

## **3<sup>rd</sup> MARCH- INTERNATIONAL EAR CARE DAY**

### **RUN FOR BETTER HEARING- Mini Marathon**

International Ear Care Day is an annual advocacy event held on 3 March which aims to raise awareness and promote ear and hearing care across the world. On occasion of Internal Ear Care 2015, **Sound Hearing 2030 under the aegis of Society for Sound Hearing in collaboration with CBM** organized the **RUN FOR BETTER HEARING- Mini Marathon** on Sunday the 1st March at Nehru Park, Chankyapuri, New Delhi.

The focus of the event was to facilitate spreading awareness among people and strengthen support regarding the cause of ear and hearing care. There are millions of hearing impaired children who need care and the attention of both the government and public at large. These children are often ignored and laughed upon as deaf and dumb by most of our population who are neither sensitive nor knowledgeable about the plight of these hearing impaired children. It is important that the society not only notices this group but helps in their upliftment and education so that they can be integrated into the normal main stream.

This event was attended by 550 children who came forward to support the social cause of deafness. The event also saw participation of 52 children who were from special schools of New Delhi. There were 70 students who registered on spot for the marathon. The students who registered online included MBBS and PG students of Maulana Azad Medical College and students from nearby schools. Students from Delhi Public School Panipat, Ashtavakra Rehabilitation Center, Deaf School



Kalkaji, Akshaya Pratishtha school, Ali Yavaj Jung National Institute of Hearing Handicapped, AIRSR, Delhi Physiotherapy Council and various law colleges participated in the event. The children braved the heavy rains and did not let the bad weather lower their tempo and enthusiasm.

Before the start of the run, the IEC material developed by Sound Hearing 2030 was displayed at the venue.

The run was flagged off at 8 am by Dr. Deepak Tempe, Dean of Maulana Azad Medical College along with Dr Arun Agarwal, Dr Suneela Garg, Ms. Deeksha Khurana, Ms. Janki Mehta and Ms. Shilpi Narang. The children were divided into different age groups and the run was conducted.

Due to excessive rains, it is planned that the prize distribution ceremony would be held at Maulana Azad Medical College on 14<sup>th</sup> March 2015. During this ceremony, the winners and runners-up in all categories would be rewarded. A sensitization talk has also been planned for the gathering. The certificates of participation are being sent to all the students who



participated in the run. This event would go a long way in sensitizing the people regarding the cause of ear and hearing care.

## Sensitization of CRPF (paramilitary) personnel

Facilitators: Ms Deeksha Khurana (Programme Officer SH2030), Ms Janki Mehta (Administrative Officer, SH2030) and Dr Tanu Anand (Senior Resident, Dept of Community Medicine, MAMC)

Target Group- Officers and Jawans of Paramilitary forces and their families

Participants: 70

A sensitization programme was held on 3<sup>rd</sup> March 2015 in the CRPF Camp, Najafgarh, Delhi in order to spread awareness regarding ear and hearing care. The programme was targeted towards Officers and Jawans of paramilitary forces and their families.

The dignitaries who graced the occasion were Inspector General (Medical) and Deputy Inspector General (Medical) of CRPF.

The programme began with lighting of lamp by dignitaries and representatives of Sound Hearing 2030.



The first talk was delivered by IG (Medical) who explained to the audience about importance of ear care. The content of the talk included commonly encountered ear problems in children, adults and elderly. He also elaborated on the various types of hearing loss and the treatment and rehabilitation options available to the paramilitary personnel and their dependents.

Next, Dr Tanu Anand spoke about the burden of ear problems globally and in India. She also explained about the common myths relating to ear care in the community and the dos and don'ts related to ear care.

Ms. Deeksha Khurana elaborated the burden of congenital deafness and significance of early identification of hearing loss. She also highlighted the various milestones which can help detect hearing loss in a child.

The concluding talk was given by Dr R.K. Singh (ENT specialist, CRPF) who explained to the audience the basic concepts related to anatomy and physiology of ear. His talk emphasized on Noise Induced hearing loss which is most common cause of hearing loss in paramilitary personnel due to their long exposure to ammunition blasts and firing.

The talk ended with vote of thanks to the dignitaries and team from Sound Hearing 2030 which had travelled a long distance to be part of the programme.

The programme was interactive in nature and was followed by discussion.

The IEC material developed by Sound Hearing 2030 was displayed at the venue.

Attached are some of the photos taken at the event.



## Sensitization in Community (Barapullah Slums, Delhi)

Facilitators: Ms Deeksha Khurana (Programme Officer SH2030), Ms Janki Mehta (Administrative Officer, SH2030) and Ms Kriti Gulati (Research Fellow - ICMR Project on Neonatal Hearing Screening)

Target Group- Families and children living in the slums

Participants: 150

In order to spread awareness regarding ear and hearing care, short talks were delivered by Sound Hearing 2030 team on 3<sup>rd</sup> March 2015 in the Barapullah slum community. The Talks were given in two schools run by Neev, an educational project of Nav Abhiyan (A grassroot development initiative promoting self-reliance and self-esteem), with one of them being run in the Slums. The participating parents and children belong to a low socioeconomic background.

The Talk was conducted using IEC material (Including Pamphlets, posters and flipcharts) developed by Society of Sound Hearing. Since the community was predominantly Tamil speaking, the team roped in a volunteer from within the community to translate the talk in Tamil.

The content of the talk included commonly encountered ear problems in children, elaborating on various milestones which can help detect hearing loss in a child and various Do's and Don'ts related to ear care. Special mention was given to various factors that attribute to hearing loss in children. Parents were also informed about "Neonatal Hearing screening programme" being run in Lok Nayak Hospital Delhi.

The talk was interactive in nature where the questions were asked in the community and the discussion was done on the basis of the answers received. The community participated in the interactive talk actively and showed interest in listening and learning.

Attached are some of the photos taken at the event.

