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HCFI organizes 26th Perfect Health Mela

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Over 20,000 people participated in the event over three days with high energy and enthusiasm; 2,00,000 supported the event digitally



The Heart Care Foundation of India (HCFI) organized its annual flagship event – the 26th Perfect Health Mela between 18th and 20th October 2019 in association with the Health and Family Welfare Dept. NCT Delhi, NDMC, and other central and Delhi state government departments at the Jawaharlal Nehru Stadium, New Delhi. The theme for this year's event was 'Fit Delhi, Fit India'.

Speaking at the valedictory, Padma Shri Awardee, Dr KK Aggarwal, President, HCFI, said, "I am extremely happy to witness huge participation once again this year at the Mela and I am thankful to everyone who made this event a success. Our campaigns on hygiene, fitness and harm reduction have taken off well and we hope to cover more ground on these issues. It is time that each one of us focuses on holistic health and fitness by making changes to our diet and lifestyles. I also urge everyone to have a healthy Diwali, and take necessary precautions to protect oneself and others from injury and harm."

In his message, IAS Radheyshyam Julaniya, Secretary Sports, Government of India urged everyone to join the Fit India Movement and congratulated HCFI on the success of the event.

A special campaign on antibiotic resistance was launched in association with the World Health Organization. Thousands of people took the pledge that they will not take antibiotics without consulting with their doctors. Medical practitioners too promised to only prescribe antibiotics when absolutely necessary.

The event was supported by brands including personal and fabric hygiene brand Fena, restaurant chain Imperfecto, educational institute Ansal University, medical device company Medtronic, Coca Cola, LIC and other organizations.

Speaking on the occasion, Prof Dr. Monica Chaudhry, Director, School of Health Sciences, Ansal University, said, "We are delighted to support an event of the scale of Perfect Health Mela and it is heartening to see the huge participation over the last three days. Students can become a great force in propagating the message of preventive health and HCFI is leading by example in this aspect."

Among other things, the Mela this year focused on Happiness Index, fitness for a better living and harm reduction. A campaign on the benefits of saline nasal drops during the Diwali season to combat ill effects of pollution was also launched in association with Nasivion S. Saline drops are a safe solution for dry and stuffy noses and can help improve nasal hygiene and are safe to be used in all age groups including kids.