated for Gaya as hereunder:-

Severe + or Emergency (ambient PM2.5or PM10concentration values of 300µg/m3or 500µg/m3 respectively persist for 48 hours or more)	Implementing Agency
Stop entry of truck traffic into Gaya (except essential commodities).	Gaya Municipal Corporation (PMC) and Traffic Police, Gaya Town.
Stop construction activities.	Gaya Municipal Corporation, Building Construction Department, Govt. of Bihar, Road Construction Department, Govt. of Bihar, Bihar Rajya Pul Nirman Nigam(BRPNN) and Bihar State Pollution Control Board.
Introduce odd and even scheme for private vehicles based on license plate numbers and minimize exemptions.	Transport Commissioner, Transport Department, Gov. of Bihar, District Transport Officer, Gaya and District Magistrate, Gaya.
Task Force to take decision on any additional steps including shutting of schools	District Magistrate, Gaya
Severe (ambient PM2.5or PM10 concentration value is more than 250 µg/m3or 430µg/m3 respectively)	Implementing Agency
Intensify public transport services. Introduce differential rates to encourage off- peak travel.	Transport Commissioner, Transport Department, Gov. of Bihar, District Transport Officer, Gaya and District Magistrate, Gaya.

Close brick kilns, Stone Crushers.	Bihar State Pollution Control Board,
Increase frequency of mechanized cleaning	Mining Department, Govt. of Bihar. Gaya Municipal Corporation, Public
of road and sprinkling of water on roads.	Works Department, Govt. of Bihar,
Identify road stretches with high dust	Road Construction Department, Govt.
generation.	of Bihar and National Highway
generation.	Authority of India.
Very Poor (ambient PM2.5or PM10	Implementing Agency
concentration value is between 121-	
250μg/m3or 351-430 μg/m3	
respectively)	
Stop use of diesel generator sets.	Bihar State Pollution Control Board,
	District Administration, Gaya, Gaya
	Municipal Corporation, Gaya.
Enhance parking fee by 3-4 times.	Gaya Municipal Corporation, Gaya.
Increase public transport bus services by	Transport Department, Gov. of Bihar,
augmenting contract buses and increasing	District Transport Officer, Gaya,
frequency of service.	District Administration, Gaya.
Stop use of coal/fire wood in hotels and	Gaya Municipal Corporation, Gaya.
open eateries.	
Residential Welfare Associations and	Resident Welfare Associations,
individual house owners, Security Staff to	Apartment Committee, Security
provide electric heaters during winter to	Organizations
avoid open burning by them.	Bihar State Pollution Control Board.
Alert in newspapers/TV/radio to advise	
people with respiratory and cardiac patients	
people with respiratory and cardiac patients	
to avoid polluted areas and restrict outdoor	
to avoid polluted areas and restrict outdoor movement.	Implementing Agency
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compliant sites.	Govt. of Bihar and Road Construction Department, Govt. of Bihar.
Deploy traffic police for smooth traffic flow at identified vulnerable areas.	Traffic Police, Gaya
Strictly enforce Supreme Court ban on firecrackers.	Chief Controller of Explosives, Petroleum and Explosive Safety Organizations (PESO) and District Administration, Gaya.
Information dissemination through Social media, mobile Apps to inform people about the pollution levels, contact details of control room, enable them to report polluting activities/sources to the concerned authorities, and actions be taken by government based on the level of pollution.	Bihar State Pollution Control Board, Department of Environment and

Annexure-1

Status of Ambient Air Quality at Collectorate Campus Gaya

SI. No.	PARAMETERS	4	Standards for residential, Rural			
NO.		2014	2015	2016	2017	and other Areas
1.	PM ₁₀	180.93 µg/m ³	76.85 μg/m ³			60 µg/m ³ Annual
2.	PM _{2.5}	µg/m³	181.6 µg/m ³	71.97µg/m ³	71.85 µg/m ³	40 µg/m ³ Annual
3.	CO	2.69 mg/m ³	2.01 mg/m ³	1.43 mg/m ³	1.08 mg/m ³	02 mg/m ³ 8 hours 04 mg/m ³ 1 hour
4.	O ₃	23.80 µg/m ³	23.23 µg/m ³	14.05µg/m ³	21.22 µg/m ³	100 μg/m ³ 8 hours 180 μg/m ³ 1 hour
5.	SO ₂	6.10 µg/m³	10.20 µg/m ³	7.48µg/m ³	5.53 µg/m ³	50 µg/m ³ Annual
6.	NO ₂	54.63 µg/m ³	20.95 µg/m ³	44.44µg/m ³	19.21 µg/m ³	40 µg/m ³ Annual
7.	Benzene	2.13 µg/m ³	2.21 µg/m ³	1.61µg/m ³	0.70 µg/m ³	05 µg/m ³ Annual

			Statu	s of Amb	ient Air C	Quality o	f Collect	orate, Ga	ya 2016 a	& 2017			
						Main p	ollutants	5					
SI	Month	CO in mg/m ³ Avg		SO2 in µg/m³ Avg		NO2 in µg/m³ Avg		O₃ in µg/m³ Avg		PM 2.5 in μg/m ³ Avg		Benz in μ Αν	g/m³
No.		2016	2017	2016	2017	2016	2017	2016	2017	2016	2017	2016	2017
1	January	2.65	1.06	6.4	4.0	24.0	52.3	9.6	4.1	135.7	125.7	3.93	0.90
2	February	1.56	1.02	7.1	4.4	16.1	14.0	15.0	10.5	73.0	115.3	1.95	0.81
3	March	1.19	1.17	7.1	6.6	34.3	14.4	12.5	12.6	50.4	68.4	1.73	0.65
4	April	0.97	1.52	6.0	6.4	34.8	14.4	10.7	16.0	40.1	47.1	1.37	0.52
5	May		1.20		8.4		14.4		27.9		45.0		0.98
6	June		0.49		5.7		14.4		25.8		40.1		0.52
7	July	1.40	0.68	18.5	5.2	85.2	14.3	24.8	12.3	18.8	28.1	1.72	0.55
8	August	0.73		5.9		71.9		16.5		19.5		1.35	
9	September	0.82		6.2		27.7		13.8		24.2		1.10	
10	October	1.20	1.01	6.5	2.9	18.4	15.3	17.7	36.7	100.8	57.7	1.01	
11	November	2.07	1.32	6.4	4.7	78.1	18.4	12.4	36.3	118.8	76.8	0.94	
12	December	1.67	1.35	4.7	7.0	53.9	20.2	7.5	30.0	138.4	114.3	1.00	
	Avg	1.43	1.08	7.48	5.53	44.44	19.21	14.05	21.22	71.97	71.85	1.61	0.70
		02 mg/m ³				1		100 µg/m³					
St	Standards		8hours 04 mg/m³		50 µg/m³ Annual		40 μg/m³ Annual		8hours 180 µg/m³		40 μg/m³ Annual		g/m³ Iual
		1 h	ours					1 ho	ours				

			Sta	tus of A	mbient	Air Qu	ality of	f Collect	torate,	Gaya 20	016 & 2	017			
						Meteo	rologic	al Para	meters						
SI.	Month	W in m	-	W in De	-		T ⁰C	RI in		B in m	-	-	R ı/m²	VV in n	-
No.	Month	Month Avg		Avg		Avg		Avg		Avg		Avg		Avg	
		2016	2017	2016	2017	2016	2017	2016	2017	2016	2017	2016	2017	2016	2017
1	January	0.9	1.1	101	110.4	17	18.7	69.8	73.5	747.2	746.7	127.6	55.7	-0.01	-0.01
2	February	1.3	1.4	89.8	223.0	19.6	21.9	62.2	50.9	747.1	746.0	178.4	118.9	0.00	-0.01
3	March	2.0	1.8	103.7	224.7	23.2	24.5	52.3	42.7	746.7	745.9	250.2	155.3	0.00	-0.01
4	April	2.5	2.3	108	169.1	31	31.5	40.1	40.7	746	745.4	284.7	159.8	0.01	-0.01
5	May		2.1		134.4		33.1		43.4		745.2		176.4		-0.01
6	June		1.7		159.4		32.7		49.4		744.8		170.1		-0.01
7	July	1.9	0.9	82.3	220.2	31.6	27.8	79.3	64.4	745.2	745.2	185.9	99	-0.01	0.00
8	August	1.8		78.5		33.4		77.3		745.1		144.3		-0.02	
9	September	1.5		83.1		33		81.1		745.5		115.3		-0.01	
10	October	1.1	0.8	100.6	120.0	32.4	22.9	73.4	57.8	745.9	747.0	118.7	102.9	-0.01	-0.01
11	November	0.9	0.8	114.9	234.1	30.3	20.3	68.6	52.8	746.5	747.0	53.7	85.0	-0.01	-0.01
12	December	1.0	0.7	117.5	315.4	24.8	15.5	79.6	55.3	746.7	747.3	49.8	51.1	-0.01	-0.01

Avg 1.5 1.3 97.9 191.1 27.6 24.9 68.4 53.1 746.2 746.1 150.9 117.4 -0.01 -0.0	_													
		Avg	1.5	1.3	474	1/6	24.9	68.4	746.2	746.1	150.9	11/.4	-0.01	-0.01

Sl.No.		Good		Satisfactory		Moderate		Poor		Very Poor			Severe
	Month	2016	2017	2016	2017	2016	2017	2016	2017	2016	2017	2016	2017
1.	January					03	04	07	12	21	10		01
2.	February		01	07		13	03	09	05		08		
3.	March	01		18	10	12	13		04				
4.	April	02		24	18	04	12						
5.	May		01		19		11						
6.	June		04		26								
7.	July		03	01	03	04							
8.	August	03		06		22							
9.	September	05		10									
10	October				01	09	01	02		03			
11.	November				07	09	14	11	08	11			
12	December					01	03	10	16	19	12	01	
Total	•	11	09	66	84	77	61	39	45	54	30	01	01















Advisory

- Not to burn dry leaves, crops residue, wood, coal, Gobar Upla etc.plant more trees to make your city green. Trees like Neem, Sheesham, Peepal, Keekar, Gulmohar etc. make the air clean and healthy, create green belt in and around the capital
- Use carpooling and public transport, as much as possible. Walk or use non-polluting mode of transport for short distance
- Avoid going outdoor during early morning and late evening for walk or outdoor physical activity as the pollution levels are maximum during this time
- Avoid going to high pollution areas during peak hours. Stay indoor as much as possible
- Schools may avoid outdoor assembly, sports activities and other physical activities in the early morning
- Take extra precautions for high risk group as mentioned above, use N95 mask if going outdoor during the peak pollution hours
- Do not smoke, as it harms not only you but others also.
- If you feel irritation in the throat and nose, take steam and do salt water gargles. Drink plenty of warm water and maintain good hydration.
- If any time you are feeling breathless or palpitation, immediately go to nearest medical facility. Treatment is absolutely free in all the government Health facilities.