Day two of Heart Care Foundation of India (HCFI)’s MTNL Perfect Health Mela educates school children about the prevention of modern day health epidemics

*Key events included Heritage, Harmony, and eco-fest, which were attended by over 3000 students*

*Topics covered include the prevention of lifestyle, water-borne and environment related diseases such as obesity, heart disease, diarrorea, chikungunya, dengue, & malaria, etc.*

**New Delhi, 26th October 2016:** To ensure the health and well-being of a nation and to tackle the increasing incidence of lifestyle disorders from its very root, early preventive health education is extremely important. Keeping this in mind, the 23rd edition of Heart Care Foundation of India’s annual flagship event, the MTNL Perfect Health Mela dedicated its second day to inter-school competitions all themed around preventive health.

Various competitions such as Indian classical dance, instrumental orchestra, eco-model creation, collage making along with paper bag making were held. The topics included saving mother earth, preventing water and mosquito-borne diseases by keeping one's environment clean, prevention of the depletion of the ozone layer for a cancer free society amongst others.

Over 66 schools participated including DPS Mathura Road, DPS R K Puram, Cambridge Foundation, Aravali International School, Faridabad, The Indian School, Armay Public School, Dhaula Kuan and St. Mark’s Girls Sr. Sec. School. The students from St. Mark’s Girls Sr. Sec. School stole the show by bagging four awards in total.

Speaking about the event, Padma Shri Awardee Dr. KK Aggarwal - President HCFI and President elect IMA said, “It has been Heart Care Foundation of India’s constant endeavor to continuously develop engaging and consumer driven modules to educate the masses about the importance of preventive healthcare and the Perfect Health Mela has been one of the most successful examples. Children from their early school years itself must be educated about basic disease prevention and the importance of health and hygiene. By keeping one's surroundings clean over 50% of the country’s disease burden can be eliminated. In addition to this, children must also be taught about the dangers of smoking, obesity and eating unhealthy high-trans-fat food."

In addition to the inter-school competitions, the Punjabi Academy showcased in a special event, a dance recital depicting the beauty and culture of Punjab. A total of 10 participants mesmerized the audiences by their performance.

School students and other participants were also trained in the life-saving technique of Hands-only CPR 10 for the revival of people after a sudden cardiac arrest. The Hands-only CPR 10 formula is –within 10 minutes of the cardiac arrest (earlier the better) for ‘at least' 10 minutes (longer the better) compress the center of the chest of the victim, continuously and effectively, with a speed of at least 10 x 10 (i.e.100) per minute. Early intervention can help save lives.
An annual flagship event of the Heart Care Foundation of India, the 23rd MTNL Perfect Health Mela is taking place at the Talkatora Indoor Stadium from October 25-29, 2016. Shri Satyendar Jain – Hon’ble Minister of Health & Family Welfare, Govt. of NCT of Delhi and Dr SY Quirishi Former Election Commissioner, inaugurated the event on October 25th.

To know more about the Perfect Health Mela, please visit www.perfecthealthmela.com

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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

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