

INDIAN HEAD INJURY FOUNDATION

Newsletter (Jul-Dec 2019)



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

On behalf of our Chairman His Highness Maharaja GajSingh of Jodhpur-Marwar and all Staff of IHIF, I wish you and your families a very Happy New Year 2020 and a safe period ahead. Our prayers continue and we hope to achieve rapid reduction of mortality and trauma caused by accidents or otherwise. Simultaneously, we hope to provide Rehab to more and more needy victims of TBI, SCI, Stroke, PTSD and similar ailments.

During the period 01 Jul to 31 Dec 2019, we have expanded rapidly in educating school children and their parents about adoption of safety precautions so as to prevent traumatic injuries. Our motto being "Prevention is better than Cure". During the preceding 6 month period, over 2,000 specially manufactured helmets meeting ISI standards have been distributed to students in the age group of 9 to 14 who ride as pillions on two wheelers and are the children of parents whose only mode of transportation is a two wheeler. We have distributed helmets also to parents who attended our workshops. Our grateful thanks to sponsors of our various activities. Some of them are, CITI Corp, British Polo Day, One Kind Act, ICICI Lombard, John Bissell Foundation, Mr. Nitin Bajpai and SBIG.

The high point of this half year has been the opening of a new and modern Neuro Rehab Centre in Patna (our third Centre) with the support of "One Kind Act (OKA)". Thank you to Mr. Shamit Malhotra & Trustees of OKA on this front. This Charitable Centre is now fully on stream and aims to provide high quality support to the underprivileged victims of Traumatic Injuries, PTSD, Stroke, CP, Autism and various associated problems in Bihar and neighbouring States. The Formal Launch by our Chairman, HH Maharaja of Jodhpur was carried out on 18/19 September 2019. IHIF has also received immense support from SBI General Insurance to set up and expand the Neuro Rehab Centre in Delhi. We will let you know more about this programme in the next Newsletter in Jul 2020.

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 2020 and beyond. Brief details of our activities are enumerated in succeeding paragraphs.

Wishing you all a Happy, Safe and Healthy New Year.

Commodore Ranbir Talwar
Executive Director

Peer Mentoring Sessions

IHIF has recently set up a full-fledged team of Peer Mentors who visit from place to place to motivate victims with similar disabilities to understand the need of neuro-rehabilitation, educate them how to be independent on wheelchairs. The Motto is : - "DISABILITY IS NOT INABILITY". In this task, we are being helped by the "Empowering Spinal Cord Injured Persons" (ESCIP) team of experts. We intend to soon take up a place in South-Central Delhi and carry out 'Peer Mentoring' of in-living wheelchair borne para and quadriplegic citizens.



World Physio & Spinal Injury Day

On the occasion of World Spinal Cord Injury Day and Physiotherapy Day, IHIF conducted an Awareness camp on 14 September 2019 at its Delhi Rehab Centre. Around 65 patients attended. They were managed according to their problems and were explained about the Rehab facilities available. A short awareness talk on the importance of Physiotherapy and to effectively utilize the state of art facilities available on charitable basis at the IHIF Rehab Centres.

World Cerebral Palsy Day

To commemorate World Cerebral Palsy Day, IHIF conducted a short educative talk on Cerebral Palsy followed by a few activities like fancy dress walk & performances for special needs children and also activities for their parents, etc. The programme was attended by about 40 special needs children and their parents. Such activities are conducted at regular intervals to motivate the people visiting the Centre and encourage the children to become independent.



IHIF Chairman with HE Governor Punjab at Chandigarh Spinal Rehab

IHIF Chairman, His Highness Maharaja GajSingh ji accompanied His Excellency V P Singh Badnore, Punjab Governor & UT Administrator to Chandigarh Spinal Rehab and reviewed the various activities being conducted at the Centre. The Governor also donated a sum of Rs. 21 Lakhs for equipment. Incidentally, Chandigarh Spinal Rehab Centre and Indian Head Injury Foundation (IHIF) are partners in providing support to the brain and spinally injured people in Northern India. Earlier, a series of activities have been jointly conducted by IHIF and Chandigarh Spinal Rehab Centre.

Diwali and OT Day Celebration

IHIF celebrated the World Occupational Therapy Day along with Diwali for the underprivileged patients who use the IHIF Delhi Centre. Various activities like painting, poem reciting, ball passing, etc were conducted. Such activities help these patients to develop, recover, improve as well as maintain the skills needed for daily living and working. To conclude, Diwali sweets were handed over to all present and refreshments served to those present.



Inauguration IHIF Neuro Rehab Centre – Patna

As mentioned in the previous newsletter, IHIF Neuro Rehab Centre supported by One Kind Act has been formally and successfully inaugurated by His Highness Maharaja Gaj Singh ji of Jodhpur on 19th September 2019. The programme was attended by Shri Mangal Pandey, Health Minister of Bihar, Shri Bashishta Narain Singh, Member of Parliament & President Bihar Janata Dal (United), Maharaja Bahadur M P Sahi of Hathwa-Patna, Kanwar Dhananajaya Singh ji, Trustee IHIF, Dr. Prof Arun Agarwal, Vice Chancellor Bihar Medical University, esteemed doctors, patients and care givers of patients who have started using the facilities at our Rehab Centre and have benefited extremely. The new Centre consists of top of the line equipment and support systems not available in Bihar so far. We hope the weaker sections who suffer such ailments will derive full benefit of these facilities and take advantage of our Doctors and specialized Therapists.





Ride to Safety Campaign

With continuous and enthusiastic support from ICICI Lombard's Ride To safety Campaign in spreading the message of children's safety and awareness about the importance of wearing helmets not only by adults but also by children who ride as pillions on two wheeler, IHIF has been tasked to educate about 3000 children from government/charitable schools. After the workshops, 3,000 helmets to children and 3,000 helmets to their parent are to be donated respectively against a copy of the driving license of one parent. Distributing helmets to parents is a good idea because earlier it was very difficult to get them on board as they are mostly daily wagers, etc. However, through this distribution plan we have had more and more participation from parents in understanding the need of wearing helmets and importance of following traffic rules.

Activities and Sessions at IHIF Rehab Centres

Provision of Rehab at our three Centres (Delhi, Jodhpur & Patna) is expanding at a steady pace for the treatment of patients who have complex brain and spine problems including severe traumatic injuries, spinal injuries, post-meningitis complications, parkinsonism, cerebral palsy, autism, stroke, etc. During the last six months period Jul to Dec 2019, our three Centre conducted 15,500 supervised sessions (7,600 in Jodhpur, 7344 in Delhi and 556 in Patna respectively) for various categories. IHIF thanks all our sincere and dedicated Therapists for their efforts to improve and mould the life of various patients and permit them to dream and live a better life in the coming years.



Ring out 2019 with Christmas Celebrations

Best way to end the year is to have a joyous and pleasant Christmas celebration at the Rehab Centre. Great participation by all the patients and IHIF's therapists was seen. Each one welcoming the year ahead with a hope to be better and much more independent by using the facilities at the Centre. A Christmas cake and refreshments were served to all.



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

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