



**Dear Friends,**

On behalf of the Indian Head Injury Foundation, it gives me great pleasure to inform our esteemed well-wishers about various activities conducted by IHIF over the last six months (Jan-Jun2022).

The after effects of Covid 19 still persist, however all our Staff have been fully immunized and we have emerged stronger and firmer in our efforts to provide succour and help to Persons With Disabilities and other neurological deficits.

This various activities undertaken by IHIF in the area of Awareness and provisions of Rehabilitation and Assistive Devices could not have been achieved without the overwhelming guidance of our Chairman and support of all our donor partners and philanthropists.

I once again thank each one of you for your valuable feedback, donations and support in our endeavour to spread awareness on head injury prevention, post-crash treatment & neuro-rehabilitation of victims of head and spine injuries.

Best wishes, stay safe and continue taking all Covid precautions.

**Commodore Ranbir Talwar**  
**Executive Director**

#### MESSAGE FROM IHIF's HONORARY MEDICAL DIRECTOR

The three Neuro-Rehab Centres at Delhi, Jodhpur and Patna have been kept fully operational during the over two years of Covid pandemic. Understandably, patients were apprehensive about coming to a hospital or Rehab Centre for Neuro-Rehabilitation and had discontinued treatment. As a result of the gap in their therapy, many patients had deteriorated in terms of muscle power, mobility and spasticity of the limbs. This deficiency was somewhat addressed by tele-rehabilitation which allowed our Physio and Occupational therapists to reach out to patients who had access to the internet and a smart phone. All our therapists have undergone an online course in tele-health from Boston University. With this, the IHIF Rehab Team is doing a commendable job in helping various PwDs by not only providing physical Rehab facilities but also 24x7 online services. Along with Rehab our efforts to provide assistive gears with CSR support is also in full swing. Assistive gears include wheelchairs, callipers and similar aids.

My very best wishes to each one of you for believing and supporting IHIF in saving lives.

**Dr. Rajendra Prasad, FRCS (NeuroSurgery)**  
**Hon. Medical Director-IHIF, Neuro & Spine Surgeon**  
**Apollo Hospitals, Delhi**

#### HIGHLIGHTS AND RECOGNITIONS

- 🚦 Wheelchair National Paralympic Champions
- 🚦 7<sup>th</sup> Global Road Safety Meet–Budapest
- 🚦 Commemoration of World Autism Day
- 🚦 E-BCIPCON 2022 Webinar
- 🚦 Neuro Camp for Women
- 🚦 Observing CommitToAct Campaign 2022
- 🚦 Camp by Hon'Medical Director in Patna
- 🚦 First Responders Training
- 🚦 National Wheelchair Rugby At Patna
- 🚦 Sessions at the Rehab Centres

## Wheelchair Champions

We are delighted to inform you that three of our wheelchair beneficiaries received tremendous recognition and awards in the National Paralympics and Paraswimming 2022. They are Mr. Pradeep Kumar, Ms. Pooja Yadav and Mr. Balraj. They all were donated wheelchair by IHIF through CSR support from Reliance Foundation & HT Parekh Foundation and have truly proved with dedication, faith and strong willpower that everything is possible. No hurdle can stop you in meeting your dreams. They in true sense proved that "DISABILITY IS NOT INABILITY". Our special thanks to the Donors. Details of the participation and achievements are elaborated in the succeeding paragraphs.

**Mr. Balraj** is a polio victim and uses our Peer Mentor Centre for his polio rehabilitation. On his request, he was donated an Active Wheelchair for participation in the National Paralympics. He has won the Silver Medal in the 100 Meters event in 21st National Paraswimming Championship held in Udaipur in March 2022. He is now preparing for the next World Paralympics and has commenced practising for the same.

**Ms. Pooja Yadav** is a spinal cord injury survivor and a wheelchair recipient from IHIF. She has won a Gold Medal in Javeline throw and a bronze medal in discus throw in the National Paralympics in Bhubaneswar in March 2022 in the ladies group. She is now preparing for Asian Paralympics in October 2022.

**Mr. Pradeep Kumar** is a victim of spinal cord injury survivor caused due to gunshot. He uses our services at the IHIF Neuro Rehab Centre and has won the Gold Medal for standing first in the Javelin throw during the National Paralympics in Bhubaneswar in March 2022. He is now preparing to participate in the Asian Paralympics in October 2022 and World Paralympics in 2023/24. To assist in this mission, IHIF through CSR support is arranging for a special active wheelchair for him and also provision of a suitable diet for him and for Mr. Balraj. Indeed these are matters of pride for IHIF and the Donors of these Assistive Devices.

We request all our supporters and readers to come forward and make donations towards providing wheelchairs and other assistive devices to various other deserving PwDs who need them urgently. These AT devices give additional wings to the PwDs and help in making their movement and life stable. These also assist them in performing Activities of Daily Living independently.



## 7<sup>th</sup> Global Road Safety Meet 2022-23 –Budapest



A two day Incubator Training programme was organized by the Global Alliance of NGOs for Road Safety at Budapest on 21-22 March 2022. This was followed by 7<sup>th</sup> Global Meeting of NGOs Advocating for Road Safety and Road Victims. Two of IHIF's employees were part of the training programme at Budapest. The Aim was to provide a systematic approach on evidence based interventions to reach out to the higher decision makers and influential Government authorities towards issues pertaining to Road Safety and injury prevention. NGOs from different Continents participated and were guided about identifying the problem, achieving evidence based interventions and contextual analysis. It was a great learning experience for the participating IHIF personnel.



## World Autism Day

Keeping in mind the safety of our special children, IHIF celebrated 'World Autism Day' at its three 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. The parents were given a talk on methods of improving care at home for such children and also to make people around them with such similar issues aware about how early detection can lead to have greater improvement in the child and help them to socialize with the rest of the larger community.



Road traffic accidents are the most common causes of traumatic brain injury and lead to lifelong disabilities. Physical therapy plays an important role in the rehabilitation of patients with traumatic brain injuries and helps to improve their quality of life. It also helps to build their mental strength and accelerate the recovery time frame of patients. Further, it helps to improve motor function, minimize disabilities, and restore normal movement patterns to maximize the patient's independence and safety. This type of rehabilitation helps patient to live a normal life and with minimal assistance from caregivers and family members.

IHIF in association with Banarasi Das Chandiwala Institute of Physiotherapy organized a webinar on "Physiotherapeutic approach to a patient with Traumatic Brain Injury". Eminent speakers from the medical fraternity shared their valuable experience and enlightened the students on various techniques and benefits of rehabilitation in TBI. It was well received and very well attended by students as well as those in the field of providing rehabilitation therapy.



### Neuro Camp for Women



On the occasion of International Women's Day a Free Neuro Camp exclusively for Women was organized at our three Centres. There was immense participation by women from different strata of society. Their keenness shown towards health and physical fitness has motivated to repeat the programme every year. During the Event, our team demonstrated different exercises and mantras of physical fitness. The prevalence of musculoskeletal disorders and postural pain syndrome in the present day are more serious than in the past due to inactivity and sitting for long durations. The relevance of advice related to exercises, life-style modifications and awareness brings great change in leading a healthy life. About 200 women availed the benefits from this free camp.



## COMMITTOACT Campaign 2022

CommitToAct Campaign was celebrated from 16 May to 22 May 2022. The theme was StreetsForLife & Love30 signifying that street should be used and designed to safe lives and we should maintain speeds under 30 in restricted zones . This was the global moment to amplify ongoing campaigning efforts to secure political commitment and policy change so as to bring about adherence to low speeds in certain high density zones.

To make the message more valuable, IHIF encouraged influential esteemed personalities to come forward to contribute to the Campaign. On this occasion, Shri Gajendra Singh Shekhawat, Union Cabinet Minister, Gen V K Singh, Union Minister of State, Road Transport & Highways and Civil Aviation, Shri Gaurav Gupta, Director, Ministry of Road Transport & Highways (MORTH), His Highness Maharaja GajSingh of Jodhpur, Dr. Patanjali Nayar, Regional Advisor at WHO, Dr. Rajendra Prasad, Sr Neuro & Spine Surgeon, Apollo Hospital, Delhi, Mr. Prashant K Banerjee, Executive Director, Society of Indian Automobile Manufacturers (SIAM) extended their full support in advocating 30kmph speed limits in vulnerable areas like hospitals, schools, residential areas and market complexes. This campaign also reached out to school children and differently abled people who had suffered some kind of disability due to road traffic accidents. They all emphasized for safer streets and safer roads by limiting the vehicle speed to 30kmph. A huge populace of accident survivors also came forward at various IHIF Events demanding safer roads for all. The survivors requested that decision makers lay greater emphasis on road safety issues and speed limits so that what happened to them should not happen to others.

Our efforts on road safety issues especially low speed limits got a huge recognition from the Hon' Minister Road Transport & Highways, Shri Nitin Gadkariji and he sent IHIF a special message on this occasion for our efforts. Overall the Campaign was successfully conducted and the message was widely spread regionally, nationally and globally. The overall campaign was conducted with support of the "Global Alliance of NGOs for Road Safety" and IHIF is a member of this Alliance.



(From left): Shri K.K. Kapila, President (Emeritus) - International Road Federation, Shri V. K. Singh, Union Minister of State, Road Transport & Highway & Civil Aviation; Commodore Ranbir Talwar Exec Dir-IHIF and Ms Hemanjot - Sr Manager- Road Safety



SHRI GAJENDRA SINGH SHEKHAWAT  
UNION CABINET MINISTER  
NEW DELHI



HH MAHARAJA GAJSINGH  
CHAIRMAN  
INDIAN HEAD INJURY FOUNDATION



SAFE MOBILITY  
IS OUR RIGHT

ACCIDENT  
SURVIVORS  
DEMANDS  
SAFER ROADS!

SAFE ROAD IS  
OUR RIGHT !!



नितिन गडकरी  
NITIN GADKARI



मंत्री  
सड़क परिवहन एवं राजमार्ग  
भारत सरकार  
Minister  
Road Transport and Highways  
Government of India

#### MESSAGE

I am happy to learn that **Indian Head Injury Foundation (IHIF), Jodhpur, Rajasthan** is working in the area of Road Safety. Road Safety is an extremely major public health issue across the World. This has become a challenge, particularly for the entire developing and low-middle income countries like India.

It gives me an immense pleasure that IHIF is giving special focus on preventing accident deaths particularly due to high speed and negligence in driving. I always promote all such initiatives that bring awareness about road safety amongst commuters to reduce accidents. Our government is committed towards Road Safety. From the analysis of road accidents, it has been seen that over half of road traffic accidents deaths occur due to head injuries. To prevent this, my Ministry has already made child helmets and restraints mandatory to save the future of our country. I hope these steps will help to reduce head injuries significantly.

I appreciate an initiative from IHIF and Woman Child and Health Education trust towards advocating about enforcing (reduced) speed limits particularly in residential, school and hospital areas of Delhi/NCR. I am sure that your efforts would help in saving precious lives of most vulnerable road user groups of the society. I am confident that awareness and education on road safety at all levels, collaboration, and contribution from all stakeholders will help to achieve the goal of zero accidents deaths in the country.

I congratulate IHIF and extend my best wishes for the campaign towards Road Safety.

  
(Nitin Gadkari)

Date: 24<sup>th</sup> May, 2022  
Place: New Delhi

## Camp By Hon' Medical Director At Patna

A medical camp was organized by our Hon' Medical Director, Dr. Rajendra Prasad at IHIF Patna Neuro Rehab Centre. Patients from nearby areas came for consultation and physio assessments. This consultation was followed by distribution of wheelchairs to the needy on prior registration. Patients from outside Patna were also given a small token of money to cover their transportation cost.



## First Responder Training

With continued support from Reliance Foundation, IHIF conducted a series of Training Programmes for First Responders from the Delhi Traffic Police, College Students and DTC Bus Drivers in different batches. Overall, IHIF trained over 500 First Responders in CPR, bandaging, log roll and making patient stable for safe transportation to a hospital. Besides the lectures, they were given hands on training on dummy equipment.



## National Wheelchair Rugby At Patna

IHIF Peer Mentors who train spinal cord injured victims in ADL and some of our beneficiaries who had received wheelchairs from IHIF, participated in the National Wheelchair Rugby Championship for Persons with Disabilities held in Patna from 25-26 June 2022. IHIF's Senior Physiotherapist at Patna and his team assisted the participants during the match for warming up stretches and relieving pain exercises. The local participants were also made aware about the top of the line Rehab facilities available at IHIF Patna Rehab Centre.



## Safety Awareness Workshops

With consistent support of ICICI Lombard Gen Insurance Ltd towards prevention of head and spine injuries, during the period Sept 2021 to Feb 2022, IHIF conducted a series of road safety awareness workshop for school children educating them on road safety concepts and importance of wearing helmets by riders and the pillions. This year about 30,000 school kids and parents from 30 government schools of Delhi and 10 schools in Ludhiana were sensitized and 6,000 children helmets and 6,000 adult helmets were donated.

Also, ICICI Lombard expanded their gesture in helping the school children through its "Caring Hands Campaign". We organized free eye checkup and health hygiene camps for children between the ages 8 to 15 years and about 6,000 children were examined in 12 schools. Those with poor vision were provided free spectacles as per their needs. The recipients highly appreciated the efforts of IHIF and ICICI Lombard in helping the children.





## Sessions at IHIF Rehab Centres

With the guidance of IHIF's Hon. Rehab Adviser, Dr. Tarun Lala and Hon. Medical Director, Dr. Rajendra Prasad, we continued to provide treatment to patients who have complex brain and spine problems including severe traumatic injuries, spinal injuries, post-meningitis complications, parkinsonism, cerebral palsy, autism, stroke and related deficits.

During the six month period under review the three Centres have conducted about 15,000 supervised sessions for various categories through online and practical services. A word of thanks and praise is in order for all our dedicated team of Therapists who have worked sincerely and tirelessly towards helping the patients. Our Centres are open and fully functional and follow all preventive/sanitization protocols.



## Provision Of Aids & Appliances

With the aim of providing high quality supervised rehabilitation to traumatic injury victims, PwDs, differently abled children and people with other neurological deficits, we lay special emphasize on providing aids and appliances to those who essentially need them. This helps in improving the rehab quality provided to them, thus making the patients more independent and confident. With CSR donations, we distributed about 110 assistive devices. These included wheelchairs, calipers, crutches, tricycles, ankle foot orthosis (afo), casts, etc.





OUR GRATITUDE OF THANKS TO ALL OUR DONORS



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

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