Dr KK's HCFI
HEART CARE FOUNDATION OF INDIA

"THE SHOW MUST GO ON"

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LETTER FROM TRUSTEE

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Air Pollution and Health: A Call for Action

Air pollution is a silent but pervasive threat to human health, contributing to a wide spectrum of illnesses. Fine particulate matter (PM2.5), nitrogen dioxide, ozone, and other pollutants can enter the lungs and bloodstream, triggering respiratory and cardiovascular diseases, strokes, and even cancer. Vulnerable groups like children, pregnant women, and the elderly are disproportionately affected, with evidence linking air pollution to low birth weight, developmental issues, and exacerbation of chronic conditions like asthma and COPD. Recent studies also suggest a potential link to neurodegenerative disorders.

What Can We Do?

The battle against air pollution demands both individual and systemic efforts:

1. **Policy Advocacy:** Support policies that enforce emission reductions, promote clean energy, and regulate industrial pollution.
2. **Sustainable Transportation:** Opt for public transport, carpooling, cycling, or walking where feasible. Electric and hybrid vehicles are also cleaner alternatives.
3. **Green Spaces:** Plant trees and support urban greenery projects to absorb pollutants and improve air quality.
4. **Personal Protection:** Use air purifiers indoors and wear masks when pollution levels are high.
5. **Awareness Campaigns:** Educate communities about the health risks of pollution and the benefits of reducing emissions.

Small changes, when adopted collectively, can have a profound impact. Addressing air pollution is not just an environmental necessity but a critical public health priority. Together, we can breathe cleaner, healthier air.

Warm regards,.

HIGHLIGHTS

- CARDIOPULMONARY RESUSCITATION (CPR) AND FIRST AID TRAINING CAMP: EQUIPPING COMMUNITIES WITH ESSENTIAL LIFE-SAVING SKILLS THROUGH HANDS-ON CPR AND FIRST AID TRAINING SESSIONS.
- EMPOWERING FUTURE HEALTHCARE PROFESSIONALS: DELIVERING ESSENTIAL BLS TRAINING ON WORLD HEART DAY
- EMPOWERING UNDERPRIVILEGED COMMUNITIES WITH HEALTH AWARENESS: DELIVERING IMPACTFUL HEALTH EDUCATION ON KEY TOPICS SUCH AS MATERNAL AND CHILD HEALTH, NUTRITION, AND PREVENTIVE HEALTHCARE.
- WASH AWARENESS CAMPAIGN: PROMOTING HEALTH AND HYGIENE PRACTICES THROUGH WATER, SANITATION, AND HYGIENE (WASH) AWARENESS SESSIONS AIMED AT IMPROVING COMMUNITY WELL-BEING.
- INTERNATIONAL WEEKLY MEETING: A GLOBAL PLATFORM FOR EXCHANGING INSIGHTS ON CRITICAL HEALTH ISSUES, INCLUDING ADVANCES IN MEDICAL THERAPIES, MENTAL HEALTH, AND INNOVATIVE HEALTHCARE PRACTICES.
- ENVIRONMENT AWARENESS INITIATIVE: ADDRESSING PRESSING ENVIRONMENTAL CONCERNS THROUGH DISCUSSIONS ON SUSTAINABILITY, WASTE MANAGEMENT, AND CLIMATE RESILIENCE TO PROMOTE A HEALTHIER ENVIRONMENT FOR ALL.

CPR and First Aid Training Camp

1. Empowering Future Lifesavers: HCFI Celebrates Doctors' Day with CPR Training for Students

On July 1, 2024, celebrating Doctors' Day, the Heart Care Foundation of India (HCFI) organized a crucial CPR training session at Mount Abu Public School, Rohini, reaching over 500 enthusiastic students. Led by an expert from HCFI, the session provided invaluable hands-on training in life-saving techniques, including how to recognize cardiac arrest and perform effective chest compressions. Through live demonstrations, the students were introduced to HCFI's "Hands-Only CPR 10 Mantra", a simple yet powerful guide to saving lives in critical situations. This impactful initiative reflects HCFI's unwavering dedication to public health and its mission to equip the next generation with the skills and confidence to respond to emergencies, creating a safer and more prepared community.

HCFI Hands-Only CPR 10 Mantra

"To revive a person after sudden cardiac arrest, it's crucial to begin within 10 minutes of the event (earlier being preferable). For the subsequent 'at least' 10 minutes (longer if possible), maintain continuous and effective chest compressions, pressing down by 2 inches at a rate of 100 compressions per minute."

2. Empowering Lives: HCFI and Navbharat Times Launch a Trailblazing CPR Campaign

In a landmark collaboration, the HCFI and Navbharat Times have come together to spearhead an ambitious CPR awareness campaign. This wide-reaching initiative extends across schools, institutes, workplaces, Resident Welfare Associations (RWAs), and communities, aiming to impart the life-saving "CPR-10 Mantra" to individuals across all sectors of society. By equipping people with essential CPR skills, HCFI and Navbharat Times are fostering a life-saving culture, empowering individuals to respond confidently in emergencies and make a tangible difference in saving lives.

स्टूडेंट्स और टीचर्स ने एक्सपर्ट से सीखा CPR देना

Photos : Surender Kumar

एनबीटी के साथ एक्सपर्ट टीम गुरुवार को श्रेष्ठ विहार के डीएवी पब्लिक स्कूल पहुंची

NBT संग CPR

■ विशेष संवाददाता, नई दिल्ली

एनबीटी ने अपने सीपीआर (कार्डियो पल्मोनरी रिसस्टिटेशन) कैंपेन का दूसरा फेज शुरू किया है। सीपीआर के प्रति लोगों को जागरूक करने के लिए एनबीटी के साथ एक्सपर्ट टीम गुरुवार को श्रेष्ठ विहार के डीएवी पब्लिक स्कूल पहुंची। यहां स्टूडेंट्स ने सीपीआर की ताकत को जाना, समझा और एक्सपर्ट की निगरानी में आजमाया।

एनबीटी के इस कैंपेन के साथ हार्ट केयर फाउंडेशन के सीपीआर ट्रेनर संजीव कुमार सिंह ने स्टूडेंट्स और स्कूल के स्टाफ को भी सीपीआर की ट्रेनिंग दी। उन्होंने स्टूडेंट्स को बताया कि अगर कोई शख्स बेहोशया अचेत हो जाता है और उसकी सांस और पल्स नहीं मिलती है, तो तुरंत सीपीआर देना चाहिए। कार्डियक अरेस्ट में मरीज को बचाने के लिए सिर्फ 7 मिनट का समय ही होता है। उन्होंने हार्ट अटैक के लक्षण को FAST

"हमारे स्टूडेंट्स सीपीआर को लेकर जागरूक हुए हैं। उम्मीद है कि कभी किसी इमरजेंसी में वो सीपीआर देकर किसी की जिंदगी बचा सकेंगे। - सुहासिनी के. नाथ, प्रिंसिपल, डीएवी पब्लिक स्कूल

"सीपीआर टीवी पर ही देखा था। आज मैंने इसे खुद इसकी प्रैक्टिस की। मैं कॉन्फिडेंट हूं कि मैं भी किसी जरूरतमंद को सीपीआर दे सकती हूं। यह सेशन स्पेशल रहा। - परिधि

"यह वर्कशॉप काफी अच्छी थी। एक्सपर्ट ने बहुत मजेदार तरीके से, स्टेप वाइज हमें इतने गंभीर टॉपिक को समझाया। मैं अब सीपीआर को अच्छी तरह

से पहचानने का फॉर्मुला भी समझाया। उन्होंने कहा, F यानी फेस, अगर चेहरा लटक गया हो, A मतलब आर्म, हाथ ढीले पड़ गए हों या काम नहीं कर पा रहे हों। S मतलब स्पीच, अगर बोलने में दिक्कत है। जुबान लड़खड़ा रही हो। T मतलब टाइम टु कॉल एंबुलेंस। उन्होंने बताया कि इन मामलों में एंबुलेंस आने तक जल्द से जल्द सीपीआर दे दिया जाए, तो मरीज के बचने की उम्मीद काफी ज्यादा होती है।

ट्रेनिंग से स्टूडेंट्स काफी खुश नजर आए। क्लास 9 के स्टूडेंट हार्दिक सोनी ने कहा कि घर पर सभी को बताऊंगा कि मैंने सीपीआर देना सीख लिया है। अब कॉन्फिडेंट हूं। जरूरतमंद को सीपीआर दे सकता हूं। डीएवी स्कूल के स्टूडेंट द्विज आर्या ने कहा, इस वर्कशॉप से एक स्किल सीखने को मिली है, जो किसी की जिंदगी बचा सकती है। सीपीआर देने की सही पोजिशन, एंगल और साइकल के बारे में प्रैक्टिस करके सीखा।

समझ चुकी हूं। - दिव्यांशी

इस सेशन में मैंने सीखा कि कैसे सीपीआर को एक साइकल में सही प्रेशर के साथ देना है। मैंने कार्डियक अरेस्ट और हार्ट अटैक के अंतर को भी समझा।
- निरंजन

मैंने खुद डमी में प्रैक्टिस कर सीपीआर देना सीख लिया है। मैं इसे घर पर भी तकिए पर प्रैक्टिस करूंगा और अपने घर वालों को भी इसे सिखाऊंगा।
- नैतिक बंसल

3. HCFI Empowers MDNIY with Life-Saving CPR and First Aid Training

Heart Care Foundation of India (HCFI) recently conducted a comprehensive CPR and First Aid training session at the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush. Led by an expert trainer, the session equipped students and staff with essential life-saving skills, including CPR for cardiac arrest and techniques for managing choking, bleeding, fractures, fire injuries, and snakebites. Dr Kashinath Samagandi, Director of MDNIY, emphasized the critical need for regular CPR updates. Coordinated by Dr Khushbu Jain, the training was a resounding success, empowering the MDNIY community with vital emergency response skills through hands-on, scenario-based demonstrations.

4. HCFI Empowers Legal Volunteers with Critical CPR and First Aid Training at Swabhimaan Parisar

Heart Care Foundation of India (HCFI) recently hosted a pivotal CPR and First Aid training session at Swabhimaan Parisar, supported by the Delhi State Legal Services Authority (DSLSA) and Anugraha Voluntary Organization. This session attracted approximately 150 participants, including Para Legal Volunteers (PLVs), lawyers, and staff, underscoring the crucial role of timely CPR in cardiac emergencies. Led by the HCFI expert, the training provided hands-on instruction in essential first-aid techniques, such as managing choking, bleeding, fractures, fire injuries, and snakebites. Participants emerged empowered with the skills and confidence needed to respond effectively in life-threatening situations.

5. Empowering Young Lifesavers: CPR and First Aid Training at Nigam Pratibha Vidyalaya and Palam Village

Heart Care Foundation of India (HCFI), in collaboration with the Department of Women and Child Development (WCD) of Delhi, recently organized a series of CPR and First Aid training sessions at Nigam Pratibha Vidyalaya, Sagarpur, and Palam Village, New Delhi. This initiative focused on equipping students and the community with essential life-saving skills. Participants were trained in CPR, First Aid, and techniques to handle blood-related emergencies, bone fractures, burn injuries, fire safety, and choking incidents. These efforts reflect HCFI's ongoing commitment to enhancing public safety and promoting health and well-being across the nation.

6. HCFI Empowers Students with Life-Saving CPR and First Aid Training

Heart Care Foundation of India (HCFI) recently conducted a series of impactful CPR and First Aid training sessions in multiple schools, successfully reaching over 2,500 enthusiastic students and educators. Led by the HCFI's CPR expert, these sessions emphasized essential life-saving skills, particularly the Hands-Only CPR-10 technique for responding to sudden cardiac emergencies.

Through engaging demonstrations and hands-on practice, students gained confidence in their ability to respond effectively in emergencies, actively participating in the learning process. This initiative has empowered them to advocate for life-saving practices within their communities. Thanks to HCFI's dedicated efforts, these students are now well-equipped to make a positive impact, ready to save lives when it matters most.

Participating Schools

I. *Modern Public School*

Club Rd, Block B, West Shalimar Bagh, New Delhi, 110088

II. *Maharaja Agarsain Public School*

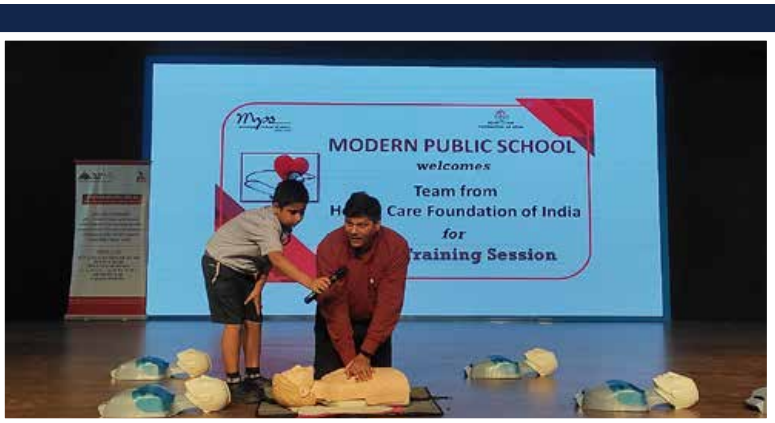
Dr. Bhim Rao Ambedkar Marg, Near Major Dhyan Chand Sports Complex, Ashok Vihar, Delhi, 110052

III. *Universal Public School*

G-109, Mandir Marg, Kali Nagar, Mahavir Enclave I, New Delhi, 110045

IV. *Mahavir Senior Model School*

Opposite Nanak Piao Gurudwara, Block B, Sangam Park, Ashok Vihar, New Delhi, 110007



7. BLS Training Workshop by HCFI at Tirath Ram Shah College of Nursing

Heart Care Foundation of India (HCFI) recently conducted Basic Life Support (BLS) workshops at Tirath Ram Shah College of Nursing, New Delhi, training over 80 nursing students in CPR and Automated External Defibrillator (AED) use. Guided by HCFI experts, students practiced Hands-Only CPR-10 and learned HCFI's "Mantra" technique for managing cardiac emergencies. This successful workshop highlights HCFI's commitment to enhancing emergency response skills in healthcare and community settings.

8. CPR-10 Training for IJCP New Staff – Empowering Life-Saving Skills

Our recent CPR-10 training session for IJCP's new staff focused on imparting critical life-saving techniques. Through this session, participants gained hands-on experience in CPR-10, learning rapid response methods essential for emergency situations. By the end of the training, each team member had acquired the confidence and skills necessary to perform CPR effectively, ensuring they are prepared to act swiftly and save lives when every second counts.

9. Empowering Communities: HCFI's Transformative Hands-Only CPR Training Sessions

Heart Care Foundation of India (HCFI) recently conducted impactful CPR training sessions, equipping over 550 members from underprivileged communities with vital life-saving skills. Focusing on Hands-Only CPR techniques, the initiative provided participants with the knowledge and confidence needed to respond to emergencies within their neighborhoods effectively. Many expressed profound gratitude for this empowering experience, recognizing its transformative impact on their ability to handle crises. HCFI's commitment to CPR awareness and training is fostering a safer, more resilient community, and we commend their invaluable contributions to public health preparedness.

World Heart Day

Empowering Future Healthcare Professionals: Delivering Essential BLS Training on World Heart Day

In celebration of World Heart Day, the HCFI recently conducted impactful BLS workshops, including CPR and AED training, at the Apollo School of Nursing, Indraprastha Apollo Hospital, and the Holy Family College of Nursing, Holy Family Hospital, New Delhi. Over 175 enthusiastic students participated, eager to acquire life-saving skills.

Led by HCFI's expert trainers, the workshops offered comprehensive instruction on critical techniques, including Hands-Only CPR-10 and the use of AEDs, applicable in both hospital and community settings. A standout feature of the sessions was the introduction of the innovative "Mantra" technique, designed explicitly for managing sudden cardiac emergencies.

The success of these workshops highlights HCFI's unwavering commitment to public health and safety. Positive feedback from both institutions further reinforces HCFI's vital role in empowering communities with essential life-saving skills and enhancing overall community resilience.

Empowering Underprivileged Communities: Health Awareness Sessions in Delhi and Gurugram

1. Empowering Maternal and Child Health Through Balanced Nutrition: Dr KK Aggarwal's Visionary 'Healthy Formula'

At the HCFI, we are dedicated to revolutionizing maternal and child health (MCH) in the underserved communities of Delhi and Gurugram, Haryana. Our initiatives tackle critical issues like anemia, malnutrition, newborn care, immunization, pneumonia and nutrition, with a particular emphasis on empowering mothers.

At the heart of our efforts lies the "Healthy Formula", a ground-breaking concept pioneered by our visionary Founder, Dr KK Aggarwal. This innovative approach advocates for the inclusion of seven vibrant colors and six distinct tastes in daily meals, promoting a balanced and nutritious diet that not only nourishes individuals but also strengthens the overall health and well-being of the community.

2. Empowering Communities: HCFI's Comprehensive Health Awareness Initiative on Mosquito-Borne Diseases

HCFI recently held sessions to empower underprivileged communities by raising awareness about mosquito-borne diseases like Malaria, Dengue, and Chikungunya. The initiative included educational presentations, practical demonstrations, and home visits by volunteers to identify and eliminate mosquito breeding sites. Residents received advice on sanitation practices and were provided with mosquito nets and repellents. This comprehensive effort not only increased awareness but also contributed to creating a healthier environment, with participants expressing gratitude for the valuable support and information.

WASH Awareness: Promoting Health and Hygiene in Communities

1. HCFI Leads Handwashing and Food Safety Campaign in Gurugram

HCFI recently conducted a handwashing campaign in Sector 58, Gurugram, focused on educating underprivileged communities, particularly women and children, about proper hygiene practices. Participants were taught the six essential steps of handwashing, from wetting hands to thorough cleaning and drying.

The campaign also highlighted food safety with Dr KK Aggarwal's mantra: "Boil it, heat it, peel it, cook it, or forget it". This initiative underscores HCFI's dedication to promoting health and hygiene in vulnerable populations.

International Weekly Meetings

Heart Care Foundation of India (HCFI), in collaboration with Confederation of Medical Associations in Asia and Oceania (CMAAO), recently hosted its International Weekly Meeting, focusing on a wide range of crucial healthcare topics. Key discussions encompassed Advances in Insulin Therapy, Primary to Primordial Prevention of Diabetes, Growth Hormone Deficiency in Adults, Mental Health in Women, Infection Control and Prevention, Minimally Invasive Thoracic Surgery, Cardiac Surgery in Elderly, and Precision Medicine. This forum provided an engaging platform for healthcare professionals to exchange knowledge, explore innovative solutions, and deepen their collective understanding to enhance global health outcomes.

CMAAO 174: Dr Abhyudaya Verma; Advances in Insulin Therapy

CMAAO 175: Dr Banshi Sahoo; Primary to Primordial Prevention of Diabetes

CMAAO 176: Dr MV Rama Mohan; Growth Hormone Deficiency in Adults

CMAAO 177: Prof (Dr) Shubhangi Parkar; Mental Health in Women

CMAAO 178: Dr Yash Javeri; Infection Control and Prevention

CMAAO 179: Padma Shri Dr Ramakant Krishnaji Deshpande; Minimally Invasive Thoracic Surgery

CMAAO 180: Padma Shri Dr Ganesh Kumar Mani, Cardiac Surgery in Elderly

CMAAO 181: Dr Nisha Nigil; Precision Medicine

Environment Awareness

HCFI recently convened a comprehensive Environment Roundtable, addressing a broad spectrum of pressing environmental issues. Key discussions included the Construction and Demolition (C&D) Waste Management Rules, 2024, the Union Budget 2024-25 with a focus on sustainability, the recent Supreme Court order on severe environmental degradation, updated provisions in the new C&D Waste Management Rules, 2024, and Circular Economy - For a Resource Efficient Future. The roundtable also explored critical topics such as the escalating heat wave in Asia and the role of the circular economy in fostering a resource-efficient future. As a direct and actionable outcome of these deliberations, the initiative underscores the Foundation's unwavering commitment to advancing environmental stewardship and sustainable practices for the betterment of communities and ecosystems.

Heart Care Foundation Fund

IMPACT STORY

Building Healthier and Safer Communities: The Transformative Impact of HCFI's Health Awareness and CPR Training Initiatives

Heart Care Foundation of India (HCFI) is driving remarkable change through its health awareness initiatives, addressing crucial issues such as Maternal and Child Health and WASH (Water, Sanitation, and Hygiene). These efforts are focused on uplifting the health and well-being of underprivileged communities, ensuring long-term benefits for vulnerable populations.

Further amplifying its impact, HCFI recently conducted its flagship CPR training sessions, empowering participants with the critical Hands-Only CPR technique. By imparting essential life-saving skills, this initiative has greatly enhanced the ability of community members to respond effectively to emergencies within their neighborhoods.

Participants expressed heartfelt gratitude for gaining such invaluable knowledge, emphasizing how the training has transformed their confidence in handling urgent situations. This initiative not only builds a safer and more resilient community but also underscores HCFI's unwavering commitment to public health and saving lives. We extend our deepest appreciation to HCFI for its visionary leadership in advancing CPR awareness and its continuous efforts to make a lasting and meaningful difference in the lives of those it serves.

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