

Seminar Report on Safe Listening Practices

Organized by: BPS Medical College, Khanpur Kalan in collaboration with Sound Hearing 2030

Date: 5th August 2025

Venue: BPS Medical College Auditorium

Introduction

On 5th August, 2025, BPS Medical College in collaboration with Sound Hearing 2030 organized an insightful and impactful seminar focused on “*Safe Listening Practices*” as part of the global "Make Listening Safe" initiative launched by the World Health Organization (WHO). The event was aimed at raising awareness regarding noise-induced hearing loss and promoting strategies to prevent avoidable auditory damage, especially among the youth.

Rangoli Display

To kick start the event, undergraduate students created a **beautiful and meaningful Rangoli floor art**, on the theme of safe listening. This creative representation served as a visual anchor for the message of the seminar and caught the attention of all attendees.

Key Elements of the Rangoli:

- **Central Ear and Sound Waves Symbol:** A blue circle featuring a stylized ear and sound wave motifs, symbolizing auditory perception.
- **Yellow Headphones:** Representing personal audio devices, often misused and leading to hearing damage.
- **Volume Control Icons:**
 - White (Volume Down): Representing volume moderation.
 - Green (Volume Up): Showing controlled volume increase with awareness.
- **Text “SAFE LISTENING”:** A clear and bold message emphasizing the seminar’s core purpose.

This artwork promoted awareness of recreational sound exposure and strategies to mitigate hearing damage through volume control and limited exposure.

Opening Address:

Dr. Swarn Kaur, Acting Director, BPS Khanpur Kalan

Dr. Swarn Kaur warmly welcomed all dignitaries, faculty, students, and participants. In her address, she highlighted the critical need to sensitize young individuals to health risks associated with noise exposure and lauded the initiative as a vital step towards preventive ear health care.

Speakers and Presentations:-

1. Dr. Uma Garg, Director Professor & Head of ENT, BPS Medical College

- Spoke about WHO's launch of the *Safe Listening Initiative in 2015*.
- Discussed **Noise-Induced Hearing Loss (NIHL)** and how modern lifestyle, technology use, and environment contribute to it.
- Stressed the need for **health worker awareness, community engagement, and stakeholder participation**.
- Shared preventive strategies and management guidelines for early intervention.

2. Dr. Suneela Garg, Hony. Secretary General- Sound Hearing 2030 – Magnitude of Hearing Loss

- Delivered an insightful talk on the **burden of hearing loss globally and in India**.
- Cited statistics showing rising cases due to environmental and recreational noise.
- Called for stronger **screening programs, community outreach, and policy involvement**.

3. Dr. Naveen Sharma, Professor of ENT, BPS Medical College- Early Diagnosis & Management

- Emphasized **early detection** through routine check-ups and awareness.
- Highlighted ENT-based interventions and treatment protocols.
- Encouraged participation in:
 - **Screening camps**
 - **Poster & video competitions**
 - **Ear care awareness campaigns**
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4. Dr. Arun Kumar Agarwal, Hony. Chairperson of Sound Hearing 2030 – Safe Listening and Ototoxicity

- Addressed the role of **ototoxic medications**, environmental factors, and behavioural patterns that exacerbate hearing loss.
- Introduced the concept of “**Auditory Detox**” and its relevance in modern living.
- **International Telecom Union (ITU) Guidelines** – Global Standards for sound levels
- **Recommended:**

- **60% maximum volume usage**
- Use of **noise-cancelling headphones**
- Adherence to **ITU (International Telecommunication Union) guidelines**
- Awareness of **Sound Pressure Levels (SPL)**, particularly 120dB exposures and their risks.

5. Dr. S.K. Jha, Director Professor & Head, Community Medicine, BPS Medical College:

Educational & Behavioural Strategies Discussed

- Emphasis on **IEC (Information, Education, and Communication)**.
- Community engagement through:
 - **Street plays/skits**
 - **Health Melas**
 - **School programs**
 - **Radio & local media campaigns**
- Sound monitoring in public venues and **SMS reminder systems**.

Youth & School Involvement

- Youth committees encouraged to take pledges for **safe listening**.
- Recognition for responsible DJ practices.
- Awareness about the dangers of sound levels exceeding **85 dB for 8 hours**, or **120 dB exposures over 5 days/week**.

6. Dr. Ravi Meher, Director Professor & Head of ENT Department, Maulana Azad Medical College, New Delhi

He talked about Noise Induced Hearing Loss: Noise-induced hearing loss (NIHL) is a prevalent and irreversible condition caused by exposure to loud noises, either from a single intense sound or prolonged exposure to high sound levels over time. It typically results from damage to the hair cells in the cochlea, which is responsible for transmitting auditory signals to the brain. NIHL can manifest in two forms:

Temporary Threshold Shift (TTS), where hearing temporarily diminishes but recovers after a period of rest, and Permanent Threshold Shift (PTS), which is permanent and results from prolonged exposure to harmful noise levels.

The primary risk factors for NIHL include occupational exposure in noisy environments, such as construction sites, factories, and entertainment venues, as well as recreational activities like listening to music at high volumes or attending loud concerts.

Common symptoms of NIHL include difficulty hearing high-frequency sounds, persistent ringing in the ears (tinnitus), and a gradual decline in overall hearing ability.

Preventative measures, including the use of ear protection, reducing exposure to loud environments, and regular hearing screenings, are essential to minimizing the risk of hearing damage. Once the damage is done, however, it is irreversible, underscoring the importance of early intervention and protective strategies.

Key Areas of Focus:

- Safe Listening Devices and Systems
- Monitoring Sound Levels in Venues
- Creating Quiet Zones
- Using Personal Hearing Protection
- Proper Venue Acoustics and System Design
- Training Personnel for Safe Sound Practices

Medical Insights: Manifestations of Auditory Damage

A presentation slide highlighted common signs of hearing damage as per WHO standards:

- **Tinnitus** – Ringing in the ears
- **Hyperacusis** – Heightened sensitivity to sound
- **Difficulty hearing in noisy environments**
- **Hearing loss** – Partial or total inability to hear

These symptoms are indicators of serious auditory issues and must be addressed promptly.

Quiz: An online quiz was prepared by Dr. Ravi Meher on Ear, Hearing care and safe listening, in which more than 110 person were participated. The winner of the quiz was Dr. Jyoti, 1st year Undergraduate student of BPS Medical College, Khanpur Kalan, Sonipat. A book on “ENT and Head-Neck Surgery” written by Dr. Ravi Meher, was given to the winner.

Conclusion

The seminar at BPS Medical College was a **comprehensive and educational initiative** aimed at addressing the growing concern of hearing loss due to environmental and recreational noise. With active participation from medical experts, faculty, students, and community representatives, the event fostered awareness, inspired behavioural change, and reinforced the importance of hearing conservation through responsible listening practices.

Recommendations & Takeaways

- **Limit exposure to high-volume sounds;** follow the 60/60 rule.
- **Promote use of safe-listening technologies.**
- **Integrate safe listening education in schools and colleges.**
- **Strengthen community-based awareness programs.**
- **Establish safe sound level policies in public events and venues.**







