Heart Care Foundation of India's (HCFI) annual flagship event, the MTNL Perfect Health Mela, to focus on the global concept of ‘One Health.’

To raise mass health awareness about new age health epidemics like Bird Flu, Swine Flu, Dengue, Zika & Chikungunya

The event will be inaugurated tomorrow at the Talkatora Indoor Stadium by none other than Shri Satyendar Jain – Honorable Minister of Health & Family Welfare, Govt. of NCT of Delhi & Dr SY Quraishi – Former Election Commissioner

New Delhi, 24th October 2016 - Heart Care Foundation of India, a leading national non-profit organisation committed to making India a healthier and disease-free nation is all set to roll out its annual flagship event – the 23rd MTNL Perfect Health Mela from Oct 25 – 29 at the Talkatora Indoor Stadium New Delhi.

The global concept of ‘One Health’ recognises that the health of humans is connected to the health of animals and the environment. With this as the event’s theme, a primary focus of the 23rd edition of the Perfect Health Mela is to deliberate, debate and deliver a comprehensive strategy for the National management of new age health epidemics such as bird, flu, chikungunya, zika, malaria, dengue and swine flu.

The Health Mela is a confluence of tradition and modernity and has successfully since the past two and a half decades been working towards creating mass awareness on all aspects of health; using a consumer-driven model as the medium. It is being co-organized in association with the IMA, MTNL, MCD and NDMC, Ministry of Science & Technology and Handicraft, Coca Cola, LIC, AYUSH GOI, DCW, Women & Child Dev., Govt. of Delhi, DTTDC, Johnson & Johnson, Dept. of Environment Delhi Govt., DSACS, DHS, Drugs Control, Family Welfare Delhi Govt. & Delhi AIDS Cancer Society.

The five-day event will showcase seminars, on-ground checkups, entertainment programs, lectures, workshops, and competitions all centred around preventive health issues. For the first time ever, the entire Mela will offer a free Wi-Fi zone for all visitors. It will also feature regular webcasts on important preventive health issues. A special webcast on bird flu will be held on Thursday, Oct 27, 2016. A special IMA Godhbharai event will also be organised with a focus on antenatal health.

Speaking about this, Padma Shri Awardee, Dr K K Aggarwal, President HCFI and President Elect IMA said, "Over the past decade we have seen a drastic rise in diseases closely associated with the environment, humans and animals. For this reason, the focus of this year’s MTNL Perfect Health Mela will be 'One Health'. The most recent scare has been that of Bird Flu, a virus that is..."
rapidly killing birds in the city. While it is a contagious virus that can affect birds and humans alike, there is no need to worry as of yet since this version is a milder one and is unlikely to spread to humans. We thank all our partners and look forward to having large audiences at the event”.

Adding to this, Sh Sunil Kumar Director EB & HR, MTNL & Sh N K Joshi ED Delhi, MTNL in a joint statement said, “Mass health awareness programmes such as the Perfect Health Mela are much needed in a country like India where chronic lifestyle diseases and other acquired infections like Swine Flu and Dengue plague the society. Preventive health education is key for a healthy society. We are happy to be associated with the event and will continue to support it in the future as well.”

"Initial symptoms of bird flu include high fever, sore throat, abdominal pain, chest pain and diarrhoea. But it can manifest into severe symptoms like respiratory distress and pneumonia leading to death. HCFI & IMA will be coming up with guidelines for health providers and the public on early identification of bird flu cases and ways to avoid the spread of infection through a consensus meeting held at the Perfect Health Mela,” added Dr Aggarwal.  

The entry to the MTNL Perfect Health Mela is free for all. To know more about the event, please call on the NGO's helpline number +919958771177.

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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.

For more information, please contact

Heart Care Foundation of India

Sanjeev Khanna-9871079105
Md Adib Ahmed- 9873716235
Email- media.hcfi@gmail.com