



Bulletin of the

Indian Association of Physical Medicine & Rehabilitation

Correspondence : Dr Koustubh Chakraborty, Consultant Physiatrist, Peerless Hospital, 360 Panchasayar, Kolkata - 700 094.
E-mail: drkc07pmr@gmail.com, Mobile / Whatsapp: +91 -94331 24596

Dear Friends,

Following 2 years of suspended activities due to the pandemic, most of 2022 offered us a ray of sunshine after the doom and gloom. And right on cue, our activities picked up, with a very busy last quarter of the year, consisting of observations of National & International days, Seminars, Conferences, capacity additions, promotions, departments and faculty positions being created.



Amongst the important days, the International Day for Persons with Disability forms and important part of any PMR Department's calendar. This year, our departments around the country celebrated this day with much fervour and zest, making full use of the opportunity not only to provide a platform to the differently abled to showcase their talents, but also to spread awareness amongst Medical students, Interns and the common people. This issue covers the various ways in which the above day as well as the World Cerebral Palsy Day was celebrated by our Departments across India.

The following month shall see the most anticipated event in the IAPMR calendar, the IAPMRCON 2023, being held at RIMS Imphal. The CME programme, free paper sessions, workshops and cultural events lined up promise to make this a memorable outing. From the editorial desk, I would request all readers to actively participate and connect with your colleagues from across the country and beyond. I wish you a pleasant reading. Jai Hind !

— Dr Koustubh Chakraborty.

3

17TH IPARM
CONFERENCE,
NEW DELHI

4

WCP DAY &
IDPWD
CELEBRATIONS

5

1ST TNIAPMR STATE
CONFERENCE,
CHENNAI

8

ACHIEVEMENTS
OF IAPMR
MEMBERS

IAPMR Executive Committee: 2021-23

Dr P Thirunavukkarasu
President

Dr Ajay Gupta
Vice President

Dr Sanjay Pandey
Secretary

Dr R Karthikeyan
Joint Secretary

Dr Shipra Chaudhary
Treasurer

EC Members :

Dr Amit Ranjan

Dr Anand Varma

Dr Arun A John

Dr Chellakumarasamy TS

Dr Deepak Kumar

Dr Harshanand Popalwar

Dr Navin Kumar

Dr Premanand B

Dr Selvan P
Co-Opted Member

Dr Koustubh Chakraborty
*Co-opted Member & Editor,
IAPMR Bulletin*

Dr Harleen Uppal
North Zonal Member

Dr Dilip Khatua
East Zonal Member

Dr Chethan Channaveera
*Central Zonal Member &
Asst. Editor, IAPMR Bulletin*

Dr Anil Gaur
West Zonal Member

Dr Muralidharan PC
South Zonal Member

Dr Mrinal Joshi
Editor IJPMR

Dr A K Joy Singh
Chairman Academic Committee

Dr B Ramchandran
*Chairman, Membership
Committee*

Dr Sanjay Wadhwa
Immediate Past President

Dr Navita Vyas
Immediate Past Secretary

National Cerebral Palsy Day Celebrations at Karnataka Institute of Medical Sciences, Hubballi.

On the occasion of National Cerebral Palsy Day, the Department of PMR, KIMS in association with the Indian Academy of Cerebral Palsy (IACP) & KARM (Karnataka Chapter of IAPMR), organized a Painting competition for children with Cerebral Palsy and a Multidisciplinary Symposium on Cerebral Palsy, on **19th October 2022**.

Around 40 children with Cerebral Palsy and their parents participated in the event which was appreciated by all the administrators. The Symposium that followed was attended by around 150 students and members of the faculties of Anesthesia, Orthopedics, Pediatrics & Psychiatry, which led to exchange of ideas, propagation of knowledge and chalking out of roadmaps for multidisciplinary Cerebral Palsy management.

Earlier, a Free Multidisciplinary health checkup camp was organized at **Vithal Institute of Child Health, Dharwad** in association with various NGOs (GVCT and Rotary clubs) on 2nd October 2022. Free Physiatric, Pediatric, Otorhinolaryngologic & Dental Consultation were provided by the respective consultants. Alongside, free Physiotherapy & Speech Therapy services as prescribed, were provided. Around 50 children with Cerebral Palsy benefitted from this camp.



— Dr Anand Varma

Blessing ceremony at Pushpagiri Medical College, Kerala :

Blessing ceremony and “**Rehab Expo**” inauguration at Pushpagiri Medical College Thiruvalla, Kerala. Along with me is His Grace Archbishop Thomas Kooriloos of Thiruvalla Diocese. PMR team of Dr Jimmi, Dr Betsy and Dr Jainy.



— Dr Muralidharan PC

17th Annual Conference of the IPARM, at New Delhi.

The Department of Physical Medicine & Rehabilitation, ABVIMS & Dr Ram Manohar Lohia Hospital, New Delhi successfully conducted the 17th Annual Conference of Indraprastha Association of Rehabilitation Medicine under the able leadership of Dr Rajendra Sharma, who also delivered the IPARM Oration, sharing his journey and experience in this beautiful speciality.

The theme of the conference was “**Let’s Talk Balance**”, and was attended by around 80 delegates. The scientific content consisted of deliberations from young as well as eminent faculties of PMR.

The Gold medal for the Best Paper presentation was awarded to Dr Mamta Joon from SJH, and the Quiz ended up being a tie between teams from SJH and AIIMS. The conference was well appreciated by all the delegates, and a special mention must be made of the colourful cultural programme presented by the for the SJH students.

— Dr Shipra Chaudhuri



Multidisciplinary Health Checkup Camp for Spina Bifida Patients

The Department of Pediatric Surgery, SDM Medical College & Hospital, Dharwad, along with **Spina Bifida Foundation**, Mumbai conducted a multidisciplinary camp for patients with Spina Bifida on **19th November 2022**. Dr. Anand Varma was invited to represent PMR in the team. It was an excellent opportunity to create awareness regarding need for Rehabilitation Expert in the team for attaining better functional outcomes.



History behind the Observation of 2 International Days

Two important days in any Physiatrist's calendar would be the World Cerebral Palsy Day, observed on October 6th, and the International Day for Persons with Disabilities, observed on December 3rd. In 2012, the **Cerebral Palsy Alliance** instituted the observation of the former, to create awareness and ensure that children and adults with cerebral palsy have equal rights, access and opportunities as the rest. Earlier, the annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the **United Nations General Assembly** resolution #47/3. As aptly put in the website, www.un.org, *"the observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. Disability inclusion is an essential condition to upholding human rights, sustainable development, and peace and security. It is also central to the promise of the 2030 Agenda for Sustainable Development to leave no one behind. The commitment to realizing the rights of persons with disabilities is not only a matter of justice; it is an investment in a common future."*

Like in previous years, many IAPMR members across various Institutes throughout the length and breadth of the nation have celebrated these 2 days, and the Bulletin seeks to capture some of their activities as reported by the organisers, which should serve as a benchmark for others to follow and excel in the coming years. Heartiest Congratulations to all concerned !!

The International Day for Persons with Disabilities at AIIMS New Delhi

The **Department of Physical Medicine & Rehabilitation**, AIIMS New Delhi observed the above occasion on the 3rd of December, 2022, with an awareness programme and distribution of wheelchairs. The Dean (Academic Section), Prof Dr Subrata Sinha was the Chief Guest.



The TN Chapter conducts its First ANNUAL STATE CONFERENCE :

The Tamil Nadu State Chapter of the Indian Association of Physical Medicine and Rehabilitation (TNIAPMR) takes great pleasure in informing everyone of the successful organisation its first STATE ANNUAL CONFERENCE– **TNPMRCON - 2022**, on the 17th & 18th of December, 2022, with a post conference workshop conducted by Dr Sreejith K., on USG-guided interventions,.

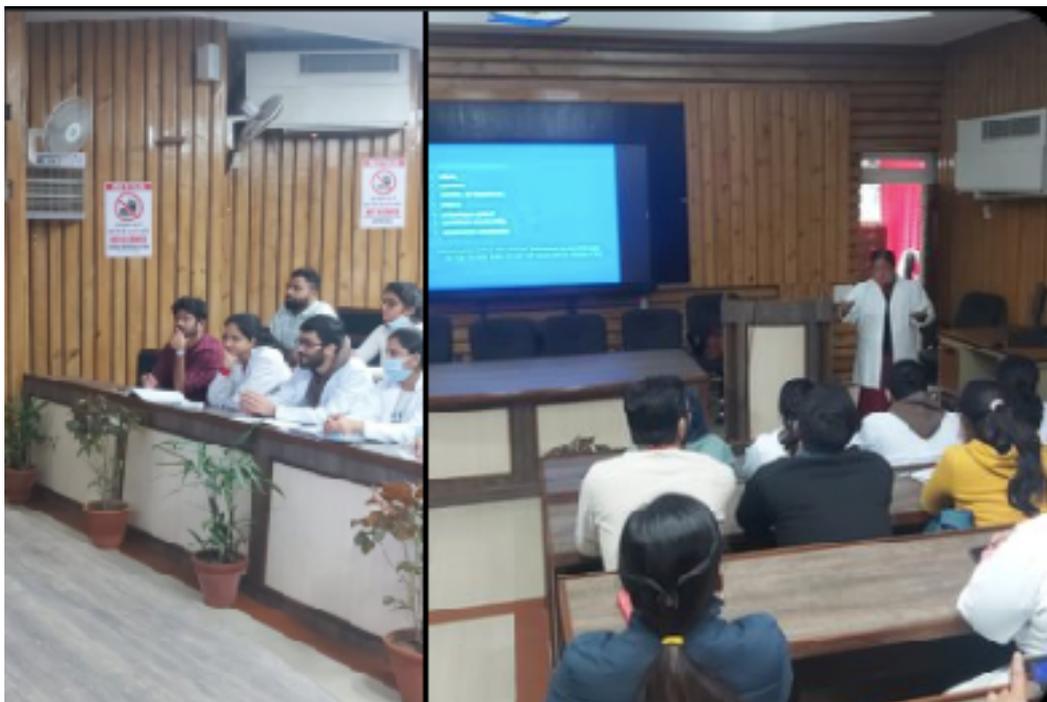
The theme of the conference was **'Emerging trends and concepts in Rehabilitation Medicine'** and the idea was showcased through faculty lectures & research presentations. Adding to the uniqueness was a **Marathon for Spinal Cord Injury Awareness** organised on the 18th of December 2022, which saw enthusiastic participation from many competitors from all walks of life, making the programme a great success.

— Dr Prem Anand.



Observation of The International Day for Persons with Disabilities at Safdarjang Hospital, New Delhi :

A series of Public Awareness lectures were organised by Department of Physical Medicine & Rehabilitation at Safdarjang Hospital, New Delhi on the **3rd of December, 2022**, on disability issues & Wheel Chair use by Dr Suman Badhal & Shri Ashok, OT, followed by a street play and dance by BPO students on the integration of divyang in the main stream of the community.



A public lecture was delivered on Cerebral Palsy Rehabilitation for the Post-Graduate Trainees by Dr Nonica Laisram, Principal Consultant,



followed by a Question Hour session. An open forum with disabled employees of Safdarjung Hospital was organised by the HoD PMR, Dr Ajay Gupta, addressing the pertinent disability issues in the presence of Dr Sandeep Sharma (Liaison officer – PWD) & Poonam Dhanda (MSWO). The initiative was applauded by all.

Dr BL Sherwal, Medical Superintendent, emphasized on restoring the dignity of persons with disabilities & their inclusion in all spheres of life. He felicitated NGOs and Employees with Disability for their exemplary work, in presence of Addl Med Superintendent, faculty and staff.

— Dr Ajay Gupta.

IMA Hubli observes the International Day for PWDs –

To commemorate International Day for Persons with Disabilities, IMA Hubli in association with an NGO, “Saksham”, organized a workshop - **Empowering persons with Disabilities** on the **4th of December 2022**.

Dr Anand Varma participated as a resource person & illuminated the audience on Disability assessment procedure & the process for obtaining a **Unique ID for Persons with Disabilities (UDID) certificate** by such an individual at the Karnataka Institute of Medical Sciences (KIMS), Hubli.



International Day for PWDs celebrated at Dr Ram Manohar Lohia Hospital, New Delhi :

On the occasion of the International Day of Persons with Disability, the Departments of PMR and Community Medicine jointly conducted Nukkad Naatak themed "**Viklangta Abhishap Nahi, Iska Ilaj Sambhav Hai**" to create awareness about disability among the community.



A series of lectures, awareness campaign, distribution of Aids and appliances to persons with disabilities was done by the Director & MS, Dr Nandini Duggal. In her speech, she emphasised the importance of providing hospital & community based rehabilitation services. Dr Shipra Chaudhary, HoD PMR, delivered lecture on RPWD Act. Dr C. Chethan sensitized delegates on disability etiquette. A poster exhibition was held alongside, in presence of Director & MS, senior faculties, nursing officers, students & staff of the hospital.

— Dr Shipra Chaudhari.

IAPMR CONGRATULATES....



Dr Navin Kumar,
for being promoted
as Professor in
JIPMER,
Pondicherry.



Dr Abhishek Srivastava, for being
elected as Member of the Presidium
of World Federation of
Neurorehabilitation (WFNR)
General Assembly in Vienna.



**Dr Sanjay Kr Pandey &
Dr R. Karthikeyan**, for
representing IAPMR at
ISSICON 2022, held at
New Delhi.

IAPMR Midterm CME 2022

Department of Physical Medicine and Rehabilitation,
All India Institute of Medical Sciences, Nagpur



Winners at IAPMR Mid-term CME 2022 at AIIMS Nagpur :

National IAPMR Quiz

Winners — Team AIIMS Bhubaneswar :

- **Dr. Debanjan Baral JR PMR**
- **Dr Souvik Bhattacharjee, JR PMR**

Runners-up — Team AIIMS, New Delhi :

- **Dr. Sukhsharan Kaur, JR PMR**
- **Dr. Shoibam Jenifa , JR PMR**

Oral Presentation Awards —

- First :** **Dr Masna Majeed KP**
Second : **Dr Asha Lata**

Poster Presentation Awards —

- First :** **Dr Prasenjit Chawale**
Second : **Dr Ganesh Yadav**

Christmas celebrations at AIIMS Patna –

The Department of Physical Medicine & Rehabilitation at AIIMS Patna took the novel initiative of organising Christmas Celebrations in the PMR ward of the Hospital.

The Cake-cutting Ceremony was done by children with Cerebral Palsy generated great enthusiasm and joy, and this was followed followed by fruit basket distribution amongst the admitted in-patients, to usher in the Yule tide at this part of the world.

– Dr Sanjay Kr Pandey.



International Day of Persons with Disabilities celebrated at AIMS NAGPUR –

The Dept. of Physical Medicine and Rehabilitation AIMS NAGPUR celebrated 3rd December 2022 as the International Day of Persons with Disabilities. On this occasion, the public talks were organized. The patient education banners about various disabilities in Hindi and poster exhibition has been displayed in the corridor. In association with movie club AIMS Nagpur, screening of movie “**Ananya**” was done followed by very good discussion with medical students on amputee and rehabilitation.

– Dr Harshanand Popalwar.



International Day of Persons with Disabilities at Calicut :

The above day was duly observed on the 3rd of December, 2022 at the **Govt Medical College, Calicut**, beginning with a Journal presentation on disability, followed by a poster presentation by Undergraduates (MBBS). The HOD, Dr Sreedevi Menon led a demonstration on use of electric wheelchairs.

This was followed by a Quiz for UGs and Interns on disability. There was a **'On Air' programme** on disability in **Kairali TV channel** by Dr Sooraj. Dr Sudheera (Secy, IAPMR), Dr Noufal Ali (JS), Dr MuralidharanPC (Pres) led an interactive medical session for All Kerala Wheelchair Righters Federation.



— Dr Muralidharan PC

International Day of Persons with Disabilities celebrated at AIMS DEOGHAR

World Disability Day was celebrated on 3rd & 4th of December by the Dept. Of PMR and College of Nursing at AIIMS, Deoghar.

On Day 1, Sporting Events like Shot Put, Discus Throw and Running Events for Persons with Disabilities were held inside the campus. On Day 2,

a **“Nukad Natak”** by Nursing students was held, and a **Quiz** competition organised. Prizes were distributed to the winners in the **Divyangan Sports Competition**.



— Dr Deepak.

The International Day for Persons with Disabilities was organised by the PMR Department, JIPMER, Pondicherry.

On behalf of the Department of Physical Medicine & Rehabilitation, JIPMER, as part of the International Day for persons with Disabilities, an “**Affirmation Rally**” was organised from the Administrative Building to the JIPMER Sports Ground., which was flagged off by Dr Gautam Roy, Acting Director, JIPMER. The event was graced by Dr L.N. Dorairajan, MS, and Dr Krishna Gopal Goyal, Dy Director (Admin). Under the leadership of Dr Navin Kumar, HoD, P.M.&R., JIPMER students and staff pledged to protect the rights of people with disabilities.

Various sports competitions for JIPMER Employees with Disabilities and students were organised at the JIPMER ground. Fun games and Cultural activities for Special Children from **Satya and Srishti Special Schools** were also arranged. In the end, a prize distribution programme was held at the JIPMER Community Hall, bringing to end an eventful day of purpose, awareness and fun.

— Dr Navin Kumar.

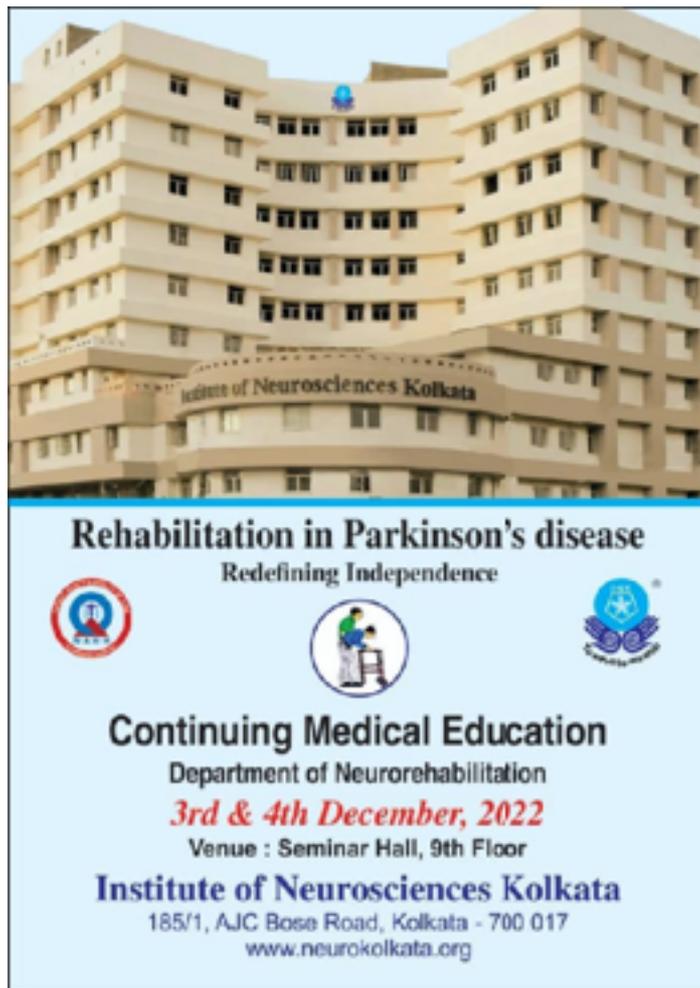


Seminar at IN-K on Parkinsonism

A two day CME titled "**Rehabilitation in Parkinsons Disease**" was organised by the Department of NeuroRehabilitation at the **Institute of Neurosciences Kolkata (I-NK)** led by Physiatrists Dr Suparno Gangopadhyay (HOD), Dr Sucheta Saha and Dr Madhusree Sengupta on the **3rd & 4th of December 2022**. The programme was inaugurated by the Mayor of Kolkata and state cabinet minister, Shri Firhad Hakim.

This event brought together specialists from P.M.&R., Neuromedicine, Neurosurgery, Neuroradiology, Nursing, Paramedics as well as members of an NGO working for the welfare of patients with Parkinsonism. The speakers included Prof. Dr Mrinal Joshi, Director of RRC at SMS Medical College, Jaipur, who shared their valuable insights on the neuropathology, imaging, pharmacological & non-pharmacological, musculoskeletal, orthotic, speech & swallowing, psychological as well as social aspects of care for these patients in a series of faculty lectures.

The event was successfully organised with high attendance and was well-appreciated from all quarters. The academic activities were complemented with cultural programs by patients and team members.



An Appeal from the Desk of Editor :

All Members and Branch Secretaries may kindly share write-ups and photographs of their activities, achievements and upcoming events for inclusion in the IAPMR Bulletin, for benefit of all readers.

The above may kindly be sent to me via email to : drkc07pmr@gmail.com

I am also reachable via WhatsApp at **+919433062853**.

Looking forward eagerly towards your valuable contribution.

— Dr Koustubh Chakraborty.