

“LIFE IS WHAT HAPPENS TO YOU WHILE
YOU ARE BUSY MAKING OTHER PLANS”

JOHN LENNON



Horizons

helping you all the way...

VMMC & Safdarjung Hospital
Indian Association of Physical Medicine and Rehabilitation

Disability is the only reality that almost everyone will face albeit temporary or permanent. It is at best an inherent part of ageing of the human body or at worst associated with many diseases starting as early as child birth. Pain is the simplest form of disability that should enable us to feel the plight of a person whose body functions are impaired to any extent. About 15 percent world population is estimated to be having some disability by World Health Organization. In India it is probably still grossly under reported. Disability is complex, and the interventions to overcome the disadvantages associated with disability are multiple and varying with the context.

Physical Medicine and Rehabilitation is an all-encompassing speciality of modern medicine which aims to improve the quality of life for every individual irrespective of illness, system, age, gender or even state of health. The speciality caters to everyone having any form of physical disability. This is the only branch of medicine that focuses on holistic patient centred care, truly following the principle of womb to tomb. First department of Physical Medicine and Rehabilitation was founded by Dr Frank Krusen in 1929 at Temple University Medical School. Medical Rehabilitation was started in India at KEM Hospital, Mumbai in 1955. Indian Association of Physical Medicine and

Rehabilitation was formed in 1972 and first PG training in India started in 1976 at IPGMER, Kolkata.

Department of Physical Medicine & Rehabilitation at VMMC & Safdarjung Hospital, New Delhi is amongst the oldest Rehabilitation Centres established in 1972 and is one of the pioneer Rehabilitation Centre in the country for treatment, training and research. Department provides comprehensive and highest quality of short and long term medical and surgical rehabilitation services to around 500 patients per day. It is also a regional apex certification centre.



Support

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Design

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Acknowledgements

Dr Nonica Laisram

Dr C D Tripathi

Dr Chethan C

Vijay Kumar

Ramakant Sharma

Akshay Pratishthan

Very Special Arts India

Persons in photos

Funding support

Indian Association of physical Medicine & Rehabilitation

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HORIZONS
HELPING YOU ALL THE WAY..

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THE GOLDEN YEARS OF LIFE
MUST GLITTER

HORIZONS
HELPING YOU ALL THE WAY..

7



IF I RISE, I WALK IF I WALK, I RUN
AND RUN WE SHALL



DIFFICULTIES SHOULD HELP YOU
REALISE YOUR HIDDEN POTENTIAL



ONCE WE ACCEPT OUR LIMITS,
WE GO BEYOND THEM.

ALBERT EINSTEIN



I AM DIFFERENT
NOT LESS
DR TEMPLE GRANDIN



WITH A LITTLE HELP I DO STAND
BUT SO DO ALL



FOR EVERY PROBLEM
THERE IS A SOLUTION



DIFFICULTIES SHOULD HELP YOU
REALISE YOUR HIDDEN POTENTIAL



PROFESSION
WITH A COMPASSION



. LIMITS ARE
IN THE THOUGHT



VMMC & Safdarjung Hospital
In Association with
Indraprastha Association of Rehabilitation Medicine
Governor
National Day

DISABILITY RESTS IN THE SOCIETY
AND NOT IN THE PERSONS WITH DISABILITIES

DR RAJENDRA SHARMA

*Where the mind is without fear and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake*

Rabindranath Tagore

THE AUTHORS HOPE
THAT THEY HAVE BEEN SUCCESSFUL IN REKINDLING
THE DESIRE IN EVERY INDIVIDUAL TO SEE OPPORTUNITY.