Music, dance, and language as a means to good health at the 24th MTNL Perfect Health Mela

Ancient wisdom on health should be revisited and the 3rd day of the Mela focused on this and more

New Delhi, 06 October 2017: The 3rd day of the MTNL Perfect Health Mela (PHM) saw continuation of various events and competitions for schools and colleges. The participation did not seem to lessen with enthusiastic youth pouring in for the event. The PHM is a flagship event organized by the Heart Care Foundation of India (HCFI), a leading national non-profit organization committed to making India a healthier and disease-free nation. The Mela is on till 8th of October at the Talkatora Stadium in New Delhi. Apart from these activities, there is something for everyone such as health checkup camps, live webcasts and consultations with eminent doctors, and even Diwali shopping.

The National Harmony and Eco-Festival, Divya Jyoti and Medico Masti Youth Competitions, and Heritage – a series of National Classical Dance Competitions continued today, although the themes changed. Themes today included language and health, dance as a way to fitness and health, combating water pollution, and leveraging the right to freedom of speech.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) said, “We need to turn to old-age wisdom for good health and the Mela this year will focus on this aspect too. Our ancient systems of medicine have a lot to offer. Natural healing through music, dance, and language therapy needs to be reintroduced. While medication, surgery, and other modern techniques of healthcare have their own place, the beneficiary effects of natural healing cannot be underestimated. Many competitions being held this year are centered around this theme and will help the youth research more about ancient healing techniques. A healthy body houses a healthy mind and this is the basis for long life. The need of the hour is to eat healthy, live a good life, include sufficient physical activity, and do away with dangerous habits such as smoking and drinking.”

Some of the main attractions on this day were the youth skit competition on Puran (way of health awareness), Youth Kavita Path competition with a special performance by the Urdu Academy, and a health debate on the freedom of speech. The health checkup camps being organized on the sidelines saw attendance by 1500 people.

Adding further, Dr Aggarwal, said, “Digital health is one of the ways to bring about complete access to preventive healthcare. Digitization of health will help in bringing the power of health to the hands of people through timely diagnosis of even future health risks due to heredity and lifestyle. Technology can enable people in tracking, managing, and improving their own health and that of their near and dear ones. This will lead to improvement of societal health at large.”
The HCFI released some health sutras also ahead of the PHM which are pointers to good health and lifestyle. The Mela will also have experts shortlisting heart disease patients for free consultation and surgery under the Sameer Malik Heart Care Foundation Fund.

Expressing their opinion, Dr D R Rai and Dr Vinod Khetrapal, said, “This is a one-of-a-kind event which not only educates the masses but also brings in the fun element in good health. The HCFI should be lauded for this initiative as there is no other event that covers everything under one umbrella. There is music, dance, poster making, slogans, debates, health checkups, consultations, workshops, seminars, and what not; and all are connected to health in some way or the other. I am extremely happy to be a part of this event and I am sure I will take away a lot from it too.”

Adding their views, Dr Ramesh Data and Anita Sharma (vedic approach to maths), said, “The vedas and puranas indicate many paths to wellness and good health. We are happy that even such an approach is being taken at the PHM. Not only will this educate the younger generation about the rich tradition of ancient medicine but also make them aware that there is more to health than what meets the eye. We wish the event all the best.”

The 24th edition of the PHM being held this year will be a precursor leading up to its silver jubilee celebrations starting the next year. The first Mela was held in 1993 and was earmarked with the release of a National Commemorative Postal Stamp by the Government of India.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca Book of World Records for the maximum number of people trained in hands-only CPR in one go. Keeping Article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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