

INDIAN HEAD INJURY FOUNDATION

Newsletter (Jul-Dec 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 in the New Year in 2019. Our prayers and wishes are 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 July to 31 December 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 6 month period, over 4,000 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. Recently, with the support and sponsorship of ICICI Lombard, the programme of Helmet Distribution is being opened to Parents also. Our grateful thanks to other sponsors for our various activities. Some of them are, HDFC/HT Parekh Foundation, CITI Corp, British Polo Day, John Bissell Foundation and One Kind Act.

The high point of this half year has been the preparation for opening a New 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 expected to go on stream in end March 2019 and will be a modern facility for the underprivileged victims of Traumatic Injuries, PTSD, Stroke, CP, Autism and various associated problems.

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 2019 and beyond.

Happy New Year.

Commodore Ranbir Talwar
Executive Director

Road Safety Campaign 2018-19

With continuous enthusiastic support provided by the HT Parekh Foundation/HDFC we have been spreading awareness about the importance of wearing helmets not only by adults but also by children who ride as pillion on a two wheeler. During the last six months, IHIF has educated 2450 children and 170 teachers, and has also distributed 1000 ISI marked children's helmets in 8 government/charitable schools.



Distribution of Assistive Gear & Wheelchairs

With support from various philanthropist organizations like HT Parekh Foundation, OneKindAct, John Bissell Foundation etc, IHIF has donated 35 wheelchairs and 21 assistive devices like crutches, calipers, etc to the people from the weaker sections of society who are survivors of traumatic injuries. Through this support, IHIF hopes to help them to become independent in their activities of daily living. We also run Peer Mentoring programmes for these victims and this helps them to adapt rapidly to independent living.

First Responders Training

As is well known, there is a huge deficiency of ambulances and First Responders in Primary Trauma Care in our Country. In view of bad traffic conditions and poor driving habits of road users, even the available ambulances take a long time to reach an accident site and thus are unable to provide relief or evacuate the victim to a hospital in the 'Golden Hour'. To help in this process, we actively train policemen, auto-rickshaw drivers, taxi drivers and other road users in providing first aid and first response to an accident victim and helping them to be safely evacuated to a hospital in the shortest possible time. By and large, traffic policemen are the first on the scene in most accident cases.

For this purpose, CITI Group has very graciously made a donation and tasked IHIF to train about 300 various types of road users like auto drivers, cab drivers, guards, etc in Primary Trauma Care and life saving activities. So far we have educated about 150 people like OLA drivers, cab drivers and teachers through seven first responder training courses. The training included an interactive lesson plan followed by hands on training. The users found the training extremely useful and beneficial.

Apart from this, we have trained about 50 nurses, doctor & security personnel from Manipal Hospital in first response, basic lifesaving & wound care, and in addition, 30 doctors from the National Hydroelectric Power Corporation (NHPC) in a 2 days Doctors Primary Trauma Care Course.





Group Therapy Session for Children with Special Needs

Friendship & positive peer relationships are an extremely important part of a child's healthy development. This is all the more relevant for Children with Special Needs, who often feel neglected by family and friends. Consequently, social rejection and lack of peer support can be a devastating experience for children & adolescents; impacting their school functioning & even future relationships. IHIF conducted a few sessions for such children and the procedure adopted was to group them by age & ability, and thereafter therapy consisted of interactive group activities aimed at developing skills & confidence based on each child's strengths and weakness within a supportive peer context. This programme conducted at the IHIF Delhi Rehab Centre was very well received by the children participants and their parents.

World Physio Day 2018

With the support of "OneKindAct", we celebrated World Physiotherapy Day at IHIF Delhi Rehab Centre with the theme "Stay Fit Stay Healthy" for our geriatric population and especially those with special needs. In this, we conducted awareness on fall prevention, causes, home and environmental modifications needed for old age occupants, use of assistive technologies and support gear, and benefits of physiotherapy. Fall risk assessments were performed on participants with balancing issues. The participants and their children were happy to learn about different approaches to avoid falls, improve balance and co-ordination, and to make their homes safe for use by the elderly.



Helmet Donation during Raksha Bandhan

On the occasion of Raksha Bandhan on 26 Aug 2018, IHIF supported the Delhi Traffic Police and gave out free helmets, especially to women who travel as pillions. The aim was to promote driver as well as pillion safety on roads and was conducted at different traffic junctions. The procedure adopted was to challan the non-helmet user, fine him/her for that, and then donate a free helmet to the person challaned.

Diwali Celebrations

On 05 Nov 2018, with the support of "OneKindAct", IHIF celebrated the World Occupational Therapy Day for the underprivileged along with Diwali. This was done in collaboration with the All India Occupational Therapist's Association (AIOTA). The Event was celebrated with a lot of colourful and amazing activities. All neuro patients actively participated with a lot of positive energy and enthusiasm. Many activities like painting, dancing, musical chairs, ball passing, etc were conducted. Music is considered as an excellent medicine for recovery of a neuro patient. Keeping this in mind, we tried to involve patients in different musical activities. To conclude, Diwali sweets and gifts were handed over to the participants and prizes were given out to winners of various activities.



Children's Day Special

On the occasion of Children's Day, IHIF volunteers with the support of Delhi Traffic Police stood at various traffic signals and made people aware of the importance of wearing helmets, not only for the rider, but also for the pillions. The families were stopped, fined and then given free helmets in lieu of the 'challan' made. This Event was well covered in the media and efforts of IHIF were well appreciated.

EMPOWER 2018 – Conference on Assistive Technologies

A major Conference on Assistive Technologies in India was organized from 25 to 27 October 2018 by the Indian Institute of Technology (IIT) Delhi at its Campus and IHIF was the Co-Organizer. Through this meet, patients got the chance to interact with doctors, therapists and innovators from the IIT and other countries of the world. World Health Organization (WHO) has recognized the Indian Head Injury Foundation as a key Stakeholder in the field of Assistive Technology and it is our intention to work in this area actively so as to make assistive devices cheaply available to the needy underprivileged victims of Head and Spinal injuries.



Alliance Advocate – Global Alliance of NGOs for Road Safety

With much pleasure we are proud to inform our readers that IHIF Senior Executive, Ms Hemanjot has qualified with flying colours as an "Alliance Advocate" in a five day Empowerment Programme conducted by the Global Alliance of NGOs for Road Safety. The process of selection for this course is rigorous and meticulous, and the Course itself, is exhaustive and demanding. There were 21 participants selected from all over the world and the faculty was also from various countries. Congratulation to Ms. Hemanjot. She is now officially designated as an "Alliance Advocate".

World Disability Day

With effort put in by our Rehab Therapists and volunteer Peer Mentors, IHIF celebrated 'World Disability Day' at the Centre with all our Rehab Staff, patients and others through an awareness talk by Dr. Tarun Lala and Dr. Prateek Sharma and gave them the platform to discuss the issues that create hindrances in their day to day activities. After discussions, suitable solutions for the problems raised were suggested. The Event concluded with informal interaction over high tea.



Activities at the IHIF Rehab Centres

Provision of Rehab at our two Centres (Delhi and Jodhpur) is expanding slowly but surely. During the six months period Jul to Dec 2018, our two Centres conducted 12,000 supervised sessions for various categories of victims of head and spinal injuries and associated problems. This is a five percent increase over the preceding six months. A big well done to our Staff who have achieved this without increase in manpower.



Current and Ongoing Activities

Among the many ongoing activities, the following need the reader's attention.

- (a) Conduct of "First Responder Courses" for 150 road users under the banner of CITI Group to be completed by March 2019.
- (b) Road Safety Education for school children and parents on behalf of ICICI Lombard. This is the fourth year in succession of commendable support from the ICICI Lombard and is helping in spreading the message of road safety and supporting children's safety programmes. This programme includes donating ISI approved helmets not only to children who ride as pillion but also to their parent (especially the mother). This has now given a new zeal to the Campaign as more and more children as well as their parents are coming forward to get educated on the importance of wearing helmets. This year Oct 2018-Mar 2019 ICICI Lombard will be distributing 2500 children helmets and 2500 adult helmets. So far we have completed "Helmet Awareness Workshops" in ten schools educated 1200 students and 1195 parents and the rest are in the pipeline and the workshops will commence after the Winter Vacations. They will finally conclude by March 2019.
- (c) The landmark activity in which we all are rigorously involved is to open IHIF's Third Charitable Neuro Rehab Centre in Patna with huge support from our partner "One Kind Act". They have given us much encouragement and philanthropic support for creating this new Centre. We plan to setup top of the line facilities for the survivors of traumatic injuries, stroke victims, autistic and CP children and head injury patients from the weaker sections of our society. The new Centre is expected to commence full scale operations by end March 2019. Further details will be shared in our next newsletter.

Once again wishing you **"WARM AND HAPPY WINTERS & A VERY HAPPY NEW YEAR"**.

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

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