Press Release

The 23rd HCFI MTNL Perfect Health Mela concludes with star gazing performances and success of mass health awareness campaign

New Delhi 29th October 2016- Heart Care Foundation of India (HCFI), a leading national non-profit organization committed to making India a healthier and disease-free nation concluded its annual flagship event – the 23rd MTNL Perfect Health Mela today.

The five-day event was 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 theme for this year’s event was ‘One Health’, a global concept; that recognises that the health of humans is connected to the health of animals and the environment. Experts at the Mela deliberated, debated and formulated 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. The grand inauguration of the event took place on 25th October in the presence of Shri Satyendar Jain – Hon’ble Minister of Health & Family Welfare, Govt. of NCT of Delhi and Dr SY Quirishi – Former Election Commissioner.

Speaking at the valedictory, Padma Shri Awardee Dr KK Aggarwal, President HCFI & National President IMA urged everyone to have a healthy Diwali and to take necessary precautions to protect oneself and others from injury and harm. He strictly advised all to not burst crackers since the increasing pollution levels in our city are hazardous to one’s health and well-being.

The five-day event served as a podium for over 50 on the spot competitions that witnessed participation of over 10,000 students. The various categories included Indian and western dance, fashion show, rock band, Mehendi art, collage making, painting, slogan writing amongst others. Special performances by the Punjabi Academy were the highlight of the event. The purpose behind the event was to bring forward infotainment as a way of imparting health education to the masses.

As we all know that present day, India suffers from a plethora of modern day epidemics like Dengue, Swine Flu, and Diarrhea. A special focus was given during the event to educate the public about essential prevention measures and the need to maintain cleanliness and hygiene.
A one of its kind inter-religious meet was also organised on the last day of the Mela. The panel constituted eminent Dharma gurus like Dr A K Merchant, Sec. General Temple of Understudy, Ven. Sumithananda Thero, Sec. Mahabodhi Society, Fr. (Dr.) M D Thomas, Christian Priest and Scholar, Dr. Hanif Md Khan Shahtri, Muslim & Hindu Scholar, Dr, Amrit Kaur Basra, Sikh Scholar, Acharya Dr. Ravindra Nayar, Priest, Birla Mandir, Acharya Vivek Muni, Jain Monk and Scholar, Sant Krishan Shah Vidyarthi, Head Prist, Valmiki Mandir, Mr. Keki Darnwala, Zoroastrian Scholar Ayurvedacharya & Hath Yogi, and Mr. Sahil Nath. The discussion ended with a conclusion that "everyone should learn how to tolerate each other in order to maintain peace and harmony and to avoid any disruptions and violence."

Speaking at the valedictory Dr Dr ABP Mishra from DST, said that “We all thank everyone who came and attended the 23rd Perfect Health Mela and made it such a success. We encourage everyone to inculcate healthy habits in their everyday lives and live diseases-free.”

Heart disease patients belonging to the economically weaker section in need of surgical intervention were also provided financial and technical assistance by the Sameer Malik Heart Care Foundation Fund another project of HCFI. All visitors were also trained in the life-saving technique of Hands-only CPR 10s.

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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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