



Seminar Report on “Burden of Hearing Loss and Safe Listening”

Organized by: Kalpana Chawala Government Medical College, Karnal in collaboration with Sound Hearing 2030 and Maulana Azad Medical College, New Delhi

Date: 3rd October, 2025

Venue: Auditorium, Kalpana Chawala Government Medical College, Karnal

1. Introduction

The seminar on “*Burden of Hearing Loss and Safe Listening*” was organized at the Kalpana Chawala Government Medical College, Karnal in collaboration with Sound Hearing 2030 and Maulana Azad Medical College, New Delhi with the objective of enhancing awareness about hearing health, the growing burden of hearing loss, and preventive measures to promote safe listening practices. The event brought together eminent experts, faculty members, students, and public health professionals to discuss strategies to mitigate the impact of hearing loss and strengthen community-based interventions.

2. Welcome Address

The session commenced with a warm **Welcome of the Dignitaries and Guests by Dr. Vikas Dhillon**, who extended heartfelt greetings to all participants and resource persons. He highlighted the importance of collaborative initiatives in addressing hearing health at institutional and community levels.

3. Opening Remarks

Dr. M.K. Garg, Director, Kalpana Chawala Government Medical College, Karnal, delivered the opening remarks. In his address, he emphasized the institute's commitment to promoting public health education and preventive ear care. He also underscored the need for multidisciplinary approaches and youth engagement in hearing conservation efforts.

4. Introduction to the Seminar

Dr Nitika Sharma provided an overview of the seminar objectives, emphasizing the global and national context of hearing loss, the role of early detection, and the necessity of promoting “safe listening” as part of healthy lifestyle practices. He outlined the day's agenda and introduced the speakers.

5. Scientific Sessions

5.1. Burden of Hearing Loss

Speaker: *Dr. Suneela Garg*

Dr. Garg presented a comprehensive overview of the epidemiology and burden of hearing loss globally and in India. She discussed key risk factors, preventable causes, and the socioeconomic consequences of untreated hearing impairment. The talk highlighted the urgent need for policy integration, screening at primary levels, and awareness among healthcare professionals.

- 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**.

5.2. Safe Listening in Adolescents

Speaker: *Dr. Uma Garg*

Dr. Uma Garg focused on the increasing prevalence of hearing problems among adolescents due to unsafe listening habits such as prolonged headphone use and exposure to high-volume music. She emphasized preventive strategies, school-based awareness, and parental guidance for promoting healthy hearing habits among youth.

5.3. Safe Listening: Principles and Practices

Speaker: *Dr. Arun Kumar Agarwal*

Dr. Agarwal elaborated on the WHO “Make Listening Safe” initiative, explaining safe decibel levels, exposure duration, and community interventions. He demonstrated how technology and behavioral change communication can help protect hearing health at individual and population levels.

- 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.

5.4. Safe Listening in the Community

Speaker: *Dr. Nitin Sharma*

Dr. Sharma discussed community-level strategies for hearing conservation, including awareness drives, screening programs, and integration of ear and hearing care into primary health services. He highlighted successful models of community-based initiatives and the importance of intersectoral collaboration.

6. Undergraduate Quiz Session

Conducted by: *Dr. Ravi Meher*

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 slides 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: A lively quiz session for undergraduate students tested their knowledge on hearing care, prevention, and safe listening practices. The interactive round encouraged active participation and reinforced key messages in an engaging manner. An online quiz was prepared by Dr. Ravi Meher on Ear, Hearing care and safe listening, in which more than 184 persons were participated. The winner of the quiz was Dr. Undergraduate student of Kalpana Chawala Government Medical College, Karnal. A book on “ENT and Head-Neck Surgery” written by Dr. Ravi Meher, was given to the winner.

7. Vote of Thanks

Dr. Garima Sangwan delivered the Vote of Thanks, expressing gratitude to all speakers, participants, and the organizing team for their contributions and enthusiastic involvement. She also acknowledged the institute’s leadership for supporting initiatives focused on hearing health and preventive care.

8. Conclusion

The seminar concluded on a positive note, with participants gaining deeper insights into the burden of hearing loss and practical approaches to promoting safe listening. The discussions reinforced the importance of awareness, early detection, and preventive strategies in reducing the prevalence of hearing impairment across age groups.

The event served as a valuable platform for learning, interaction, and commitment toward integrating hearing health into mainstream public health initiatives.

9. Key Takeaways

- Hearing loss is preventable with early detection and community awareness.
- Safe listening practices should be promoted across schools, colleges, and workplaces.
- Integration of hearing care into primary health services is essential.
- Youth engagement and education play a vital role in behavior change.
- Create awareness in the community by family adaptation programmes and field visits.

The event coordinators were Dr Aarushi Vashisht and Dr Nitika Sharma







World Health Organization

Kalpana Chawla Government Medical College, Karnal

Welcomes all to the Seminar On

Burden of Hearing Loss & Safe Listening

Date: 03.10.2025

Venue: Auditorium, KCGMC, Karnal

Make Listening Safe

Organized By: Department of ENT & Department of Community Medicine, KCGMC, Karnal

Sound Hearing 2030
SOCIETY FOR SOUND HEARING

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