Pledge and contribute towards bringing down the roaring levels of air pollution: IMA & HCFI

New Delhi, November 07, 2016: As soon as the pollution levels peaked post-Diwali, newspapers were flooded with headlines highlighting the insufficiency of the government in bringing down pollution, banning crackers and reducing industrial or vehicular pollutants. It is easy and very convenient to sit on the sidelines and crib about how the government is lacking in stringent measures to bring down the recently spiked pollution levels.

“Do not ask what the governing bodies are doing, instead introspect within yourself and ask what you are doing! We ourselves have brought on this onslaught of toxic smog, and it is our moral duty as an active member of the society to take measures at the individual help to control it,” said Padma Shri Awardee Dr. KK Aggarwal, National President Elect, IMA and President Heart Care Foundation of India. It takes courage and determination to take matter into one’s own hands and take a step towards making a difference.

Each of us is a sentient member of the society and the contribution from each of us, no matter however small, matters. Every little step taken at the individual level will only work towards the goodwill of the society as a whole.

IMA & HCFI urge each and every individual to take the following pledges to cope with the adverse effects of spiking pollution levels:

1. I will not burn agarbatti, incense sticks and dhoopbatti at my home or workplace till pollution levels drop.
2. I will not burn flame producing candles.
3. I will not use kerosene oil or ‘mitti ka tel’ for any purpose.
4. I will not use wood and coal for any purpose be it cooking or heating.
5. If any unfortunate death occurs in my family, I will bravely opt for electric cremation.
6. I will not smoke cigarettes nor allow anyone else to.
7. I will not smoke bidi or allow anyone else to.
8. I will resort to wet mopping the floors in my house and workplace.
9. Wherever possible, I will practice carpooling.
10. I will opt for public transportation as much as possible.
11. I will immediately get my vehicles checked for pollution standards.
12. I will walk or cycle for short distance commute.
13. I will make sure that the A.C at my home does not have a choked filter.
14. I will check if the A.C in my car or workplace has a choked filter, if yes I will get it restored.
15. I will check air purifiers at my home and workplace for choked filters and replace them if necessary.
16. I will not burn leaves.
17. I will not burn garbage.
18. I will reduce paper waste and not burn excess paper.
19. I will provide enough time for the A.C and air purifiers to stabilize the ambient temperature before entering the room.
20. I will raise my voice against air pollution.
21. If at a petrol pump, I see no mechanism for absorbing toxic vapours, I will speak up.
22. I will object to any unsafe construction in my vicinity.
23. I will not allow construction material to linger on roads after the work is finished.
24. I will insist that the roads in my vicinity are cleaned only mechanically between 12 pm to 5 am.
25. I will talk to my RWA to plant more trees and make sure that pavements have no exposed soil.
26. I will sell my diesel car and buy a CNG one.
27. I will avidly vote for heavy taxes on crackers and tobacco.
28. I will educate people every day to avoid contributing to air pollution, and how to avoid pollutant exposure.
29. I will stop the engine of my car when I am stopping my car at red lights

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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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