HCFI releases health sutras ahead of the Perfect Health Mela

- Veteran Bollywood actors Manoj Bakshi and Inderpal Singh grace the occasion as chief guests
- The release commemorates 25 years of the Mela

New Delhi, 27 September 2017: Heart Care Foundation of India (HCFI), a National NGO working in the healthcare sector, organized a press conference on September 27th, 2017 at the NDMC Convention Centre, Jai Singh Marg, New Delhi. The event focused on the key areas of HCFI’s annual flagship event, the Perfect Health Mela (PHM). Bollywood actors Mr Manoj Bakshi and Mr Inderpal Singh were the chief guests for the day. Commemorating 25 years of the Mela, the HCFI also released health sutras, in the form of playing cards, along with the two veteran actors.

The health sutras are aimed at educating people about preventive health. They are one-line messages with a complete meaning, are field tested, and prepared by experts. The PHM is a mass health awareness module attracting over 2 to 3 lakh visitors every year. In its 24th edition, the event is being organized in association the NDMC, MCD, and IMA. MTNL is the title sponsor of the event.

Speaking during the press conference, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI), said, “The PHM completes its 24th year this year, celebrating the start of its silver jubilee. All programmes launched at the Mela will be continued for one year and conclude with the 25th PHM next year. With the burden of non-communicable diseases on the rise around the world, this is the perfect time to release these one-line talismans called health sutras. Many diseases can be prevented by making some necessary lifestyle changes and these health sutras are aimed at educating people about what these changes are and how they can be done.”

The Mela was started in 1993 by the HCFI. The first ever event was earmarked by the Government of India through the release of a National Postal Commemorative stamp. The theme this year is ‘Health Sutras’.

Lauding the event, Mr Manoj Bakshi, actor, said, “I am happy to be a part of this launch and thank the HCFI for inviting me. In our busy lives today, we do not take a moment to look back and check on our health. We forget how important it is to follow a disciplined lifestyle which will be beneficial for the body and mind. Many people today have some disease or the other, and most of them are due to erratic eating and living. This initiative is a great way to make people aware of the changes they need to bring about in their lives and I congratulate the HCFI for this.”

Adding his views, Mr Inderpal Singh, actor, said, “I have been a part of a movie that talks about one of the issues faced by men today, that of infertility. There are many similar problems and diseases which have become rampant in people today. What is sad is that there is lack of awareness on what needs to be done and how. These health sutras being released today are like mantras for people on
the lifestyle they should adopt. I am happy to be a part of this event and wish HCFI all success in the future endeavours.”

The PHM caters to people from all age groups and walks of life. It showcases activities across categories such as health education seminars, check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions.

Speaking on the occasion, Sh Sunil Kumar Director (HE & EB) MTNL Corporate office, said, “We are happy to be sponsoring this event, like every year, and are sure that this year will also see participation in huge numbers. We encourage one and all to take advantage of the various health care programmes during the Mela.”

Adding further, Dr P K Sharma, MOH, NDMC, said, “This is an event that many people look forward to every year. From tips on matters concerning health to checkups, there is something for everyone. We will continue extending our support in the future too.”

Among the various events being organized this year are the Harmony & Ecofest National inter-school competitions, Youth Rock Band/Orchestra Festival, Divya Jyoti Medical Masti Youth Festival, All Pathy Conference, All Religious Conference, and Nukkad Natak. The Perfect Health Mela is a great opportunity for students to have fun while learning.

Dr RN Tandon, Honorary Secretary General, IMA, opined, “The PHM focuses on the betterment of societal health and creating awareness on health issues. The health sutras being released today are one of the ways in which this is being achieved. IMA being the knowledge partner urges everyone to follows these sutras for a better and disease-free life.”

The health sutras released include the following.

- High blood pressure, blood sugar and blood cholesterol can remain silent for up to a decade.
- A pulse rate of less than 60 or more than 100 is abnormal.
- Weight loss of 10kg can reduce upper blood pressure by 5-20 mmHg.
- Restricting salt intake to less than 6gm per day can reduce upper blood pressure by 2-8 mmHg.
- A 1% increase in cholesterol increases chances of heart attack by 2%.
- A 1% increase in good HDL cholesterol decreases chances of heart attack by 3%.
- Any chest pain, which lasts for less than 30 minutes duration is not a heart pain.
- Keep air pollution (particulate matter PM 2.5 and PM 10 levels) below 80 µg per cubic meter
- To revive a cardiac arrest victim, compress the center of the chest of the victim within 10 minutes of death (earlier the better) at least for the next 10 minutes (longer the better), with a speed of at least 10x10=100 per minute.
The following Delhi Government Departments will be participating in this year's Perfect Health Mela:

Directorate of Health Services, Directorate Family Welfare GNCT Delhi, AYUSH (ISM&H), NCT Delhi; Delhi State Aids Control Society (DSACS), Department of Food Safety, Drug Controller, Director, Delhi State Cancer Society, Chaudhary Brahm Prakash Charakh Sansthan, Institute of Human Behaviour & Allied Sciences (IHBAS), Institute of Liver & Biliary Sciences, Chacha Nehru Bal Chikitsalaya, Centralized Accident & Trauma Services (CATS), Dean Maulana Azad Medical College, MAMC, Dean/Principal UCMS. Deen Dayal Upadhyay Hospital, DIPSAR, Chacha Nehru Bal Chikitsalaya and Maulana Azad Institute of Dental Sciences:

Other Departments:

South Delhi Municipal Corporation/ North Delhi Municipal Corporation/ East Delhi Municipal Corporation, WCD (Prohibition) Government of NCT Delhi, Department of Environment and Forests GNCT Delhi, Secretary, Department of Art, Language & Culture (All Academies,)Department of Transport GNCT Delhi, Delhi Transport Corporation, NCT Delhi, Delhi Commission for women NCT Delhi, Directorate of Education Delhi Govt, DIP (Directorate of Information and Publicity),Delhi SC/ST/OBC/Min.& Handicapped Finance & Development Corp. Ltd, Labour Commissioner, Delhi Jal Board, Delhi Tourism, Controller Weights & Measures GNCTD, Commissioner Food Supplies & Consumer Affairs, Director Social Welfare Dept. Delhi Govt. Dept. of Power, Development Commissioner, Delhi Khadi Village Industries Commission:

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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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