

**INDIAN HEAD INJURY FOUNDATION**

Newsletter (Aug-Dec 2016)



*Inauguration of the Cerebral Palsy Room at IHIF Rehab Centre, Jodhpur by His Highness Maharaja GajSingh*

Dear Trustees, Supporters, Friends and Well Wishers of IHIF,

At the outset, we at the Foundation wish you a very productive, happy, safe and injury free 2017. Our thoughts also turn to hundreds of injured and sick who used our facilities and gave us the privilege to care for them. We have a special word of thanks to those who helped us through donations to make a difference to society, albeit in a small way. Most of you would know that India suffers the highest incidence of Head Injury in the world and has negligible infrastructure for rapid response and treatment. In metros and cities the situation is marginally better, but in rural India, to say the least, the situation is almost hopeless. IHIF has realized through experience that improving rural and urban infrastructure, building hospitals and trauma centres, and increasing the number of Rehabilitation Centres is a very slow and expensive process. Therefore, to expect rapid reduction of accidental deaths and injury through better treatment and response facilities is not going to happen in a jiffy. However, we have also realized that the most economical and viable way to rapidly reduce mortality and acute traumatic injury is to prevent it in the very first place. Therefore, IHIF besides running two state of the art Neuro Rehab Centres for those who suffer traumatic injuries, is focusing in a very big way to educate the masses through workshops and presentations and thus encourage them to adopt safety precautions. Towards this end, in the last one year IHIF has conducted workshops and seminars for over 15,000 adults and children.

We believe that children are capable of better understanding the difficult situation, readily adopting safety precautions, and simultaneously insisting upon their peers and parents to adopt the same. One of our major programmes is to provide ISI certified helmets to children who ride as pillions on two wheelers. This programme is supported by a few Corporate Houses under their CSR activities. To date we have distributed these excellent quality helmets to over 9,000 children in Delhi.

On a separate note, IHIF from its humble beginnings has come a long way in the last nine years of its existence and expanded its work to include advocacy with the Government to change archaic road safety laws, convert District Hospitals to Trauma Centres, Support 'Good Samaritans', and urgently pass the new Road Transport and Safety Bill. We alongwith other Stakeholders and NGOs have met some success with items like the Good Samaritan notification and banning of liquor vends on highways. Recently, we modernised the two IHIF run Rehab Centres with state of the art equipment which are comparable to the best in the country. In 2016, we have been able to provide over 22,000 supervised and high quality sessions of multi-disciplinary Rehab at the two Centres, primarily to the underprivileged sections of society at almost no cost to them. This is an increase of 10% over last year. Therefore, our Supporters can rest assured that every penny of their Donation and Support is being very fruitfully utilized.

As I gaze into the crystal ball, I foresee that the job and task at hand is huge and IHIF on its own can only do a small bit to provide succour to traumatized patients and victims of head injury. There is an urgent need to synergize all stakeholders so that together, we can provide a better outcome to those who are helpless and belong to our weaker sections. Our grateful thanks go out to our Trustees and to our Chairman Maharaja GajSinghji who has been the guiding beacon of our Foundation and without his focused support we would have been like a lame duck.

Finally, before I sign off, Dr. Rajendra Prasad our Honorary Medical Director and I are sanguine that IHIF will continue to receive your valuable support so as to provide impetus to further enhance the scope of our work in creating mass awareness education and to create additional rehabilitation capacity in the country, which unfortunately, is presently negligible. Further, your support would egg us on to work tirelessly towards minimizing the incidence of Head Injury and its debilitating after effects.

With our warmest regards.

Commodore Ranbir Talwar  
Executive Director

## 1. Modernization of Neuro Rehab Centres in Delhi and Jodhpur:

During the period under review, the Indian Head Injury Foundation added another feather in its cap by modernizing and acquiring the latest and state of the art Neuro-Rehabilitation Equipment at a substantial expenditure for our Centres in Delhi and Jodhpur. His Highness Maharaja GajSingh, Founder and Chairman of the IHIF inaugurated the opening of the modernised Centre at the DCWA premises in Delhi.

The Event was attended by a large number of our differently abled friends, supporters, patients, volunteers, and dignitaries including Ms. Maria Lukaszuk, wife of the Polish Ambassador in India, Ms. Jennifer Graham, wife of the Canadian High Commissioner, and Ms. Bapsi Nariman and Maharani Geeta Deviji from the Delhi Commonwealth Women's Association (DCWA).

We hope to make these excellent facilities available and useful to as many patients and victims from the weaker sections of society as possible. The new equipment includes user-friendly machines like Hand Rehab & Cognitive System, Special body weight support walker for children and adults, 8-Channel Functional Electrical Stimulator (FES), 2-D GAIT Evaluation & Training System, etc.



## 2. WHO Expert Group on Disability Prevention and Rehabilitation:

WHO Regional Office for South-East Asia, New Delhi organized an Expert Group meeting on Disability Prevention and Rehabilitation from 28 to 30 July 2016 in Jakarta, Indonesia and IHIF Medical Director, Dr. Rajendra Prasad was invited to the Expert Group Meeting. He made a presentation to the August gathering on the work of the Indian Head Injury Foundation and the focus was on Assistive Technologies (AT) for Neuro rehabilitation to help about 200 million people who experience serious and debilitating disabilities worldwide. It was emphasized that the problem was not only a public health issue but also a human rights issue. He reiterated at the Meeting that there was a growing need for Assistive Technologies in Neuro rehabilitation and products like wheelchairs, walkers, smart cane, calipers, exo-skeleton etc. have become essential tools to compensate for an impairment or loss of intrinsic capacity.



## 3. WHO Recommendations : Rehabilitation Services Delivery and Financing:

It is a matter of pride for IHIF that our Medical Director Dr. Rajendra Prasad was chosen by WHO, Geneva to be one of the three external reviewers for “**WHO Recommendations for Rehabilitation Service Delivery and Financing**”. These recommendations provide evidence based and expert-informed good practice guidelines to support health systems which would strengthen and extend rehabilitation services to the needy people.

IHIF hopes that through the collaborative efforts of WHO and other Stakeholders, we would be able to setup an Assistive Technology Unit within our Rehabilitation Centre in Delhi and

Jodhpur where simple AT products like wheelchairs, hearing aids, Text-to-Speech (TTS) or speech synthesizers, Screen readers etc., may be made available to the poor patients at a subsidized cost.

#### 4. Primary Trauma Care Course:

IHIF conducted a one day Primary Trauma Care Course for 30 First Responders consisting of Staff Members from the American Embassy and American Embassy School on 13 August 2016. We hope to soon conduct similar courses for various categories of road users and law enforcers like bus drivers, police personnel and auto rickshaw drivers. Towards this end, our partnership with Apollo Hospitals is very important and we are thankful to Doctors of the "Trauma Care India" group who readily come to our support as and when required.



#### 5. World Physiotherapy Day:

World Physiotherapy Day was celebrated at the IHIF Delhi Rehab Centre on 08 September 2016 with a "Patient Support Group Meeting". Patients shared their views on the facilities provided at the Centre and the positive vibrations they have received from the Therapists so as to get better by the day. The excitement on their faces was a huge reward for our efforts and gave us immense satisfaction. On the same day, we also carried out an Awareness Motorbike Rally on 'Head Injury Prevention & Safety' in Jodhpur. This rally was supported by

the Marwar Association of Physiotherapy and Rajdadisa Hospital. It was attended by a number of doctors and physiotherapists and the message was well received. Such rallies and Patient Support Group Meetings help in spreading awareness about this problem and also help care givers understand the importance of Home Rehabilitation.



## 6. World Cerebral Palsy Day:

To commemorate the World Cerebral Palsy Day on 05 October 2016, IHIF's Yuvraj Shivraj Singh Trauma Rehabilitation Center, Jodhpur inaugurated a new well-equipped Cerebral Palsy (CP) room. This new CP room has all modern gadgets like special floor equipment for co-ordination and balance, special education system, sensory integration and audio-visual feedback (TV+Video games). A music therapy session was also arranged in presence of our Chairman and he interacted with patients of head injury, hemiplegia, and CP.



On the same day, the Delhi Centre invited children and adults who suffer from this scourge to our Rehab Facility. They were made to play games and sing songs and this was followed by interaction between the Therapists, Care givers, Parents and others to discuss and share experiences on how each one was handling the situation. This exchange is very useful in helping care givers in not only providing better care, but also in ensuring that they

themselves remain calm & relaxed and avoid frustration due to long periods of association with CP children.



## 7. Donation of Wheelchairs to the Needy:

One of the objectives of our Foundation is to donate wheelchairs, crutches, leg supports and implants to those who cannot afford them, but need them essentially for survival. During the period under review, IHIF donated three high quality and easily manageable wheelchairs to victims of traumatic accidents.



## 8. Completion of Ride To Safety Campaign supported by HT Parekh Foundation:

Keeping in mind the safety of our children, the Indian Head Injury Foundation continues to educate underprivileged school children about the importance of wearing helmets and preventing head injuries. On completion of the workshop, the Foundation distributes helmets to the needy children whose parents use a two wheeler as the primary mode of transportation and the children ride with them as pillions. This Campaign was supported by the HT Parekh Foundation/HDFC and was undertaken during September-November 2016. About 1500 children were educated about the importance of adopting safety precautions and a total of 1008 helmets of the highest quality and ISI approved were distributed free to these children. We feel delighted that today more and more children riding on two wheelers are adopting safety

as a habit and helmets donated by HDFC/IHIF are now visible in various specified parts of Delhi where our drive was conducted.



## 9. Commencement of ICICI Lombard supported Helmet Programme:

With the completion of HDFC sponsored Awareness and Helmet Distribution Programme on 23 November 2016, IHIF has on 28 November commenced a similar campaign in North West Delhi supported by ICICI Lombard under their CSR activity and we will be covering a total of 18 schools over the next 3 months. In this exercise, we are expected to distribute a total of 2500 ISI certified Steelbird helmets to privileged children in the age group of 9 to 13 years.





Our esteemed Readers will recall that a similar programme sponsored by ICICI Lombard was conducted during the previous financial year with great success and 3,000 helmets of similar quality were distributed. Today we have about 9,000 children in North West Delhi who wear helmets of the highest safety standards distributed through IHIF. It is a matter of great satisfaction that in addition to the 9,000 helmets, workshops for over 11,000 children and 4,000 parents were conducted on the importance of Road Safety and Prevention of Head Injuries.

#### 10. World Day of Remembrance for Road Accident Victims at Jaipur:

On 20 November 2016, IHIF in partnership with Muskaan Foundation paid homage to those who lost their lives or were severely injured due to Road Traffic Accidents. Most of these victims suffered Head Injuries. A programme for about 2,000 school children and their parents was conducted at the Jawahar Auditorium and many victims/parents narrated the trauma that they went through because of such accidents. Children were exhorted to adopt safety precautions and also act as Brand Ambassadors to educate their peers and parents. A variety entertainment programme was conducted for the participants. Our Executive Director, Commodore Ranbir Talwar attended the Event in Jaipur.



#### 11. 3<sup>rd</sup> Anant Memorial Oration at Safdarjung Hospital:

On behalf of IHIF, Dr. Rajendra Prasad gave the 3<sup>rd</sup> Anant Memorial Oration at the Safdarjung Hospital, New Delhi on 10 December, 2016 on the subject of “**Decreasing the Impact of Road Traffic Trauma**”. During the Oration, he emphasized on the work of our Foundation in advocating with the Government to bring about an effective Road Safety Bill; use of Corporate Social Responsibility (CSR) as a means of funding for public good; organ donation; helmet distribution programme for children; Primary Trauma Care Training, and activities during disaster drills.

#### 12. IHIF and Aviators Air Rescue:

Chairman IHIF, Maharaja GajSinghji of Jodhpur has consented to be an Advisor to Aviators Air Rescue. This organization intends to start casualty evacuation using helicopters and aircraft in India. One of the States in focus will be Rajasthan.

The Helicopter service was inaugurated on 13<sup>th</sup> December 2016 at the Umaid Bhawan Palace Helipad by our Chairman. If successful, this service which is currently almost non-existent in India, will be a great boon to the very large number of tourist and travellers, especially those who go into trekking into the mountains or visit remote areas like deserts and the hinterland.



#### Quote from an IHIF Supporter

*Life is beautiful, life is without comparison and life is important. Any accident, injury or damage to any part of it makes life unbearable. And head is always a head. Let us protect it.*

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

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*Donations: Can be made by cheque in the name of “Indian Head Injury Foundation” and mailed to Indian Head Injury Foundation, 138 Sunder Nagar, New Delhi-110003.*