

IMPORTANT EVENTS DURING THE PERIOD UNDER REVIEW:

1. JODHPUR ONE WORLD RETREAT (JOWR) 2013 – A Grand Success

The Jodhpur One World Retreat 08–10 March 2013 was an unqualified grand success. Bapji welcomed some of the world's great minds from diverse fields at Umaid Bhawan Palace to discuss and provide solutions to burning issues and problems facing mankind with special reference to the scourge of Head Injury. The blue city of Jodhpur has rarely ever seen such a large gathering of bright luminaries from the world of entrepreneurship, philanthropy, music, art, science and spirituality. They came together to raise resources and make a difference to a cause that Bapji has taken up as a personal crusade through the IHIF. 1.5 million Victims of Head Injury lose their lives worldwide every year, and 10 % of them are in India. The event highlights included guidance by thought leaders, rejuvenation sessions at the scenic Balsamand Lake, cultural exposure at Mehrangarh fort, timeless music performance by the renowned "Sting" and auction of priceless treasures donated by Bapji for the benefit of IHIF.



Bapji, Dia Mirza, Sachin Tendulkar & Philipp Von Sahr



Sting entertaining JOWR participants



Umaid Bhawan lit up for JOWR

2. PRIMARY TRAUMA CARE COURSES :

IHIF conducted four PTC Courses and a Disaster Drill during the year and trained over 100 First Responders, Paramedics, Doctors and Trainers. These sessions were held at Apollo Hospital, New Delhi, Tanzania and Bareilly. In addition, a Master Scenario Demo for 150 doctors from all over Delhi/NCR was conducted to expose them on the procedure to "Approach a Trauma Victim". In total, we have so far trained over 1300 pre-hospital care personnel in PTC.



PTC course participants in action

3. IHIF PARTICIPATION IN SEMINARS AND CONFERENCES :

Dr. Rajendra Prasad, Hon. Medical Director participated and made useful presentations at the following events:

- ❖ 61st Annual Conference 2012-13 of the Neurological Society of India in New Delhi. A separate IHIF session was conducted for attending Neuro Surgeons and they were exposed to our activities and advised on how they could help in spreading the IHIF Mission.
- ❖ Times of India event for Maulana Azad Dental College students where a presentation on PTC was made and students encouraged to do volunteerism by giving their free time to social causes.
- ❖ Conference on "Recent Advances in Brain and Spinal Rehab". 150 new members from amongst participants were recruited for the IHIF sponsored Neuro-Rehab Group.
- ❖ Dr. Rajendra Prasad, Dr. Tarun Lala, Advisor, Neuro-rehab, IHIF and Dr. Prateek Sharma, Physiotherapist, IHIF-DCWA Neuro-Rehab Centre participated in the 51st Annual Conference of Physiotherapists at Goa. The event was attended by over 200 physiotherapists from all over India. A presentation was made on IHIF, its functions and rehab facilities. Participants were exposed to various modern techniques that are being used at the IHIF Neuro Rehab Centres in Delhi and Jodhpur.

4. IHIF SUPPORTED WORKSHOP ON COGNITIVE REHAB IN BRAIN INJURY :

A Cognitive Rehabilitation Workshop for Brain Injured Patients was held in Kolkata 25 to 30 March 2013. It was organized by University of Kolkata in association with Apollo Hospital, Kolkata and in collaboration with Indian Head Injury Foundation. Over 90 professional Psychologists and Therapists from across the country attended and IHIF was represented by Dr. Urvashi Shah and Ms. Megha Karkarey, Neuropsychology Advisors to IHIF. It was brought out during the six day programme that India lacks availability of good therapists in this extremely important field of Head Injury Rehabilitation. The faculty for the workshop included world renowned Professor Barbara Wilson from the UK, Professor Narinder Kapur and Professor Jonathan Evans from the University College, London.

The workshop participants were exposed to IHIF and the vital synergic role it was playing to alleviate sufferings of TBI victims through a presentation by Megha Karkarey. Special thanks from the Organisers and Participants were offered to IHIF for its valuable and enriching support.



Megha representing IHIF at the Conference

5. IHIF RECOGNISED AS A ROAD SAFETY STAKEHOLDER BY THE MINISTRY OF ROAD TRANSPORT & HIGHWAYS :

On behalf of the Indian Head Injury Foundation, Commodore Ranbir Talwar our Executive Director has been made a Stakeholder of the Government Road Safety Group w.e.f. November 2013. The Group is chaired by the Secretary in the Road Transport Ministry and meets on the first Monday of each month to discuss ways and means to bring about new legislation, implement effectively the existing laws, and synergise efforts among various NGOs, Police, Government Agencies, Road Builders, Road Auditors and Traffic Engineers. The aim is to reduce accidents on roads, provide good pre-hospital care and effect quick evacuation of victims to Trauma Centres/Hospitals.

6. IHIF NEURO-REHAB CENTRES :

The IHIF-DCWA Neuro-Rehab Centre in Delhi is equipped with some of the finest and latest equipment like balance system SD, GAIT trainer with unweighing system, motorised tilt table, thera table, ball pool and swing frame. It can handle traumatic brain injury (TBI), stroke, cerebral palsy and other neuro disorder patients. Rehab treatment is provided free of charge and IHIF has two physiotherapists and one occupational therapist full time on its role. We also arrange a psychologist and a speech therapist on part time basis. Similarly, the IHIF Rehab Centre at Rajdada Hospital, Jodhpur has excellent facilities and is manned by a doctor and three therapists. Between the two centres, IHIF provides rehab support to about 50-60 patients daily.



Gait Trainer with Unweighing System



Thera Trainer



Balance System SD

7. ROAD SAFETY DRIVES AND AWARENESS / PREVENTION PROGRAMMES :

With the appointment of a full time Executive Director at IHIF; a fresh impetus has been given to Awareness and Prevention Drives to avoid head injuries. Some of our activities undertaken are:

- ❖ An awareness programme on Road Safety for scholars of DLF Schools in Gurgaon in December 2013. The children evinced very keen interest and were given a pledge to take precautions so as to prevent accidents and injuries, not only for themselves, but also enforce it on their parents, siblings and friends. They were given handouts on road safety, road signs and after effects of head injury.



IHIF at DLF Schools

- ❖ A similar programme has been conducted for students of IIT, Delhi in February 2014. The engineering students not only participated with interest but also came up with ideas on how to improve our drive to get better public response. Some students agreed to volunteer to work with us in subsequent drives.



IHIF at IIT Delhi

- ❖ IHIF participated in a Road Safety Walkathon organized by the Government of India, Ministry of Road Transport and Highways. This was as a part of the National Road Safety Week in January 2014. The participants marched with safety banners and placards in the streets of New Delhi. 3000 children and youth participated.
- ❖ Participated in Delhi Police Road Safety Walk in February 2014 to focus attention on accident prevention. Our ED, Cmde Ranbir Talwar was invited as a special guest and key speaker at the event in which about 2000 children participated. He addressed the children on Prevention of Head Injury and later participated with them at the Walkathon in Delhi streets.



IHIF at Road Safety Walkathons

- ❖ In December 2013, Dr. Rajendra Prasad was invited as a Chief Guest to Modern School, Vasant Vihar, Delhi. He gave a presentation on First Responder Training and Disaster Drill to the children. He highlighted the need for wearing helmets, seat belts and advised the students to ensure that their parents do not drink and drive, don't use mobile phones, drive in lanes and always follow road signals.



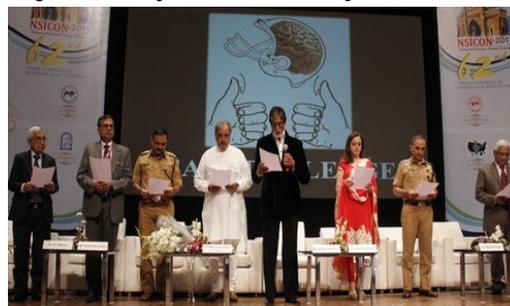
Dr. Prasad at Modern School

8. PUBLIC AWARENESS PROGRAMME IN MUMBAI :

His Highness Maharaja GajSinghji, Ms. Nita Ambani and Mr. Amitabh Bachchan, attended the launch of a Public Awareness Programme on Head Injury and Road Safety organized jointly by Neurological Society of India (NSI), Bombay Neurosciences Association (BNA) and the "Indian Head Injury Foundation". Over 1200 road users including students, motorcyclists, ambulance services, naval personnel, paramedics, doctors and other citizens attended. The Commander in Chief of Western Naval Command, the Mumbai Police Commissioner and other city luminaries attended the excellent programme which included films, presentations and discussions. It was very well received and culminated in an "Oath" taking ceremony on Road Safety called "HEADS WE WIN".



Bajji & Mr. Amitabh Bachchan



Pledge being administered by Mr. Amitabh Bachchan

The pledge was enthusiastically administered by Mr. Amitabh Bachchan. Our Chairman, HH Maharaja GajSinghji also addressed the gathering and encouraged the participants to adopt all safety precautions because "Prevention is the only sure cure for Head Injury."

9. LESSONS LEARNT FROM HEAD INJURY TO MICHAEL SCHUMACHER :

The importance of wearing helmets to protect the brain from injury during sports like skiing, cricket, cycling, riding, polo, and while riding two wheelers (driver plus pillion) where an impact on the head may occur cannot be underscored. Michael's doctors have acknowledged that he survived only because he was wearing a helmet. We at Indian Head Injury Foundation are campaigning for helmets for all riders of two-wheelers, including children. The importance of the "Golden Hour" after an injury is well recognized and other events like low BP, low oxygen saturation and difficulty in respiration may cause further deterioration (secondary brain injury). It is therefore important that the "first responders" or paramedics recognize the symptoms of head injury early so that the patient is evacuated directly and quickly to a neurological facility where intracranial pressure (ICP) could be monitored and complications like brain swelling and blood clots can be handled.



Michael Schumacher skiing with and without helmet

10. REHAB AWARD FOR DR. TARUN LALA, ADVISOR to IHIF ON NEURO-REHAB :

On, 11 January 2014, Dr. Tarun Lala, In-charge Rehab Unit, Indraprastha Apollo Hospitals, New Delhi and Advisor to IHIF Neuro-Rehab was honoured by Vimhans Hospital Rehabilitation Department for his outstanding work in Neuro rehabilitation.



Dr. Tarun Lala at the Award Ceremony

11. VISITORS TO IHIF FACILITIES AND DISCUSSIONS :

IHIF has had many visitors to witness our activities and discuss jointmanship during the period under review. Some of them are:

- ❖ Dr. Rajarshi Bhattacharjee of Times of India expressed a keen desire for Times Foundation and IHIF in joining hands for First Responders Training and creation of awareness on head injury prevention.
- ❖ Sarah, Duchess of York and Princess Eugenie of York met with IHIF and DCWA officials led by Dr. Deepali Kapoor, Senior Psychologist, Apollo Hospital, New Delhi and Advisor to DCWA-IHIF Rehab

Centre. The Duchess expressed keenness to provide support in the form of a Mobile Hospital Van and some financial support to critical care patients. Follow up action is in hand.

- ❖ Ms. Gayle Di Pietro, Global Manager for Bloomberg Philanthropies was recently in India and met with Dr. Rajendra Prasad and Cmde Ranbir Talwar and informed them about their Road Safety Projects in India. She was happy to provide guidelines on Road Safety and put us in touch with other NGOs that are supported by them like "Save Life Foundation" and Helmets on Heads Campaigners like "Asia Injury Prevention Foundation" in Vietnam. IHIF is regularly exchanging views and experience with these NGOs to synergise efforts for "Head Injury Prevention" and "Pre-Hospital Emergency Care".
- ❖ Dr. Deepak Sharma, Associate Professor of Anaesthesiology and Pain Medicine at University of Seattle, US has expressed keen interest to work with IHIF in pre-hospital care. He is available to us with his inputs and US based experience on an as required basis.
- ❖ Dr. Mary Buttler, Senior Occupational Therapist from New Zealand visited the IHIF-DCWA Rehab facility in New Delhi. She is making efforts to get us Rehab volunteers from New Zealand who will provide gratis service at our Centres.
- ❖ Dr. Denyse Kersel, Neuro-Psychologist from New Zealand and Ms. Amanda Bennett, Speech Therapist from UK visited our Neuro-Rehab Centre and were briefed by Cmde Ranbir Talwar and Dr. Deepali Kapoor. They spent the day with our patients and advised our therapists on new ideas for treatment of cases being handled at our facility. They have agreed to support us by way of literature, volunteers and information on new technologies.
- ❖ Ms. Nidhi Dutt and Mr. Maurya Gautam, Correspondents of Al Jazeera visited our Rehab Centre in connection with NCPA Car Safety Programme. Our Rehab Centre and treatment provided to head injury victims figured prominently on Al Jazeera English News on 31 January 2014. The link for the same is : <http://www.youtube.com/watch?v=fhS0ogVGtc4&feature=youtu.be>



Duchess of York at our Rehab Centre



Dr. Amanda & Dr. Kersel at DCWA-IHIF Rehab Centre



16. NEW ADVISOR TO IHIF :



Dr. David Krishna Menon, MBBS, MD, PhD, FRCP, FRCA, FFICM, FMedSci, Head, Division of Anaesthesia, University of Cambridge has come on board IHIF as an Adviser. He is also an active member of Centre-TBI. On the occasion of joining IHIF, he sent us the following message:

“Head injury (or traumatic brain injury, or TBI, as it is also known) can strike any one of us unexpectedly. TBI comes with huge personal and social cost, resulting in more deaths in young adults than any other cause. For those who survive, the lifelong consequences can often be devastating. It is a growing problem in low and middle income countries – in India one person dies every 10 minutes due to TBI, and this will treble by 2020. The work that the Indian Head Injury Foundation is doing addresses the basics of prevention and clinical care for patients-interventions that can make a real and substantial impact on the incidence and outcome of head injury. I am delighted to be able to make a contribution to these efforts, and share clinical and research expertise with Indian colleagues working in the area.”

17. FORTHCOMING EVENTS :

- IHIF and IRTE will jointly conduct a symposium on “Human Factors in Driving” on 20 March 2014 i.e. on World Head Injury Awareness Day, at College of Traffic Management, Faridabad (NCR).
- IHIF in association with AIIMS and Apollo Hospital, New Delhi will hold a symposium on Development of Neuro-Rehab from 21 to 23 March 2014. Over 300 specialists are expected to participate.
- IHIF will conduct a two day First Responder Course for 25 Indian Coast Guard personnel on 01-02 May 2014. They will also be given a presentation on Road Safety and Head Injury prevention.
- Awareness & Prevention Drives for school and college students—two sessions each in April & May 2014 are planned.

18. PROJECTS IN THE PIPELINE :

- ❖ IHIF and NSI are examining the possibility of working together on regular basis in the area of Awareness Creation, Prevention of Brain Trauma, Advocacy with the Government, pre-hospital care and creation of Rehab facilities. The aim is to conduct high intensity public awareness programmes and media campaigns in different cities to achieve reduction of Head Injury based mortality.
- ❖ IHIF (UK) is making efforts to depute Neuro-Rehab Specialists from the UK to India. They will conduct Neuro-Rehab Camps, visit medical and paramedical colleges, and expose them to latest techniques. They will advise TBI victims and caregivers on best practices and conduct large symposiums in different cities. IHIF (India) will handle the India end and ensure appropriate participation of all stakeholders.
- ❖ McMaster University, Hamilton, Canada and IHIF are planning to associate in furthering the cause of head injury victims. Sharon Jebaselvan and Drushti Mehta from McMaster are in regular touch with us to do a project and a short film to publicise IHIF in Canada. The aim is to encourage volunteerism for our Rehab-Centres in India. Also, we hope that some of our patients could be adopted by philanthropic Canadians and a two way exchange of data, information and support is established.

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

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