Heart Care Foundation of India's (HCFI) annual flagship event, the MTNL Perfect Health Mela, 2016, organises IMA Godhbharai

The event organized on the third day of the mela focused on raising awareness about maternal and fetal health during pregnancy and how to take care of overall physical and emotional health

New Delhi, 27th Oct, 2016: To raise awareness about the importance of maintaining a healthy lifestyle during pregnancy and to ensure that there are no risks to the baby and the mother is an extremely critical issue. With this objective, the 23rd edition of Heart Care Foundation of India’s annual flagship event, the MTNL Perfect Health Mela dedicated its third day to an event called IMA Godhbharai.

The event was organised by Indian Medical Association in association with Johnson & Johnson and saw participation of over 500 pregnant women. Moreover, a ‘well baby show’ took place in which over 1000 babies between the ages of 0-5 years were involved. Several competitions, panel discussions and general talks were organized to highlight the importance of pre-natal health. Renowned Hindi poet, writer, professor and media personality, Ashok Chakradhar was the special guest attendee at the event.

Speaking about the event, Padma Shri Awardee Dr. KK Aggarwal - President HCFI and President IMA said, “A woman’s health is essential to the good health and wellbeing of her baby. A good balanced diet and optimal amounts of light physical activity are especially vital if a lady is pregnant or planning a pregnancy. Women who eat well and exercise regularly along with regular prenatal care are significantly less likely to have complications during or after pregnancy. They’re also more likely to successfully give birth to a healthy baby. Apart from taking care of physical wellbeing, emotional support, love, and affection are important throughout pregnancy.”

Giving some words of advice about taking care of health during pregnancy, Dr. Aggarwal added, “All pregnant ladies should take ante-natal classes once they are 20 weeks plus to learn about basic pregnancy care. These women are strongly advised to identify their child specialist in last four weeks of pregnancy and get regular consultations. Breast milk is miraculous for the growing baby, and colostrum administration should be started as early as 1 hour after birth while exclusive breastfeeding should continue for six months at least. Families and caretakers must ensure that all deliveries should be in medical institutions.”

The event also addressed the concern of postnatal child health. It was discussed that over 3 lac children between the ages of 0-5 years die of diarrhea and pneumonia, diseases that are easily preventable. It was also stressed that these children must receive major vaccinations in due time to combat future infections.

Celebrating 25 years since its inception, the 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.

- Ends -
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