

Report of World Hearing Day 2026



On occasion of World Hearing Day 2026 an event on the theme “From Communities to Classrooms: Hearing to all” was held on 5th March 2026 at the New Lecture Theatre, Maulana Azad Medical College, New Delhi. The event was organized by the Department of ENT and Head Neck Surgery at Maulana Azad Medical College (MAMC) and Sound Hearing 2030.

The programme was started in second half of the day with the gathering of Undergraduate students and post graduate students of Maulana Azad Medical College. They were informed about the National Programme for Prevention and Control of Deafness. They were guided with the knowledge of early identification, prevention and management of Hearing Loss. There were 2 sessions to brief them about Burden of Hearing Loss, Noise Induced Hearing Loss, Safe Listening and Management of Hearing Loss. At the end of the programme A Quiz based on the sessions was organized by Dr. Ravi Meher for the UG and PG students by the App portal in Which approx. 200 students were participated.

Program Schedule and Technical Sessions were as below:



World Hearing Day 2026

Theme- From communities to classrooms: hearing care for all children



**5 March 2026, 2 to 4 pm, New Lecture theatre, Ground floor,
Department of ENT and Head Neck Surgery
Maulana Azad Medical College**

Time	Topic	Faculty
2.00 to 2.05 pm	Opening Remarks and Introduction	Dr Ravi Meher, Director Professor and Head, ENT, MAMC
2.05 to 2.15 pm	Welcome address	Dr Munisha Agarwal, Dean MAMC
Session 1 Chairpersons	Dr M Meghachandra Singh, Professor of Excellence, PSM, MAMC and Dr Ashish Gopal, Consultant, ENT LNH and MAMC	
2.15 to 2.45 pm	Burden of Hearing Loss	Dr. Suneela Garg, Professor Emeritus, NAMS and Ex Prof. of Excellence and PSM, ENT, MAMC
2.45 to 3.05 pm	NIHL	Dr Ishwar Singh, Professor of Excellence, ENT, MAMC
Session 2 Chairpersons	Dr H C Taneja, Professor of Excellence, ENT MAMC and Dr Rajesh Kumar, Director Professor and Head, PSM, MAMC	
3.05 to 3.30 pm	Safe Listening	Dr. Arun Kumar Agarwal, Medical Advisor Innovation, Education & Clinical Excellence, Apollo Hospitals Group, President of Sound Hearing 2030, Former Dean of Maulana Azad Medical College
3.30 to 3.45 pm	Management of Hearing loss	Dr Nikhil Arora, Associate Professor, ENT, MAMC
3.45 to 3.55 pm	Quiz	Dr Ravi Meher, Director Professor and Head, ENT, MAMC
3.55 to 4.00 pm	Closure and National Anthem	

The event commenced with opening remarks and an introduction by Dr. Ravi Meher, Director Professor and Head of ENT at MAMC.

Dr. Munisha Agarwal, Dean of MAMC, delivered the official welcome address.

Session 1 was chaired by **Dr. M. Meghachandra Singh** (Professor of Excellence, PSM, MAMC) and **Dr. Ashish Gopal** (Consultant, ENT, LNH and MAMC).

Burden of Hearing Loss: Presented by **Dr. Suneela Garg**, Professor Emeritus, NAMS and Former Professor of Excellence and PSM at MAMC. She delivered an insightful talk on the burden of hearing loss globally and in India and cited statistics showing rising cases due to environmental and recreational noise and called for stronger screening programs, community

outreach, and policy involvement. 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**.

NIHL (Noise-Induced Hearing Loss): Presented by **Dr. Ishwar Singh**, Professor of Excellence, ENT, MAMC. He told about mechanism of damage of exposure to excessive noise levels- whether sudden and impulsive or continuous and loud damage delicate hair cells within the inner ear (Cochlea) and also mentioned common causes of NIHL, preventive measures for NIHL, Safe Listening practices and clinical impact.

Session 2 was chaired by **Dr. H. C. Taneja** (Professor of Excellence, ENT, MAMC) and **Dr. Rajesh Kumar** (Director Professor and Head, PSM, MAMC).

Safe Listening: A keynote session by **Dr. Arun Kumar Agarwal**, Medical Advisor for Apollo Hospitals Group and President of Sound Hearing 2030. He 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.

Management of Hearing Loss was presented by **Dr. Nikhil Arora**, Associate Professor, ENT, MAMC. 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.

A Quiz session was conducted by **Dr. Ravi Meher**. To ensure the transfer of knowledge to the next generation of healthcare providers, **Dr. Ravi Mehar** conducted a **Quiz**. This interactive session allowed medical students to engage with the material presented during the lectures and demonstrated a high level of academic proficiency among the attendees. A book on “ENT and Head-Neck Surgery” written by Dr. Ravi Meher, was given to the winner.

The program concluded with the National Anthem and formal closure.

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.**





