



**My Dear Trustees, Friends & Well-wishers,**

On behalf of the Indian Head Injury Foundation, it gives me great pleasure to inform our esteemed well-wishers and readers about various activities conducted by IHIF over the last eight months (Jan-Aug 2023). We are immensely grateful for your unwavering support & kind wishes over the years.

We are thankful for the overwhelming guidance received from our Chairman, Maharaja GajSinghji and support of all our CSR/Donor partners and philanthropists. Since the establishment of the Foundation, we have come a long way in delivering the message on Awareness & Prevention of Traumatic Brain & Spine Injuries and providing rehabilitation & care to Persons with Disabilities and people with other neurological deficits.

I would like to express my gratitude & deep appreciation to IHIF Therapists, Volunteers & Staff for their dedication & hard work in implementing & extending our services through the state of the art rehabilitation facilities to those from the weaker sections. The guidance provided through exercises, therapies & rehab techniques has not only improved the physical abilities but also boosted the confidence, well-being and independent living of patients using our facilities. Recently, IHIF has successfully opened its fourth Neuro Rehab Centre in Noida with the support of SBI Foundation. We now have four 'Physiotherapy & Neuro Rehabilitation Centres' equipped with top of the line equipment facilitating quality treatment to the needy on charitable basis. We are also grateful to ICICI Lombard for supporting our Patna Neuro Rehab Centre in addition to sponsoring IHIF's extensive Helmet Donation & Awareness Programmes in many States of India. We are also thankful to Kotak Mutual Fund & Dabur for sponsoring Delhi & Jodhpur Centres.

Once again, I thank each one of you for your valuable feedback, CSR Support, donations and guidance in our endeavour to spread awareness on head injury prevention, post-crash response & neuro-rehabilitation of victims of traumatic injuries. Your belief in us, is a driving force that has propelled us so far and will help us to do better in the years ahead.

Best wishes and stay safe.

**Commodore Ranbir Talwar**  
**Executive Director, IHIF**

## HIGHLIGHTS AND RECOGNITIONS

- 🚦 Para Athletes on the Move
- 🚦 4<sup>th</sup> Physiotherapy & Neuro Rehab Centre, Noida
- 🚦 Awareness Drives & Rallies on Road Safety
- 🚦 International Hybrid Webinar
- 🚦 Felicitation by Delhi Traffic Police
- 🚦 National Road Safety Week 2023
- 🚦 #RethinkMobility 2023
- 🚦 Provision of Adaptive Devices
- 🚦 Primary Trauma Care Courses for First Responders & Doctors
- 🚦 Celebrations at IHIF Centres
- 🚦 Formal Inauguration of Noida Rehab Centre
- 🚦 Rehab as part of Ride To Safety
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- 🚦 Amazing Art by our Genius

## Para Athletes on the Move

“Disability need not be an obstacle to success”. They challenged are a store houses of talent and they can achieve and are achieving excellent goals. They are capable of doing all the tasks as a normal persons can do; it is just that they have their own way of doing it. – Late Stephen Hawking.

We feel privileged to share that two of our wheelchair beneficiaries & Para-athletes Ms. Pooja Yadav and Mr. Pradeep Kumar have given outstanding performances and have received tremendous recognition in Para Games. They have proved that with dedication, faith and strong willpower, everything is possible.

Mr. Pradeep Kumar, Javelin thrower has won bronze medal in 7th International Para Athletics Grand Prix, held in Marrakech Morocco and Ms. Pooja Yadav, Para-Athelete won three gold medals in discuss throw, javelin throw and shotput during National para-athletic Championship held in Pune in March 2023. She also won 2 gold medal in javelin throw & discuss throw and 1 silver medal in shotput during 5th Indian Open Pata Athelete International Championship in May 2023 in Bangaluru. They both are now preparing for the Asian Para Games 2023.

IHIF congrats them for this commendable achievement.



## Setup of Physio & Neuro Rehab Centre in Noida

With the very kind of support of SBI Foundation, IHIF has set up its fourth Physiotherapy & Neuro Rehab Centre with specialized Pediatric Unit in Noida (UP).

We are grateful to SBI Foundation for supporting this facility which is providing yeoman service to the challenged.

The Centre will be a boon to the people in and around NCR region and they can take benefit of state of the art charitable rehab facilities. This will benefit the weaker sections, both adults and children in obtaining top quality facilities in the country.

## Safety Awareness Workshops

With consistent support of ICICI Lombard Gen Insurance Ltd towards our endeavour of prevention of head and spine injuries, during the FY 22-23, IHIF has conducted a series of road safety awareness workshops for school children. This includes educating them on road safety concepts and importance of wearing helmets by riders and pillion. During the period, about 65,000 school kids and parents from 45 government schools of Delhi, 20 schools in Ludhiana and 41 schools in Bihar were sensitized and 19,250 children's helmets and 19,250 adult's helmets were distributed at no cost.

To spread awareness among the wider community, two major Helmet Awareness Prevention Rallies were organized in Ludhiana (Punjab) and Barh (Bihar). The Rally in Ludhiana was conducted at Punjab Agricultural University & flagged off by Ms. Saumya Mishra, IPS, Jt. CP Ludhiana. She interacted with the children and shared her experience and tips on Road Safety. The Event was attended by about 500 children and their parents. The children were in the age group of 9 to 13. Another awareness drive was conducted in a mofussil town Barh on the Banks of River Ganga in Bihar. It is 80 Kms from Patna and hardly anyone wears a helmet. The rally was flagged off by Shri Rajiv Ranjan alias Shri Lalan Singh, MP of Monghyr & National President Janta Dal United (JDU). He enthusiastically addressed the need and importance of wearing helmets for children and the adults. It was attended by about 5000 children & their parents respectively. During both rallies each participant was given a free helmet.





### International Hybrid Webinar

An International Hybrid Webinar was organized in January 2023 with the theme “Evidence Based Neuro Rehabilitation, Concept and Practice”. The Event was attended by more than 75 Physiotherapists, both offline and online. We had Eminent Doctor speakers from Canada and India. During the webinar, presentations were showcased by our Senior Neuro-therapist and Occupational Therapist on the topics ‘Neuro Rehabilitation – Approaches Used In Patients With head Injury’ and ‘Sensory And Cognitive Rehabilitation after Head Injury’. Few patients also shared their journey of rehabilitation and experience of treatment and facilities that they avail at the Centre.



### World Autism Day

IHIF celebrated ‘World Autism Day’ at all its Rehab Centres so as to make the sessions more exciting for children. All adult patients along with children and even the Therapists enthusiastically participated during the celebrations. The commemoration was ended with refreshment, and gifts were given to the wonderful children. Educational Sessions were conducted on methods of improving care at home for such children and also spread the message to people around them who face similar issues & make them aware about need for early detection which can lead to greater improvement in the child and help them to socialize with the larger community. The following message was conveyed:

**"If they can't learn the way we teach,  
we teach the way they learn"**



### Felicitation by Delhi Traffic Police

For continued good work in the field of awareness about road safety and role of helmets in preventing head injuries amongst the youth and general public of our country, IHIF was felicitated by Delhi Traffic Police for conducting various activities on Head Injury Prevention and Road Safety.



## National Road Safety Week 2023

Various activities were conducted by IHIF during the Road Safety Week 11th - 18th Jan 2023. These were in support with Ministry of Road Transport & Highways, Society of Indian Automobile Manufacturers, Delhi Traffic Police, Safe India and Indian Agricultural Research Institute.

An IHIF Stall was established at the Auto Expo 2023 to educate attendees & organizers about importance of road safety gears, first response, CPR, and First Aid at accident sites. It was conducted over a period of 3 days and the CPR sessions were attended by about 5000 people. Also through CSR support, 500 high quality helmets were distributed to selected participants through the Delhi Traffic Police which conducted rallies in Delhi to spread the message massively amongst the community.



## Stay Healthy Stay Fit

International Yoga Day was celebrated at our Rehab Centres. Patients and their caregivers were sensitized on adapting simple YOGA ASANAS in their Daily routine to have a healthy mind & soul which in turn, helps in strengthening the body. They were made aware that Yoga helps in increased energy & vitality, strong immune system, physical, mental & spiritual fitness, improved lung health, and cardio & circulatory health. The session was enthusiastically attended by our patients, caregivers, and Therapists.





## #RethinkMobility2023

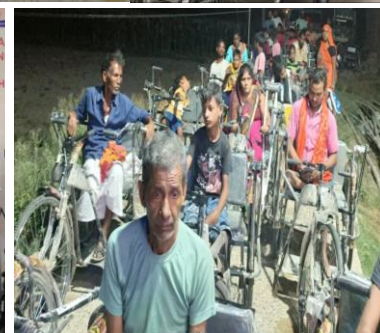
As a part of the new Decade of Action for Road Safety IHIF observed the Global Road Safety Week (15 -21 May 2023) and the theme was #ReThinkMobility. The aim was to amplify ongoing campaigning efforts to secure political commitment and also a call for policy makers to #RethinkMobility in order to make walking, cycling, and public transport safe and convenient so that people can make the shift to active, sustainable mobility.

#RethinkMobility implies providing independent mobilization & living for traumatic injury victims through provision of post-hospital care, and neuro-rehabilitation to such people. IHIF has been emphasizing on this aspect by providing assistive gears such as wheelchairs, calipers, crutches, artificial limbs, basic hygiene kits consisting of gloves, catheters, uro-bags, etc. to the needy.

The overall campaign was conducted successfully and the message was spread amongst the general community through various awareness programmes and a message conveyed demanding safe mobility not only for children, pedestrians and vehicle users but also for Persons with Disability (PwDs). The overall campaign was conducted with the support of the “Global Alliance of NGOs for Road Safety” and IHIF is an active Member of this Alliance.

## Provision of Adaptive Devices

With the kind support received from ICICI Lombard GIC, we have distributed 94 wheelchair & 143 tricycles to the needy paraplegic /quadriplegic people. This helps in self-supported mobilization to perform their activities of daily living. This also helps those PwDs who wish to go back to work. This also helps in making the patients more independent & confident.





## PTC for Doctors & First Responders

A series of Primary Trauma Care Courses in First Response was conducted for Delhi Traffic Police Personnel, Cab Drivers, and general public during a Road Event “Raahagiri”. They were given hands on training on mannequins on CPR, bandaging, log roll and first aid in order to stabilize an accident / injured person for safe transportation to hospital. About 3000 people were educated.

IHIF supported the faculty from Apollo Hospital, Delhi to train about 65 doctors from the National Hydroelectric Power Corporation (NHPC) and National Thermal Power Corporation Limited (NTPC) in a 2 day “Doctors Primary Trauma Care Course”. This was a very different experience for all the corporate doctors and their training included interactive sessions followed by hands on training in helping accident victims in the golden hour. The trainee Doctors found the course extremely useful and beneficial.

## Celebrations at the Centres

To make the environment at the Centre more comfortable and lively for the patients & caregivers, festival and prominent days are celebrated. Such activities help these patients to develop, recover, improve as well as maintain the skills needed for daily living and working. Valentine’s Day, Republic Day, Holi, and Independence Day were celebrated at the Centre. This included a lot of fun, interactive, playing and creative activities. It’s really motivating for patients and each one of us to get the time to spend with our patients.



## Formal Inauguration of IHIF Rehab Centre, Noida

With the very kind CSR support of SBI Foundation, IHIF has set up the fourth Physiotherapy & Neuro Rehab Centre with specialized Paediatric Unit in Noida (UP) under the "Project Sahyog". The Centre was inaugurated by Shri Sanjay Prakashji, MD, SBI Foundation and His Highness Maharaja GajSingh ji of Marwar-Jodhpur, Chairman IHIF. Her Highness Maharani Hemlata Rajye ji also graced the occasion.

The aim is to provide an independent mobilization & living for traumatic injury victims/ accidents survivors, persons with disabilities, specially abled children and people with ortho and other neurological deficits through provision of post-hospital care, and neuro-rehabilitation. The Centre's focus is primarily to facilitate the community from the weaker sections of our society at no cost to them.

We are grateful to SBIF for believing in us and understanding the importance & need of "Physiotherapy and Neuro Rehabilitation". It is necessary for our citizens to realise that patients with neurological deficits and other traumatic injuries need to survive and lead a happy life. Caregivers also need to understand that complaining about their wards is neither helping them or the patient. We all should remember that "Disability is not Inability". The inauguration date of the Noida Centre viz. 23 August 23 shall even remain etched in our memory as it is the same day on which Chandrayan 3 landed on the moon.





Message from Shri Sanjay Prakash ji, MD, SBI Foundation

23/8/2023	Sanjay Prakash MD, SBI Foundation, Mumbai	<p>It was a pleasure to visit the Noida centre of Indian Head Injury Foundation on the day of its formal inauguration in the presence of H.H. Maharaja GajSinghji &amp; Maharani ji. The team of IHIF is highly dedicated and passionate in providing physio and neuro rehabilitation services to those affected by head/spinal injury as well as other neuro or ortho problems. The centre is efficiently run and the equipment/facilities provided here are high class. My interaction with the doctors and patients gives me much comfort and satisfaction that SBI Foundation has partnered with IHIF for a very noble cause for the society.</p> <p>My compliments and best wishes to the IHIF Team ably led by Commodore Rambir Talwar under the guardianship of Chairman Shri GajSinghji Maharaja &amp; Maharani Sahiba.</p> <p style="text-align: right;">Sanjay 23/8/23</p>
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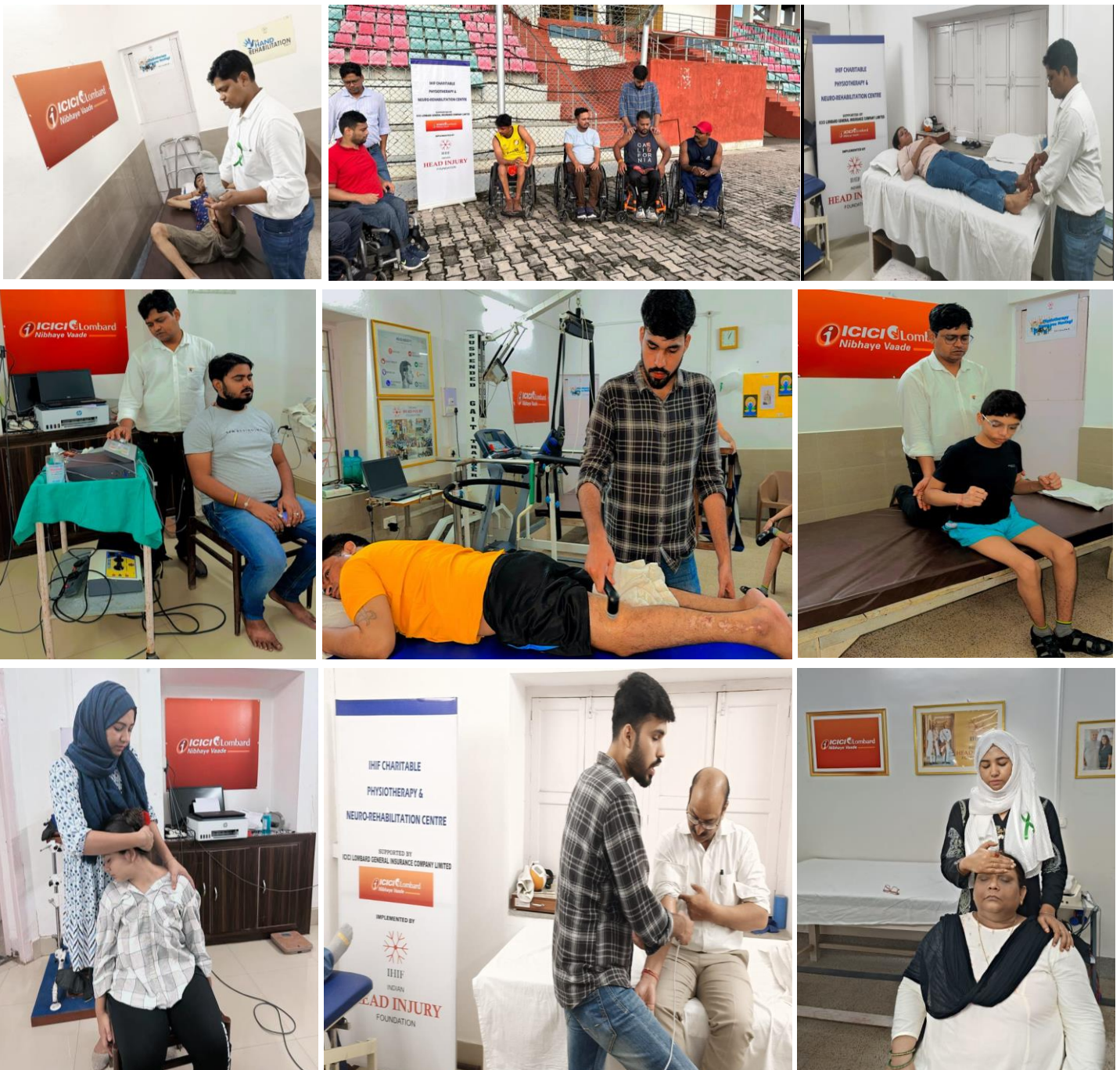
Message from HH Maharaja GajSingh ji Marwar-Jodhpur & HH Maharani Hemlata Rajye ji

Date	Name & Address	Remarks
23/8/23	<p style="text-align: center;">HH of Jodhpur.</p> <p>May God's blessings be with you all Kamali Rajye Jodhpur</p>	<p>A great new addition to the growing work of IHIF &amp; a proud moment for all of us on the launch of this our first &amp; most impressive Neuro Rehab Centre which has been possible with the generous partnership of SBI Foundation &amp; the proactive initiative of its MD, Sanjay Prakash. I thank, compliment &amp; commend all our dedicated &amp; professional team who have worked beyond the call of duty with such commitment, compassion &amp; enthusiasm to have made such advancement possible - to fulfil our mission of restoring the life of those afflicted with various disorders &amp; helping them live with dignity.</p>

## Rehab as a part of "Ride To Safety"

IHIF is thankful to ICICI Lombard General Insurance Company Limited for extending their overwhelming support to run IHIF's Physiotherapy & Neuro Rehab Centre in Patna as a part of the 'Ride To Safety' Programme. This will help in completing the full cycle of road safety as envisaged in the UN Decadal Plan. This implies conduct of awareness education, distribution of helmets to children and parents, training of first responders, provision of rehabilitation to those who suffer debilitating injuries primarily on roads, and provision of wheelchairs and tricycles (assistive gear) to those who are paraplegic and quadriplegic.

Whilst the "Ride To Safety" programme already covers awareness programmes, rallies and distribution of helmets, and also distribution of assistive gears, it has now ventured into Rehabilitation of the injured. All these activities form a part of UNDP's SDG 3 & 10 and Pillars 4 & 5 of the UN (WHO) Decadal Plan of Action for Road Safety 2021-30 (Post Crash Response). This completes the cycle of Road Safety and make the "Ride To Safety" programme in Bihar all inclusive, i.e., from "Awareness to Prevention to Rehabilitation".



## Amazing Craft by Our Genius

Autism & Creativity goes hand-in-hand. A 4 year old child visiting being treated at our Delhi Rehab Centre is a perfect example of this. He may not be showing facial expressions or expressing words, but his art speaks volumes. With no training of modeling, this child sculpted animals with clay dough.

It may be interesting to know that some very well-known geniuses have either been diagnosed with or are thought to have autism. Some of them are – Elon Musk, Albert Einstein, Isaac Newton, Charles Darwin, Thomas Jefferson, Steve Jobs, Nikola Tesla, Bill Gates and many more famous people.



### MESSAGE FROM IHIF's HON. MEDICAL DIRECTOR

#### “Role of Neuro Rehab & AT for PwDs”

Some of the patients who are discharged from hospital after acute care for head and spine injuries, stroke, meningitis, etc. may suffer neurological impairments affecting their vision, hearing, speech or motor function of the limbs and gait abnormalities. This prevents them from getting back to work, resuming their educational activities or assimilation into society. The quality of life also suffers because of social isolation and not being independent.

Neuro-Rehab which involves physiotherapy, occupational therapy and speech therapy, helps in reducing such disabilities. AT devices like walkers, wheelchairs, hearing and vision aids, etc. further improve the quality of life, independence and return to work.

The IHIF through its four Centres in Delhi, Noida, Patna and Jodhpur over the last several years have helped hundreds of such patients. The Centres have neuro rehabilitation, assistive technologies & neuro consultations under one roof.

**Dr. Rajendra Prasad, FRCS (NeuroSurgery)**  
Neuro & Spine Surgeon  
Apollo Hospitals,  
New Delhi

### MESSAGE FROM IHIF's REHAB ADVISOR

#### “Strides in Neuro Rehab”

The field of Physiotherapy and Neuro-rehabilitation has taken significant strides, especially within the context of IHIF. All IHIF Rehab Centres serve as beacons of comprehensive healthcare acknowledging the essential role of physiotherapy and rehabilitation service in restoring and enhancing the quality of life. Cutting-edge innovations like virtual reality-based exercises, wearable devices for real-time monitoring, and AT assisted programs have really been a game changer. Moreover, IHIF Centres are focusing on a multidisciplinary approach, collaborating with special educators, psychologists, and music therapists to ensure holistic healing. This comprehensive approach not only accelerates the recovery process but also empowers individuals to actively participate in their rehabilitation journey. As these Centres continue to evolve, combining expertise with technology and a patient-centric approach, the future of physiotherapy and rehabilitation at IHIF appears remarkably promising, offering a glimmer of hope and improved well-being for individuals on their path to recovery.

**Dr. Tarun Lala**  
Head of Physiotherapy & Rehabilitation  
PAN MAX, Max Super Speciality Hospital,  
New Delhi

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

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