



**Take care of your  
ear**



*To reach to all far and near,  
We all require these 'peers',  
To listen every voice so dear,  
We all need them to hear!*

*To consider them as 'parts' sheer,  
Is a mistake indeed mere!*

*Harsh or soft all sonic they bear,  
None other than our very cherished  
**EARS!!***

*So dear friend take a moment to spare,  
All our ears require is a little care!*



**Society for Sound Hearing**  
**[www.soundhearing2030.org](http://www.soundhearing2030.org)**



A little care of ear  
goes a long way

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*Infection, trauma, drugs & wax can  
cause damage to the ear!*

*These can get serious, so they are not to shun,  
Let's learn how to tackle ear problems one by one!*

*If a student is inattentive in class,  
teachers have a role to play.*

*Ear check is important,  
may be they don't hear what the teachers say!*

*If you have ear discharge,  
it may be a serious disease.*

*Don't put oil, keep it dry,  
a doctor may treat it with ease!*

*In case of any ear problem, an ENT doctor is the  
best person to consult.*

*If you go to a roadside ear cleaner...  
hearing loss may result!*





# Ear problems can be avoided



*The thing that connects us to the world,  
is the ability to hear,  
Infection, trauma, drugs & wax can  
cause damage to the ear!*

*These can get serious, so they are not to shun,  
Let's learn how to tackle ear problems one by one!  
Hearing loss in child can occur if pregnant mother  
takes some medication,  
So never consume drugs in pregnancy without  
doctor's prescription!*



*Inserting anything into the ear,  
can lead to ear membrane tear!  
Any loud noise can cause deafness,  
be it loud music for fun or crackers!*



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# Ear: a precious gift from God



*God gifted us these precious ears,  
To enjoy happiness and cheers!  
It's important to take care of them,  
Like all the senses they too are a gem!  
So lets get together and take an oath,  
That we would make our ears look worth!  
Will get them checked regularly without fail,  
From a registered doctor and not a quack!  
We would not insert anything in our ears,  
That can damage them and cause some tears!  
We would avoid loud noises above 90 Decibel,  
Would expose them to sounds that are tolerable!  
Babies would be born with normal hearing,  
As mothers would take medicines only when  
doctors are prescribing!  
When we all will Practice what we have pledged,  
Our ears would be healthy and not damaged!  
And then we can enjoy the sounds all around us,  
Without fear, suffering or fuss!!*

