

# Tips For Maintaining Good Vocal Health

- 1 Drink plenty of water throughout the day
- 2 Give your voice adequate rest, especially after heavy use.
- 3 Avoid Screaming / Shouting
- 4 Avoid Speaking for Long Durations
- 5 Limit Caffeine & Smoking/Avoid Prolonged Gargling



## Our Contact



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## VOCAL HYGIENE “Protect Your Voice”

We are here to help you regain a healthy voice and enjoy a calm, confident, and fulfilling life.



## Why is Vocal Health Important?

Voice is one of the most important tools for communication, both professionally and personally. It is a unique human characteristic essential for speech. For teachers, call-center agents, and other voice-dependent professionals, proper voice care is crucial to reduce the risk of functional voice disorders that can affect work performance and quality of life.

## Signs of Voice Disorder



Hoarseness, roughness, or breathy voice



Vocal fatigue or discomfort while speaking



Voice breaks, cracking, or reduced pitch range



Voice changes lasting more than two weeks

Don't wait until it's too late—vocal health is just as important as physical health. Taking care of your voice today helps prevent long-term voice problems and supports effective communication every day.

## Voice Therapy Services at Our Institute

We provide various services to help you:

- Detailed Voice assessment
- Voice Therapy
- Management of voice disorders
- Professional voice care for teachers and voice users