

INDIAN HEAD INJURY FOUNDATION – NEWSLETTER

(August 2014 – December 2014)



INDIAN
HEAD INJURY
FOUNDATION

Dear Readers,

The Indian Head Injury Foundation wishes all its Trustees, Supporters & well wishers and their extended families a very happy, enjoyable, and safe 2015. The year 2014 has been eventful and fruitful for us. Much has been done in our little way to reduce “Head Injuries”, create awareness and provide rehabilitation to victims of this scourge. This ‘Newsletter’ is our third and brings out activities and events undertaken during the preceding six month from 01 August – 31 December 2014. As most of us would know, the Government is in the process of replacing the old Motor Vehicles Act 1988 and bringing out a new “Road Transport and Safety Bill” with much stricter rules and much heavier fines for even basic offences. IHIF is advocating alongwith many other Stakeholders for expeditious passing of the Bill by Parliament. We are also advocating with the Government to bring out a “Good Samaritan Act” which would make it incumbent upon road users to provide assistance to victims of accidents and road rage, and simultaneously protecting them from undue harassment by the Police or other investigation agencies. We are sanguine that these steps will provide succour to Trauma Victims and more importantly, bring down accidents and accident related mortality rate.

You will be happy to know that our Neuro Rehab Centres (Delhi & Jodhpur) are now working to full capacity and IHIF is doing its bit for the weaker sections of our society. We continue to incrementally upgrade these facilities and can proudly say that the equipment at our Centres is among the best that is available our country. I am glad to inform you that our patients during a "Patient Support Group Meeting" on 19 December 2014 informed us that, they come to our Rehab Centre because of the big smiles with which service is provided. We are proud of our staff who work tirelessly and bring happiness to our less privileged brethren. We at IHIF pray for him and similarly affected people.

For those who may have forgotten, 30 December 2014, was the first anniversary of Michael Schumacher's tragic skiing accident. In accordance with his family's wishes, he has been brought home to Switzerland on the shores of Lake Geneva, but is still in a mostly unresponsive and almost comatose state. Experts say that being home and around familiar surroundings will help him emotionally and mentally as his recovery continues.

Finally, "Be Safe in 2015 because **Safety Saves**".

IMPORTANT EVENTS DURING THE PERIOD UNDER REVIEW :

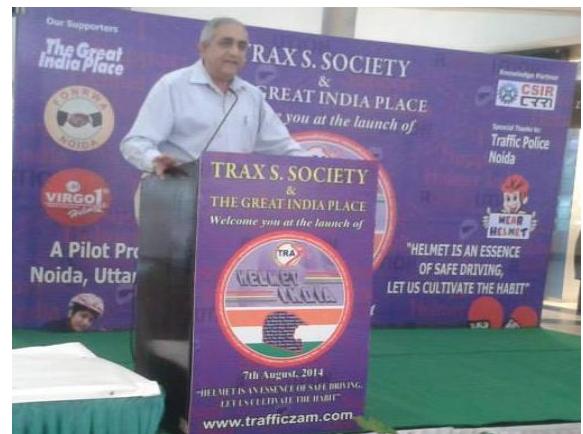
1. MOHAN FOUNDATION – IHIF COOPERATION :

Our Executive Director, Cmde Ranbir Talwar was invited by the Mohan Foundation to give the "Swamy Narayan Memorial Oration on Head Injuries, Road Safety & Solutions" as a part of their Annual Workshop which works in the area of Organ Donation. Mohan Foundation has a wing dealing with road safety and saving lives under the banner of "Swamy Narayan Memorial Trust". IHIF is closely working with this Trust to jointly promote road safety, pre-hospital care and rehabilitation.



2. "HELMET INDIA" DRIVE :

Commodore Talwar was a Guest Speaker at the launch of "Helmet India" Drive organised by Trafficzam.com, an NGO which devotes itself to reducing accidents on Indian roads. The event was very well attended by the youth of Noida and was held at the Great India Place Mall.



3. FREE NEURO TRAUMA CAMP ON WORLD PHYSIOTHERAPY DAY :

IHIF organised a free Neuro Trauma Camp on the occasion of World Physiotherapy Day on 08 September 2014 at the Rajdadisa Hospital, Jodhpur. About sixty patients were given free consultation, advice and treatment. Apart from the free camp, a detailed Workshop on Proprioceptive Neuromuscular Facilitation (PNF) for over forty Physiotherapists was jointly sponsored and conducted by IHIF and the Marwar Association of Physiotherapists.



4. COOPERATION BETWEEN JAYPEE ASSOCIATES AND IHIF :

It is a matter of satisfaction that IHIF has been requested by the President (Education) of Jaypee Associates to educate students of various Jaypee Universities, Colleges and Schools about the benefits of taking safety precautions and preventing head injuries. This entails workshops and programmes for 30,000 students over a two/three year period. We have already completed this training for 1,100 students in batches of about 150 each in the last two months. Our programmes have been exceedingly well received by both, the faculty and the students. Jaypee educational facilities are spread in various States and these programmes will be conducted at no cost to IHIF. We are confident that the exposure of 30,000 students to safety precautions would have benefits and spin offs because we hope that these students would act as our 'Ambassadors' and would spread the message to their friends and families.



5. SEMINAR ON "ROAD TO SAFETY" IN 30 INDIAN CITIES :

Along with the Institute of Road Traffic Education (IRTE) & Ministry of Road Transport and Highways (MORTH), IHIF is playing its part in spreading "Road Safety Education" in 30 Indian Cities. The programme was set in motion by Shri Nitin Gadkari, Union Minister for Road Transport & Highways and Shipping.

6. PRESS COVERAGE :

IHIF has been widely covered by the Media. Some of the coverage is reproduced below :

Risk greater, but no helmets for kids

THE EXCUSES

"I would like my child to wear a helmet, but have never been able to find one that fits
MUHAMMAD SAJID | BUSINESSMAN

My daughter doesn't like wearing the helmet I have because it blocks her vision. Helmet manufacturers should make something for children
RAJESH KUMAR | BUSINESSMAN

I ensure my child wears a helmet but don't make her wear one while going to school as there is no space to keep it in her classroom
NEELAM | HOUSEWIFE

My kids don't need helmets as I am a safe driver
RATNESH CHOWDHARY | CIVIL ENGINEER

Law Silent, No Standards Prescribed For Helmets To Be Used By Children

Somreet.Bhattacharya
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New Delhi: The statistics are frightening. About 5-10% of all children brought to hospitals in the city are road accident victims, yet hardly any child wears a helmet while riding a two-wheeler.

Parents have many excuses for running the risk. For most, it is simply a case of there being no chalan for riding with a child not wearing a helmet. Others say it is pointless to buy helmets for children as they outgrow them. Diksha Jain, whose sons study at a private school in south Delhi, said she gave up making them wear helmets after one boy's helmet fell off when she braked hard at a traffic signal.

Yet, parents also agree that helmets should be made compulsory for children. Many parents TOI spoke to said they would want their children to wear imported (a byword for



Vipin Kumar

UNSAFE RIDE: Most parents don't make kids wear helmets as there is no risk of being challaned

safe) helmets once they have finished growing.

'Junior' helmets usually cost Rs 300-1,000 in Delhi. These models are said to meet safety standards but the sizes

are meant for children aged 12 and above. Experts say no research has been done to set specifications for children's helmets in India. Most are made of either plastic or low-

quality fibreglass and are inadequate for a fall from a scooter or motorcycle.

In India, two-wheelers are commonly used as family vehicles and children ride stand-

ing at the front of a scooter or sitting between the rider and the pillion on a motorcycle. "Seating them in the middle or making them stand at the front upsets the balance of a vehicle and makes it prone to accidents. In a crash, children, being lighter, are thrown to a greater distance and are more likely to be seriously injured," said Ranbir Talwar of Indian Head Injuries Foundation.

Doctors told TOI that children are more vulnerable as they have flexible ligaments. "Their neck and head move a lot in an accident, increasing the chances of cervical spinal injury and internal bleeding," said Dr Deepak Agarwal, a senior neurosurgeon at AIIMS Trauma Center.

Police officials said existing Indian laws set no limit for the age of a pillion rider or norms for carrying a child on a two-wheeler. In many countries children less than four years of age are not allowed to ride two-wheelers.

Weak helmets fail to protect riders

A Third Of Deaths Took Place With Headgear; Designs Tweaked For Comfort

Somreet.Bhattacharya
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New Delhi: The capital's roads have turned into a veritable death trap for two-wheeler drivers in the past few years with more than 300 deaths being reported in the last six months. Recently, five people died in a span of three days—two of the victims were found to have worn a helmet. In one case it came off while the other was crushed by the impact of the collision. This has raised serious concerns about the standards of the helmets available in the market.

Last Friday, 30-year-old Sunil Kumar and his daughter were killed while his wife and son were critically injured after their bike was hit by an unknown vehicle on NH-24. Police said Kumar's helmet was thrown off during the fall. Of the 2,688 two-wheeler accident victims last year, 596 died, nearly one-third of whom had helmets on, police say. Worse still, most helmets in the market, apart from the branded ones, do not conform to the specifications by the Bureau of Indian Standards.

The helmets should be able to protect the head even if the bike hits an obstruction at 60kmph. Most of the helmets sold by roadside vendors offer protection only against a fall from a static position or a skid. Riders also strap on plastic headgears used in construction sites as a cheaper substitute for helmet.

According to BIS, the headgear of an "ideal helmet" should be made out of a strengthened carbon fiber

THE RIGHT GEAR

Specifications of an ideal helmet as per Bureau of Indian Standards

OUTER SHELL

- Made of non-metallic materials such as carbon fibers or toughened plastic
- Can be fitted with ear flaps and a neck curtain
- Helmet should be able to sustain a force of 10kgf (should not break if a person hits his head after falling from the second floor of a building) on impact

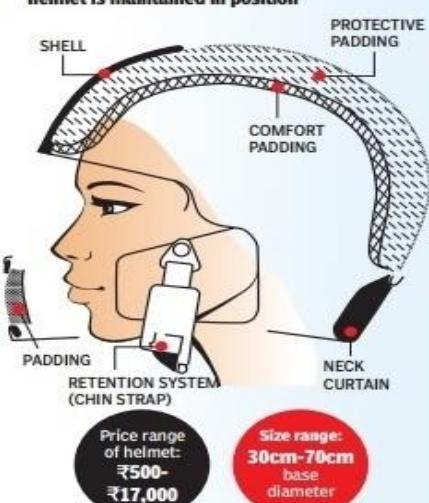
INNER PADDING

- Made of polyurethane foam which can resist water and sweat. It should not affect the user's hearing ability
- No component should have a pointed surface

VISOR, CHIN & NECK PROTECTION

- Chin strap should be less than 20mm wide and not have a chin cup
- Helmet should not come off under impact
- Visor must cover eyes and nose
- Chin guard should be able to withstand a force of 5kgf when dropped

The complete assembly by means of which the helmet is maintained in position



Yogesh Kumar
EXPOSED TO DANGER

ones stick to the rules," says Abhinav Jain, a helmet dealer who also collects different models.

He said a non-branded helmet costs a buyer Rs 250 to Rs 500 while the branded ones have a price range of Rs 1,000-17,000. "Local brands sell more due to less cost and stylish design," says Jain. Traffic officials say prosecutions are made usually for people not wearing helmets or not meeting basic standards but it isn't possible to check the quality of helmets unless there is an accident.

"We try to prosecute all riders not complying with the basic norms of strapping on a helmet with full head cover or a chin strap but it is difficult to examine the finer details on the road," said a senior traffic police officer. Traffic police challanned 2.45 lakh riders in 2013 and two lakh riders have been caught this year.

A founder member of Indian Head Injuries Foundation, Ranbir Talwar, who is also an expert on motorcycle helmets, explains that in most accidents result in a brain hemorrhage rather than an external injury. This happens as the brain is hit against the inner walls of the skull.

"An ideal helmet should be able to cushion the skull, the neck and the chin from high impact within a fraction of a second and not come loose," says Talwar. He says that close to 10,000 cases of head injury due to a faulty helmet take place in Indian cities every day and the number might be five times more in rural areas where these mishaps are not reported.

that covers the head, neck and chin. It should always have a visor and a strap which will hold the helmet until it is removed by the user. Dealers say these standards affect the helmet's look and comfort, the customer's main concerns. "We usually come across requests to provide a helmet with vents on the head and chin portions as it gets really uncomfortable during the summer. The standards also make the helmet bulky, so most designers tend to make changes, though the branded

Women have 15 days to buy helmets

Most Say Available Designs Unattractive And Uncomfortable; Cops Put Off Challenging



Somreet Bhattacharya
@timesgroup.com

New Delhi: The transport department order making helmets mandatory for women got a lukewarm response on Friday. Women on two-wheelers came up with all kinds of excuses—from ruined hairdos to smudged makeup and earring pricks—for not wearing a helmet.

Many of them said the commonly available helmets are designed for men and are unappealing. But dealers said stylish helmets for women are in short supply and many of the designs have not undergone ISI testing. Keeping this in mind, the traffic police have decided not to challan women for 15 days so that they can buy helmets of their choice.

"We will run a campaign promoting helmets till September 15," said Anil Shukla, joint commissioner, traffic, adding that dealers can get supplies of approved helmets in that time. Police have also asked the Gurudwara management committees to come up with an identity proof for Sikh women so that they can be exempted when prosecutions start.

TOI spoke to many women who were riding two-wheelers without wearing a helmet on Friday. Suman, who works at a private firm, said she rides pillion with her husband, Rohit, on his motorcycle and does not wear a helmet since the certified models are designed only for men.

"The available helmets are heavy and their ventilation ports are small. Women



Photos: Rajesh Mehta



HEAD-FIRST: Women continued to ride without helmets on Friday

with long hair need bigger air vents. Helmets can become popular among us only if

they are designed for us. Otherwise, we will have to make do with whatever is available

in the market," said Zeenat, who rides a scooter to her coaching institute in east Delhi.

Helmet dealers across the city said the demand for women's helmets has increased manifold but these are in short supply. "Since Thursday night, I have sold helmets to 10 women but had to turn away most others as I had run out of the designer ones. I will get some more," said Hanif Ansari, who sells helmets in the Daryaganj auto market.

He said a standard helmet for women costs Rs 100-500. These helmets have a chin guard and cover the ears and forehead. "The helmets fit even when women are wearing their hair in a bun, you can also get a pattern of your choice printed on them," said

Ansari. But he said the helmets had not gone through safety tests.

Traffic experts said women million riders are more likely to be thrown off a bike since they ride side-saddle (with both legs on one side). They said that in most fatal accidents it is the forehead that hits the ground first leading to brain injuries.

"Now that it is compulsory, the government can prescribe a helmet design for women that is stylish and safe. There are companies in southeast Asia which have even offered their help to the Indian government in making such a helmet. The offer can be taken up now," said Ranbir Talwar, founder member of Indian Head Injuries Foundation which has conducted studies on helmets.

The Transplant Community's Obligation to Preventive Health

Posted on 24/08/2014 by Chris Barry

I just returned from the 7th National Annual Transplant Coordinator's Workshop in Hyderabad, India in which Commodore Ranbir Talwar delivered the 3rd Swamy Narayan Memorial Lecture on a critical preventive health issue in India: the "Linkage Between Head Injury & Road Safety". He eloquently pointed out that "India has the highest number of officially recorded road accident deaths in the world..." and that 15 people (mostly young men) die hourly in road accidents. (I can tell you from my own personal experience that India is extremely dangerous for pedestrians; you're safer in a vehicle). This ongoing massive tragedy is causing incalculable emotional and economic suffering for surviving families.



Message from DR. CHRISTOPHER BARRY MD, PHD TRANSPLANT SURGEON

7. BRITISH MEDICAL JOURNAL (BMJ) INDIA AWARD 2014 :

Dr. Rajendra Prasad, our Honorary Medical Director and Senior Consultant in Neuro & Spine Surgery at Apollo Hospital, won the Oscar of Medicine, the British Medical Journal (BMJ) India Award for conducting the first successful Robotic Spine TB Surgery in India. Congratulations to Dr. Prasad. We are proud of his association with IHIF.

8. SEMINAR ON “ROAD SAFETY DURING DARK HOURS” :

Our ED, Commodore Ranbir Talwar was invited to participate in the seminar on “Road Safety During Dark Hours” organised by Ministry of Road Transport & Highways and International Road Federation (IRF). It was brought out that, even though the traffic on roads at night was half of that during the day, the night casualties were double of those in the day time. Therefore, the tolerance for alcohol has to be zero, and effective policing at night is essential.

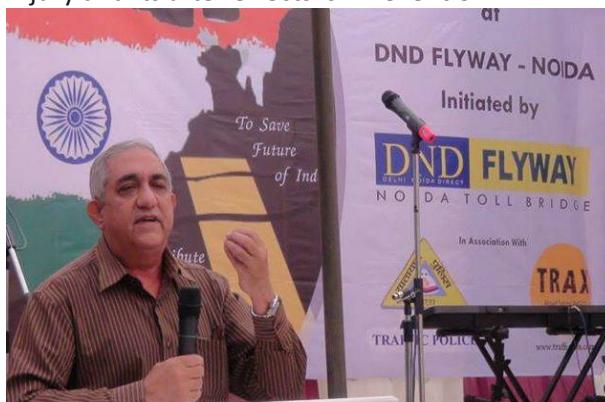
9. NEURO REHAB GROUP MEETING ON WORLD TRAUMA DAY :

On the occasion of World Trauma Day, IHIF organised a Neuro Rehab Group Workshop to update the knowledge base of a large number of physiotherapists, occupational therapists, & orthotists who are part of an IHIF sponsored group. The workshop was held at the Delhi Commonwealth Women’s Association (DCWA) auditorium and over 70 specialists attended. The highlight of the event was a motivational talk delivered by a quadriplegic Mr. Jonathan Sigworth who is a supporter of IHIF, on how to create happiness in life and meet most of your commitments in the aftermath of such injuries. Also present were Dr. Ona Desai of Jamia Millia, Dr. Rajendra Prasad, IHIF Medical Director and Commodore Ranbir Talwar, Executive Director.



10. ROAD SAFETY DRIVE :

IHIF jointly participated with DND Flyway, Trafficzam.com and Noida Traffic Police in a Head Injury Prevention and Road Safety Drive. The ED IHIF spoke on the occasion and advised road users to make no compromises and adopt zero tolerance on safety precautions. His theme during the talk was that, the only 100 % cure for Head Injury and its after effects is “Prevention”.



11. AWARENESS VIDEOS :

“BUCKLE UP BRO”: On the occasion of Raksha Bandhan (Indian festival which bonds brothers & sisters), three video clips were released by IHIF, as a part of the road safety awareness campaign. These were produced by Ogilvy and Mather and have been well received by the young population of India. The theme of the clip is that “sisters make their brother wear a helmet before agreeing to tie the Rakhi to bond them”. The video clips are receiving a huge number of hits on YouTube. Besides, it has been widely circulated amongst road users.

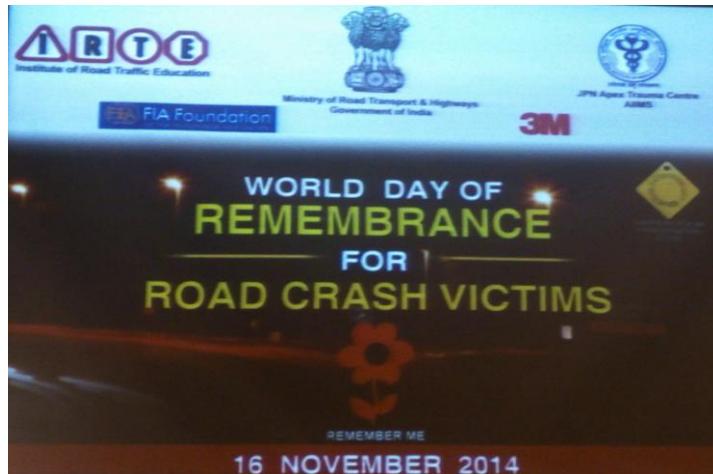


"GIFT A HEAD":

In the preceding six months, IHIF has mainly focussed on Prevention of Head Injuries through use of safety devices. Recently, with the help of Mr. Piyush Pandey of Ogilvy and Mather, a video clip "Gift a Head" has been produced and is being shown regularly on the Telly by various Star TV Channels. It has drawn huge applause and we have received many hits on YouTube also. We believe that, "Prevention through precautions" and following basic road safety rules, is the pluck-able low hanging fruit in this Mission.

12. WORLD REMEMBRANCE DAY FOR ROAD CRASH VICTIMS :

IHIF participated in a workshop organised by IRTE and supported by MoRTH and AIIMS on the World Day of Remembrance for Road Crash Victims. The United Nations General Assembly in October 2005, invited Member Countries and the International Community, to recognize the third Sunday in November every year as the World Day of Remembrance for Road Crash Victims as an appropriate acknowledgement for road crashes victims and their families.



13. COOPERATION BETWEEN ESCIP AND IHIF :

IHIF has reached out to various Spinal Cord Injured Persons and helped them in empowering themselves by offering excellent Rehab facilities at our Centres. This was made possible by interaction with Mr. Jonathan Sigworth, an American Citizen who is a quadriplegic, but has learnt to live happily and independently. He swims, cleans himself, moves from bed to wheelchair and vice versa, all by himself. He now spends most of his time in India, guiding other para and quadriplegics on ways and means to be happy and independent through his NGO called "ESCIP". On his advice and request, IHIF will be donating wheelchairs to the poor and seriously challenged among them. We have already donated one high quality chair to Mr. Rizwan and we will continue this in future also. Jonathan Sigworth is now a volunteer and Brand Ambassador for IHIF.



14. PATIENT SUPPORT GROUP MEETING :

To help our patients and their caregivers to connect with similarly challenged people and their caregivers, and to share experiences, treatment options, and to provide mutual support, IHIF and DCWA regularly conduct “Patient Support Group Meetings”. Our aim is to provide them a platform, where they could share experiences related to their disabilities and help each other to decrease stress levels. IHIF started this venture in February 2009 with the Neuro-Rehab department of Apollo Hospital, New Delhi, since then, it has been an essential feature in our Calendar. Patients and their caregivers get a tremendous morale boost through these programmes.



15. IHIF SUCCESS STORY – Ms. SHANO :

There are many areas where IHIF has met success in 2014. One such story that needs elaboration is that of Ms. Shano who visited the IHIF Rehab Centre at DCWA in Delhi about two years ago, and complained of neck pain which radiated to the right shoulder and right arm. The pain was predominant at night and caused sleeplessness. She was referred to the IHIF Medical Director, Dr. Rajendra Prasad for support as she was a person with limited means. Earlier about thirty five sittings in our Rehab had provided her very limited relief. On investigation, degenerative changes to a few discs and severe spinal cord compression was noticed. Dr. Rajendra Prasad operated upon her and she is now showing good relief from the symptoms. This treatment at IHIF Rehab, operation at Apollo hospital, and the ongoing follow up treatment has been provided free of cost through the good offices of Medical Director-IHIF.

16. AAPI-IHIF COOPERATION TO PROVIDE TBI GUIDELINES FOR INDIA :

The American Association of Physicians of Indian Origin (AAPI) intends to create “Evidence Based Guidelines” for reduction of TBI related mortality and injury in India. Such guidelines are currently non-existent, and experience in Western Countries has shown substantial reduction of TBI if such evidence based guidelines are adopted across the Board.

Dr. Rajendra Prasad, Medical Director and Commodore Ranbir Talwar, Executive Director, IHIF have been co-opted to the AAPI “TBI Advisory Council”. A meeting was held on 27 & 28 December 2014 at the ITC Maurya, Delhi where Draft Guidelines, Terms of Reference and Start Points were decided. This will be followed up in Mumbai from 02-04 January 2015.



17. ACTIVITIES AT IHIF REHAB CENTRES – DELHI & JODHPUR :



Through this Newsletter, we would like to acknowledge the noble work that our Therapists are undertaking at the Rehab Centres in Delhi and Jodhpur. We highly appreciate their teamwork and the good results they are achieving to meet one of our “Objectives”, that of reducing the after effects of Head and Spinal Injuries.

18. JODHPUR ONE WORLD RETREAT (JOWR) 2015 :

Over a million people in India suffer head injuries every year. These injuries are across a wide spectrum from a simple mild concussion to the victim becoming quadriplegic. In over 10 % cases, they lead to death. In this pessimistic scenario, IHIF is leading the way to make a difference for the hundreds of unfortunate youth in a variety of ways, which include undertaking programmes on awareness, prevention, pre-hospital care and rehabilitation. However, a lot remains to be done, and IHIF is looking to move into a higher gear in the days and years ahead.

To add punch to our efforts, an Awareness event called the "Jodhpur One World Retreat" is being organised by our Chairman, His Highness Maharaja GajSinghji from 20th to 22nd March 2015. The Aim is to inform Stakeholders and Captains of Industry about the problems that accompany this scourge, and the possible solutions. We are expecting participation from across the world and we also hope that contribution will be forthcoming for a just and real cause, which will aid us in expanding help to the needy across India.

**THE WORLD WILL REUNITE FOR A CAUSE
ON THE TWENTIETH OF MARCH, 2015**

**JODHPUR
ONE WORLD
RETREAT**
20TH - 22ND MARCH 2015

LIFE AND DEATH IN THE BALANCE


With 1.5 million people suffering from head injury every year in our country, India has the unenviable distinction of being the head injury capital of the world. The sad fact is that many victims die because they don't get help in 'the golden hour' – the time just after the accident. There is life and death in the balance and we need to act fast.

A REVOLUTION HAS BEGUN


Last year people who cared including Mukesh and Nita Ambani, Prince Andrew and Sarah Ferguson, rockstar Sting and Philipp von Saher, Anil Agarwal and Pawan Munjal, Sachin and Anjali Tendulkar, Naresh and Madhu Trehan, were among the 300 attendees who gathered together for this cause. Minds met hearts and a revolution began.

**THE JODHPUR ONE WORLD RETREAT
COMES BACK BIGGER BETTER AND
STRONGER**
While the inaugural event made headlines all over the world this time we plan to take the initiative to another level. With a new theme, new speakers and new performances.

**IT'S TIME FOR YOU TO BLOCK THE DATES
IN YOUR CALENDAR.
SO THAT THE HEART CAN MEET THE MIND.**

For more details on the Second Jodhpur One World Retreat, e-mail us at royal@maharaja{jodhpur.com or check out the website, www.jodhpuroneworld.org.

And take the first step towards contributing to a cause that crucially needs your support.

Eton Choir to perform live

BE SAFE..TRAVEL SAFE..SAFETY SAVES!!

Website : www.indianheadinjuryfoundation.org | facebook id : www.facebook.com/indianheadinjuryfoundation

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Jodhpur One World Retreat (JOWR) Website : www.jodhpuroneworld.org



THE INDIAN HEAD INJURY FOUNDATION IS THANKFUL TO VARIOUS PARTNERS AND SUPPORTERS.



Ministry of Road Transport and Highways
(Government of India)



Marwar Disaster Management Foundation



New York University School of Medicine

