

## Contact Information



### Location

K. C. Marg, Bandra Reclamation,  
Bandra (West), Mumbai-400050.



### Phone

022- 26400228 / 69102100



### Email

Speech-nihh@ayjnihh.nic.in

**Schedule Your  
Appointment Today!**

**ors.gov.in**

## About Us

Ali Yavar Jung National Institute of Speech and Hearing Disabilities (AYJNISHD-D) is a leading government institute in India providing specialized clinical services for speech and hearing impairments, including stroke-related communication disorders like aphasia and dysarthria. It focuses on affordable and accessible rehabilitation, certifies speech and language disabilities under the RPWD Act, 2016, and offers community outreach, advanced therapy, and educational programs for affected individuals.



## Ali Yavar Jung National Institute of Speech and Hearing Disabilities (Divyangjan)

Department of Speech Language  
Pathology



## Swallowing Disorders

(Dysphagia)

Safe swallowing  
Early identification  
Better nutrition & health

What is a Swallowing Disorder?

A swallowing disorder (Dysphagia) is a condition in which a person has difficulty swallowing food, liquids, or saliva.

## Common Signs

- Coughing or choking while eating/drinking
- Food sticking in throat
- Drooling or poor saliva control
- Wet or gurgly voice after swallowing
- Taking long time to eat
- Recurrent chest infections

### It can occur in:

Stroke  
Parkinson's disease  
Head & neck conditions  
cerebral palsy  
Traumatic brain injury  
Seizures  
Tumors  
Others

### It can occur in both:

Adults  
Children

### Warning Signs – Act Early

Unexplained weight loss  
Dehydration  
Avoiding food or liquids  
Fever or repeated pneumonia  
⚠ Swallowing problems can be life-threatening if untreated.



### What Should Caregivers Do?

- ✓ Consult a Speech-Language Pathologist (SLP)
- ✓ Follow safe swallowing advice
- ✓ Ensure proper posture during meals
- ✗ Do not force feed
- ✗ Do not ignore coughing during meals

### Treatment Team can include:

- ENT Consultant
- RCI Licensed speech and swallow therapist
- Neurophysiatrist
- Neurologist

### rehabilitative treatment at our institute includes:

- Swallowing therapy includes:
- Swallowing exercises
- Diet and texture modification
- Safe feeding techniques
- Postural strategies
- Caregiver & home training