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April. 2025

Quarterly Newsletter of

Dr. S. R. Chandrasekhar Institute of Speech & Hearing
(A Project of Lions Club of Bangalore East)



*Excellence in Speech,
Hearing and
Psychological Care*



Chairman's Note

Warm Greetings & Good wishes to everyone!

We have completed yet another eventful quarter.

We were honored to host **Dr. Swati Kiran**, Director, Centre for Brain Recovery, and our esteemed **Dr. SRC Travel Fellow**. Dr. Kiran shared her pioneering insights on "Using AI/Machine Learning to Predict Recovery in Post-Stroke Aphasia: Moving Towards Precision Rehabilitation." Her session was both enlightening and inspiring.

I am delighted to inform you that **Dr. Rashmi J. Bhat**, Principal, has been appointed as a Member of the Academic Council at Bengaluru North University, Kolar. We extend our heartfelt congratulations and best wishes to her as she takes on this important academic responsibility.

In a significant development, the **Azim Premji Foundation** has approved a CSR grant of ₹2.06 crore for a community project focused on the prevention and management of hearing, speech, and language disorders across 19 Gram Panchayats, encompassing 83 villages in Pavagada Block, Tumkur District. In addition, **AGOC**, a leading agricultural products company, has contributed ₹9 lakhs through a CSR grant for equipment and accessories to support children with cochlear implants. We are deeply grateful for their support.

Congratulations to the **DSLS team** for the successful organization of the first "Hands-on Workshop on Fiberoptic Endoscopic Evaluation of Swallowing (FEES)-A Glimpse into the Larynx." The three-day workshop was a milestone in advancing dysphagia management training.

We have successfully completed the 8th batch of the Fellowship Program in Speech and Swallowing Rehabilitation following Head and Neck Cancer Surgery, coordinated by **Dr. B.S. Premalatha**, Professor. This ongoing initiative continues to strengthen our expertise in specialized rehabilitation.

I would like to commend all staff members for their scholarly contributions through publications and presentations. Your work is making a meaningful impact on the scientific community.

A special note of gratitude goes to **Mr. Avinash Grubb**, Head of Audiology at Sonova Hearing and an alumnus of Dr. SRCISH, for his generous donation of three pairs of Unitron Superpower and Ultra Power hearing aids. His thoughtful gesture has significantly improved the quality of life for the recipients.

I am also pleased to share that, this quarter, we have successfully donated 20 free hearing aids. My sincere appreciation goes to the **Outreach Unit** and **Team DHS** for their dedication in making this possible.

Kudos to the **Department of Psychology** for launching the **Counseling Cell**, offering mental health support to individuals of all age groups. Additionally, the initiation of "Mindfulness Connections for Emotional Wellbeing" has been a valuable initiative for our staff, faculty, and students.

Our institute proudly observed commemorative events including **World Down Syndrome Day**, **World Hearing Day**, and **World Education Day**. I extend my appreciation to all staff and students who actively participated and contributed to these observances.

Our students made us proud by enthusiastically representing Dr. SRCISH at **The SPIEL Intercollegiate Sports Fest** hosted by St. Joseph's College. Their energy, teamwork, and sportsmanship were truly commendable. A special word of encouragement to all participants your spirit exemplifies the values we uphold.

We also celebrated a momentous occasion at **Sunaad School for the Hearing Impaired** with the **Graduation Day Ceremony** in March 2025. Heartfelt congratulations to all graduating students!

Lastly, I extend my sincere thanks to all our **donors and well-wishers**. Your continued support is instrumental to our mission and growth.

Lion V.V. Krishna Reddy

Chairman & Director

Bangalore Speech and Hearing Trust

Cell: 98450 35599 E-mail: reddyvvk63@yahoo.co.in

Vision

A world without activity limitation for persons with communication disorders.

Mission

- Develop need felt world class human resources
- Research that ensures human rights
- Develop clinical services that promote equal opportunities at affordable cost
- Develop cutting edge science and technology to achieve our vision
- Initiate preventive and pre-emptive action to avoid conditions leading to disabilities
- Develop programmes in a whole life perspective and reduce the burden of family members of people with communication disorders
- Create and provide infrastructure, laboratory, library and related facilities as stipulated by University and statutory bodies



ADMISSION OPEN

**BASLP,
B.Sc Psychology Programs &
B.Sc Rehabilitation**

Please contact the Institute for more details on the Eligibility, Admission Procedure and Fees Structure

E-mail : dr.srcish@gmail.com
www.speechear.org

Ph: 080-2547 0037, 81238 21260



Contributors

- Mr. Dr. Babita Gupta
Professor and HOD
Department of Psychology
- Ms. Shravya
Clinical supervisor
Department of Hearing Studies
- Mr. Sujaydas Gupta
Lecturer
Department of Hearing Studies

Gratitude & Acknowledgement

- Dept. for the Empowerment of Differently Abled & Senior Citizens, Govt. of Karnataka
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Free Service For the Weaker Sections

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We welcome donations in cash or kind as well. Donations to the Institute are exempt U/s 80-G of the Income Tax Act. The cheque or demand draft may kindly be drawn in favour of "Bangalore Speech and Hearing Trust" and mailed to The Director, Dr. S R Chandrasekhar Institute of Speech and Hearing, Hennur Road, Lingarajapuram, Bangalore 84, India.

Bangalore Speech & Hearing Trust

NEFT Details	
Account Number	64017386466
Name of the Bank	State Bank of India
Branch	St. Thomas Road
Place	Lingarajapuram
IFSC	SBIN0040283

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Awards & Accolades

Dr. B.S. Premalatha was honored by the Head and Neck Surgeon during the Conference on Head and Neck Tumors, held at Kidwai Memorial Cancer Hospital on January 17th and 18th, 2025.

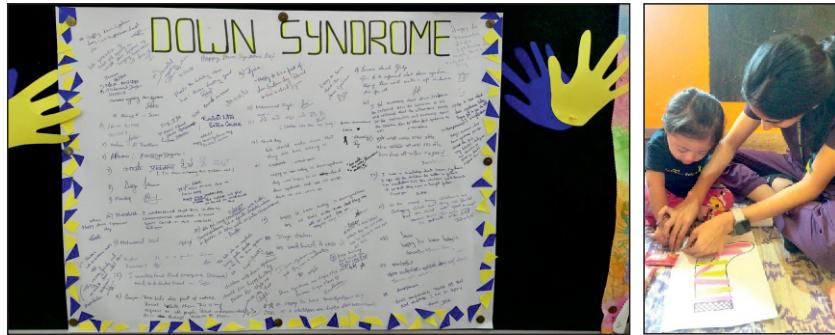


Updates from Department of Speech Language Studies

Commemoration of Awareness Days:

Down Syndrome Day:

The Department of Speech Language Studies celebrated "World Down Syndrome Day" on 21st March 2025 with a range of activities aimed at raising awareness and promoting inclusion. A parental education session was organized for parents of children with special needs covering topics such as understanding Down Syndrome, its causes, the strengths and positive traits of individuals with the condition, and inclusive practices.



Engaging moments from Down Syndrome Day celebrations – promoting inclusion, awareness, and joy through interactive activities.

Engaging tabletop activities were also conducted for children with Down Syndrome to encourage participation and interaction. Additionally, awareness ribbons were distributed to all staff members as a gesture of solidarity and support for the cause.

Parent Support Network (PSN):

On 31st January 2025, **Ms. Anukiruba**, a Clinical Supervisor Grade 1, delivered a session on the topic, "Reading is an integral component of a child's holistic development". The benefits of reading and strategies in shared book reading were highlighted where it proved to be highly impactful, fostering a deeper understanding among parents regarding joint reading.



Ms. Anukiruba delivering an engaging talk to parents on the shared book reading

Another session of PSN was held on March 7th, 2025 which was conducted by Dr. Babita Gupta, Professor and Head, Department of Psychology. The objective of this session was to offer parents and caregivers a **behavioural framework for understanding child development and mental health**, while also providing strategies to effectively tackle behavioural challenges. It began with a fun game and a reflective activity, where parents attempted to connect nine dots with four lines without lifting the pen or pencil. This exercise encouraged problem-solving and thinking beyond conventional patterns (out of box). The session focused on the connection between a child's development and their behaviour, highlighting how developmental delays or difficulties often manifest in behavioural challenges. Parents, as co-therapists,

Updates from Department of Speech Language Studies

played a key role in reinforcing positive behaviours. By the end of the session they gained insight into developmental parameters, behavioural issues, modification strategies, and their role in fostering their child's well-being.



Dr. Babita enlightening the parents on behavioural modifications

The Talents and Crafts Club for children with Special needs

On February 27th, 2025, **Ms. Dayana Saldanha** engaged the children with activities like musical chairs, action rhymes, and sensory play with grains and rose petals—designed to stimulate the senses and support motor skill development. The well-structured session fostered creativity, confidence, and meaningful interaction between parents and children.



Ms. Dayana Saldanha facilitating a range of creative activities for children, fostering skill development and artistic expression

On March 25th, 2025 another session was conducted by Ms. Dayana, which enclosed a range of hands-on activities including color play, using earbuds and balloons as tools for painting..

Student and Staff Training:

1. Using AI/Machine Learning to Predict Recovery in Post-Stroke Aphasia: Moving Towards Precision Rehabilitation.

Dr. Swati Kiran, Director of the Centre for Brain Recovery, was honored as the Fellow of the Year and visited for two days as part of her Travel Fellowship. During her visit, she delivered a series of insightful talks to



Updates from Department of Speech Language Studies

students and faculty, focusing on brain recovery and advancements in neurorehabilitation. On Day 1, Dr. Kiran presented a session titled "Using AI/Machine Learning to Predict Recovery in Post-Stroke Aphasia: Moving Towards Precision Rehabilitation." She explored how AI and machine learning are transforming stroke rehabilitation, particularly in predicting recovery outcomes. The session emphasized the role of neuroplasticity—the brain's capacity to reorganize and form new neural connections post-stroke—as a key element in successful rehabilitation. Feedback collected via a Google Form reflected high appreciation for her discussion on treatment outcome prediction, AI in aphasia management, and the concept of neuroplasticity.

On Day 2, she led an interactive session with faculty, offering valuable insights into advanced research methodologies, statistical approaches, ethical research practices, and publication standards. The discussion encouraged dialogue around study design, paper reviews, and ethics in U.S.-based research. Her visit provided a significant learning opportunity, inspiring faculty and students to engage more deeply in research and collaborative initiatives. The staff members gained practical insights into study design, paper reviews, encouraging future discussions and collaborations and motivated to pursue in the field of research.

1st Hands-on Workshop on Fiberoptic Endoscopic Evaluation of Swallowing (FEES) & glimpse into the larynx:

The three-day dysphagia workshop was initiated by Dr. Anita Reddy and headed by Dr. B S Premalatha had offered an in-depth blend of theory and hands-on training in Fiberoptic Endoscopic Evaluation of Swallowing (FEES). Sessions were carried out by our in-house staff as well as guest experts, on all the 3 days. The workshop offered an in-depth and immersive learning experience for all delegates, combining essential theoretical knowledge with practical application of Fiberoptic Endoscopic Evaluation of Swallowing (FEES).

Day 1 focused on the anatomy and physiology of swallowing, clinical evaluation techniques, equipment handling, and core competencies in Fiberoptic Endoscopic Evaluation of Swallowing (FEES). The day included live demonstrations and hands-on practice sessions.



FEES handbook release



In-house experts Dr.B.S Premalatha and Ms. Prajna Kodgi shedding light on FEES



Day 2 delved into anatomical landmark identification, the Susan Langmore FEES protocol, bolus presentation techniques, and the management of complex neurogenic cases. Emphasis was placed on documentation and troubleshooting, with additional hands-on sessions and normative data collection.

Day 3 centered on pre- and post-therapy comparisons using FEES, outcome documentation, and clinical case sharing. The training concluded with a panel discussion and practical training activities, reinforcing clinical application and participant learning.



Students engaged attentively with panelists during the insightful FEES workshop



A glimpse into the Hands-on training directed by Dr. Sankarshana

Updates from Department of Speech Language Studies

Fellowship Updates:

The 8th batch of the Fellowship on Speech and Swallowing Rehabilitation after Head and Neck Cancer Surgery concluded successfully on **17th March 2025**. Over the course of the program, fellows underwent intensive training encompassing theoretical knowledge and clinical skills in speech and swallowing rehabilitation. As part of the assessment process, participants completed a comprehensive written examination and an external viva, designed to evaluate their understanding and application of core concepts and clinical competencies. Upon successful completion, the fellowship students were formally awarded certificates in recognition of their achievement and dedication.



Celebrating the journey: 8th batch of the Fellowship Program on their memorable final day

Notable Mentions:

Ms. Deborah Athaide and Ms. Prajna Kodgi are promoted to the position of Associate Professor in recognition of their dedication, academic contributions, and professional excellence.



Ms. Deborah Athaide



Ms. Prajna Kodgi

Updates from Department of Hearing Studies

Training on Auditory (Re)-Habilitation.

The Auditory Verbal Therapy Unit, in collaboration with the Internal Quality Assurance Cell (IQAC), conducted a one-day training session on January 11, 2025, focusing on Auditory (Re)habilitation. This session aimed to enhance knowledge and skills related to hearing rehabilitation techniques. The session was led by **Ms. Pooja Behera**, (Rehabilitation Manager) at MED-EL India Pvt. Ltd., who provided expert insights into auditory rehabilitation. She discussed various techniques for improving auditory perception, speech understanding, and communication skills, particularly for those using hearing aids and cochlear implants. Participants gained practical experience through interactive discussions, case studies, and hands-on demonstrations. The training focused on speech therapy, auditory memory enhancement, and early intervention strategies. This initiative provided practical insights into auditory rehabilitation techniques.



Ms. Pooja Behera leading an engaging session on auditory rehabilitation, sparking active participation and learning

Updates from Department of Hearing Studies

Recent Hearing Aid technology by ALPS

The staff members of the Department of Hearing Sciences (DHS) participated in a hands-on training session focused on Recent Hearing Aid Technology on 13/01/2025. This specialized session was conducted by **Mr. Mahesh Kumar** Assistant Manager-Recruitment & Client Servicing at ALPS Human Resource Consultants Pvt. Ltd. The training aimed to enhance participants' understanding of the latest advancements in hearing aid technology, including digital signal processing, noise reduction features, wireless connectivity, and personalized fitting techniques. Mr. Mahesh provided detailed demonstrations on how modern hearing aids function, their benefits for individuals with hearing loss, and effective methods for counselling patients on device selection and maintenance. Attendees engaged in interactive discussions, practical demonstrations, and troubleshooting exercises, allowing them to gain first-hand experience with advanced hearing aid models.



Mr. Mahesh Kumar providing hands-on training to DHS staff, fostering practical skills

Precision in Calibration: Hands-on Workshop- Student Training

The Department of Hearing Studies, in collaboration with the IQAC, organized a student training program titled 'Precision in Calibration: Hands-on Workshop' on February 1, 2025 in the auditorium. The workshop aimed to provide students with practical knowledge and technical expertise in the calibration of audiological equipment. The session was by **Mr. Sachin**, a (Service Engineer) at Auditivo Hearing, who shared his expertise on the importance of precise calibration in maintaining the accuracy and reliability of hearing assessment devices. Participants received hands-on training in the calibration of audiometers, tympanometers, and other essential hearing diagnostic tools. The workshop included live demonstrations, troubleshooting techniques, and interactive discussions to help students understand the impact of calibration on hearing evaluations. This initiative successfully enhanced technical skills, industry readiness, and professional competence among students pursuing careers in audiology and hearing sciences.

Radiology of Temporal Bone related to Cochlear Implantation by Dr. Vasanthi Anand

The Department of Hearing Studies commemorated International Cochlear Implant Day by organizing a student training program on the radiology of the temporal bone in relation to cochlear implantation. The session took place on 25th February 2025 in the auditorium and was conducted by **Dr. Vasanthi Anand**, an expert in the field. She provided in-depth knowledge on the role of radiology in assessing cochlear implant candidates, understanding anatomical structures, and planning surgical procedures. The training aimed to



Dr. Vasanthi enlightening students on advanced imaging techniques, bridging knowledge with real-world applications.

Updates from Department of Hearing Studies

enhance students' understanding of imaging techniques and their significance in successful cochlear implantation. The session was highly informative, offering valuable insights into both theoretical and practical aspects of cochlear implant procedures. Attendees actively participated, gaining a deeper understanding of the subject. The event proved to be a significant learning opportunity, contributing to the academic and clinical knowledge of students and professionals in the field of audiology and hearing sciences.

Insights on Universal Newborn Screening and Early Intervention from a US based Paediatrician

Dr. Swapna Sabnis, a US based paediatrician, delivered an insightful talk on universal newborn screening and early intervention on March 14th, 2025. She emphasized the critical role of early detection in identifying congenital disorders, metabolic conditions, and genetic abnormalities that may not be immediately apparent at birth. Dr. Sabnis highlighted advancements in screening technologies, ensuring quicker and more accurate diagnoses. She also discussed the importance of timely interventions, which can significantly improve long-term health outcomes, particularly for conditions like hearing loss, cystic fibrosis, and metabolic disorders. Stressing the need for standardized screening across healthcare systems, she advocated for increased awareness among parents and healthcare professionals. Dr. Sabnis shared real-life cases where early intervention changed lives, reinforcing the value of proactive healthcare. She concluded by urging policymakers to expand access to screening programs, ensuring every newborn receives the best possible start in life.



Dr. Swapna Sabnis addressing the students

Commemoration of World Hearing Day 2025

In observance of **World Hearing Day 2025**, the institute organized a series of impactful events aimed at promoting awareness about hearing health and the significance of early detection. These initiatives were conducted in collaboration with various governmental and non-governmental organizations, engaging a diverse audience through educational sessions and hearing screenings.

On the 3rd of March 2025, in association with BBMP-NPPCD, an awareness session was conducted by Ms. Rithu Rajan and Ms. Deepa at **Divya Shanti High School**, Lingarajapuram, which was attended by 100 Accredited Social Health Activist (ASHA) workers and Medical Health Officers (MHOs). The session focused on the importance of early hearing loss detection, the necessity of regular hearing screenings, and key developmental milestones in speech and language acquisition. Additionally, hearing screenings were conducted for all attendees to facilitate early identification of auditory impairments.

On the 4th of March 2025, in collaboration with the Department for the Empowerment of Differently Abled and Senior Citizens, as well as the Department of Child and Women Welfare, a training program was held at the Sambrama Sabhangana Auditorium, Hosur Road, Bengaluru. Approximately 100 Village Rehabilitation Workers (VRWs) and Multipurpose Rehabilitation Workers (MRWs) participated in this event, which included orientation sessions on hearing health, the distribution of informational pamphlets, and an interactive question-and-answer segment that received highly positive feedback. Furthermore, interested participants underwent hearing screenings to assess their auditory health.

Commemoration of World Hearing Day 2025

On 5th March 2025, faculty members from the institute set up a stall at **Azim Premji University, Bengaluru** focussing on noise-induced hearing loss and preventive measures showcasing KARNA, the mannequin developed by the institute as a replica of 'Jolene,' the prototype designed by Dangerous Decibels under the leadership of Dr. Billy Martin. Students were educated on the risks associated with excessive noise exposure from Personal Listening Devices (PLDs) and were provided with guidelines on safe listening practices. Flyers containing additional information were also distributed to reinforce awareness and encourage preventive action.

On 6th March 2025, an outreach program was carried out at **Noble School, Alipura**, where students, teachers, and members of the general public attended a session on different types of hearing disorders and their impact on academic performance. Simultaneously, at the Urban Primary Health Care Centre, New Bagalur Layout, staff nurses and mothers participated in an awareness program on early identification and intervention for hearing loss. This session was followed by newborn and infant hearing screenings at the (UPHC) Urban Primary Health Centre to support early diagnosis and intervention of hearing loss.

The activities undertaken by Dr.SRCISH for World Hearing Day 2025 successfully disseminated crucial information on hearing health and its implications across multiple sectors of society, as per the guidelines laid down by the World Health Organization (WHO). By engaging healthcare professionals, students, rehabilitation workers, and the general public, these initiatives played a vital role in fostering awareness, encouraging early detection, and promoting proactive intervention strategies for hearing disorders.



A peep into the vibrant celebration of World Hearing Day
by the Department of Hearing Studies, where awareness meets action.

Commemoration of World Hearing Day 2025

Notable Mention

The Department of Hearing Studies received three pairs of Unitron Superpower and Ultra Power hearing aids from **Mr. Avinash Grubb, (Head of Audiology)**, Sonova Hearing, and an alumnus of Dr. SRCISH. This generous contribution was made to support individuals with hearing impairments by providing them with high-quality hearing aids free of cost. The donation aimed to improve accessibility to advanced hearing solutions for those who might not otherwise be able to afford them. The department carefully assessed eligible recipients based on their hearing needs and financial constraints to ensure fair distribution. This initiative reflected both Mr. Avinash's commitment to giving back to his alma mater and the institute's ongoing dedication to community service and hearing healthcare.

The contribution of Phonak hearing aids played a crucial role in enhancing the auditory experience of the beneficiaries, improving their communication abilities and overall quality of life. The institute expressed gratitude for this thoughtful and impactful support.

New Beginnings

Collaboration with Salus University

Drexel University's Salus Osborne College of Audiology has signed an Affiliation Agreement with the Institute to provide clinical training for MSc in Clinical Audiology students. This partnership enables students to gain hands-on experience in diagnosing and treating hearing and balance disorders across age groups, while benefiting from expert supervision and state-of-the-art facilities. In return, the Clinical Training Site, the Institute receives in-kind remuneration through access to coursework. The agreement outlines shared responsibilities to ensure a high-quality, ethical, and inclusive learning environment for future audiologists. In February 2025, the Department of Hearing Studies welcomed Ms Ankitha Chavan-student Master's program in Clinical Audiology at Salus - Drexel university for her training on Cochlear Implant management.

Collaboration with Sri Madhusudan Sai Institute of Medical Sciences and Research

A new MoU has been signed between Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMSR) and Bangalore Speech and Hearing Trust through Dr. S.R. Chandrasekhar Institute of Speech and Hearing (DrSRCISH) to enhance newborn hearing screening, speech therapy, and AVT services. This collaboration will equip SMSIMSR with advanced audiological tools and trained personnel, conduct outreach programs via a mobile unit, and provide up to 500 free hearing aids to BPL beneficiaries. The partnership aims to improve early identification and rehabilitation of communication disorders, with both institutions jointly contributing to training, service delivery, and research.

Updates from Outreach Unit

Date	Place	Organiser	Total Tested	Total Referred	Type of Camp
07/01/2025	Mysore Vidyarangapuram	Ln Murthy	72	66	Urban
09/01/2025	Maleshwaram, Shishumandhir	Ln Deepak	107	46	School
11/01/2025	Gowribidhanur	Ln Deepak	36	24	Public
12/01/2025	Kolar	Mr. Prakash	20	15	Public
17/01/2025	Malleshwaram Shishuvihar	Ln Deepak	88	33	School

Updates from Outreach Unit

22/01/2025	Holy angel school Kammanahalli	Ln Chandrashekhar	135	71	School
24/01/2025	Govt.School Shampuram	LCB suraksha	109	75	School
25/01/2025	Mahatma Gandhi Middle School Devanahalli	LCB Modhi Nagara	120	21	School
26/01/2025	Laggere	Arpithaseva Trust	9	6	Public
28/01/2025	Dinnur BBMP School	LCB Kanakapura	177	81	School
29/01/2025	Geddalahalli Carmel High School	LCB Phoenix	149	23	School
30/01/2025	Yelahanka RTO office	Ln Deepak	40	21	Public
30/01/2025	Kalyan Nagar Maxwell Public School	LCB Sarvagnanagar	202	58	School
05/02/2025	Mother Mary School Ramamurthy Nagar	Ln Chandrashekhar	126	20	School
06/02/2025	Sri Jnana Kshi Vidhya Mandhira Yellahanka	Ln Chandrashekhar	150	59	School
08/02/2025	New Tippasandra Post Office	Ln Deepak	11	7	Public
12/02/2025	Noble school Allipura	Ln Chandrashekhar	45	41	School
15/02/2025	Yelahanka Old town Post Office	Ln Deepak	8	3	Public
17/02/2025	CottonPet Isaac Newton English Medium School	Ln Chandrashekhar	111	33	School
18/02/2025	CottonPet Isaac Newton English Medium School	Ln Chandrashekhar	112	52	School
19/02/2025	GUPS Doddabelapura	Ln Chandrashekhar	127	30	School
20/02/2025	Begur St. Ignatius School	Ln Chandrashekhar	96	51	School
21/02/2025	RS palya MMET English Primary School	Ln Chandrashekhar	173	88	School
22/02/2025	White Field Post Office	Ln Deepak	19	12	Public
24/02/2025	Exide Company Devanahalli	Dr.Rudhra Swamy	65	4	Public
25/02/2025	Exide Company Devanahalli	Dr.Rudhra Swamy	73	5	Public
27/02/2025	Exide Company Devanahalli	Dr.Rudhra Swamy	65	7	Public
01/03/2025	Arabic College Post office	Ln. Deepak	18	10	Public
04/03/2025	St Catherine School	Ln Chandrashekhar	92	35	School
05/03/2025	St Catherine School	Ln Chandrashekhar	69	33	School
05/03/2025	Anganwadi	MCM			
05/03/2025	Ajim Premaji University	Installation of stall for awareness music induced hearing loss			

Updates from Outreach Unit

06/03/2025	Anganwadi Doddaballapura	MCM	46	32	School
06/03/2025	Alipura Nobel School	MCM	60	33	Public
07/03/2025	Mathur Doddaballapura	Ln Chandrashekhar	123	49	School
08/03/2025	Hoskote post office	Ln Deepak	21	13	Public
09/03/2025	Ramamurthy Nagar Govt. hospital	Ln Chandrashekhar	25	19	Public
09/03/2025	Kidwai hospital	DHS	25	07	Public
10/03/2025	Ramamurthy Nagar Special school	Ln Chandrashekhar	27	27	School
11/03/2025	Anganwadi Doddaballapura	MCM	31	16	School
12/03/2025	Anganwadi Doddaballapura	MCM	24	16	School
13/03/2025	Anganwadi Doddaballapura	MCM	40	22	School
14/03/2025	Anganwadi Doddaballapura	MCM	17	14	School
15/03/2025	Doorvaninagar post office	MCM	18	09	Public
17/03/2025	Anganwadi Doddaballapura	MCM	45	35	School
18/03/2025	Anganwadi Doddaballapura	MCM	56	08	School
19/03/2025	Anganwadi Doddaballapura	MCM	37	32	School
20/03/2025	Anganwadi Doddaballapura	MCM	50	17	School
21/03/2025	Anganwadi Doddaballapura	MCM	42	20	School
25/03/2025	Anganwadi Doddaballapura	MCM	23	17	School
26/03/2025	Anganwadi Doddaballapura	MCM	41	9	School
27/03/2025	Anganwadi Doddaballapura	MCM	55	37	School
28/03/2025	Anganwadi Doddaballapura	MCM	48	21	School
28/03/2025	Anganwadi Doddaballapura	MCM	58	13	School
28/03/2025	Gowri bidanur	P Krishna	107	98	Public



Updates from Outreach Unit



A sneak peak into the Outreach Unit Activities

Hearing Aid Donations

FREE HEARING AIDS

A total of 20 individuals received free hearing aids this quarter, with one hearing aid provided to each recipient.



Beneficiaries receiving free hearing aids

Updates from Department of Psychology

Talks Conducted:

On February 19, 2025, Dr. Babita Gupta and Mr. Sumanth conducted an orientation session for a group of 30 CBID trainees visiting the Department of Psychology. The session covered practices and rehabilitation strategies, the importance of psychometric assessment (IQ), children's behavioral and emotional issues, autism, the role of parent training, psychoeducation, and counseling.



Dr. Babita Gupta and Mr. Sumanth orienting the CBID trainees

Parent Training Sessions:

- A parent training session on "behavioral issues" was conducted on 27th January. A total of 11 parents attended the same. The session focused on practical strategies to address and manage challenging behaviour effectively. Group activities were incorporated that was designed to encourage role playing, allowing parents to



Parent trainees participating in interactive group activities, building skills and connections

Updates from Department of Psychology

engage in real life scenarios and gain a deeper understanding of behaviour management techniques. Through interactive tasks, parents explored various approaches to handle behavioral challenges, including the use of social rewards and assigning them manageable activities tailored to their child's abilities.

- Another parent training session was conducted on February 18 and 19, 2025, with 13 parents in attendance. The session focused on the **importance of positive reinforcement and encouragement in shaping children's behavior**. Parents were introduced to effective reinforcement strategies through group activities and role-play exercises, allowing them to actively participate and share their reflections

Attention building tasks including bead stringing and puzzle-solving were conducted to help parents engage their children while reinforcing positive behaviour. Parents were encouraged to use verbal praise, and tangible rewards like stickers to boost motivation and sustain focus. The sessions received positive feedback, with parents recognizing the impact of reinforcement and structured activities in improving attention and behaviors.

- On March 18th and 26th, two parent training sessions were held on the topic '**Behavioral Challenges and Management**'. A total of 10 parents participated across both sessions. These sessions aimed to equip parents with effective strategies to understand, manage, and respond to behavioral challenges exhibited by their children. Parents were guided through various evidence based techniques such as positive reinforcement, visual schedules and behaviour modification strategies to enhance their child's adaptive skills. The training emphasized the importance of consistency, patience and collaboration between parents and professionals to create a supportive environment for their children's growth and development

- Parental training sessions on **remedial training** were conducted between January and March, specifically on January 30, February 25, March 4, and March 18, 2025. 15 parents attended the program



Parents being trained on the schedules and types of reinforcements



Parents being encouraged to take the lead in shaping and modifying their child's behavior



Group discussions on effective strategies for remedial training



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Updates from Department of Psychology

along with their children. Interactive sessions were held with parents and children to discuss their concerns, followed by joint activities designed for both groups. Parents were introduced to strategies they could use at home to support their children's development in areas such as attention, phonetics, visual coordination, auditory memory, and multisensory learning. Feedback was collected from parents at the end of the session. Overall, all parents were found benefitted and enthusiastic to have been a part of the parent training session..

Educational Support for Students enrolled under the National Institute of Open Schooling NIOS Program

In January, revision sessions were conducted, during which students demonstrated cooperative behavior. Additionally, Individualized Education Plan (IEP) assessments were carried out, were checklists completed in collaboration with parents."

In February, NIOS exams were conducted for Level A, B, and C. The children wrote the exams along with their parents. Most parents expressed concerns about their child's behavioral issues and hoped for improvement in that area. Additionally, they emphasized the need for support in academic progress, social skills, and attention span. Additional periods, including playtime, music sessions, story time, social activities and video time, were introduced to enhance the children's engagement and learning experience.

March 2025- Next-level classes for children have started. Children in Level A have moved to Level B, and Level B children have moved to Level C. Sensory integration, behaviour therapy, gym and games [multi-purpose room] activities have started this month.

New Beginnings

- **Counseling Cell** - Counseling for all age groups was opened to the public to avail counseling services for varied mental health concerns. This initiative primarily addresses how clients can focus on their mental health which is as important as their physical health.
- **Individual Behaviour Therapy sessions** for children with varied developmental disorders to cater to their wellbeing and foster growth. These sessions primarily focus on their overall development such as improving their behavioural problems, fine and gross motor skills, eye contact etc.
- **Parent counseling and training sessions** is also a new initiative by the department to bridge the gaps parents face in fostering development in their children or how to work on intervention at home setting. We often tend to forget about the wellbeing and mental health of parents as the sessions primarily focus on the wellbeing of the parents.
- **In house services/parent training session** - Held on 12/2/2025 with 5 children and their mothers at Mothers Training Centre (who needs psychological support) and further planning for behaviour therapy. Later Psycho-social training sessions have started to enhance their gross motor, fine motor and social skills and to also work on their sensory and behaviour issues.
- Dr. Babita Gupta delivered a Parent **Psychoeducation Session** to parents of Sunaad School (X STD) on 13th Feb 2025. Mainly focused on how to improve memory and focus on the studies for coming board exams, various techniques and strategies to cope up with examination stress. The parents were grateful and agreed to follow the same.
- Mindfulness Connections for Emotional Wellbeing is an initiative for staff, faculty and students of Dr SRCISH only. The purpose of this initiative is to foster emotional well-being, and to facilitate a supportive and empowering community

* * *

Updates from Sunaad School

Celebrations:

On January 3rd, the **birth anniversary of Savitribai Phule** was celebrated with great respect. During the event, her life story and remarkable achievements were highlighted. She was remembered for her relentless efforts and sacrifices in the fight for women's rights and education.

On January 13th, **Sankranti** festival was celebrated at Sunaad School. The celebration began with teachers explaining the significance and cultural importance of the festival to the students. The event provided students a meaningful opportunity to learn about Indian traditions and the values of gratitude and togetherness.

On January 23rd, the **birth anniversary of Subhas Chandra Bose** was observed with great respect and enthusiasm. The event aimed to instill a sense of pride and patriotism among the students. Teachers explained and highlighted his remarkable contributions to India's freedom struggle, emphasizing his inspiring leadership, unwavering patriotism, and the sacrifices he made for the nation.

On January 24th, Sunaad School observed **International Girl Child Day** with a focus on raising awareness about the challenges and inequalities faced by girls in India. Through discussions and activities, students learned about the importance of empowering girls and promoting their rights to education, health, and proper nutrition.



Students engage in activities marking International Girl Child Day

On January 25th, **National Voters' Day** was observed in Sunaad School to raise **electoral awareness** and to highlight the significance of active participation in the democratic process. During the event, teachers explained the importance of voting as not just a right, but also a responsibility that plays a crucial role in shaping the future of our nation. Students were educated on how every vote counts and contributes to building a stronger and more representative government.



National Voters' Day observed to promote awareness of democratic participation and voting rights

On 14th February, the **Pulwama attack**, which occurred in 2019 on the Jammu-Srinagar National Highway near Lethapora, was solemnly remembered at school. The session aimed to honor the sacrifice of the brave soldiers while fostering a sense of patriotism, empathy, and national awareness among the students. To mark the **sixth anniversary** of this tragic event often referred to as a **Black Day**, students were informed about the attack, its impact on the nation, and the courage displayed by those who laid down their lives.



Students pay tribute to Pulwama martyrs, honoring their sacrifice and valor

On 22nd February, the **death anniversary of Maulana Abul Kalam Azad**, a key figure in India's freedom struggle and the first Education Minister of independent India was observed. The observance served as a tribute to his enduring legacy, which continues to inspire generations. Students were reminded of his vision for a progressive and educated India, as well as his pivotal role in shaping the nation's educational foundation.



Honoring Maulana Abul Kalam Azad, architect of India's educational renaissance

Updates from Sunaad School

On 28th February, the birth anniversary of Sir C.V. Raman was celebrated as **National Science Day** at school. The celebration aimed to spark curiosity and promote scientific thinking among students. As part of the observance, students were introduced to the life and achievements of the renowned Indian physicist and Nobel laureate, best known for his groundbreaking discovery of the **Raman Effect**, which earned him the **Nobel Prize in Physics** in 1930.



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Celebrating National Science Day, honoring
Sir C.V. Raman's pioneering contributions to physics

On March 7th, **Graduation Day** was celebrated to honor the outgoing 10th-grade students. The event was a heartfelt occasion, filled with joy, pride, and emotion as we bid farewell to our students. Teachers, students, and parents came together to celebrate their achievements and wish them success in their future endeavors. It was a memorable day marking the end of one chapter and the beginning of a new journey.



A momentous Graduation Day, commemorating
the achievements and future journeys of
10th-grade graduates

On March 14th, **Saraswati Pooja** was observed with devotion and reverence. Held just before the start of the examinations, the ceremony served as a spiritual way for students to seek the blessings of Goddess Saraswati, the deity of knowledge and wisdom. It was a meaningful occasion that helped create a calm and focused atmosphere, encouraging students to approach their exams with confidence and clarity.



(Caption: Saraswati Pooja, a sacred tribute
to knowledge, fostering wisdom and focus)

On March 8th, **International Women's Day** was celebrated at Sunaad School with great enthusiasm and respect. The event highlighted the achievements and contributions of women in various fields, while also promoting the importance of gender equality. Students and staff came together to honor the strength, resilience, and inspiring role of women in our society.



Celebrating International Women's Day,
Honoring the strength, resilience, and
achievements of women)

On 21st March, **International Day of Forests** was celebrated at Sunaad School to raise awareness about the importance of forest ecosystems. The event aimed to educate students on the vital role forests play in maintaining ecological balance, supporting biodiversity, and combating climate change. Through activities and discussions, students were encouraged to appreciate and take responsibility for protecting our natural resources.

Updates from Sunaad School

On March 21st, **World Down Syndrome Day** was observed at **Sunaad School** to raise awareness and promote understanding about Down syndrome among students and staff. The day served as an opportunity to foster inclusivity, acceptance, and respect for individuals with Down syndrome. Through informative sessions and meaningful discussions, the school community was encouraged to embrace diversity and support equal opportunities for all.

World Water Day was observed on 22nd March at Sunaad School to highlight the importance of fresh water and the need for its conservation. All staff and students actively participated in the event, which aimed to raise awareness about the global water crisis and encourage responsible usage. Students were reminded of the value of this precious resource and were advised to use water wisely and sparingly in their daily lives.

Meeting:

January 6th - 11th, **Formative Assessment 3 (FA3)** was conducted for all classes. Following the assessments, a **Parent-Teacher Meeting (PTM)** was held on January 11th for students from Preschool to Grade 10, between 9:30 AM and 10:30 AM. The PTM provided an opportunity for parents and teachers to discuss the FA3 results, as well as the academic progress and overall development of each child.

Inter-House competition:

On January 31st, an **Inter-House competition** on the theme of "**Self-Talent**" was held, offering students a platform to showcase their unique skills and abilities. Participants displayed a wide range of talents, from music and dance to art and public speaking. The event encouraged self-expression and confidence among students. Outstanding performances were recognized, and winners were announced and appreciated for their efforts.

On 20th February, as part of the school's monthly competitions, a **Memory Test Competition** was conducted for students from **Preschool to Grade 9**, grouped according to their age. The event aimed to enhance concentration, recall ability, in a fun and engaging way. Students actively participated. At the end of the competition, the winners from each category were announced.

District Level Competition:

On January 19th, students took part in the **District Level Chess Competition** held at Sheela Kotwala. Demonstrating exceptional skill and strategic thinking, Ansh Akadkar, Mousey, and Adnan from Grade 9 emerged as winners of the competition. Their remarkable performance earned them selection for the State Level Chess Championship, bringing pride to the school and inspiring their peers.



Students representing the school at the District Level Chess Competition, accompanied by their mentor

Educational Trip:

On January 16th, students from Grades 4 to 7, accompanied by their teachers, went on a **day trip to Jollywood**. During the visit, they explored various attractions, including the museum, Dinosaur Park, and the mirror maze. The trip was a perfect blend of fun and learning, allowing students to gain new knowledge through hands-on experiences while enjoying recreational activities in a refreshing environment.



Educational Excursion to Madikeri; A Journey of Discovery and Cultural Enrichment

On January 17th and 18th, high school students, accompanied by their teachers, embarked on a **two-day educational trip to Madikeri**. During the excursion, they explored the scenic beauty of the region and visited notable landmarks such as the

Updates from Sunaad School

Golden Temple, the monastery, Omkareshwara Temple, and Abbey Falls. The trip provided students with a refreshing break from routine while offering cultural exposure and memorable learning experiences.

Visitors:

On 11th February, the **Lion's Lady Birds** visited our school and were warmly welcomed by the staff and students. They spent time interacting with the children and were delighted by their enthusiasm and talents. The visitors expressed heartfelt appreciation for the students and commended the school's dedicated efforts in nurturing each child's potential.



Lions LadyBirds visited Sunaad School, interacting with students and appreciating their craft displays

On 19th February, **Mr. Pradip Hazarika** from Assam visited Sunaad School and was warmly received by the staff and students. During his visit, he interacted with the children and observed various school activities. He expressed his heartfelt appreciation for both the students and the staff, and praised the school's efforts in nurturing the talents and potential of every child.

On 27th February, **Mr. Chethan Kapoor**, the CEO of **Tech Mahindra**, paid a visit to Sunaad School and was warmly welcomed by the staff and students. He spent quality time interacting with the children and showed genuine interest in their activities. Impressed by their enthusiasm and creativity, he expressed his happiness and admiration. Mr. Kapoor also acknowledged the school's commitment to empowering students and praised the staff for their consistent efforts in shaping young minds.

On 26th March 2025, a delegation of 10-15 representatives from **AGOC**, an agricultural products company, visited Sunaad School as part of their **Corporate Social Responsibility (CSR)** initiative. During their visit, the delegates interacted with students and took a keen interest in the various crafts created by them. They expressed genuine appreciation for the creativity, skill, and effort showcased by the students.



Delegates from AGOC visited Sunaad School, interacting with students and appreciating their craft displays

Updates from Sign Language Unit

Online classes were conducted regularly from Monday to Friday for 15 students. In addition, offline classes were held on the same days for 5 students. The 2-year D.Ed. (Diploma in Education) classes were conducted every Tuesday and Friday.

Additionally, basic Sign Language online classes were offered to students of Mount Carmel College from Monday to Friday, with 21 students participating in daily sessions from 5:00 PM to 6:00 PM. These one-hour classes aim to build a strong foundation in sign language communication.



Sign Language Class in progress

Furthermore, offline Sign Language classes were conducted for individuals from the Association of People with Disability (APD) from Monday to Friday, supporting inclusive education initiatives. Students from Kristu Jayanti College also visited the Sign Language Unit for observation and orientation, gaining valuable exposure and firsthand experience in sign language.



On January 1st, New Year was celebrated at the centre with great enthusiasm. Dr. Shankarshana and Mr. Jayaram, along with the staff of Sunaad School, attended the celebration. A cake-cutting ceremony was held, and sweets were distributed among the children. Dr. Shankarshana and Mr. Jayaram also handed out new calendars to the children and extended their warm wishes for the New Year.



New Year Celebrations at the Centre Marked with Joy and Warm Wishes

On January 13th, the Makara Sankranti festival was celebrated at the MTC. As part of the preparations, ellu-bella was prepared at the centre. The children were taken to the market to purchase festival essentials, including sugarcane, sweet potatoes, turmeric plants, and other items. Mr. Jayaram, Mrs. Dhakshayini, Mrs. Rukmini, and the centre staff participated in the Pooja. Mothers of the children prepared sweet Pongal, a festive dish, which was distributed to everyone who attended the celebration. Following the rituals, the significance of Makara Sankranti and the tradition of distributing ellu-bella were explained to the children, helping them understand the cultural importance of the festival.



Makara Sankranti Celebrated with Traditional Festivities and Cultural Learning

On January 30th, Martyrs' Day was observed at the centre to honor the memory of Mahatma Gandhi. A photograph of Mahatma Gandhi was respectfully garlanded, and floral tributes were offered by Mr. Jayaram, and children of MTC. As a mark of reverence, a one-minute silence was observed at 11:00 a.m. to pay homage to the Father of the Nation and all who sacrificed their lives for the country. To mark the occasion, the mothers

Updates from Mother's Training Centre

of children with hearing loss sang a Meera Bhajan. Following this, Mrs. Mamatha B.V. spoke to the mothers about the life and values of Mahatma Gandhi. She also introduced them to his autobiography, **My Experiments with Truth**, highlighting important lessons from his journey of non-violence, truth, and self-discipline.

On February 25th, the festival **Mahashivaratri** was celebrated with devotion and enthusiasm at the center. As part of the celebration, the mothers lovingly prepared rava laddus to be offered as prasadam. A Shivalingam was ceremoniously installed, followed by traditional rituals such as abhisheka and archana. The program was graced by the presence of Mr. Jayaram and staff members from Sunaad School. To enrich the children's understanding of the festival, Mrs. Mamatha narrated the mythological story of Mahashivaratri.



Mahashivaratri Celebrated with Devotion, Traditional Rituals, and Cultural Storytelling at the Centre

On March 10th and 11th, a series of events, including Rangoli drawing and various sports competitions, were organized for the mothers of children with hearing loss as part of the Women's Day celebrations. The mothers participated with great enthusiasm, showcasing their creativity, energy, and team spirit. The main **Women's Day celebration** was held at the center on March 12th. The event was graced by the presence of Mr. Jayaram, Mrs. Padma Prabha, and Miss Rukmini, who joined in to honor and celebrate the incredible contributions of women, especially mothers of children with hearing loss. During the program, the winners of the Rangoli drawing and sports competitions were awarded prizes by Mr. Jayaram. In a special moment, Mr. Jayaram, along with the staff of MTC, felicitated Mrs. Megha, mother of Sinchana, who was recognized as the **Best Mother of the Year**. Mrs. Ratna B. Shetty praised Mrs. Megha's dedicated involvement in the activities of MTC and her consistent efforts to prepare her daughter to transition into the mainstream education system.

On March 27th, the **Chandramana Ugadi festival**, along with **Saraswati Pooja**, was celebrated at the Mothers Training Centre (MTC). As part of the celebration, Coconut Obbattu and Bevu-Bella traditional Ugadi delicacies were prepared and shared. The children participated in the worship of Goddess Saraswati, the deity of knowledge and learning, and chanted sacred shlokas with devotion and enthusiasm. The celebration was graced by Dr. Rashmi J. Bhat, Mr. Jayaram, and staff members from the Audiology Department and Sunaad School, whose presence added to the joy of the occasion. Following the pooja, a special cake-cutting ceremony was held to commemorate the **18th anniversary of the Mothers Training Programme**.

Educational Field Trip:

On February 19th, a **field trip** was organized for children and their mothers to **Bannerghatta National Park**; the group was accompanied by Staff of MTC. The trip had a thrilling safari ride, during which the children had the opportunity to observe a variety of wild animals. Following the safari, the group enjoyed a boating session, which added a fun and refreshing element to the day. Another memorable part of the trip was the visit to the **Butterfly Park**, where the children were fascinated by the vibrant colors and graceful movements of the butterflies. At the Butterfly Park, they also received an engaging explanation about the life cycle of a butterfly and the important role these delicate creatures play in maintaining ecological balance.



A glimpse into the educational field trip

Updates from Mother's Training Centre

Hearing Aid Distribution:

On March 26th, Mrs. Mamatha and Mrs. Manjula staff of MTC accompanied a group of children with hearing loss to Hotel City Centre Residency, where the **Akshaya Akruti Foundation** had organized a **hearing aid distribution** program. The event was held to support children with hearing loss, and this initiative aimed at improving their quality of life. Ten deserving children received hearing aids, bringing smiles and hope to their families. Mrs. Mamatha expressed heartfelt gratitude to the Akshaya Akruti Foundation for their generous support. She especially thanked Dr. P.K. Babu for his continued contributions; he had previously extended a helping hand in 2024 by donating a speech processor and two hearing aids, which had a significant impact on the beneficiaries.



Hearing Aids Distributed to Children with Hearing Loss Through Akshaya Akruti Foundation's Generous Initiative

Updates from Internal Quality Assurance Cell

Alumni Committee:

"Capturing Events: Essential Photography Skills" on 28/01/2025

This was led by esteemed alumnus **Mr. Nagarjun**, a graduate from the B.Sc. batch of 2006–2010 and M.Sc. batch of 2010–2012. During the session, Mr. Nagarjun shared his knowledge and experience in photography, especially in capturing events. He spoke about the importance of being well-prepared, understanding the event clearly, and the ability to capture real emotions through photographs. Along with these creative aspects, he also explained some basic technical skills that help improve the quality and storytelling of photos. At the end of the session, there was an interactive question-and-answer segment where participants got the chance to ask their doubts. Mr. Nagarjun answered all their questions in a clear and helpful manner. The session received very positive feedback from both students and staff. Many said that the talk was useful and practical. They felt that their photography skills had improved and appreciated the chance to learn from someone experienced. Overall, the session was a great learning experience and helped in developing both creative and technical skills at the institute.



Mr. Nagarjun elucidating on how to Freeze a fleeting moment through the lens

Updates from Internal Quality Assurance Cell

"Bridging the Gap: How Speech Language Pathologists Can Empower Parents for Communication Success." on 13/03/2025

The session was led by **Ms. Indu Kiruba**, an alumna from the 2006–2010 B.Sc. batch. She spoke about different parenting styles and how they can affect a child's development. She explained that both parents and speech therapists have a big part in helping children learn and grow. The talk also covered important things that support a child's development, such as good communication, a safe and caring environment, and emotional support. Ms. Indu also shared real-life examples to show how parents and therapists can keep track of a child's progress and help them at every stage.



Women Empowerment Committee(WE):

Nourish To Flourish

The Committee in Association with IQAC conducted a session titled "**Nourish to Flourish: Celebrating Women's Health through Nutrition**" on 06/03/2025. Ms Ankayarkanni and Ms Arunima organised a series of games and activities revolving around the theme of nutrition. Activities like guessing the juices, preparing a complete-meal plate, nutrition-based bingo and making a barbecue stick out of food were organised. The audience were divided into two groups, and they engaged in all the games with a competitive spirit. The participants gave positive responses and suggested conducting more engaging sessions like these. Through these simple activities, audiences were introduced to healthy alternative food choices and the winners were given attractive prizes.



Beyond Books and College (BBC) Series:

1. The Sound of Healing: Music & Mental Well-Being: As part of the *Beyond Books and College (BBC)* series in collaboration with IQAC, a talk titled "**The Sound of Healing: Music & Mental Well-Being**" was held on 16th January 2025, led by **Mr. Eric Gerald**. A total of 53 attended for this session. The session explored the fundamental nature of music as vibration and its impact on mental and emotional health. Key highlights

Updates from Internal Quality Assurance Cell

included the emotional resonance of Hindustani ragas like *Raga Bhairavi*, the significance of traditional instruments such as the Nadaswaram, and the healing properties of Solfeggio frequencies. The session emphasized music's cultural and therapeutic value, leaving participants with a deeper appreciation for music as a holistic tool for well-being.



Mr. Eric Gerald shares his musical knowledge with students

2. Eco-Warrior Challenge: Small Steps, Big Impact: On 13th February 2025 a talk titled “Eco-Warrior Challenge: Small Steps, Big Impact” was conducted, led by Mr. Rony Geo Alex. A total of 53 attended for this session. The session focused on raising awareness about environmental conservation and the power of small, sustainable actions. Key topics included pollution, water conservation, recycling, and the importance of protecting biodiversity. Mr. Rony emphasized how even simple steps—like reducing waste and conserving resources—can collectively create a significant positive impact on the planet. The interactive session encouraged participants to reflect on their role in environmental sustainability and received enthusiastic and positive feedback from students and faculties



Mr Rony Geo Alex discussing on environmental conservation

3. The Art of Balance: Mastering Productivity and Passion

Another talk on “The Art of Balance: Mastering Productivity and Passion” on 03-04-2025 between 1:30 pm to 2:30 pm. Mr. Nathaniel Fernandes engaged students and faculty in exploring the balance between productivity and passion. A total of 53 attended for this session. Through interactive discussions and activities, including a lively dance segment, the session highlighted the



Mr. Nathaniel guiding students through group activities that foster friendship and promote positive energy

Updates from Internal Quality Assurance Cell

importance of aligning work with personal purpose, building genuine friendships, and maintaining positive energy. Topics such as self-awareness, the impact of gossip, and emotional well-being were thoughtfully addressed. The session received highly positive feedback, leaving participants inspired to lead more balanced, purposeful, and fulfilling lives.

NSS updates:

World Education Day: To mark *World Education Day*, the National Service Scheme (NSS) conducted a special session at an adopted government school for underprivileged children on 29/1/2024. The objective was to provide foundational English language skills through fun, age-appropriate activities. A total of 22 children were divided into two groups based on age (below and above 6 years). 12 NSS volunteers created simple, engaging materials like flashcards, role-plays, and storytelling tools to teach basic English communication. The younger group learned words and expressions through pictures and sounds, while the older group engaged in more structured interactive activities.



NSS student volunteers engaging in educational activities with children at the adopted government school

The children enjoyed the session, participated enthusiastically, and showed improved understanding. The positive response highlighted their eagerness to continue learning English in a playful and supportive environment.

Job fair for Persons with Disabilities

On February 16, 2025, a job fair for Persons with Disabilities was organized by Lions International District 317F in collaboration with the Dr. S. R. Chandrasekhar Institute of Speech and Hearing. The event aimed to provide employment opportunities and promote inclusion in the workforce. Held at the institute's premises, the fair featured several companies offering job roles across various sectors and was attended by 74 individuals with disabilities. NSS students from the institute played a vital role in the smooth conduction of the event by assisting participants, guiding them to interview areas, and ensuring ease of access using the institute's inclusive infrastructure such as ramps, lifts, and tactile guidance paths. The program was well appreciated by the participants, and the commitment and quick support provided by the NSS volunteers were highly praised by the organizers.



NSS student volunteer assisting a participant,

The NSS student team with the organisers

Updates from College Office

- The 43rd Governing Council Meeting was held on March 11, 2025.
- The Principal was selected as an Academic Council Member of Bengaluru North University, Kolar, and attended two Academic Council meetings in the past two months – on February 3, 2025, and March 24, 2025.
- Postgraduate students appeared for their I and III semester examinations during March 2025, marking a significant phase in their academic progress and evaluation.

During this quarter, the results of the III and V semester BASLP examinations held in December 2024 were announced.

Updates from Administrative Office

Meetings

The Advisory Board Meeting was held on 21st March 2025 and the members attended the meeting through both physical and online modalities

New Beginnings

On 26th March 2025, a delegation of 10-15 representatives from AGOC, an agricultural products company, visited our organisation as part of their CSR (Corporate Social Responsibility) funding initiative. The Institute received **Rs. 9 Lakhs CSR grant** for CSR Proposal submitted to AGOC company for equipment and accessories for children with cochlear implants.

Azim Premji Foundation approved a CSR fund of 2.06 Cr, for a project aiming to prevent & treat hearing, speech & language disorders in 19 Gram Panchayats with 83 villages in Pavagada Taluk, Tumkur District, covering approximately 15000 children. The objectives of this project is raising awareness among teachers, parents, & community health workers, screening infants, children in anganwadis and government schools,)treating children for ENT problems & providing need-based treatments, hearing aids and short/long term therapy to children identified with hearing & speech issues

Visitors

CBID trainees from CBM India Trust and representatives from Twinklezz Pediatric therapy center visited the Institute and learned the clinical, academic and outreach activities of the Institute on 11/02/2025 and 19/02/2025 respectively.

Updates from Dr.SRC's SASH

Ethnic Day Celebration

Ethnic Day was celebrated on **20th February 2025**, bringing together students and staff to showcase the diverse cultures represented within our institution. The event aimed to promote understanding, respect, and appreciation for the various ethnic backgrounds in our community. Students from different cultures performed traditional dances, and the event saw enthusiastic participation from both students and staff members. Staff set up booths representing different cultures, displaying traditional attire and providing information about their significance. The audience reflected the spirit of the college community, with participants from various cultural backgrounds coming together to celebrate their heritage. One of the highlights of the event was a **ramp walk** by staff members, who wore traditional attire from various cultures.

SPIEL intercollege sports fest

The **SPIEL Intercollege Sports Fest** took place on **10th February 2025** at St. Joseph College, drawing participants from various colleges across the region. This year's fest focused on **encouraging sincerity and**

Updates from Dr.SRC's SASH

teamwork among students. Competitions in **throwball**, **badminton** (women's singles and doubles, men's singles and doubles), and **tennis** drew large crowds, creating an exciting atmosphere as teams battled for glory. Each sport featured thrilling matches, with teams demonstrating exceptional skill. The SPIEL Intercollege Sports Fest was a remarkable success, with enthusiastic participation from students across multiple colleges. The event not only showcased talent but also strengthened the bonds of friendship and collaboration among the participating institutions.



Celebrating the vibrant tapestry of cultures—Ethnic Day at its colorful best



Snaps of the Intercollege Sports Fest

Professional Development

Scientific Paper publications:

Dessai, T. D., Kumar, K., & Bhat, R. J. (2025). An Exploratory Study of Peripheral Vestibular System in Users of Personal Listening Devices. *Journal of audiology & otology*, 29(1), 22–30.

Dessai, T. D., Parameswaran, A. G., Bhat, R. J., & Kumar, K. (2025). Optimal Frequency for cVEMP in Users of Personal Listening Devices. *Indian journal of otolaryngology and head and neck surgery : official publication of the Association of Otolaryngologists of India*, 77(3), 1429–1438.

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Invited talks/Chairperson/Moderator/Reviewer Invites

SL No	Date	Details	Faculty	Organized by/ Reviewer for/ Moderated at/Talk given at
1	17/1/25 and 18/1/25	Delivered Key note address and was honoured at the Conference on Head and neck tumors for ASLP	Dr. B. S. Premalatha (Professor of Practice, DSLS)	KMIO, Bangalore.
2	23/01/2025	Talk on 'Behavioural challenges and Management in Autism'	Ms. Alphonsa Joseph (Associate Professor, Dept of Psychology)	Dept of Psychology
3	02/02/2025	Served as a panellist for the Hearcon conference	Dr Madhuri Gore (Professor of Practice, DHS)	HEARCON 2025 Bengaluru
4	02/02/2025	Talk on: Brain - Hearing Connection: A Pediatric Case series of Hearing Loss in Neurological Disorders,	Ms. Deena Priya (Assistant Professor, DHS)	HEARCON 2025 Bengaluru
5	02/02/2025	Reviewed a Manuscript research paper	Ms. Megha Sasidharan (Associate Professor, HOD, DHS)	JASA
6	16/02/2025-19/02/2025	Reviewed a Manuscript research paper	Ms. Rithu Rajan (Associate professor, DHS)	The International Tinnitus Journal
7	19/02/2025	Orientation on practices, rehabilitation strategies, importance of psychometric assessment (IQ), children's behavioural and emotional issues, autism, role of parent training, psycho education and counseling for 30 CBID Trainees	Dr. Babita Gupta (HOD-Dept of Psychology) Mr Sumanth (Clinical Psychologist)	DR SRCISH
8	27/02/2025	Published a newspaper article 'Lend a Ear-Add getting your Hearing checked to your annual checkup'	Ms Subhashini D (Assistant Professor, DHS)	The New Indian Express -Newspaper

Professional Development

9	14/2/25 to 16/2/25	Talk on 'Electrophysiological Tests and Diagnosis and its Current Trends'	Dr Madhuri Gore (Professor of Practice, DHS)	ISHACON 2025
10	14/2/25 to 16/2/25	Served as a Faculty/ Chairperson and delivered a guest lecture for 50th Annual Conference of ISHA	Dr. B. S. Premalatha (Professor of Practice, DSLS)	ISHACON 2025
11	14/2/25 to 16/2/25	Served as an evaluator of abstracts and manuscripts in scientific sessions for ISHA	Ms. Prajna Kodgi (Associate Professor, DSLS)	ISHACON 2025
12	25/02/2025	Talk on 'Behavioural Assessment for Children with Disability'	Ms. Jessymol (Psychologist)	Dept of Psychology
13	03/03/2025	A awareness talk on 'importance of early hearing loss detection' to Accredited Social Health Activist (ASHA) workers and Medical Health Officers (MHOs).	Ms. Rithu Rajan (Associate professor, DHS) Ms. Deepa M (Clinical supervisor, DHS)	BBMP-NPPCD
14	04/03/2025	Addressed the Village Rehabilitation Workers (VRWs) and Multipurpose Rehabilitation Workers (MRWs) and oriented them on hearing health.	Dr. Madhuri Gore (Professor, DHS) Ms. Manu GC (Assistant Professor, DHS)	Department for the Empowerment of Differently Abled and Senior Citizens, Department of Child and Women Welfare
15	05/03/2025	Installed a stall at Azim Premji University show casing the mannequin, KARNA, and addressed the college students and the faculty on the harmful effect of the noise exposure and safe limits of using Personal Listening Devices.	Ms. Prema Kumari (Lecturer, DHS) Ms. Priyanka Y (Clinical Supervisor, DHS)	Azim Premji University
16	06/03/2025	Addressed the students and the public and provided a talk on types of hearing disorders and their impact on academic performance	Ms. Prema Kumari (Lecturer, DHS) Mr. Jithendra Kumar (Clinical Supervisor, DHS)	Noble School, Alipura
17	06/03/2025	Addressed the staff nurses and the mothers on early identification program and the speech and language milestones.	Ms. Manu GC (Assistant Professor, DHS) Ms. Sushma (Clinical Supervisor, DHS)	Urban Primary Health Care Center (UPHC), New Bagalur Layout,
18	15/03/2025	Gave a talk on 'Screen time in children- Tips for better communication'	Ms. Prajna Kodgi (Associate Professor, DSLS)	Blue's Sparrows preschool, Bangalore
19	24/03/2025	Orientation on Infant stimulation	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	Dept of Psychology
20	25/03/2025	Talk on ' Behaviour Therapy Working Model'	Dr. Shakila Naidu (Professor of Practice, Clinical Psychology)	Dept of Psycholog

Scientific Paper and Poster Presentations

SL No	Date	Title	Faculty	Details/ Platform
1	17/1/25 and 18/1/25	Exploring speech intelligibility post Glossectomy and Mandibulectomy: A listener based study	Ms. Anjaly Rajan (BSc Student) Ms. Christina Mathew (Speech Language Pathologist Grade-II, DSLS) Ms. Prajna Kodgi (Assistant Professor, DSLS) Dr. B. S. Premalatha (Professor of Practice, DSLS)	KMIO, Bangalore
2	17/1/25 and 18/1/25	Exploring role of Speech Handicap Index in assessing the communications post Laryngectomy	Ms. Arya A K (BSc Student) Ms. Dayana Saldanha (Speech Language Pathologist Grade-I, DSLS) Dr. B. S. Premalatha (Professor of Practice, DSLS)	KMIO, Bangalore.
3	14/2/25 to 16/2/25	Maze production and its impact on reading comprehension in children with dyslexia.	Ms. Yashaswini C (BSc Student) Ms. Angela Ann Biju (BSc Student) Ms. Sneha Mareen Varghese (Associate professor, DSLS)	ISHACON 2025
4	14/2/25 to 16/2/25	Goal setting for language disorders in Children: Speech Language Pathologists practice patterns, confidence and satisfaction	Ms. Yashaswini C (BSc Student) Ms. Angela Ann Biju (BSc Student) Ms. Arunima (Assistant professor, DSLS) Ms. Sneha Mareen Varghese (Associate professor, DSLS)	ISHACON 2025
5	14/2/25 to 16/2/25	Poster titled 'Evaluating the Impact of Practical Training on Self-Efficacy, Confidence, and Competence in Noise Measurement, Infant Screening, and Endoscopy in BASLP students'	Ms. Rithu Rajan (Associate Professor, DHS) Ms Krupa Thanki (Alumni)	ISHACON 2025
6	14/2/25 to 16/2/25	Poster titled 'Evaluating the Test-Retest Reliability of 500 Hz Narrowband Chirp ABR in Infants: Insights from a Rural Indian Hospital'	Ms. Rithu Rajan (Associate Professor, DHS) Ms Krupa Thanki (Alumni)	ISHACON 2025
7	15/2/25	Presented a poster titled 'Quality of life in individuals with Auditory Neuropathy Spectrum Disorders on ICF framework'	Ms. Megha Sasidharan (Associate Professor, HOD-DHS) Ms Theertha (Clinical Supervisor, DHS) Ms. Simran Mohanty (Alumni)	ISHACON 2025

Conferences/Seminars/Workshops/Training / Courses Attended by Faculty

Sl No.	Date	Details	Delegates	Organized by
1	03.01.2025	Webinar-Home Based management of Children with cerebral palsy	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	NIEPID (DIVYANGJAN) Mumbai
2	06/01/2025 to 13/01/2025	Talk on The Art of Research	Ms. Manu G C (Assistant Professor, DHS)	IOT Academy, Coimbatore, Tamil Nadu
3	07.01.2025	Webinar- Early Intervention for Developmental Disabilities	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	
4	11/01/2025	workshop on "An Introduction to Pediatric Auditory Rehabilitation with Cochlear Implants"	Ms. Sushma P Ms. Deepa M Ms. Shravya K (Clinical Supervisor-DHS) Ms. Manu G C (Assistant Professor-DHS) Ms Kalpana Hegde (Auditory Habilitationist)	DR. SRCISH
5	13/01/2025	Training session on 'Recent Hearing Aid technology by ALPS'	Dr. Nitin K Damam (Assistant professor-DHS) Ms. Priyanka Y Ms. Shravya K Ms. Elezabeth Joseph Ms. Aysha Dhiya Zellan (Clinical supervisors-DHS)	Department of Hearing Studies DR. SRCISH
6	17/01/2025 to 18/01/2025	Conference-'Head and Neck Tumors: Scope of Practice For SLPs and Audiologists'	Ms. Elezabeth Joseph (Clinical Supervisor-DHS) Ms. Christina Mathew (Speech Language Pathologist Grade-II, DSLS) Ms. Dayana Saldanha (Speech Language Pathologist Grade-I, DSLS) Dr. B. S. Premalatha (Professor of Practice, DSLS)	Kidwai Memorial Institute of Oncology

Conferences/Seminars/Workshops/Training / Courses Attended by Faculty

7	23/01/2025	National level CRE webinar Psychological intervention for children with SLD	Dr. Babita Gupta (HOD-Dept of Psychology) Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	Department of Clinical Psychology NIEPMD, TN
8	29/01/2025	Workshop on Rooted Reflections through the mirror - navigating counter transference and personal biases	Dr. Shakila Naidu (Professor of Practice, Clinical Psychology)	Flourish Therapy
9	31/01/2025	Webinar-Invigorating STEM Learning among Children with Special Needs	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	RAMAKRISHNA MISSION VIVEKANANDA UNIVERSITY (RKMVU)
10	01/02/2025	Workshop on Calibration	Post Graduate Students of Msc Audiology And Mr Nitish Ranjan Patel Ms Rithu Rajan (Associate Professors, DHS) Ms Theertha Mr Nawar Ms Jisna Mr Anand Mr Jithin (Clinical Supervisors- DHS)	DHS, DRSCISH
11	06/02/2025	Webinar - 'Clinical Management of Tinnitus'	Ms. Rithu Rajan (Associate Professor- DHS) Ms Subhashini D (Assistant Professor- DHS) Ms. Cynthia S Ms Theertha D (Clinical Supervisors- DHS)	AIISH Mysore
12	08/02/2025	Webinar on 'Tinnitus' commemorating Awareness week 2025'	Mr. Jithendra Kumar (Clinical supervisor, DHS)	APASLPA
13	13/02/2025	Course - 'Beyond the Basics Aided Cortical Testing,	Mr. Jithendra Kumar (Clinical supervisor, DHS)	Interacoustics Academy
14	19/02/2025	Webinar on 'Vestibular testing of otolith organs'	Mr. Jithendra Kumar (Clinical supervisor, DHS)	Inventis Academia

Conferences/Seminars/Workshops/Training / Courses Attended by Faculty

15	14/2/25 to 16/2/25	Attended ISHACON 2025	Dr. B. S. Premalatha (Professor of Practice, DSLS) Ms. Rithu Rajan (Associate Professor-DHS)	ISHACON 2025
16	20/2/25 and 21/2/25	National Seminar titled 'Clinical Implications of Cognitive Behaviour Therapy	Ms. Rajeshwari M N (Speech Language Pathologist Grade-I, DSLS) Mr. Prajwal. Sajan K. S (Speech Language Pathologist Grade-II, DSLS)	AIISH, Mysore
17	20/02/2025 to 21/02/2025	CRE on clinical implication of CBT-National level Webinar	All staff of Dept of Psychology	AIISH
18	22/02/2025	FDP - 'NAAC New reforms 2024- Binary Accreditation System'	Ms. Cynthia S (Clinical supervisor, DHS)	IOT Academy
19	25/02/2025	Borderline Personality Disorder- goal, alliances and skills	Dr. Shakila Naidu (Professor of Practice, Clinical Psychology)	NIMHANS
20	11/03/2025	Curricular needs and Adaptations in Inclusive Schools	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	NIEPID (Divyangjan) Kolkata
21	14/03/2025	Insights on Universal Newborn Screening and Early Intervention from a US based Paediatrician	Staff and faculty of DHS	DHS, in association with IQAC
22	13/03/2025- 15/03/2025	National conference on 'Action research for health care professionals' as a Delegate	Ms. Rithu Rajan (Associate Professor-DHS)	NIMHANS , Bengaluru
23	14/3/2025	Webinar on Maintaining the Brain on Dementia	Dr. Babita Gupta (HOD-Dept of Psychology)	Buddhi Clinic, TamilNadu
24	15/3/2025	CRE webinar on intellectual disability and genetic counselling	Dr. Babita Gupta (HOD-Dept of Psychology)	RCI
25	21/03/2025	Webinar-Research Approach in the field of Disability	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	NIEPID (Divyangjan), Kolkata
26	28/03/2025	Webinar on Behaviour Modification	Ms. Sedrecia Elizabeth (Rehabilitation Psychologist)	NIEPID (Divyangjan), Kolkata

Facts Thoughts and Musings

Stress Free Life: A Healthy Life

We all feel stress at one time or another. Nowadays, we can't imagine a life without hassle or stress. The stresses and strain of today play upon everyone. It is a slow poison to a person's mental and physical well-being. It occurs when a person is required to perform beyond normal capability, or is caught in a situation where he/she feels has lost control.

There are two types of stress: Eustress and Distress. The first one is "good" stress, which motivates us to perform more and to keep us on our toes. It goes up to threshold level after which the eustress converts itself into distress, or "bad" stress, which actually brings down our performance and causes many physical and psychological problems.



Dr. Babita Gupta
Professor and HOD
Department of Psychology

How does stress affect us?

- Inability to take decision
- High blood pressure
- Indigestion
- Psychosomatic disorder such as Diabetes, peptic ulcer, hypertension, asthma, heart diseases and obesity,
- Insomnia
- Depression
- Anxiety
- Stroke
- Headache
- And Many More

How to identify the symptoms of stress? Stress checklist gives an idea of identifying the symptoms which are listed below:

- Irritability
- Lack of concentration
- Loss of appetite, overeating or undereating
- Disturbances in sleep
- Anxiety
- Lack of interest or feeling of overwhelmed
- Grumpiness
- Sadness
- Avoiding friends
- Spending more time on Screen unnecessary
- Postponing the task
- Sign of neuromuscular tension- fidgeting, tapping fingers, pacing the floor, frowning, fixed stare, clenching fists and jaws, curling feet and legs around the chair legs, hesitancy in speech

Proactive Tips to manage Stress:

1. Learn to enjoy work, however boring or monotonous you think it has become. There are always ways and means to develop that enjoyment. Think.....
2. Set the short terms and long term goals, Prioritize the work, Break the task into smaller task and set the deadline to finish the work, maintain continuity and regularity for completing the task

3. Seek breaks from routine on a regular basis, going out, chat with friends and a weekend trip
4. Release stress through Play (sports/ indoor games)
5. Stay connected with family, friends, and society
6. Spend less time on social media, mobile and internet
7. Spend quality time with family, relatives and friend
8. Take healthy diet and drink plenty of water, Avoid Tamasic Food
9. Take rest pauses whenever you feel mentally tired
10. Laughter and plants/ nature serves as a therapy which are helpful in reducing stress.
11. Need for hobbies
12. Learn something new and creative
13. Maintain a stress diary for a week, list the stressors you experience in class, at home, workplace or in various relationships. For the next two weeks, use a relaxation technique either before breakfast/ morning or before dinner/ evening. Practice relaxation or deep breathing which helps in releasing tension in the skeletal muscles and reduces anxiety
14. Regular walking. If you are very busy, you don't have time for walking/ jogging. Make your mind to start once in a week for 10 minutes, second week 15 minutes and gradually increase the number of days and minutes/ hours.
15. Place of love and spirituality in your life. Focus on the present, not the past and future. This serves as investment or savings in your account for building a healthy and happy future hence, enjoy each moment. Friends believe life is short.
16. Yoga therapies and meditation are very useful pills to enhance physical and mental well-being. Have it regularly and find the positive changes in your perception and attitude. Enjoy each moment of life, finding a purpose in life, when you see yourself beyond your body and your jobs, when you give a deeper meaning to your existence, you feel that your worth is high and enhance psychological flexibility.

Friends, getting ready for Yoga therapy and mindful meditation, follow the steps

Step 1: Tadasana, Alternate nostril breathing and Bhramari

Step 2: " Sit up straight on the chair, let your shoulders drop, keep your legs on the floor, close the eyes and take a deep breath, and notice how you are breathing(pause for few second), just notice what you can hear (pause for few seconds), just notice what you can feel against your skin (pause for few second), just notice what you can smell (pause for few second), just notice what you are feeling ((pause for few second), just notice what you are thinking ((pause for few second), just observe the thoughts. So there is a part of you that can notice everything that you see, hear, smell, think and feel. It is called "the observing self." Observing the mind, thoughts, and detached with body and mind. Stay still in this state for some more time.

Step3: Gradually open the eyes, gently rub the palms and give warmth on your face.



Facts Thoughts and Musings

Mangalore Through My Eyes: A Love Letter to My Coastal Hometown

Hey there! I'm from Mangalore — or Mangaluru, as we proudly call it — nestled on the west coast of Karnataka. It's not just a city to me, it's home. And if you've never been here, let me take you on a little journey through the heart of Mangalore: the beaches, the food, the temples, the traditions, and the spirit of our vibrant culture.

Where the Land Meets the Sea - Our Beaches

One of the best things about growing up in Mangalore is having the ocean right at your doorstep. Tannirbhavi and Panambur beaches are local favorites — calm, clean, and perfect for a peaceful evening or a fun family outing. As kids, we'd build sandcastles, fly kites, and chase the waves. And even now, nothing beats watching the sunset dip into the Arabian Sea with a plate of roasted corn in hand.

If You Love Seafood, You'll Love Us

Mangalore is heaven for seafood lovers. People say, once you try an Anjal fry (Kingfish) or Bangude Pulimunchi (spicy mackerel curry), you'll be hooked. I have heard a lot about it but never tried as I am vegetarian. We use a lot of coconut, curry leaves, and roasted spices — our recipes have been passed down for generations. Whether it's homemade Kane Rava Fry or the humble Kube Sukkhe (clams sautéed in spices), the flavors are deeply rooted in our coastal identity.

Our Culture Runs Deep

Our traditions are a beautiful blend of Tulu, Konkani, Beary, and Kannada influences. One of my favorite memories is watching Yakshagana performances — a dramatic all-night theatre with dancers in bright costumes, music, and stories from mythology. There's also Bhuta Kola, a spirit worship ceremony that's not just performance, but part of our spiritual core.

Temples that Tell Stories

Every temple in Mangalore has a story. The Mangaladevi Temple — yes, the one our city is named after — has a special place in our hearts. And the Kudroli Gokarnanatheshwara Temple? It lights up like a dream during Navaratri, with processions, music, and a sea of lights. There's a sense of peace and history in these places that's hard to put into words.

Pilivesha - The Soul of Our Festivals

And then there's Pilivesha — the Tiger Dance. If you've ever been in Mangalore during Dasara or Krishna Janmashtami, you know what I mean. Dancers painted head-to-toe like tigers move to the rhythm of traditional drums, drawing huge crowds. It's loud, colorful, chaotic, and absolutely thrilling. It's not just a dance — it's a roar of pride for us locals.

Mangalore isn't just a city. It's a feeling — warm, welcoming, full of flavors and stories. Whether you're here for the beaches, the food, or the festivals, I promise you'll leave with a little bit of Mangalore in your heart.

Come visit sometime. We'll share a plate of neer dosa and coconut chutney by the sea.

— A proud Mangalorean



Ms. Shravya
Clinical supervisor
Department of
Hearing Studies

Facts Thoughts and Musings

Understanding External Ear Canal Cholesteatoma (EACC)

External Ear Canal Cholesteatoma (EACC) is a rare but clinically important condition characterized by a cystic mass lined with keratinizing squamous epithelium. Although cholesteatomas are typically associated with the middle ear, they are not uncommonly found in the external auditory canal. The incidence of EACC is estimated to range between 0.1% and 5% of all otologic cases. EACC can be classified into two types: spontaneous and congenital. Spontaneous EACC occurs without an identifiable cause and in patients with anatomically normal external ear canals, whereas congenital EACC is associated with congenital narrowing of the canal, predisposing the individual to epithelial entrapment. The etiology of EACC remains unclear, although many cases develop following ear surgery, trauma to the external auditory canal, or due to canal stenosis or obstruction. Post-surgical cases often result from the entrapment of squamous epithelium, while traumatic causes include lacerations or fractures leading to canal narrowing.

Pathophysiologically, the condition is thought to be driven by the accumulation of keratin debris, which may provoke abnormal cellular proliferation due to impaired epithelial migration, possibly linked to reduced vascular supply. Clinically, EACC may present with otorrhea (ear discharge), chronic dull otalgia (ear pain), and conductive hearing loss. Diagnosis is typically made through high-resolution temporal bone CT imaging, which may reveal soft tissue masses, bone erosion, embedded bone fragments, and in severe cases, erosion of the facial canal or tegmen tympani. The differential diagnosis includes keratosis obturans, neoplasms of the external ear, post-inflammatory medial canal fibrosis, and malignant necrotizing otitis externa. Understanding these distinctions is crucial for accurate diagnosis and management.

Treatment for EACC is surgical and varies depending on the extent of disease involvement. Stage 1 involves canaloplasty alone, Stage 2 includes tympanoplasty, Stage 3 adds mastoidectomy, and Stage 4 involves individualized surgery based on lesion location and severity. If left untreated, EACC can result in serious complications, including involvement of the facial nerve and erosion into the cranial base via the tegmen tympani. Early diagnosis and appropriate surgical intervention are key to preventing long-term morbidity. As awareness increases, ENT specialists can expect improved patient outcomes through prompt identification and treatment of this rare entity.



Mr. Sujaydas Gupta
Lecturer
Department of
Hearing Studies



We extend a heartly welcome
to our new colleagues



Ms. Nethravathi
HR Executive



Ms. Sherin Manoj
Clinical Supervisor Grade-1
(Dept. of Hearing Studies)



Ms. Jessymol Joy
Rehabilitation
Psychologist



Ms. Joan Elezebeth
Psychologist



Ms. Asha Rani R
Clinical Assistant



Mr. Edison Anthony Raj
Driver



Ms. Narasamma
Maid Servant



We convey our best wishes to all of
them for their future endeavours.



Dr. Srividhya.A
Associate Professor - Research Fellow -
BSHRF & Freelance Consultant



Ms. Alphonsa Joseph
Associate Professor
Dept. of Psychology



Ms. Sreevidhya.P
CS-1 Dept. of Speech
Language Studies



Ms. Loveena
Clinical Assistant
Dept. of Psychology



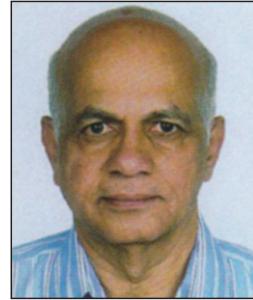
Mrs. Akther Begum
Office Assistant
Dept. of Speech Language Studies

We convey our best wishes to all of them for their future endeavours

DONORS FOR THIS QUARTER

1. General donations

- S. N. Iyer Q.C and Dr. Irene Iyer Charity : 30,000/-



2. Donation for Corpus Fund By

- Dr. P S Maiya : Rs. 15,000/-

3. CSR donations

- AGCO Trading India Pvt Ltd towards CSR amount for purchase of audiology equipments: 9,00,000/-

4. Donation for Hearing Aids

- New Dimensions Developers Pvt Ltd: 5,00,000/-
- Rajass Technology Pvt Ltd: 3,50,000/-
- Kunchum Mohanraj & Manjula Charitable Trust: 25,000/-
- Child Help Foundation: 1,30,892/-

Dr. P S Maiya

5. Child Centric Grant from the government of Karnataka

- Child Centric Grant from the government of Karnataka towards MTC for below 4 years age group for the FY 2024-2025: 20,11,320/-
- Child Centric Grant from the government of Karnataka towards Sunaad School for the FY 2024-2025: 26,83,871/-

6. BSGT - CSR Grant Tech Mahindra SBI Account Book

- Tech Mahindra Foundation: 5,19,612/-

7. Mr Rehman has donated Chocolates to our Institute for free distribution to children who visit the Institute to avail various services.



ENT REFERRALS

• Kasper Multi Speciality Clinic

Mr. Prem Chandran A Blr - 38 Ph : 080 - 41673835

• St. John's Medical College Hospital Bangalore

• Impact Speech and Hearing Solutions

23, Main 40, Ft Road PNS. Layout Subbanna Palya B - 43 Ph: 9035290227

• Akash Institute of Medical Science & Research Centre

Department of Ent - Ph : 2557553

• Shiffa Hospital

332, Darus Salam Queens Road B - 560052. Ph : 080 - 40007300

• Dr. Arvind M. Sangoli

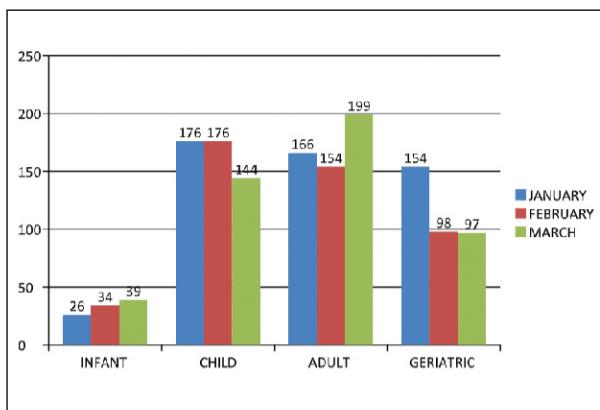
No. L. 74, Kirloskar Colony, 3 Rd Stage, Basaveshwara Nagar Bengaluru - 79 Ph : 080 - 2322884

• Dr. V.G. Ravindra Kumar, Ent Surgeon & Reg 23275 Ph : 9845564797

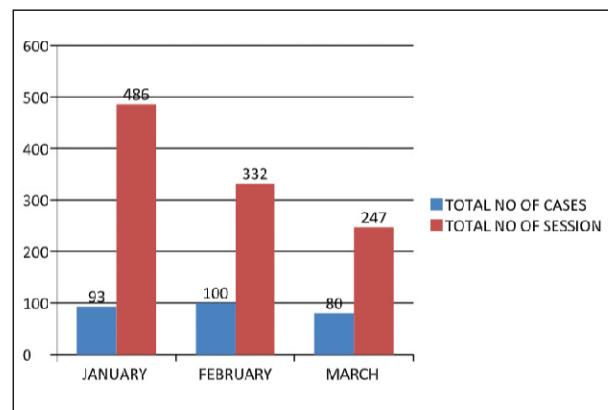
• Santosh Diagnostics, No.19, H M T R.t Nagar Bangalore - 560032

• Dr. B.R Ambedkar Medical & Hospital, Kadugondanahalli Bengaluru - 45

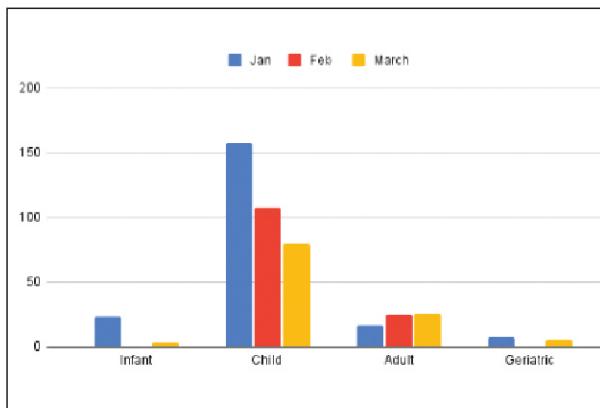
Client Statistics



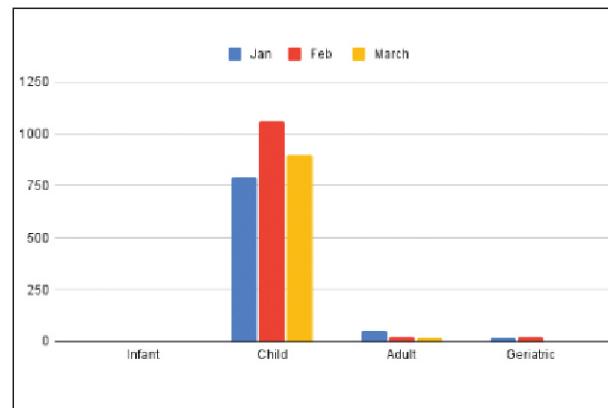
Department of Hearing Studies:
Cases Seen



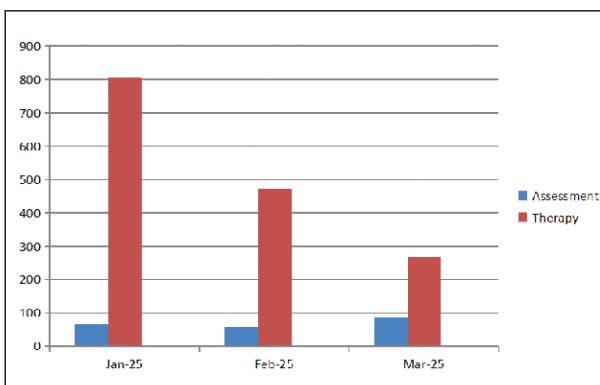
Auditory Verbal Therapy Unit:
Sessions Taken



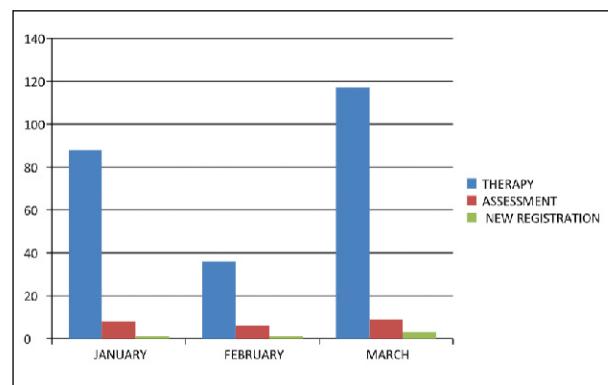
Speech Diagnostics Unit: Clients seen



Speech Therapy Unit: Sessions Taken



Psychology Unit: Number of Sessions



Physiotherapy Unit: Cases seen



Dr. S. R. Chandrasekhar Institute of Speech and Hearing

(A Unit of Bangalore Speech and Hearing Trust)

(A Project of Lions Club of Bangalore East)

(Affiliated to Bengaluru North University, Recognized by RCI & NAAC Accredited)

Hennur Road, Lingarajapuram, Bengaluru-560084 • Ph: 080 + 2546 0405, 2547 0037, 2546 8470

• Mob: +91 88617 87315 • E-mail: dr.srchip@gmail.com • www.speechear.org



ADMISSIONS OPEN

BASLP
Bachelors in Audiology & Speech-Language Pathology

Clinical Facilities

1. Department of Hearing Studies

Assessment and Management of Hearing and Balance disorders from infancy to geriatrics

2. Department of Speech Language Studies

Assessment and Management of Speech, Language, and Swallowing Disorders from Infancy to Geriatrics.

3. Department of Psychology

Assessment and Management of Behaviour-related issues such as Intellectual Deficits, Attention Deficit, and others.

Duration & Seats

6 Semesters of Course work and 2 semesters of Internship

Seats Available: 40

Eligibility

Should have completed 12th Standard/ PUC/ Pre-degree from any recognized State or Central Board with optional Science subjects or Physics, Chemistry, Biology and/or Mathematics or Computer Science or Electronics.

About the Institute

Dr. S R Chandrasekhar institute of Speech and hearing is one of the premier, renowned academic institutes in India in the field of Speech and Hearing. The institute provides clinical services as well as highly specialized and exclusive professional academic programmes.

The institute was established in 1977 as a clinical facility with the aid of Lions Club of Bangalore East and now it has grown as a multi-level academic training institute conducting a wide range of courses in the field of Speech and Hearing.

Students joining the institute are not only privileged to be taught by eminent professionals with years of Experience, but

also get the opportunity to work on equipment's which are truly state of the art. Being a very popular allied healthcare and rehabilitation centre, this institute attracts hundreds of patients every day with various Speech, Language, Swallowing, Hearing, Balance, and Behaviour related disorders. Students will be immensely benefited by the range and depth of experience that they gain by studying to assess and treat these health conditions.

The institute is affiliated to Bangalore North University and is recognised by the Rehabilitation Council of India. Students are accepted for further studies by all Universities in India and abroad.

Course Overview:

1. Anatomy, Physiology, Pathology, Neurology related to Speech and Hearing.
2. Otorhinolaryngology related to the field.
3. Psychology related to the field.
4. Pathophysiology, Assessment, and Management of Hearing and Vestibular related Disorders including Instrumentation.
5. Pathophysiology, Assessment, and Management of Speech, Language, and Swallowing related Disorders including Instrumentation.
6. Scientific Enquiry and Basic Statistics
7. Observation and Hands-on Training clinically for vast exposure to Speech, Language, and Hearing disorders.

Program Objective:

The BASLP (UG degree) program is designed for students to develop diagnostic and clinical skills required for assessment and management of disorders of speech, language, swallowing, hearing and balance.

After finishing this course the professionals are accepted in a variety of setups including Academic Institutions, Schools, Industries such as Aviation, Manufacturing, Construction and Machinery, NGOs, Medical Health Clinics, Hospitals or can set up their own Private practice both within India and Abroad.

Facilities Available for Students:

- Clinical Services in the Institute:
- Computer Aided Learning Lab
- Reference and Digital Library
- Physical and Digital Science Journals
- Wi-Fi- High speed Internet
- Uninterrupted Power Supply
- Badminton Court
- Gym and Healthcare Centre
- Smart classrooms
- Seminar Hall
- Lockers for Students
- Duplicating and Reprography Services
- Cafeteria
- Boys and Girls Hostel
- Round the clock security
- CCTV surveillance cameras
- Auditorium

Job Opportunity for Graduates in ASLP:

- Hospitals/ Medical Colleges
- Special Schools
- Inclusive Schools
- Industries such as Aviation, Manufacturing, Construction and Machinery.
- Academic institutions
- Hearing Aid Manufacturers
- NGOs working with the Disabled and Rehabilitation Centres
- Early Intervention Centres
- Independent Private Practice

Placement:

Placement opportunities and references are provided by the Institute through Campus Interviews after the completion of the course.

Management Committee Members

Lion. V. V. Krishna Reddy
Chairman & Director

CA D. L. Suresh Babu
Secretary

Lion. V. S. Shanthavadhan
Treasurer

For applications and more information: Reach us@ College Office

Dr. S R Chandrasekhar Institute of Speech and Hearing

Hennur Main Road, Bangalore-560084. Phone No: 080 - 25468470, 25460405
Email ID:college.srcish@gmail.com, dr.srcish@gmail.com, visit us at: www.speechear.org

Academic Facilities

The academic facilities at Dr. S.R. Chandrasekhar Institute of Speech and Hearing is encompassing and congenial for thorough learning.

To impart technical and therapeutic skills to its students, the Institute provides extensive learning access to :

- General & ENT Outpatient Department
- Consultancy Rooms
- Audiometry Suites
- Puretone Audiometry
- Ear Mould Services
- Hearing Aid Selection & Fitting
- Hearing Aid Programming / Repair Centre
- Speech Language Pathology
- Speech Science Lab
- Hearing Science Lab
- Facilities for Endostroboscopy & Voice Clinic
- Autism Spectrum Disorders
- Stuttering Clinic
- Smile Train Project for Cleft Lip & Palate
- Spastic and CP Clinic
- Dysphagia Clinic
- Occupational & Physiotherapy
- Stroke Clinic / Neuro Rehabilitation Clinic
- Auditory Verbal Therapy / Post Cochlear Implant Clinic
- Developmental Eclectic Approach to Language Learning
- Mother's Training Centre



Support systems for students' academics go beyond clinical and therapeutic facilities to include state of the art academic facilities such as :

- Computer Aided Learning Lab
- Reference & Digital Library
- Physical & Digital Science journals
- Duplicating & Reprography Services
- WiFi - High Speed Internet

The Institute's infrastructure and facilities are holistic in nature, truly modern and learning-centric. It includes :

- Smart Class Rooms
- Audio Visual Lab
- Seminar Halls
- Discussion Rooms
- 300-seat Auditorium
- Boys & Girls Hostel
- Elevator (Lift)
- Uninterrupted Power Supply

Curricular facilities apart, students' interests are also met through establishment of :

- Badminton Court
- Gym & Healthcare Centre
- Safety Lockers
- Cafeteria
- Round the Clock Security
- CCTV Surveillance Cameras
- Rainwater Harvesting Facility

Clinical Facilities

Department of Hearing Studies

Audiometry: Institute's Audiometry facility is adequately equipped to measure hearing acuity of patients for variations in sound intensity and pitch, tonal purity, thresholds and frequencies.

Hearing Aid (HA) Prescription and Fitting: Our team of experienced Audiologists and Technicians select the right hearing aid based on individual's need, degree of hearing loss and comfort level.

Custom Ear Mould Making: Hearing Aids are ideally fitted to a patient's ear through a carefully custom-crafted Silicone ear mould. Our in house facility meets this requirement effectively.

Hearing Aid Repair and Service: Hearing Aids are a miniature marvel of modern technology and require regular servicing, maintenance and expert repairs. The team at the Institute has all the expertise for this service.

Auditory Verbal Therapy & Post Cochlear Implant rehabilitation: Children with speech disabilities are trained by our expert therapists to understand speech and learn to talk after they have been fitted with a hearing aid or treated with a cochlear implant. For those children who have undergone cochlear implant, a thorough rehabilitation process is undertaken that helps the child utilize the auditory signals and to naturally integrate the various components of communication such as listening, speech, language, reading and thinking.

Mapping for Cochlear Implant: A Cochlear implant is a small, complex electronic device that helps provide a sense of sound to a child who is profoundly deaf or severely hard-of-hearing. It consists of an external part that sits behind the ear and an internal part that is surgically placed under the skin. Together they are a combine of a tiny microphone, speech processor, transmitter and receiver, an electrode array that collects the impulses from receiver and sends them to different regions of the auditory nerve. Complex as they are, they need regular 'mapping' using advanced computer technology, to meet the response of the child and gradual tuning to meet the child's comfort needs. Our experts in the institute effectively carry out this specialised service.

Noise Measurement: Identifying 'noise' as a cause for hearing loss, our Institute provides services to measure the noise levels in factories, work places and public areas. Our

experts with appropriate noise measuring equipment do extensive study and report on the permissible or hazardous limits, by which measures can be taken to prevent hearing damages of the people in those environments.

Vestibular Clinic

Subjective vestibular assessment Objective vestibular assessment, c-VEMP, o-VEMP, v-HIT, ENG/VNG (Saccade test, Smooth Pursuit test, Positional test -Optokinetic test, Caloric test)

Vestibular Rehabilitation Training for Peripheral causes BPPV Maneuver And Exercises, Semont Maneuver, Brandt Daroff Maneuver, Eply Maneuver.



Department of Speech Language Sciences

Voice Clinic: Our Institute is adequately equipped with talent and technology to diagnose and treat voice disorders such as hoarseness, scratchy voice, breathy voice, difficulty with loudness, pain or discomfort while speaking or singing, etc.

Endostroboscopy: The Institute is equipped with state of the art Endostroboscope facility to assess vocal cord vibration patterns, mucosal pliability, study the underlying layered structure of the vocal folds, etc. This accurate diagnostics help the patient to get the most appropriate treatment.



Speech Therapy Services

Dr. S.R. Chandrasekhar Institute of Speech and Hearing deals with a number of investigatory and treatment protocols related to speech disabilities.

With eminent practitioners, it offers treatment and rehabilitative services to many disorders associated with speech.

Misarticulation - a speech defect in which an individual substitutes, omits, adds or distorts the speech sounds which results in the speech being unintelligible.

Stuttering - is a speech disorder in which sounds, syllables, or words are repeated or prolonged, disrupting the normal flow of speech, sometimes accompanied by struggling behaviors.



Cleft lip and Palate - refers to a physical condition wherein a child is born with a split or torn lip(s) with a hole in the roof of the mouth leading to speech disorders.

Cerebral Palsy (CP) - reflects a non progressive group of disorders affecting body movement and muscle coordinations due to anomaly of the developing brain.



Autism - a developmental disorder characterized by difficulties in social interaction, communication and by restricted and repetitive behavior which manifests within the very first two years of life.

Aphasia - the impairment of language function which results from strokes and other injuries to the language areas of the brain.

Dysarthria - an acquired speech problem caused by paralysis, weakness, or inability to coordinate the muscles of the mouth.

Learning Disability - a neurological condition that prevents a person from learning or severely impairs the learning process in one or more academic areas, despite being intelligent.

Dysphagia - is a condition that causes difficulties in swallowing.

Laryngectomy - is a procedure that involves removing part or all of the voice box usually as a result of a cancerous tumour in the larynx resulting in loss of voice and requiring to learn new methods of speaking.

Psychology Unit

The Institute has eminent expertise to conduct developmental assessments on children to identify developmental delays (DQ/SQ).

IQ Assessment: Intelligent quotient (IQ) or IQ tests are conducted to measure aptitude and intellectual capacities and provide an estimate of an individual's mental abilities.

Intelligence Tests: Studies the general intellectual abilities of an individual to measure not only a single trait but also a range of abilities including memory, verbal ability, reasoning skills and numerical ability.

Personality test: Aims to describe aspects of a person's character that remain stable throughout that person's lifetime, the individual's character pattern of behavior, thoughts, and feelings.

Behavior modification: Is a treatment approach, based on the principles of operant conditioning, that replaces undesirable behaviors with more desirable ones through positive or negative reinforcement.

Psycho-educational Assessment or Learning Disability Assessment: Evaluates an individual's psychological and academic issues and spells out the needs for special education placement and services required for effective remediation of the child. School for children with Autism and Learning Disability, slow learners.



Mobile Speech and Hearing Outreach Clinic is a joint program of



LIONS CLUB OF BANGALORE EAST

&

DR. S.R. CHANDRASEKHAR
INSTITUTE OF SPEECH AND HEARING



Sponsored by

LIONS CLUBS INTERNATIONAL FOUNDATION



**SERVICES : ASSESSMENT, DIAGNOSIS, REFERRAL, PRESCRIPTION,
COUNSELING & TREATMENT TO PERSONS WITH**

HEARING LOSS ♦ **CEREBRAL PALSY**
DELAYED SPEECH DEVELOPMENT ♦ **APHASIA**
VOICE DISORDERS ♦ **CLEFT LIP AND PALATE**
MISARTICULATION ♦ **DIFFICULTY IN SWALLOWING**
AUTISM ♦ **STUTTERING** ♦ **BALANCE ISSUES**



NEWBORN HEARING TESTING IS PRIORITY

Contact :

Dr. S.R. Chandrasekhar Institute of Speech and Hearing

Hennur Main Road, Lingarajapuram, Bangalore 560 084

Ph: 2546 8470 / 2546 0405 / 2547 0037

E-mail: dr.srcish@gmail.com Web: www.speechear.org

Contact: Mrs. Premakumari •Cell: 98866 99404