

INDIAN HEAD INJURY FOUNDATION

Newsletter (Jan-Jun 2018)



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

At the outset, on behalf of our Chairman His Highness Maharaja GajSingh of Jodhpur-Marwar and all Staff of IHIF, I wish you and your families all the very best and a safe period ahead. Our prayers and wishes like always, are to achieve rapid reduction of mortality and morbidity caused by accidental traumatic injuries. Simultaneously, we hope to provide rehab to more and more needy victims of TBI and SCI.

During the period 01 January to 30 June 2018, IHIF has exceeded the targets set for itself in the areas of provision of Rehab to various categories of patients including stroke victims and children affected by CP and Autism. Also, we have expanded rapidly in educating school children and their parents about adoption of safety precautions so as to prevent such injuries in the first place. Our motto being "Prevention is better than Cure". During the preceding 9 months period, over 5500 specially manufactured helmets meeting ISI standards have been distributed to students in the age group of 8 to 13 who ride as pillion on two wheelers and are children of parents whose only mode of transportation is a two wheeler.

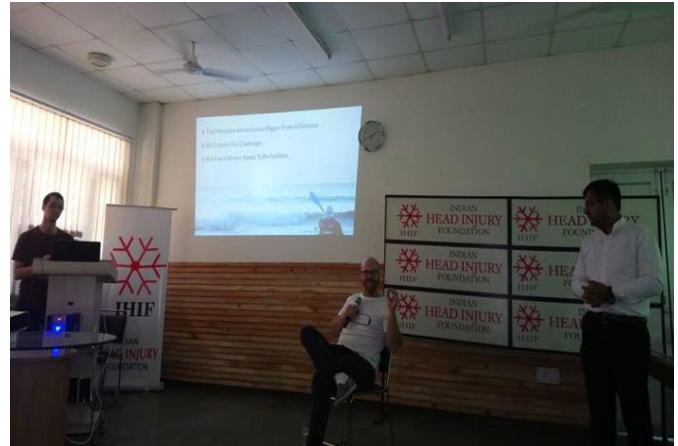
The high point of this half year has been the release of a book "Dawn after Darkness" by Rohit Gupta on June 2018. Rohit is a victim of TBI and was in coma for six months after an accidental fall from the 2nd floor of a hotel. He approached us 4 years ago and has been our patients at the Rehab Centre since then. IHIF encouraged him to write his life story before and after the TBI and he has come out with a heart rending, poignant and emotional true life experience faced by him and his immediate family during the last seven years. IHIF thereafter, helped him to get the book published and finally released by our Chairman Maharaja GajSingh at a well attended function at the India International Centre in Delhi.

I wish to thank all our supporters for their valuable feedback and donations, without which our activities would not have expanded. I request all our readers to please observe all safety precautions and remain safe throughout 2018 and beyond.

Commodore Ranbir Talwar
Executive Director

Motivational talk by Roei Sadan -Israeli Adventurer

It's always a pleasure to listen to someone, especially when it comes direct from the horse's mouth. We at IHIF experienced the same when Mr. Roei Sadan – an Israeli adventurer (bike rider) visited our Rehab Centre in Delhi to address a gathering of patients, care givers and rehab specialists on 19 February, 2018. Mr. Sadan was injured in the Himalayan Mountains two and a half years ago and suffered a severe head injury. This left him in coma for three months, and he found himself largely disabled upon regaining consciousness. He was determined not to give up but rather strive for recovery. It was great listening to the experiences that he went through and how he overcame the drawbacks with a positive attitude & strong inner strength. The best part was when he was discharged from the hospital; he came out on a bicycle, which is his passion. IHIF will continue to organize such motivational talks in future for building the morale of our patients.



Completion of Ride To Safety Campaign, 2017-18

IHIF has been conducting the "Ride to Safety Campaign" for the last three consecutive years. During this Campaign, we made school going children including their parents aware of the importance of wearing helmets and seat belts while riding as pillion or driving two wheelers and four wheelers. This was possible with the immense support of ICICI Lombard, who have been sponsoring this project since 2015. In the year 2017-18, IHIF educated 8500 children, 2429 parents, and also distributed 4000 children's helmets of the highest quality meeting BIS standards in 26 government/charitable schools. In three years, we have covered 57 schools in Delhi and distributed 10,000 ISI marked children's helmet on behalf of ICICI Lombard on gratis basis.



Peer Mentor Week For Spinal Cord Injury Patients

To enhance the lives of Spinal Cord Injury Patients, IHIF conducted a Peer Mentor Week from 5th to 10th March, 2018 together with ESCIP Foundation and Medical University of South Carolina. This included various workshops and skill teaching at various reputed institutes including IHIF Neuro Rehab Centre, AIIMS Trauma Centre, Jamia Hamdard and Apollo Hospital. This program was well attended and well received by the patients and especially by the caregivers who had this perception that SCI victims could almost never be independent in their Activities of Daily Living (ADL). We were requested by the attendees to conduct more such workshops in particular at AIIMS Trauma Centre on a regular basis and hence we intend enlarging the scope of such beneficial programmes in subsequent years.



World Head Injury Awareness Day, 20th March 2018



To commemorate the World Head Injury Awareness Day 2018, IHIF conducted two Awareness Sessions in Delhi and Jodhpur respectively. These included:

1. Basic CPR Training for Security Guards of Sunder Nagar, New Delhi – which entailed educating the local community of security guards with hands on training on how to revive a person/infant when he/she suffers a stroke/heart attack/ shock or traumatic head injury.

2. In Jodhpur the Event at the Rajmata Krishna Kumari School was focused on Safe Journey of Life with the aim of raising awareness through education of young students about prevention of head injuries & the need to wear safety devices while riding as pillions. The Guest Speakers were Dr. Nagendra Sharma, Senior Neuro Surgeon, Ms. Nirmala Bishnoi, Add. DCP Jodhpur and Mr. Hanuman Singh Rajpurohit, Jodhpur Traffic Police. The sessions were held through lectures and practicals and they educated the school girls on correct use of helmets and seat belts and there role in preventing damage to the brain during accidents. Dr. Sharma explained about the need to avoid head injuries and prevent permanent disablement and other serious consequences like death, blindness, deafness, loss of speech, epilepsy, cognitive disabilities, mild to severe paralysis and other neurological & neuro-psychiatric issues. The Police Officers focused on Road Safety & Safe Evacuation to hospitals in the Golden Hour.

Children's Right To Safety - With Apollo Foundation

IHIF is continuously emphasizing on children's safety while riding on a two wheeler as pillions. This is done through awareness workshops for children and parents in government schools and for kids in the age group of 9 to 14. Under an Apollo sponsored programme, we have educated 1300 children and 250 parents and also distributed 500 helmets to needy children. IHIF hopes to have a long term association with the Apollo Foundation to benefit the society on a large scale.



IHIF Representation AT University Of Sheffield

IHIF is proud that Dr. Tarun Lala, IHIF Rehab Advisor was invited to be a part of the Assistive Technology (AT) Meet at the University of Sheffield on 22nd & 23rd March 2018. This was attended by members from different countries like Italy, Norway, Netherlands, UK, Nepal, and India. IHIF is moving towards the establishment of its own AT Centre with International Collaboration. We hope to create a new way to lessen the effects of traumatic brain injury and also help other patients from the weaker sections of our society and support them to live an independent and active life by using AT tools.

Participation At "International Congress On Disability", Mexico

Once again IHIF has received recognition from an International body. Our Hon. Medical Director, Dr. Rajendra Prasad (Sr. Consultant, Neuro and Spine Surgeon, Apollo Hospital) was invited to deliver a guest lecture on "Disability & Humanity" at the "International Congress on Disability" held in Mexico on 4th April 2018. It is understood that the talk was extremely very well received.



World Parkinson Day

On the occasion of "World Parkinson Day" on 11th April 2018, IHIF conducted an interactive workshop on awareness and management of Parkinson Disease at the IHIF Rehab Centre in Jodhpur by renowned Neurologist, Professor Amita Bhargava, Dr. Neeti and Senior Physiotherapist Dr. Pukhraj Singh Rajpurohit.

Dr. Amita Bhargava explained to our patients and their caregivers about Parkinson Disease, its symptoms, and management. This included motor and non-motor symptoms and their management. Dr. Rajpurohit explained about the importance of physiotherapy and the management of Parkinson, and the benefits of maintaining a positive attitude to reduce the effects of this approaching crisis. He also explained to them about special needs of such patients. The Workshop was followed by a very active and participative question and answer session between patients, caregivers and doctors. Thereafter, a cultural programme by Mr. Navdeep Parihar and Mrs. Devyani Mutha was held to entertain the patients.

National Meet On Road Safety For NGOs

The Ministry of Road Transport & Highways organized a National Meet with NGOs on Road Safety on 27th April 2018 at Vigyan Bhawan, New Delhi. IHIF actively participated in this meeting as invitees. Shri Nitin Gadkari was present and all participating NGOs were informed about various funding programmes, which are part of the Government initiatives. Mr. Gadkari also explained to the NGOs about the latest Government position on various initiatives and the forecast of subsequent initiatives. He was upset that the Motor Vehicles Amendment Bill could not move forward due to the intransigence of the Rajya Sabha, however he was hopeful that it should sail through in the forthcoming monsoon session.



Cricket Tournament Conducted By IHIF

To bring together various caregivers from amongst Rehab Specialists and Educational Institutes, IHIF organized the first of its kind Cricket Tournament at the DDA Sports Complex, Saket, New Delhi on 6th May 2018. Qualified Rehab Specialists and under trainees from 8 Institutions got together to enjoy, play and have fun. The teams were from Apollo Hospital, Max Super Specialty Saket, IPH, AIIMS, ISIC, Yashoda Hospital, Samvedna and BL Kapoor Hospital. It was a spectacular tournament with each team fighting for the win. Finally IPH was the winner with Sadbhawna as the First Runner Up. All teams have greatly appreciated this effort by IHIF and we intend conducting this Event every year and instituting a rolling trophy.

“Dawn After Darkness” The Book Launch

“Dawn After Darkness” is not an ordinary book but very special because of the contents and the writer. It is the story of a young 21 year old boy Rohit, who survived a severe head injury caused by a fall from the 2nd floor of a hotel during his holiday with friends in Goa and was in coma for six months. IHIF was privileged to provide him a platform where he could get his book published. “Dawn After Darkness” was released by His Highness Maharaja Gaj Singhji of Jodhpur on 11th June 2018 at the India International Centre. It was a very well-attended program with an over whelming responses and after passages were read from the book, many attendees had tears in their eyes. We have received good reviews of the book and one can also acquire it easily from ‘Amazon’ as a paper-back or for ‘Kindle’.



National Road Safety Workshop

IHIF actively participated in a National Road Safety Workshop organized by Consumer Voice on 19th June at Constitution Club of India. Various Road Traffic Accident Survivors and their families were present from all over India and shared their experiences. IHIF together with all other participating NGOs signed a memorandum to be sent to our Honorable Prime Minister Shri Narendra Modi for making Road safety a National Priority. Our Executive Director, Commodore Ranbir Talwar also shared the stage by giving some highlights about IHIF's activities and way ahead for NGOs to be useful in this difficult task of reducing mortality and morbidity caused by RTAs.



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