



# BULLETIN OF INDIAN ASSOCIATION OF PHYSICAL MEDICINE AND REHABILITATION

Correspondence : **Dr Saumen K. De**  
HOD, Dept of PMR, Calcutta National Medical College and Hospital  
32, Gorachand Road, Kolkata-700 014  
E-mail: editorofiapmrbulletin@gmail.com, Whatsapp: 94331 24596

Editor : **Dr Saumen K. De**

April - June, 2020

Volume : 10 Issue : 1

## Editorial

Happy to inform you that we are going to publish the April-June, 2020 issue of IAPMR Bulletin. This is the first issue for the year 2020-2021. We have published four issues in the year 2019-2020. I am conveying my sincere gratitude and regards to all the members of IAPMR. In the January-March, 2020 issue, we have tried to cover our yearly megaevent, IAPMRCON-2020 (successfully arranged by the Kerala Chapter), ISPRM-2020, activities and achievements of our esteemed members.



All of you know that we are passing through a condition which we have never faced before, the COVID-19 pandemic situation. I want to thank all the frontline warriors including our own. As the year 2020 has been declared as "International Year of the Nurse and the Midwife", I want to thank all our supporting staffs for their devotion particularly who are attached to rehabilitation in any form, from the bottom of my heart.

In this new normal situation, we are being compelled to become virtual to maintain physical distance. In this scenario, it is obvious to have lack of activities. I have tried to include whatever events, activities (online/offline), achievements on the part of our esteemed members. We were hopeful that we will physically meet in Patna during MID-TERM CME and we also planned to handover the hardcopies of the Bulletin there. We couldn't do so as the COVID-19 Pandemic scenario compelled to defer the MID-TERM CME.

I am grateful to Dr Sanjay Wadhwa, President, IAPMR; Dr Navita Vyas, Hony. Secretary, IAPMR; Dr R.N.Haldar, Immediate Past President, IAPMR and all the members of our beloved organization for their year-long (2019-2020) support and am also expecting so for the future too.

I am requesting you all to share your activities, achievements generously via e-mail

(E-mail address: [drsaumen16@yahoo.com](mailto:drsaumen16@yahoo.com) and [editorofiapmrbulletin@gmail.com](mailto:editorofiapmrbulletin@gmail.com)), or Whatsapp : 94331 24596.

We request you to maintain the required safety measures. Stay safe, stay healthy. Long live IAPMR! Jai Hind!

**Dr Saumen K. De**

## President IAPMR



Dear Friends, India is in the firm grips of **Covid-19 pandemic** and the situation is growing at a very alarming pace. It has disrupted all aspects of life, including health care and rehabilitation services. Persons with disabilities have been hit the hardest. I would urge our Members to make full use of their special knowledge, skills and attitudes in management of persons presenting with various symptoms - pulmonary and extra-pulmonary impairments. We must learn and make full use of teleconsultation, telemedicine and tele-rehabilitation as is being encouraged by the Govt. of India.

April 7 is observed as the **World Health Day**. The theme for World Health Day 2020 is to support nurses and midwives. Nurses are important contributors towards disability prevention and rehabilitation and I salute them for playing their important role.

IAPMR has not been lagging behind much despite the Covid-19 crisis. To commemorate the eve of its formation many years ago, I organized the first IAPMR Web based Seminar on Covid-19 on 13 April 2020! This has been followed by many more Webinars, on different topics of importance, by others across India. Our Members have also been involved in the fight against Covid-19, doing duties in their Institutions and Hospitals as well as contributing towards development of guidelines. I was requested to present the Report on 'Covid-19 and India' during an important ISPRM Webinar on 29 May.

June 21 is observed as the **International Yoga Day**. It is my firm belief, backed by evidence, that Yoga can help a lot in prevention and rehabilitation of disabilities.

I request you all to **take utmost care and stay safe**. Jai Hind! Long live IAPMR!

**Dr Sanjay Wadhwa**

## IAPMR: 2019-2021 New Executive Committee:

### President:

Dr Sanjay Wadhwa

### Vice President:

Dr P Thirunavukkarasu

### Hony. Secretary :

Dr Navita Vyas

### Joint Secretary:

Dr Sreejith K

### Treasurer:

Dr Srikumar V

### EC Member:

Dr Anand Varma

Dr Arun A John

Dr Koustubh Chakraborty

Dr Muralidharan PC

Dr R Karthikeyan

Dr Saumen K De

Dr Sanjay Pandey

Dr Selvan P

### Co-opted & Zonal Members:

Dr Abhishek Srivastav

Dr Harshanand P

Dr Pabitra Sahoo

### Editor IJPMR :

Dr Rajesh Pramanik

### Editor IAPMR Bulletin:

Dr Saumen K De

### Chairman

### Academic Committee:

Dr Feroz Khan

### Chairman

### Membership Committee:

Dr B Ramachandran

### Immediate Past President:

Dr R. N. Haldar

### Immediate Past Secretary:

Dr Ajay Gupta

## Hony. Secretary IAPMR

Yet another issue of IAPMR Bulletin(June), I am very happy to write this message.



I would like to congratulate Dr Saumen K. De for working nonstop and for bringing out quarterly issues of the bulletin in time inspite of the pandemic.

This is the way the Association is trying to work in all aspects. We have our Facebook page <https://www.facebook.com/Indian Association of Physical-Medicine-Rehabilitation-IAPMR>. Kindly like and share the page as much as possible for increasing awareness amongst peers and general public. We also have Twitter handle <https://twitter.com/IAPMR1> and our own You Tube Channel, <https://www.youtube.com/channel>. Kindly subscribe to the channel. If you have anything to share on these platforms, you can send the content to the respective Nodal Officer of your area, the list is shared already on the group mail and also in this Bulletin. We want our visibility on social media. Come let us join hands together and increase our visibility and awareness.

Long Live IAPMR!! Jai Hind!!

**Dr Navita Vyas**

## Empathy and Sympathy are Stronger than any Pathy

National Doctors' Day is celebrated on July 1 all across India to honour the legendary physician and the second Chief Minister of West Bengal, Dr Bidhan Chandra Roy. He was born on July 1, 1882, and died on the same date in 1962, aged 80 years. Dr Roy was honoured with the country's highest civilian award, Bharat Ratna on February 4, 1961. The celebration of the Doctors' Day is an attempt to emphasize the value of doctors in our lives and to offer them our respects by commemorating one of their greatest representatives. India has shown remarkable improvements in the medical field and July 1 pays a tribute to all the doctors who have made relentless efforts towards achieving this goal irrespective of the odds.

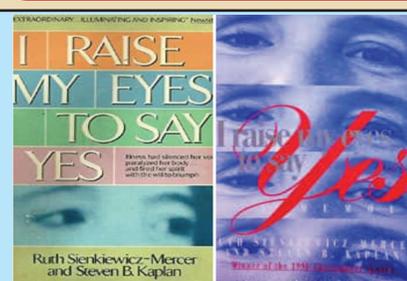


Doctor's Day in India was established by the Government of India in 1991 along with Dr B.C. Roy award. Doctor's Day is observed on different dates across the world. In the United States, the day is observed on March 30, in Cuba on December 3 and in Iran on August 23.

Every year, the theme for Doctor's day is announced by Indian Medical Association. The theme of National Doctor's Day 2020 is 'Lessen the mortality of COVID-19'. The theme is decided keeping in mind the larger scale issue related to the medical field and the professionals and doctors.

If we did not recognise the importance of doctors before, we are certainly learning just how much they contribute to society, amid the coronavirus pandemic. While we are self-isolating, it is the doctors and health workers who are constantly fighting for the lives of people who have been infected with the deadly virus in the expense of more than 100 doctors lives. With the number of infected people on the rise every day and hospitals teeming with hundreds of people, it has never been more important to appreciate the efforts that doctors make to ensure that we sufficiently recover from whatever may be ailing us and continue to remain healthy. Doctors are truly the greatest heroes, of not just the present but of all time.

**Dr R.N.Haldar, Immediate Past President**



## Book News:

This book was written by blinking of eyes. As in catatonia, she was not able to move her limbs to write or speak. Shared by Dr Ashok K Agarwal on 17.06.2020.

**I Raise My Eyes To Say Yes:** by Ruth Sienkiewicz Mercer and Stephen Kaplan. This is the autobiography of Ruth Sienkiewicz Mercer who had severe cerebral palsy, hardly any movement in her limbs and no speech, for thirteen years, from the age of six to nineteen. In Stephen Kaplan's words: Ruth Sienkiewicz Mercer was born in 1950. She has never spoken a word, recognizing only simple words placed before her in a familiar context. Aside from her eyes, ears, nose, digestive system and vocal cords (which can produce about ten distinct sounds) Ruth's body is functionally useless. Her narrative and this book were completed in 1988. I was introduced to Ruth in January 1979, when I was hired as a teacher for a program called **f.r.e.e.** - fundamental right to equal education. Ruth indicates with "yes", "no", or "maybe" with facial expressions. A curled-lipped frown means "no" usually accompanied with a slight raising of her forearms. The more pronounced the curl of her lip, the more emphatic the negative. Raised eyes indicate "yes" often punctuated with a smile. Ruth frequently growls, coos, sighs, chirps, yelps, chortles or even chatters her teeth to add tone to her pronouncements. Ruth indicates "may be" with a relatively bland hybrid of her yes and no modes. By utilizing this limited physical repertoire, Ruth can produce verbal communication with her word boards, laminated pieces of white cardboard on which words, phrases and numbers, are arranged in rows and columns. Sections include pronouns, names of prominent people in Ruth's life, verbs, adverbs, adjectives, prepositions, interrogatives, common expressions, familiar places, things to eat, colors, articles of clothing, and several expletives. There's a section for the alphabet and the numbers 1 through 10. Over the last ten years, Ruth has used two or three such boards with entries on both sides. When we met back in 1979, her boards contained about 400 entries. Several months later Ruth, laurel lee Jones (the first director of the **f.r.e.e.** program,) and I developed some new boards containing about 800 entries and ultimately about 1,800 entries - **Stephen Kaplan**. Source: Internet

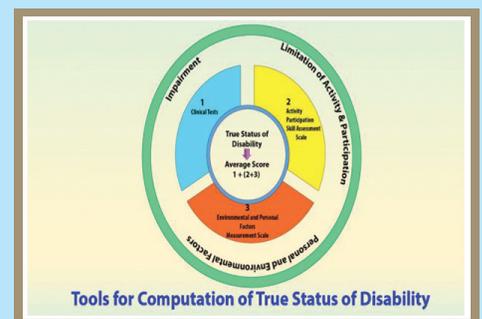
## BOOK NEWS

Dr S Ramar, have written another book on "Integrated Evaluation of Disability" for global audience based on the principles of World Health Organization's International Classification of Functioning, Disability and Health (ICF) and published by Taylor and Francis/CRC Group.

"Concept of Integrated Evaluation of Disability based on ICF"

ICF emphasizes that disability is not only related to the impairment of function and/structure, but also to multiple factors emerging from the social environment. Hence 'Integrated Evaluation of Disability' integrates impairment of function and/structure, limitation of activity & participation restriction, environmental & personal factors to compute whole person disability.

Integrated evaluation of disability institutes clinical methods/tools to evaluate impairment of function/structure. It applies activity-participation-skill-assessment scale to assess limitation of activity and participation restriction. It uses environmental and personal factors measurement.



## PMR Buzz

### Prologue

Since last few months, it has been on the agenda to come up with a collection of unique articles appearing in various contemporary journals in the field of physical medicine & rehabilitation. Going through different journals and articles gives us a broad perspective of our branch, stimulates and usher us for better clinical practice and research work, but our daily chores keep us in blissful ignorance. This lack of perception about the leading-edge publications may be due to lack of time or lack of resources or lack of energy to fumble the dusty pages of journals in the library. So, during this COVID-19 lockdown, this scheme popped, to come up with an abstract review in an electronic form comprising inputs from well-known current journals covering various fields in rehabilitation medicine. Initially, we thought that it would be a couple of page review, but on dipping in, realized it to be a challenging and mammoth job. I stretched out to the young friends and contributors to give inputs and help to form the keel, while I coordinated their efforts.

This is our first edition, and we hope we will continue it for as long as the current contributors continue their efforts and more contributors volunteer to carve it in better shape. There will always be flaws, and scope of improvement, so keep us posted with suggestions, and we will grab the most feasible and bright.

We have selected one abstract from each volume of these journals published in the first quarter of the year. It does not mean that the others are any less in originality or quality, but we picked only those appearing to be practice-changing in Indian clinical scenario. Moreover, like any medley, there might be bias in the overture, but we are only humans.

Keep buzzing with "PMR Buzz". -- Mrinal Joshi (PMR Buzz Volume 1(1) 2020)

**Coordinator** :Mrinal Joshi, Department of PMR, RRC, SMS Medical College & Hospital, Jaipur.

## Disability Considerations During the COVID-19 Outbreak

In March 2020 the World Health Organization (WHO) declared the outbreak of a novel coronavirus disease, COVID-19, to be a pandemic, due to the speed and scale of transmission.

WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. Certain populations, such as those with disability, may be impacted more significantly by COVID-19. This impact can be mitigated if simple actions and protective measures are taken by key stakeholders.

Actions need to be taken to ensure that people with disability can always access the health-care services and public health information they require, including during the COVID-19 outbreak.

People with disability may be at greater risk of contracting COVID-19 because of:

- Barriers to implementing basic hygiene measures, such as hand-washing (e.g. handbasins or sinks may be physically inaccessible, or a person may have physical difficulty rubbing their hands together thoroughly);
- Difficulty in enacting social distancing because of additional support needs or because they are institutionalized;
- The need to touch things to obtain information from the environment or for physical support;
- Barriers to accessing public health information.

Depending on underlying health conditions, people with disability may be at greater risk of developing more severe cases of COVID-19 if they become infected. This may be because of:

- COVID-19 exacerbating existing health conditions, particularly those related to respiratory function, immune system function, heart disease or diabetes;
- Barriers to accessing health care.

People with disability may also be disproportionately impacted by the outbreak because of serious disruptions to the services they rely on.

The barriers experienced by people with disability can be reduced if key stakeholders take appropriate action.

## Actions for People with Disability and their Household

**Reduce your potential exposure to COVID-19:** Everyone with disability and their household should follow the WHO guidance on basic protection measures during the COVID-19 outbreak. If you have any difficulty following these basic protection measures (for example, you are not able to access a handbasin or sink to wash your hands regularly), work with your family, friends and caregivers to identify adaptations. In addition:

- Avoid crowded environments to the maximum extent possible and minimize physical contact with other people. Consider making necessary visits outside of peak time periods. Take advantage of special opening hours for people with disability where these are offered.
- Make purchases online or request assistance from family, friends, or caregivers to avoid needing to access crowded environments.
- Consider gathering urgent items you need such as food, cleaning supplies, medication or medical supplies to reduce the frequency with which you need to access public places.
- Work from home if possible, especially if you typically work in a busy or crowded environment.
- Ensure that assistive products, if used, are disinfected frequently; these include wheelchairs, walking canes, walkers, transfer boards, white canes, or any other product that is frequently handled and used in public spaces.
- Put a plan in place to ensure continuation of the care and support you need.
- If you rely on caregivers, consider increasing the pool of those you can call upon, in preparation of one or more becoming unwell or needing to self-isolate.
- If you organize caregivers through an agency, find out what contingency measures they have in place to compensate for a potential workforce shortage. You may want to talk to family and friends about what additional support they can provide, and the scenarios in which you may need to call upon them.
- Identify relevant organizations in your community that you can access if you need help.

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**ON ELECTRONIC MEDIA**



**On Electronic Media:** Dr RK Srivastava on Rajya Sabha TV. Shared by Dr Harleen Uppal on 04.05.2020.



**On Electronic Media:** Dr R K Shrivastav on RSTV discussion on WHA resolution to evaluate WHO response to COVID19, Shared by Dr A.K.Agarwal on 24.05.2020



**On Electronic Media RStv (Deshdesantar):** Dr RK Srivastava, Shared by Dr R K Srivastava on 09.06.2020

Dr Sanjay Wadhwa participated in an online Seminar on 'Ensuring services related to Assistive Devices and Products for Persons with Disabilities' on 10 April.



**WEBINAR by Dr Sanjay Wadhwa**

Dr Sanjay Wadhwa hosted, as a humble beginning, the first Online IAPMR Seminar on "Role of PMR in the Management of Covid-19" on 13 April, 2020, the eve of formation of IAPMR 48 years ago. This first IAPMR Webinar was blessed by Prof SK Varma. Sir, the senior-most Psychiatrist in India, who is also a founder Member of IAPMR. This Webinar started with opening remarks by Dr RK Srivastava Sir. Many Psychiatrists actively participated in it.

Dr Sanjay Wadhwa, President, IAPMR was requested by Executive Council to present the Report from India during the ISPRM Webinar Series: Global Situation of PM&R during Covid-19 Pandemic, on 29 May 2020. This was reported by ISPRM Office as a big success, and 265 people from 61 countries attended it.

**ISPRM WEBINAR SERIES**

**Global Situation of PM&R during COVID-19 Pandemic**

**Reports from China (Wuhan) & India**

Date: May 29, 2020, Friday, 9:00 AM US Eastern Time

**HIGHLIGHTS**

HOW DID PRM SPECIALTY RESPOND TO COVID-19? – A REPORT FROM WUHAN  
Prof. Dr. Chen Hong MD, PhD, Wuhan, China.

CURRENT SITUATION AND EXPERIENCES IN INDIA  
Prof. Dr. Sanjay Wadhwa MBBS, MD, New Delhi, India

Moderators: Su Yi Lee MD & Bei Zhang MD





Shared by Dr S. Wadhwa

**Topic:** Pain management in Neurorehab, **Speaker:** Dr Navita Vyas, **Moderator:** Dr Abhishek Srivastava, **Chairperson:** Dr Rajendra Sharma



**RAAH FOUNDATION FOR ENLIGHTENING LIVES**  
 Raah's E- "MANN KA DABBA" campaign presents "LOCKDOWN WUES - MANAGING MUSCLE PAIN" amidst covid19 Session with Dr. Ramita Sardana Dhamija on 24th May, Sunday 7-9 PM

**PRESENTS**  
**FACEBOOK LIVE SESSION ON**  
 "LOCKDOWN WUES - MANAGING MUSCLE PAIN AMIDST COVID19" ON 24TH MAY SUNDAY, 5:30 PM

**FACEBOOK LIVE WITH**  
**DR. RAMITA S. DHAMIJA**  
 MBBS, MD (PMR) (AIIMS, Delhi), FRCR (Rehabilitation), John Hopkins, USA. Consultant, Dr. Dhamija's Delhi Skin and Joint Pain Clinic, Bahadurgarh, www.lalitedramita.com

**"E- MANN KA DABBA"**  
 RAAH'S E- Initiative where we aim to reach out the grassroots with reliable information and answers to their "Mann Ka Kuesha" by our Experts. For more info: https://www.facebook.com/rfhl/ https://www.instagram.com/rfhl/ https://www.youtube.com/channel/UCaa17941en

**TOPIC**  
 Pain Management  
 Topics: Hypoalgia • All-Components Role in Pain Management • Osteoarthritis

at a Webinar on Friday, 19th May, 2020 2:30 pm to 3:30 pm

Click here to join

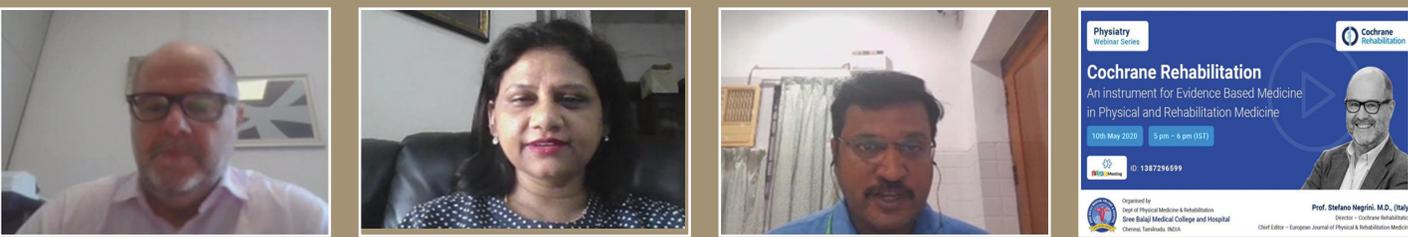
A webinar on Role of antidepressants in Pain Management on 15. 05.2020 arranged by Dr Ramita Sardana Dhamija, Consultant Psychiatrist along with Dr Maj. Gen. DS

Dr Nirja Debbarma: He was trained for a short period in PMR in AIIMS Delhi. Not MD/ DNB in PMR. But he was sent by the cancer hospital there to see what is PMR. He went back and started PMR OPD after short term training along with another guy Dr Dipankar in A. B. V RCC Agartala, Cancer Hospital. He got good response to PMR treatment. 10-15 patients in OPD each day in just 4-5 days. Shared by Dr Kanhoo on 05.05.2020.



Bhakuni Rheumatologist, Manipal Hospitals, Delhi presented on Osteoarthritis. Shared by Dr Ramita Sardana Dhamija on 14.5.2020.

WEBINAR Organized by Department of PMR, Sree Balaji Medical College & Hospital, Chennai, Tamilnadu



**Physiatry**  
 Webinar Series

**Cochrane Rehabilitation**  
 An Instrument for Evidence Based Medicine in Physical and Rehabilitation Medicine

10th May 2020 5 pm - 6 pm (IST)

1387296599

Organized by  
 Dept of Physical Medicine & Rehabilitation  
 Sree Balaji Medical College and Hospital  
 Chennai, Tamilnadu, INDIA

Prof. Stefano Negishi, M.D., (Italy)  
 Director - Cochrane Rehabilitation  
 Chief Editor - European Journal of Physical & Rehabilitation Medicine

Dr Amit Ranjan along with legal expert, Mr Agarwal and Mr TD Dhariyal

**Ashok Agarwal**  
 Advocate, Supreme Court of India

**Dr. Amit Ranjan**  
 Assistant Professor, PMR Department, AIIMS

**TD Dhariyal**  
 Advisor disability CBM India Trust & former state commissioner of person of disability

**Talk To Expert**  
**7th June 2020**  
 Time : 4:00 PM

caASIndia  
 @caasindiacampaign

**LIVE**

**FRONTLINE WARRIOR ON CORONA DUTY:**

Dr Sudhir Mishra, Department of Physical Medicine & Rehabilitation (PMR), KGMU, Lucknow

Dr Sudhir Mishra, faculty incharge of isolation team 11. Team members: Dr Ambarish, Dr Santosh, Dr Amit, Dr Mohit and Dr Juhika. Team had recorded discharge of 21 patients in 14 days, which is 35% of total.

11वीं टीम की देखरेख में 21 कोरोना मरीज डिस्चार्ज

राजधानी के लक्ष्मण के कोविड वार्ड में कुल 11वीं टीम ने आज कार्यवाही सम्पन्न किया। इस टीम के कार्यवाही में सम्पूर्ण 21 मरीज वार्ड से डिस्चार्ज हुए। अब डॉक्टर अमित के नेतृत्व में 12वीं टीम ने डिस्चार्ज कार्यवाही शुरू है। 11वीं टीम का नेतृत्व कर रहे फिजिकल मेडिसिन एवं रीहबिलिटेशन विभाग के डॉ. सुधीर मिश्रा ने बताया कि मरीज घर चलने से मां अस्पताल से डिस्चार्ज होकर घर आई थीं। उन्हें कोविड वार्ड में 'जन कंटाइन' करा गया था, लेकिन उन्होंने शीघ्रता से वार्ड में डॉ. अमित, डॉ. मोहित, डॉ. संतोष, डॉ. अमित, डॉ. जूहिका, नवनील, अमित, संतोष, नीलम आदि थे।

**WEBINAR: By WBIAPMR on 12.06.2020**

WBPMR has successfully conducted 1st WEBINAR on 12th June, 2020 from 8 PM to 9.30 PM. The topic of discussion were 'PMR in Pediatrics' delivered by Dr A. K. Palit and 'Pain after SCI- An Overview' delivered by Dr K. M. Das. Almost 44 members participated in the Webinar.

Shared by Dr D. K. Khatua, Secretary, WBPMR.



**KERALA**

Offering free phone consultation to the needy on Tuesday, Thursday and Sunday from 4pm to 6pm in the lockdown period. Co-ordination work and publicity will be done by "CAPSULE KERALA". This is a joint venture from IAPMR KERALA CHAPTER and CAPSULE KERALA to help mainly divyangjan. This group contains selected Physiatrists who are willing to do phone consultation and also the co-ordinators from CAPSULE KERALA. Shared by Dr PC Muralidharan on 13.04.2020.

**TAMILNADU**

Launching Telemedicine consultations. Shared by Dr Karthikeyan on 14.04.2020.



**IGIMS, PATNA**

PMR Department at IGIMS, PATNA started its journey with solid foundation, due to continuous effort of Dr Raj Kumar, HOD, Dept of PMR, and active help of Director, IGIMS, Patna. Shared by Dr Sanjay Pandey on 03.06.2020.

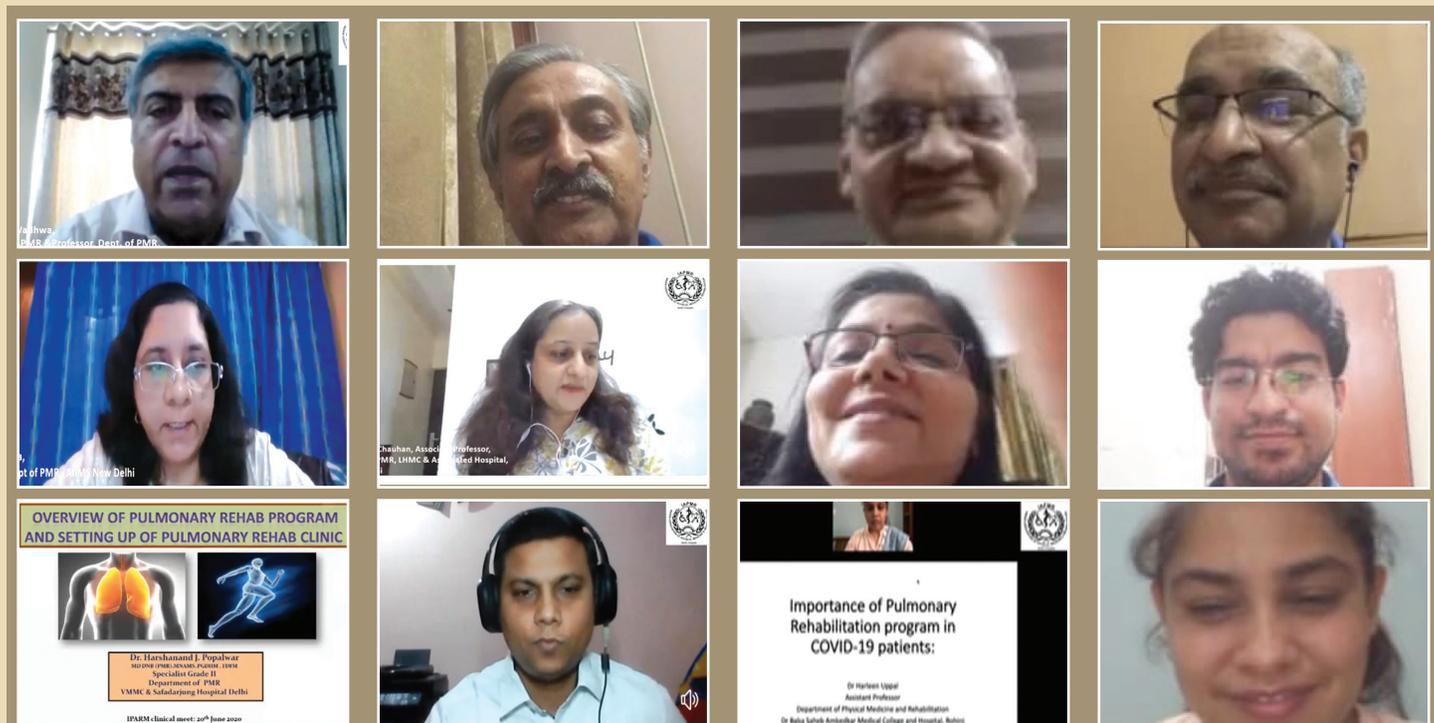


**AIIMS, PATNA**

New joining: Dr Deepak Kumar joined as Associate Professor, AIIMS, Patna on 09.06.2020. Shared by Dr Deepak Kumar on 12. 06.2020

**IAPMR, DELHI**

Organized a Webinar on 'Pulmonary Rehabilitation - an important part of Management of Covid-19 Patients'. Speakers: Dr Harshanand Popalwar and Dr Harleen Uppal. Chairpersons: Dr Sanjay Wadhwa and Dr Vinod Kumar Gupta. Shared by Dr Harshanand Popalwar on 22.06.2020.



## FROM THE DESK OF HONY. SECRETARY, IAPMR

Dear All,

We all know the importance of social media, more so, during this difficult COVID time. Its high time that our Association is visible on social media and as decided in last EC meeting, we are ready with our Facebook page, Twitter handle and You Tube channel.

**FACEBOOK:**

[https://www.facebook.com/Indian-Association-of-Physical-Medicine-Rehabilitation-IAPMR-100126171701278/?modal=admin\\_todo\\_tour](https://www.facebook.com/Indian-Association-of-Physical-Medicine-Rehabilitation-IAPMR-100126171701278/?modal=admin_todo_tour)

**TWITTER:** <https://twitter.com/IAPMR1>

**YOUTUBE:** [https://www.youtube.com/channel/UCBOFns7B1xuNgBg4qrobDYg?view\\_as=subscriber](https://www.youtube.com/channel/UCBOFns7B1xuNgBg4qrobDYg?view_as=subscriber)

It was also decided to make a list of nodal officers / representatives from state/ region for screening and recommending content to the national body for uploading on social media.

Stay safe and healthy,

Navita Vyas

**List of Nodal Officers:**

Dr Geeta Handa: Delhi and Haryana

Dr Santhosh Mathangi: Punjab, Himachal and Jammu

Dr Tuffail Muzaffar: Kashmir

Dr Ravi Gaur: Rajasthan

Dr Rajkumar Yadav: Uttarakhand

Dr Amit Ranjan: Uttar Pradesh

Dr Sanjay Pandey: Bihar and Jharkhand

Dr Jaydeep Nandi: Chattishgarh

Dr Dilip Khatua: West Bengal

Dr P K Sahoo: Odisha

Dr Nilanchandra Singh: North East Zone

Dr Elluri Rajendra Kumar: Andhra Pradesh and Telangana

Dr Swapnil Sonune: Madhya Pradesh

Dr Abhishek Srivastava : Maharashtra, Gujarat and Goa

Dr Anand Verma: Karnataka

Dr Selvan P: Kerala

Dr Premanand: Tamil Nadu

In **Severe Neuralgia** for additional pain relief

India's most prescribed anti-neuralgic

**Gabapin NT** 100/400

Gabapentin 100/400 mg + Nortriptyline 10 mg Tab

Evidence, Experience, Excellence

In **Neuralgia** of various etiologies

**Gabapin** 100/300/400/600/800

Gabapentin Tabs/Caps\*

The Neuralgia Expert

**Gabapin SR** 450/600

Gabapentin Sustained Release 450/600mg Tab

Sustains Smile in Life

**Gabapin-ME** 100/300

Gabapentin 100/300 mg + Methylcobalamin 500 mcg Tab

Regenerates nerve + Relieves pain

Aquila INTAS

**Appeal****From the Desk of Editor**

To all Members and  
Branch Secretaries

Please don't forget to share your activities, achievements and events for inclusion in the IAPMR Bulletin regularly to enrich all members!

You may please send your contributions to me via  
**Whatsapp to 94331 24596**  
or write to me at  
[editorofiapmrbulletin@gmail.com](mailto:editorofiapmrbulletin@gmail.com)  
or  
[drsautmen16@yahoo.com](mailto:drsautmen16@yahoo.com)

You are also welcome to send us other relevant print materials by post to the following address:  
**Dr Saumen K. De**  
HOD, Dept of PMR  
Calcutta National Medical College and Hospital  
32, Gorachand Road, Kolkata-700014

