



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

On behalf of the Chairman, His Highness Maharaja GajSingh of Jodhpur and all Staff of IHIF, I wish you and your families a very Happy New Year 2021 and a safe period ahead. In this ongoing Pandemic situation, we continue to pray and hope to achieve rapid reduction of mortality and trauma caused by accidents or otherwise. Concurrently, our Rehab Services continues for TBI, SCI, Stroke, PTSD and similar ailments through Video Conferencing, online support and education of care givers in home rehab. We stand firmly with Persons with Disabilities (PwDs) in this difficult period and all our Centres remain open and services are being provided to those who seek assistance. Full PPE Gear is being worn by our Staff and all Covid precautions are being taken.

This COVID 19 pandemic and the massive lockdown thereafter, has put a lot of mental and emotional stress on adults and more so on children. During these trying and stressful times, the Indian Head Injury Foundation (IHIF) has been providing empathy and hope to all those who are suffering such mental stress, anxiety and negativity, or experiencing various aspects of emotional, behavioral and financial difficulties. IHIF is also conducting online awareness sessions on “Prevention of Head Injuries” for school children and their parents and advising them to wear helmets, etc, maintain safe distancing and use masks to avoid any trauma.

I am delighted to inform that IHIF has received a huge recognition by being awarded the “Prince Michael International Road Safety Award 2020” for our “Children’s Right to Safety on Roads Programme”. This is a decadal plan to improve safety standards globally and this award is well recognized the world over. We thank all our sponsors/donors for supporting IHIF in this endeavor of reducing the mortality rate due to head injuries and road accidents. Some of our key supporters are SBI General insurance Company Limited, One Kind Act, ICICI Lombard, HT Parekh Foundation, Citi Corp, British Polo Day, Apollo Foundation, and John Bissell Foundation. As stated in our Newsletter of Jan-Jun 2020, due to the COVID pandemic our plans for expansion have been slow and we hope to pick up as soon as this scourge is over. Thankfully the vaccine for Covid-19 is around the corner.

Once again, I thank all our supporters for their valuable feedback and donations, and holding our hand firmly in these difficult times. I request all our readers to please stay safe healthy and happy, take all precautions, exercise regularly and build up your immunity.

Wish you all a Happy, Safe and Healthy New Year 2021.

Commodore Ranbir Talwar
Executive Director

Prince Michael International Safety Award 2020

We are delighted to inform our readers that IHIF has been awarded the "Prince Michael International Road Safety Award 2020" for its programme "Children's Right to Safety on Roads". This top international award is for outstanding achievement and innovation in improving road safety standards globally and is well recognized the world over. Among the various areas of work of IHIF which were considered for this award, one of the important one was creation of awareness amongst children about India's poor road safety record and the huge number of deaths that take place on our killer roads every day. Also, the work of distributing a very large number of helmets on a gratis basis during the last 5 years with support from various Corporates has been appreciated. IHIF hopes to continue this programme for another 5 years atleast.



Ride To Safety Campaign 2020



To spark up the zeal and morale of our citizens, especially children, IHIF has commenced the 'Ride to Safety' Campaign which is fully supported by ICICI Lombard under their ongoing CSR plan. IHIF is making efforts to transform lives and raise the morale of children through use of the virtual space and by conducting interactive workshops. To make the sessions both playful and informative, the content has been tailored to include humorous yet meaningful clips to keep their interest alive. Hopefully, besides imparting the right message and lesson, the online programme will bring about a positive change to the mood and dullness created by the closure of schools and lack of physical activity. This new experience should go a long way to convey the message of Head Injury Prevention and the importance of wearing helmets not only to the children but also to their families. In the overall context, it should lead to reduction of the mortality rate due to head injuries and road accidents.

IHIF launched this year's programme on 21 Oct 2020 and over 1600 children and their respective family members have been educated so far. These participants are being distributed free high quality helmets provided by ICICI Lombard. They have very graciously donated 6000 helmets (3000 for children and 3000 for parents) for the Delhi chapter of the programme. This is the 5th years that the programme has been ongoing. Today, if one travels on Delhi Roads, ICIC Lombard donated helmets are noticeable regularly on heads of children and adults.

Sessions at IHIF Rehab Centres

Since the onset of Covid-19 there has been a slowdown in activities at various IHIF Rehab Centres. The pandemic has seriously affected every aspect of our life and functioning and Physiotherapy & Rehabilitation Services are not an exception. IHIF has tried to compensate the time lost through online sessions. All our Centres are open and fully functional. We are ensuring that all preventive/sanitization protocols and wearing of full PPE Gear is observed at the Centres.

The three Rehab Centres continue to provide online and onground Rehab facilities at Delhi, Jodhpur & Patna. Attendance is also increasing at a steady pace for the treatment of 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, the three Centres conducted 3,100 supervised sessions for various categories through online and onground services. IHIF thanks all our sincere and dedicated Therapists for their efforts to improve and mould the life of patients and permit them to dream and live a better life in the coming years.



Hygiene for Persons with Disabilities (PwDs)

IHIF realizes that during the pandemic, PwDs are finding it difficult to replace hygiene kits and are also financially tight. It has therefore started a programme for distribution of hygienic kits consisting of glove boxes, uro-bags, male catheters, cotton rolls, micropore dressings, bandage tape, etc to needy PwDs from the underprivileged sections. These basic items are required by them for daily existence to prevent UTI, fever and other skin infections.

Distribution of Masks

With the support from various donor, IHIF continues to distribute masks to the people from the weaker sections. It has now become mandatory for everyone to wear a mask in public for the safety against COVID 19. Over 500 masks have been distributed to date on gratis basis.



Donation of Assistive Devices

Over the last five years, IHIF has donated over 200 wheelchairs and 70 assistive devices like calipers, crutches, and cerebral palsy chairs to those who cannot afford them, but need them essentially for survival. This helps them to become independent and live a better life. During the pandemic, we have ensured that anyone who is needy and asks for help; has not been refused.

Warmth blessings and Blanket Distribution

This pandemic has taught all of us a big lesson, which is that, we are blessed to have the basic needs to sustain the crisis. It has also made us realize to help those in need.

In this sudden chilling cold, IHIF has tried to spread the warmth by distributing blankets to homeless and destitute street dwellers. There are so many people on roads living in vulnerable condition in this bitter cold and are at high risk of severe illness. The process of blanket collection and distribution has made us realize that nothing can give you more satisfaction than to see smiling faces on our roads.



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

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