

INDIAN HEAD INJURY FOUNDATION
(August - December 2015)



Greetings Dear Readers,

The team at Indian Head Injury Foundation wishes you a Happy New Year. With a rewarding 2015 that went above and beyond our expectations, we waltz in to the new year with a renewed commitment to spread awareness on the prevention of head injury and brain trauma through different forms of communication. We also continue in our mission to provide rehabilitation to a large number of victims of head and spinal injuries through over 25,000 sessions in 2015.

From July 2015 onwards, we had an eventful latter half of the year to look forward to. It kicked off with the much-awaited Walkathon in August, organized by COLORS (Coalition for Road Safety), a collective of Indian NGOs and spirited members of society. IHIF is an active founding member of COLORS.

September was witness to a very productive awareness drive conducted in Jodhpur for the Ramdevra Jatrus - religious devotees who make long, arduous journeys to their place of worship. Our founder, Maharaja Gaj Singh, and members of the IHIF team took to the roads to hand out free helmets and luminous jackets to hundreds of Ramdevra Jatrus - all this in an effort to continue spreading awareness on the prevention of head injury and road safety. We also advised around two lakh Yatris about safety precautions on the roads, not only during the Yatra but all throughout their lives.

In October we participated in a conference on the 'Status of Road Safety in India' which was organized by International Road Federation (IRF). Co-Chairing the session on 'Post Crash Response', we at IHIF presented a series on improving the First Responder situation in India. Not only did we recommend that compulsory training be given to policemen as First Responders, during their Basic Course, we also emphasized the importance of converting all district hospitals to Trauma Care Centres so as to allow the rural section of society easy access to minimum facilities. During this session, our Medical Director, Dr. Rajendra Prasad gave a detailed presentation on the current situation of post-crash response in India, and the role played by IHIF in alleviating the sufferings of those involved in such unfortunate incidents.

We also enjoyed a humble and intimate celebration to mark the occasion of World Cerebral Palsy Day on October 7. According to WHO, Cerebral Palsy (CP) is the most common childhood motor disability. Nearly 15% to 20% of physically handicapped children in India suffer from CP. Our IHIF Physiotherapy Team at Rajdadisa Hospital in Jodhpur used this opportunity to spend the day with children affected by CP and their families. Bringing these families together and seeing the children enjoy painting, dancing, singing and munching on sweet treats is what makes our work worthwhile.

In November, IHIF successfully conducted a Multidisciplinary International Neuro Rehab Conference 'Developing Skills' on the 27th and 28th at IIC, New Delhi. The conference proved to be a resounding success. Over 250 delegates consisting of Neuro Therapist including experts in music and meditative therapy participated. In addition, a world class faculty of forty experts was put together to conduct this Event.

In November, we also conducted a four day Pilot Project with the support of ICICI Lombard to educate children on the use of helmets and the prevention of head injuries. The project was a definite success and over 300 children along with their parents and school teachers were part of proceedings. High quality children's helmets specially manufactured by Steelbird were distributed free of charge. We look forward to the main program that will be conducted in Delhi with around 3,000 children participating.

On 03 November, IHIF conducted a one day introductory Primary Trauma Care Course for First Responders for 30 2nd and 3rd year students of IIT, Delhi at their campus. The IHIF team consisting of senior Doctors from Apollo Hospitals and trained nurses from American Embassy School demonstrated

to them ABCD of Trauma Care, Airways, Fracture Stabilization, CPR and method of safe evacuation to hospital. A series of follow up courses will be conducted during 2016 to include more students.

We ended 2015 on a high by marking World Disability Day with a celebration in the company of our patients at the IHIF DCWA Neuro Rehab Centre in Delhi. One of our patients who recently suffered an unfortunate accidents was gifted a walker. Our patients participated in recreational activities which not only strengthened their resolve to get better with physiotherapy but also proved to be fun in their difficult lives. All in all, it was a fantastic day as we, therapists and patients, celebrated 'Ability in Disability'. Here's to better days for the differently abled and survivors of TBI and spinal cord injuries.

Finally, multiple safety awareness drives were conducted by our Senior Volunteer, Mr. Arun Srivastava, for 1,200 students and teachers on 'Preventing Head Injuries by Practicing Road Safety' in the Aligarh area. We received the unwavering support of the Aligarh District Magistrate, SSP, RTO, Aligarh Traffic Police and Principals of various schools. Spreading awareness amongst the youth is our primary aim and we can confidently say a change for the better is in the making.

2015 was inundated with resolve and success. We enthusiastically look forward to our activities in 2016 and promise they will only be bigger and better. We also request you to write to us and share your views and ideas on how we can do things better.

Cmde Ranbir Talwar
Executive Director

Walk for Safe Roads - Walkathon

One of the highlights of the latter half of 2015 was the Walkathon for Safer Roads. We amplified the details of the event through our social media channels and were all geared up for considerable participation. We weren't disappointed.

The Walkathon which started from Rajpath in Delhi was organized in conjunction with Save Life Foundation who we have partnered with and COLORS (Coalition for Road Safety), a collective of Indian NGOs and spirited members of society. With this event, we wanted to mark a day to pay ode to victims of road accidents while spreading awareness on head injury and road safety, and urging the Government to push for a stronger Road Safety Bill.

With over a 100 volunteers, 1500 individuals from different walks of society, school students, and the support of the Delhi Police, this Walkathon was a resounding success.

India urgently needs action on road safety and this was our opportunity to ask for change. We thank all the NGOs, participants, volunteers and police personnel for making this Walkathon a success, and handling the entire event beautifully. Here's to a safer future for us and generations next.



International Neuro Rehab Conference - Developing Skills

Scientific knowledge is in perpetual evolution and with our International Neuro Rehabilitation Conference in New Delhi, we convened with faculty considered the best in their field. This was the event we had been building up to all year - The Multidisciplinary International Neuro Rehab Conference on the 27th and 28th of December at India International Centre. The Conference was inaugurated by our Chairman, HH Maharaja GajSinghji of Jodhpur.

The conference was supported by Indraprastha Apollo Hospitals and World Federation for Neuro Rehabilitation (WFNR). The theme for the conference was 'Neuro-Rehab Subsequent to Head or Spinal Cord Injury'. We're happy to share that we received considerable participation from India and across the world with 200 delegates and 40 faculty members. The faculty consisted of Senior Neuro Surgeons and Physicians along with many Senior Therapists (Occupational Therapists, Physiotherapists, Psychologists and Speech Therapists).

There was also a post conference workshop which was attended by 30 therapists. A discussion with participants and the feedback received is telling of how they greatly benefitted by this interaction with world class faculty. We are sure that they will go back to their jobs as better professionals who can value add to society even further.



Young IHIF Volunteers

Rohan Aggarwal, a senior student of Modern School, actively involved himself with the Indian Head Injury Foundation as a volunteer. He has assisted IHIF in organizing awareness campaigns and workshop across different schools so as to provide a platform for educating students on road safety, rapid response and the evacuation of victims. He also created a pamphlet for IHIF.

Christa Gianfrancesco, a dental student, working on Masters Programme in Public Health at Columbia University, New York volunteered with IHIF for seven weeks on developing an oral health education program and the development of an education material program for use by children and adults who have special needs.

Our work over the past year has been demanding but fruitful. With so much more to do, more children to reach out to, more patients to rehabilitate, more personnel to train, and more aims to achieve, we eagerly look forward to the year 2016. Our work is ongoing, and with you, our well-wishers by our side, we can hope to achieve big things.



You can join us in bringing about a change for the better by volunteering with us. If you don't have the time to volunteer, you can support us by donating to our cause. Visit our website to donate online. With your support we can do so much more.



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