

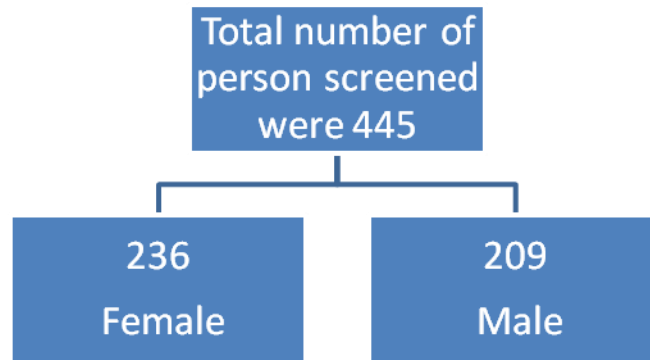
Hearing 2030 (Society for Sound Hearing)

World Hearing Day 2023



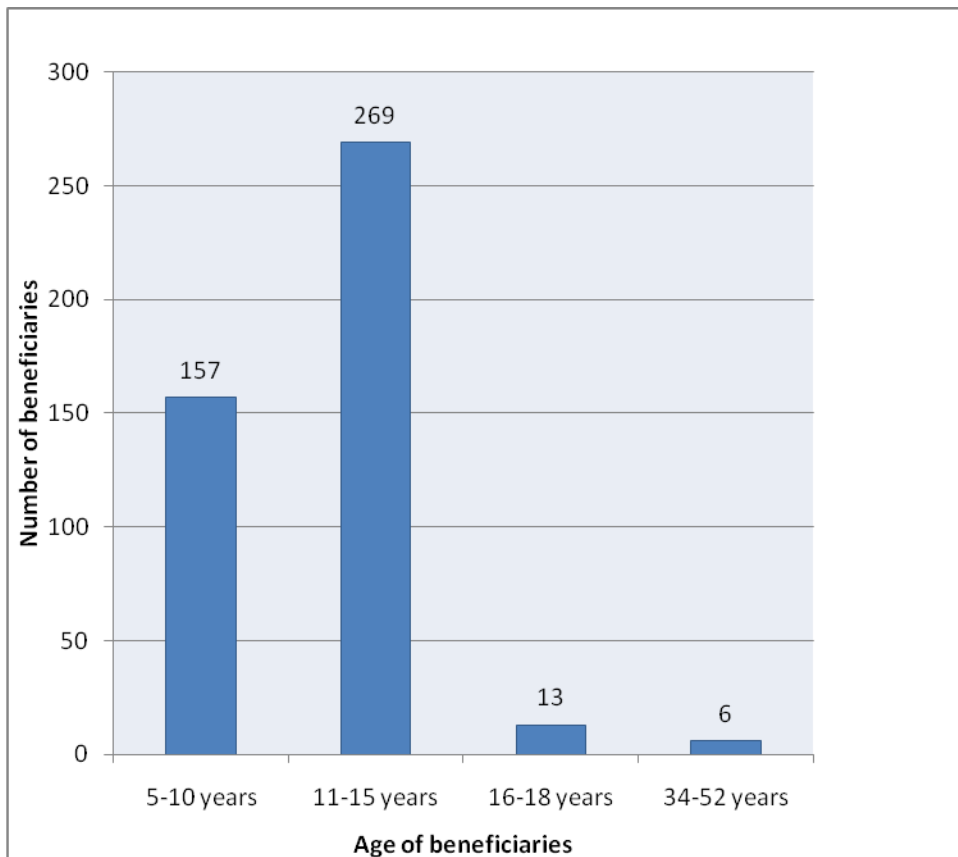
1. **AEar screening camp** was organized in SKV School No. 2, Shakarpur. The screening team was supervised by Dr. Suneela Garg and Dr. Ravi Meher. The team also received all the logistic support and technical guidance under guidance and leadership. The Ear Care and Ear Screening camp was organized in, SKV School No. 2, Shakarpur, Delhi in collaboration with the Otorhinolaryngology (ENT) Department Lok Nayak Hospital New Delhi. Dr. Alok Gupta, ENT Specialist, Director of East Delhi School Health Scheme coordinated the screening of the school children.

A total of 439 students and 6 staff members were screened in the camp. (Out of which 236 were females and 209 were males).



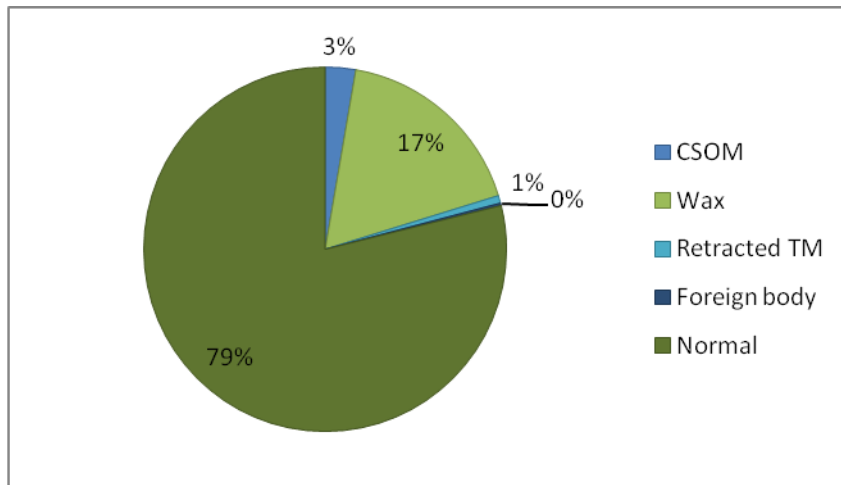
The age group of these students varied between 5 to 17 years. Among them, 157 students were between the ages of 5-10 years, 269 students were between ages of 11-15 years, 13 students were between ages of 16- 18 years and 6 staff members were between ages of 34-52 years.

Figure 1. Distribution of beneficiaries according to age group (n=445)



At the end of the camp it was found that 351 (79%) beneficiaries were diagnosed as normal and free from any ear ailment, 78 (17%) were found with wax, 12 were diagnosed with CSOM (3%), 3 (1%) were diagnosed with Retracted Tympanic Membrane (TM) and foreign body was found in one beneficiary (0.002%). It was also noticed that a large number of children were suffering from impacted wax.

Figure 2: Distribution of cases among the beneficiaries (N=445).



Images of the Ear Screening Camp:





2. IEC & BCC activities in the community

Two community awareness programmes were organized regarding Ear and Hearing care. The programme was flagged off under the guidance of Dr. Arun Kumar Agarwal- President Sound Hearing 2030, Dr. Suneela Garg Secretary General- Sound Hearing 2030, Dr. M. Meghachandra Singh -Head Community Medicine, MAMC & Treasurer Sound Hearing 2030 and Dr. Ravi Meher -Director Professor ENT, MAMC and Delhi State National Programme Organizer of NPPCD.

Posters on Ear and Hearing Care were displayed in Delhi Gate Health Centre by the residents and staff of Department of Community Medicine, Maulana Azad Medical College. This activity was organized and supervised by Dr. Vibha (Senior Resident), Dr. Anshita (Junior Resident) and Mrs. Janki Mehta (Admin officer, Sound & Hearing). Some of the participants complained about itching and discharge from the ear/ears. They were examined at the Delhi Gate Health Center and some cases were also referred to LNJP hospital for further management and evaluation.

A Health talk on Ear and Hearing Care was conducted in front of the Maternity and child care area of Rao Tula Ram Hospital. They were educated regarding the importance of early identification of problems and good practices of Ear and Hearing care. Some of the participants complained about itching and discharge in the ear/ bilateral ears. They were examined and further referred to the ENT OPD of Rao Tula Ram Hospital for further evaluation and management.

Taking further the motto of “Sharing is caring”, the audience was convinced and educated to talk about the importance of Ear and Hearing Care amidst their family, household workers and neighborhood.



3. A symposium on the occasion of World Haring Day 2023 was organized by IAPSM via zoom portal (<https://www.youtube.com/@IAPSMConnect>) at 7-8pm in which various Experts namely Dr. Suneela Garg, Dr. Seema Kapoor and Dr. Ravi Meher delivered lectures on various important topics. Dr. Suneela Garg emphasized on the current theme of WHO “Ear and Hearing Care for All, Let’s make it a reality.” She talked about the NPPCD programme statistical framework to make the programme more successful with more enthusiasm and motivation. She also spoke about why sound investment was necessary. She also explained about the importance of World Hearing

Day. She described about the previous 12 years themes of World Hearing day. Dr. Seema Kapoor explained the importance of Newborn Hearing Screening and informed about the “Mission Neev” (Mission for new born evaluation an early vision) programme which was launched at Maulana Azad Medical College, New Delhi. The programme is based on Neonatal Hearing Screening and launched in 30 more hospital on occasion of World Hearing Day. Dr. Ravi Meher talked about importance of Ear Care. He also described about the identification and management of common ear problems

INDIAN ASSOCIATION OF PREVENTIVE AND SOCIAL MEDICINE
Presents symposium on
WORLD HEARING DAY-2023

SPEAKERS

Dr. Seema Kapoor,
Director, Professor,
Department of Paediatrics,
MAMC & Associated Hospitals,
New Delhi

Dr. Suneela Garg
Imm. Past President,
IAPSM

Dr. Ravi Meher
Director Professor,
Dept. of ENT,
MAMC & Associated Hospitals,
New Delhi

CO-ORDINATOR: DR. VARUN V GAIKE

PATRONS

Dr. Harivansh Chopra
President,
IAPSM

Dr. Purushottam Giri
Secretary General,
IAPSM

Dr. A M Kadri
President Elect,
IAPSM

JOIN OUR YOUTUBE CHANNEL FOR LIVE SESSION
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DATE: 03.03.2023
7.00 PM - 8.00 PM

4. **The activities at different levels:** To make the theme “Ear and Hearing Care for All, Let’s make it a reality” succeed, various activities were organized at different levels such as at the National level, State level, Districts level and slum areas. A state level training of ENT surgeons was organized in the Lecture theatre of Maulana Azad Medical College, New Delhi in which 30 ENT surgeons participated. Dr. P.K. Rathore, Professor of

Excellent of ENT-MAMC, Dr. H.C. Taneja, Director Professor and Head ENT- MAMC, Dr. M. Meghachandra Singh, Director Professor and Head, Community Medicine- MAMC, and Dr. R. Bansal were invited as Chairpersons of the training programme. Dr. A.K. Agarwal, President of Sound Hearing 2030, Dr. Suneela Garg, Secretary General of Sound Hearing 2030, Dr. Seema Kapoor, Director Professor of Pediatrics Department MAMC, Dr. Ravi Meher, Director Professor ENT- MAMC and Dr. Nikhil Arora, Associate Professor ENT –MAMC, were invited as speakers. IEC Material was distributed to impart awareness and the soft copy of the IEC material was shared via Google drive link.

Images of Training activities:



5. **Training of Medical Officers: A state level two days training session of Medical Officers** was organized in the Conference Room of the Department of Community Medicine, Maulana Azad Medical College, New Delhi. Dr. Anil Kumar, Additional Director,

Ministry of Health & Family Welfare and Dr. Poonam Narang, Dean, MAMC were the chief guests of the training programme. The speakers were Dr. A.K. Agarwal, President of Sound Hearing 2030, Dr. Suneela Garg, Secretary General of Sound Hearing 2030, Dr. Seema Kapoor Director Professor of Pediatrics Department MAMC, Dr. Ravi Meher, Director Professor ENT- MAMC and Dr. Saurabh Jain, Senior Medical Officer, ENT specialist, DDU Hospital.

During the programme pre-test and post-test assessment of Medical Officers was conducted. IEC Material was given and soft copy of the IEC was shared via Google drive link. During the training all medical officers seemed very enthusiastic and motivated from the training programme and promised to keep the training ideology and made sure to run the programmes successfully.

6. **A symposium on Ear and Hearing Care on Occasion of World Hearing Day** was organized in the auditorium of Maulana Azad Medical College. Mr. Vijendra Singh Rawat, Mission Director of Delhi State Health Mission, and Dr. Suresh Kumar, Medical Director of Lok Nayak Hospital were invited as the Chief Guests of the programme and Dr. P.K. Rathore, Professor of Excellence ENT and Dr. M. Meghachandra Singh, Director Professor & Head, Community Medicine Department of Maulana Azad Medical College were invited as the chairpersons of the symposium.

Dr. H.C. Taneja, Director Professor & Head ENT MAMC delivered a welcome address to the gathering.

A beautiful dance performance with Lord Ganesh Ji vandana was the highlight of the event and won the hearts of the audience.

Dr. Suneela Garg talked about World Hearing Day and its importance. She also mentioned the need of screening at community level and early identification in term of progress of Ear and Hearing Care.

Dr. Seema Kapoor spoke about the “Mission NEEV” and Universal Neonatal Hearing Screening. The Chief Guest of the symposium launched the “Mission NEEV” in 30 more hospitals. At present it is running in 31 hospitals in the State of Delhi.

Dr. Ravi Meher explained about noise induced hearing loss. He sensitized the gathering about the loss of hearing due to high volume and high frequency of noise. He told how hearing loss could be prevented.

Dr. Nikhil Arora, Assistant Professor, LNH presented the common causes of hearing loss. He highlighted the common causes which were neglected by the common public during the daily life style. Even they don't realize that they might have ear and hearing problem due to these causes.

Dr. Vikram Wadhawa, Senior ENT Specialist LNH gave advice for ear care. He also gave tips on keeping the ear and hearing healthy. He guided how a person could do sound investment by doing care of ear and hearing by healthy habits.

Two recently cochlear implanted children performed a dance which won everyone's heart. At the end of the symposium, the Chief guest awarded the winners of the poster and slogan competition.



- 7. A Special Ear and Hearing Screening Camp in Hospital area** of ENT OPD, Lok Nayak Hospital, New Delhi was organized in guidance of Dr. A.K. Agarwal, President- Sound Hearing 2030, Dr. Suneela Garg, Secretary General- Sound Hearing 2030, Dr. M. Meghachandra Singh, Prof.& Head Community Medicine and Dr. Ravi Meher Director Professor ENT and SPO Delhi State, NPPCD. The announcement of Ear and Hearing

Screening camp was done a week before the event. The crowd was assembled properly and the regular ENT OPD was also running. A Nukkad natak (Street Play) was performed by PG students on Ear and Hearing Care. Janki Mehta, Admin. Officer of Sound Hearing 2030 Project delivered a health talk on Ear and Hearing Care. She also conducted quiz competition among the Post Graduate students. Dr. Ravi Meher and his team screened Ears and Hearing. The Screening was taken care by Mr. Aman Kumar and Mr. Akshit Anand, Audiologists, LokNayak Hospital, New Delhi.



8. **An Ear and Hearing Care Screening Camp** was organized in the adopted area of Sound Hearing 2030. The team of Dr. Ravi Meher, Director Professor, ENT, SPO Delhi State, NPPCD and Dr. M. Meghachandra Singh, Prof.& Head, Community Medicine with Sound Hearing 2030 team actively took part in this Ear and Hearing Care Screening Camp. In the screening camp patients were screened with Ear and Hearing problem along with their co-morbidities. They were also given medicine and the patients who needed further treatment were referred to the OPD of Lok Nayak Hospital. These patients were mainly from the Taakiya Kaliaan slum area in Mirdard Road, Near Mata Sundari Gurudwara. They lacked the knowledge pertaining to the good habits of Ear Care. A health talk in the Community was given by Ms. Janki Mehta to make the community aware about the need of Ear Screening and how they could prevent hearing loss.



9. **A poster and slogan competition was organized** by Sound Hearing 2030 and Department of ENT, LNH along with Department of Community Medicine, MAMC. There were two categories of poster competition. One was for the school children in which 9th and 11th class students took part. Dr. Alok Gupta, ENT Specialist, Director of East Delhi School Health Scheme organized the poster and slogan competition in most of the schools of Delhi Government. Some private schools also took part in the poster and slogan competition. This poster and slogan created awareness amongst school children of approximately 120 schools. Second was for Research Officers, Postgraduates, Residents and Interns of departments of Community Medicine and ENT in medical institutes and other organizations. We received 550 posters from the schools and other groups. The winners were awarded with mementos and certificates and participants were given participation certificate in form of hard copy and e-certificates.



10. Community Awareness Programmes were organized on a large in all of the five Health Centres of the Department of Community Medicine, MAMC.

- i. **RHTC, Barwala:** On the occasion of World Hearing day, a quiz competition was organized at the Anganwadi centre- Bal Jyoti Hub, Centre No. 93, 95, 97 and 98, Barwala on **2nd March, 2023** at 11.00 am by the residents and interns of the RHTC, Barwala, Department of Community Medicine, Maulana Azad Medical College, New Delhi in Collaboration with Sound Hearing 2030. The whole session lasted for around one and half hour. The quiz competition generated a huge interest, excitement and awareness regarding different types of hearing problems, its causes, safe hearing and ear care practices among the crowd assembled. The event was initiated with a small introductory talk by the Seniorresident, Dr. Gurmeet Singh posted in the center.

The quiz had 3 teams- Team A, B and C. There were two participants in each team. All the participants were Anganwadi workers. There was an audience comprising of ladies, gents and children of Barwala village. The quiz had 4 rounds with 2 questions to each team in each round. The questions covered topics that emphasized WHO's theme for World Hearing Day which is "**Ear and Hearing Care for All. Let's Make It a Reality**". The quiz also covered topics like different causes of hearing loss in children and elderly, screening of newborns for hearing, safe ear care and safe hearing practices. All the questions and answers were scored on a Board. Team C with Anganwadi workers Rukmani Devi and Sharda were declared the winners. There were some questions assigned for the audience as well. There was active participation from the general public. The winners were distributed with prizes. The members from audience who answered correctly were also showered with gifts. Added to this, refreshments were distributed to everyone assembled.

The quiz event ended with a small summarization by the residents. Various doubts and questions from audience were cleared by the residents. Many myths were busted regarding hearing practices. Children, ladies and gents who gathered were very enthusiastic about the quiz. Their ignorance could be cleared and they could be made aware of their own ears and hearing. The event was very well appreciated by the participants and the community alike.



- ii. **Delhi Gate Centre:** On occasion of World hearing day, an interactive health talk was conducted at Urban Health Centre, Delhi Gate on 3rd March 2023. The session covered the risk factors, signs and symptoms of hearing impairment, ways to identify children with hearing loss as well as the do's and don'ts pertaining to the ear care. Posters were used to convey the message regarding ill effects of prolonged exposure to noise, early detection of hearing impairment, and awareness about severe consequences of untreated ear discharge to a crowd of approximately 15 beneficiaries. It was concluded with a brief summary and their questions were addressed. The session was very well received by the beneficiaries. A short quiz was conducted at the end of session and prizes were distributed among participants.



- iii. **Rao Tula Ram Memorial (RTRM) Hospital:** On the 4th of March 2023, World Hearing Day was celebrated at Rao Tula Ram Memorial (RTRM) Hospital. The programme was jointly organized by the Department of Community Medicine, Maulana Azad Medical College (MAMC) and the Department of ENT, RTRM Hospital.

The Medical Superintendent (MS) Dr. Bhasin graced the event with a welcome note and expressed his views on the importance of ear and hearing in all the age groups. Head of Office (HOO) Dr. Satyendra addressed the audience and emphasized on the importance of hearing and factors causing hearing loss across the life span. He also emphasized on the importance of early notification and reporting regarding any kind of hearing loss to the nearest health facility. Thereafter, the Senior Resident and Post Graduate students from both the departments (Community Medicine and ENT) addressed the beneficiaries on various topics like the causes as well as signs and symptoms of hearing loss, hearing loss in infants and children and the methods of its early detection as well as notification; awareness was generated regarding the methods of prevention, and the do's and don'ts in case of hearing loss. It was emphasized that most of the causes of deafness could be prevented by early notification and intervention. Various treatment methods for common causes of deafness were elaborated as well and the importance of early reporting to the nearest health facility/ ENT specialist was told.

It was then followed by a Quiz competition which was conducted by the Junior Residents of the Department of ENT & Community Medicine under the supervision of Senior Residents. There were a total of four teams (nursing students) who showed their interest for contesting in the Quiz and participated. The quiz was conducted in three rounds. The winning participants and other participants were felicitated by the esteemed Guests and the MS for their participation and enthusiasm. A total of 35-40 people were given refreshments at the end of the Quiz.



- iv. **Urban Health Training Centre, Gokalpuri:** Every year on 3rd March, World Hearing Day is observed to encourage ear and hearing care worldwide and to increase awareness of ways to avoid deafness and hearing loss. The theme of this year is "Ear and Hearing Care for All! Let's Make It a Reality".

An interactive health talk session on the occasion of the same was conducted by Residents and Interns at UHC Gokalpuri Centre. The session covered the causes and symptoms of hearing loss, risk factors and noise-induced hearing loss with the help of posters.

Beneficiaries were educated about the importance and do's and don'ts for ear care. Their doubts were cleared at the end of the session. A quiz was held at the end to summarize the session and prizes were distributed. The health talk was led by the SR-in-charge and the Medical Officer In Charge of the centre. Around 40 beneficiaries were present during the health talk session which was conducted during the OPD operational hours. The health talk was very well received by the beneficiaries.



- v. **Vikas Health Centre, BVK Centre:** On the occasion of World Hearing Day, a health talk was conducted at the BVK health Centre of the Department of Community Medicine, Maulana Azad Medical College, on 03-03-2023. The talk was delivered by PGs and interns posted and the Centre, and supervised by the Senior Resident.

Beneficiaries included patients at the health centre, staff and local people of the community. They were made aware of the signs and symptoms of deafness, occupations at risk, tips to identify children with hearing loss, and the do's and don'ts pertaining to the ear care.

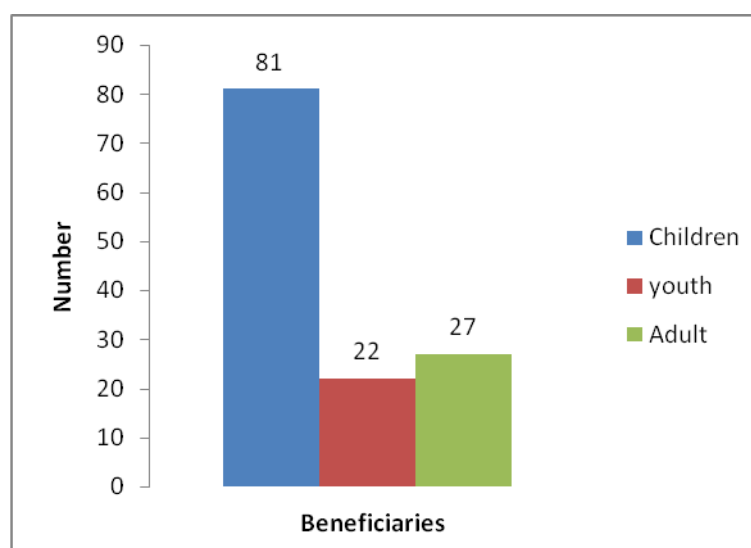
The health talk was followed by a small quiz session and prize distribution. The activity was well received by the beneficiaries.



- vi. **A Health camp for Ear, Eye and General health checkup** was organized on 20th March, 2023 by Sound Hearing 2030 in association with Maulana Azad Medical College and AGSG Foundation for Avtar Meher Baba Centre in Tughlaquabad Institutional Area, Delhi.

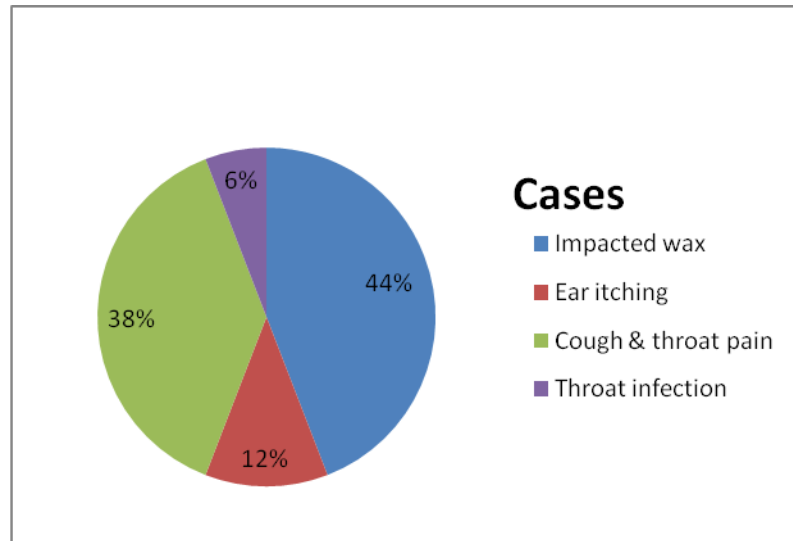
The camp was for Ear checkup, Eye checkup and General check-ups. About 120 beneficiaries were examined for ear care. It was observed that cases of impacted wax, Ear itching, Ear Discharge and throat infection by chewing Gutkha were more common. Among them 81 children, 22 youth and 27 Adults were screened in this health checkup camp. During the health checkup camp the medicines were provided from Maulana Azad Medical College.

Figure: Distribution of beneficiaries according to age group (n=120)



The ENT diseases found during the camp was impacted wax, Ear itching, Ear Discharge and throat infection.

Figure No. Distribution of cases found in the camp among the beneficiaries (N=?)



Images of the camp:





vii. **A camp for free hearing aid donation by ALPS International with the support of Sound Hearing 2030.** In this camp a team of ENT doctors and Audiologist from United State joined for Ear and Hearing screening. Approx. 70 people were screened by ENT, audiologist and fitted hearing aid. The set up was done at 7 levels for the smooth running of the screening. These were as below:

- Registration
- History taking
- Pre-testing
- ENT examination of Ear
- Audiometric –Hearing test
- Hearing aid fitting & Mold fitting
- Counseling for hearing aid management

Images of the camp:



