



BULLETIN OF INDIAN ASSOCIATION OF PHYSICAL MEDICINE AND REHABILITATION

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International
Day of
Persons with
Disabilities
3 DECEMBER

Editor : Dr Saumen K. De

Disability Day Issue, December-2019

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EDITORIAL



Glad to inform you that we are publishing the third issue, December, 2019 of the bulletin which is named as Disability Day Issue.

The annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the United Nations General Assembly resolution. 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. Since 1992, the International Day of Persons with Disabilities (IDPD) has been annually observed on 3rd December around the world.

We are sorry to inform you that we have lost Dr Palanisamy untimely and we are thankful to Dr Chellakumarasamy, President- TNIAPMR and Dr Premanand, Secretary- TNIAPMR for writing up the obituary.

In this issue, we have tried to focus on the observance of the International Day of Persons with Disabilities (IDPD), on 3rd. December, 2019 by our members, branches, and Institutions. We have also tried to present the glimpses of successfully organized mid-term CME held at AIIMS, Rishikesh from 20th to 22nd September 2019 along with activities and achievements of our members and information too. I have tried to cover most of the activities and achievements of our members, during this period.

We are fortunate to share a write up “A Tribute to Dr Mary Verghese:-A Surgeon on Wheel Chair”, written by Dr Raji Thomas, CMC, Vellore.

But if I missed anything, the fault lies with me.

I am grateful to all of them who helped me by sharing their activities, achievements, photographs and information. I want constructive criticisms and suggestions from our esteemed members. I am requesting you to share your activities, achievements generously via e-mail. (E-mail address: drsauen16@yahoo.com and editorofiapmrbulletin@gmail.com). Hoping to meet you all at Kozhikode.

With regards and thanks,

Dr Saumen K. De

MESSAGE



It gives me great pleasure to wish you all a **Very Happy New Year 2020** ! I will also like to thank you all for your faith and support extended to me during 2019. The year 2019 has been very eventful for PMR in India and I hope 2020 will be even better.

This issue of the IAPMR Bulletin is dedicated to the International Day of Persons with Disabilities, which is being commemorated internationally since 1992. There is a theme declared each year to raise awareness about disability related issues. The theme for 2019 has been “**Promoting the participation of persons with disabilities and their leadership: taking action on the 2030 Development Agenda**”. IAPMR is a very important organization in the disability and rehabilitation field in India and I am very glad to inform that to commemorate this Day, it has used such an opportunity to showcase its presence, and important role of PMR by organizing various events (TV Interviews, Lectures, Exhibitions, Camps, Felicitations, Rallies etc.) in various States and Institutions! I heartily congratulate and sincerely thank the Editor and the Editorial Team for bringing out this beautiful new issue of IAPMR Bulletin.

I, as President of IAPMR, am very glad to convey my best wishes and whole hearted support to this IAPMR Bulletin. Keep the flag of IAPMR flying high! Long live IAPMR!

Dr Sanjay Wadhwa, President, IAPMR

**IAPMR
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2019-2021**

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MESSAGE

It's my immense pleasure to write this message for IAPMR Bulletin. This will be the third Issue from the well-polished Editor, Dr Saumen K. De.



As The Secretary of the Association, I extend a warm welcome to all of you on behalf of the Executive Committee. I am happy to state that the new Executive Committee has enthusiastic young members aiming to change the perception of PM&R in the medical fraternity and for this we all will leave no stone unturned for making our presence felt as Physiatrists. We aim to build up on Dynamic website with member log in, start IAPMR Fellowships in Niche areas, start IAPMR Certified Specialist Program after MD/DNB for improving skills of young Physiatrists, create awareness not only in the medical field but also in general public. The need of the hour is to update ourselves in recent advances and also learn to manage the patient right from acute phase and reduce impairments and thus reducing disability. With the onset of new decade, PMR has also taken leaps not only in horizontal but also in vertical horizons and I am sure this decade is beginning with an excellent academic note with the 48th Annual Conference from 17-19th January, 2020, in Kozhikode, Kerala; the theme of the conference being , "Beyond Disability Towards Empowerment". Last year, the Annual Conference in Mumbai with theme "Exploring the Unexplored" and Mid Term CME in AIIMS Rishikesh with theme "Trauma Rehabilitation – A Search for Best Practices" was huge success. The Association is the representation of the members and I urge each and every member to support us fully and also feel free to send their ideas to drnavita.nv@gmail.com.

My best wishes to the editor and wish him all the success for the Bulletin.

I extend my warm wishes to Team Kozhikode, organizers of 48th Annual Conference of IAPMR, to be a huge success. Long live IAPMR.

Dr Navita Vyas, Secretary, IAPMR

Obituary



Dear all,

It is with deep sorrow, we inform you about the sad Demise of **Dr. Palanisamy**, 49 yrs , Husband of Mrs.Anitha, Father of Ms.Oviya (doing BSc.Psychology). Dr.Palanisamy, one of the active member of IAPMR left for heavenly abode on Wednesday 25.09.2019.

He born in Coimbatore and did his under graduation in Coimbatore Medical College in 1986. He qualified as a Physiatrist in Government Institute of Rehabilitation Medicine, Chennai during 1994-97. He was working in Coimbatore Medical College as Assistant Professor in PMR dept.

Dr. Palanisamy has been an inspiring person for all the juniors, guiding them to create more options for any issues both academic and non academic. During his tenure in our association, he was an active participant during plenty of brainstorming sessions. He has always been a good listener and very regular in attending almost all association meeting to show his support for the social cause.

Our TN chapter of IAPMR expresses our deep and heartfelt condolences to the sorrowing family and join in their prayers for the deceased. May the Lord Almighty take the departed soul to his Heavenly Abode and give the family strength to bear this irreparable loss.

Dr. Chellakumarasamy
President- TNIAPMR

Dr. Premanand,
Secretary- TNIAPMR

New MD/DNB Seats:

- Number of PG seats of PMR will be 5 after Phase II approval in S.P. Medical College, Bikaner, Rajasthan
- Letter of approval has been received for starting MD course in PMR Department of Lady Hardinge Medical College and Associated Hospitals from academic sessions 2020-21.

New PMR Department:

Inauguration of Dept of PMR at Thanjavur Medical College, Tamilnadu.

International Day of Persons with Disabilities (IDPD), 3 December 2019



Since 1992, the International Day of Persons with Disabilities (IDPD) has been annually observed on 3 December around the world. The theme for this 2019 IDPD is **“Promoting the participation of persons with disabilities and their leadership: taking action on the 2030 Development Agenda”**. The theme focuses on the empowerment of persons with disabilities for inclusive, equitable and sustainable development as envisaged in the 2030 Agenda for Sustainable Development, which pledges to ‘leave no one behind’ and recognizes disability as a cross-cutting issues, to be considered in the implementation of its 17 Sustainable Development Goals.



This 2019 observance of the IDPD at the UN Headquarters will consist of an official opening, a panel discussion on new initiatives for disability inclusion, and a spotlight event on the theme of ‘Sport for all for peace and development’, which will be the opportunity to discuss sport as a powerful enabler of peace and sustainable development through the empowerment of persons with disabilities

Dr R.N.Haldar



A Tribute to Dr Mary Verghese : A Surgeon on Wheel Chair

The history of Physical Medicine and Rehabilitation in India is intertwined with the life of Dr. Mary Verghese, who was instrumental in the establishment of the first Rehabilitation Institute in the country and in initiating several innovations that have promoted the speciality. Born in 1925, Mary Verghese completed MBBS from Christian Medical College, Vellore in 1952. Though she dreamt to be an obstetrician, subsequent events changed the course of her life. On the 30th of January 1954, in a fatal road traffic accident, she sustained spinal cord injury that left her paraplegic. In the midst of deepest gloom and despair, her faith and determination sustained her. Dr. Paul Brand, a pioneer orthopedic surgeon in CMC in the field of reconstruction and rehabilitation of

hand deformities in patients with leprosy, inspired her to take on a new challenge to be **a surgeon from the wheel chair**, and she was then the only paraplegic surgeon performing operations anywhere in the world. She commanded the respect of her patients, who saw in her a person who was more paralysed than they were, and yet could operate and do her job excellently. She was always available to listen to them and she dealt with them in a very personal way.

In 1957, she underwent rehabilitation under the care of Sir George Bedbrook at the Royal Perth Hospital in Australia, where she learnt to be functionally independent. During this period, she realized that the rehabilitation and exercises that she had learnt could be useful to several other patients back in her country who were similarly affected. With this aim, she went on a fellowship awarded by the World Rehabilitation Fund to be trained under Dr. Howard Rusk, at the Institute of Physical Medicine and Rehabilitation, New York. Mary used every moment outside her hospital duties to gain as much knowledge as possible thus mastering all the skills and knowledge needed for a physiatrist, spending hours studying the various self-help devices, poring over the designs of braces, wheel chairs and artificial limbs. In 1962, she was awarded the Diplomate of the American Board of PMR. Before returning to Vellore, she visited several Rehabilitation Centres in UK.

On her return, the department of PMR was officially opened by Dr. Sarvepalli Radhakrishnan, the President of India on January 5th 1963. 7 km away from the Main hospital, Dr Mary started a specially designed Rehabilitation Institute which was inaugurated on the 26th of November, 1966, fulfilling her dream of a center for healing for those with disabilities resulting from polio, leprosy, stroke, trauma and other causes. Mary Verghese realized the need to innovate to develop orthotic devices that would be more relevant and affordable in our country and her innovations included a low wooden trolley from which a seated patient could learn tailoring and various other self-help devices. Calipers and wheelchairs were re-designed to make them affordable. Her findings were published in a landmark publication titled ‘Investigation of methods suitable to village conditions for the rehabilitation of paraplegics and quadriplegics’. Realising that excellent team work is crucial for efficient rehabilitation; she started services and education in physiotherapy, occupational therapy as well as prosthetic and orthotic services. She initiated home visits and sports for disabled individuals and started the electro diagnostic laboratory to study peripheral nerve disorders. An able administrator, she impressed others by her punctuality, closely observed every aspect of the department and was strict while dealing with official matters. Her determination arose from a sincere and loving mind. Her presence was always comforting to patients and gave many a new spirit to face life. She always aimed at making patients as independent as possible, insisting on their vocational training and encouraging them - just the sight of Mary showed them that life need not end for a person with disability.

For her pioneering work in the field of rehabilitation which she did with courage, fortitude and enthusiasm, and honoring her efforts to give a better life to the patients with disabilities, the nation conferred on her the Padma Shri in 1972. The Indian Council of Medical Research (ICMR) honored her with the Dr P.N. Raju Oration award for her original research on rehabilitation of paraplegics and quadriplegics in 1973.

In 1976, she retired from CMC Vellore and went back to Kerala. However, she returned after two years to continue her work and in 1980, set up a Home for patients with disabilities, particularly for paraplegics. Her life inspired the American writer Dorothy Clarke Wilson to write her biography titled “Take my hands”. Mary Verghese was called home to her creator on December 17, 1986 and thus ended a life of faith, courage, endurance and faithfulness. Her personal suffering gave her deep sensitivity to the agony of the patients and she responded to these feelings with courage and love. When asked what strengthened her, she would say “Trusting in God’s love and grace, all things work together for the good of those who love Him”. The story of Dr Mary Verghese, is the story of how God uses suffering to achieve greater glory. It is the story of God’s grace working in a very ordinary human being, in spite of all her weaknesses.

Dr Raji Thomas, CMC, Vellore

International Day for Persons with Disability

RML Hospital Delhi



Safdarjung Hospital, Delhi



LHMC



ASTER MEDICITY



AIIMS PATNA



KOLKATA



CMC LUDHIANA



KOTTAYAM (KMC)



ODISHA



AIIMS, BHOOPAL



RIMS IMPHAL



KOZHIKODE



IAPMR, DELHI



ACHIEVEMENTS

KERALA



LUCKNOW



TAMILNADU



ACTIVITIES

TAMILNADU



AIIMS PATNA

Book Release

DELHI PMRCON



AIIMS JODHPUR WUPM



Thanjavur Medical College, Tamilnadu

ANDAMAN

JAIPUR



KARNATAKA

CAMP AT HUBLI



CP CLINIC



BENGALURU



Kerala Mid-term CME 2019



Club Foot Camp (ODISHA)



PMR Refresher Course (JAIPUR)



KOLKATA



PATNA

MAPMR Workshop IRACON Puducherry



JIPMER

PRESIDENT, DR SANJAY WADHWA



ISPCCON

IACPCON, GAUHATI

INK, Kolkata / Bangladesh

LUCKNOW



KDAH&RC (Mumbai)

Hyperbaric oxygen therapy (HBOT) entails breathing pure oxygen in a room/enclosure with high pressure.

The HBOT chamber has three times the normal air pressure so that the lungs take in more oxygen.

This oxygen-rich blood circulating in the body can help fight bacterial infection or produce growth factors and stem cells to

HBOT helps patients with serious infections, bubbles of air in blood vessels and wounds that won't heal as a result of diabetes.



ODISHA



On FM Radio



MID TERM CME RISHIKESH 2019



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 on 94331 24596** or write to me at **editorofiapmrbulletin@gmail.com, drsaumen16@yahoo.com.** You are also welcome to send us other relevant print materials by post to the following address:

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Award & Prizes IAPMR CON 2020

- 1) IAPMR Dadhichi Award
- 2) Dr. Anisya Vasanth Memorial Medal
- 3) Bindeswari Sundarshan IAPMR Gold Medal
- 4) Dr. Hanumantha Rao Gold Medal
- 5) Dr. Sudhir Kumar Banerjee Memorial Medal
- 6) Dr. Sanat Kumar Sarkar Memorial Medal
- 7) Dr. W.G. Rama Rao Travel Fellowship
- 8) Dr. Navendra Mathur Memorial Award - Dr. Apurba Barman

Time of G B Meeting on 18th, January 2020 at 4.30 P.M.

Award Winners of Mid-term CME Platform Presentation: 1) Dr Gurpreet Singh 2) Dr Arnab Roy
Award Winners of Mid-term CME Poster Presentation : 1) Dr Ria Sabrene Fernandes 2) Dr Rahul Sharma

Forth Coming Programmes (International)

www.aocprm2020.com

AOCPRM 2020

Jeju

APRIL 23 - 26, 2020
JEJU, KOREA

Innovative Rehabilitation
in Asia Oceania

The 7th
Asia-Oceanian Conference of
Physical & Rehabilitation Medicine

In conjunction with
34th Annual Congress of the
Korean Academy of
Rehabilitation Medicine

MARCH 4-9, 2020 | ORLANDO, FL

ISPRM 2020

14th ISPRM World Congress and
53rd AAP Annual Meeting

Connecting People, Changing the World

REGISTRATION OPENS SEPTEMBER 23, 2019!

BOOK POST

From:

Dr Saumen Kumar De

Editor, IAPMR Bulletin

Dept of PMR, IPGME&R and SSKM Hospital

244, AJC Bose Road, Kolkata - 700 020

To,