



BULLETIN OF INDIAN ASSOCIATION OF PHYSICAL MEDICINE AND REHABILITATION

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EDITORIAL



This is the fourth and last issue of IAPMR Bulletin for the year 2019-2020. We have published 3 more issues (Doctor's day issue, Mid-term CME Issue and Disability Day Issue). Lots of events have taken place during this period (January to March, 2020) including our own National Conference (IAPMRCON 2020), ISPRM 2020, and many more. We have tried to include as much as possible in this issue. Kerala chapter of IAPMR organized the wonderful megaevent, IAPMRCON 2020. Members from all the corner have appreciated for that.

We are sorry to inform you that we have lost Dr Himadri Biswas, Ex-Professor and HOD, R.G.Kar Medical College and Hospital, Kolkata. I am thankful to Mrs. Sutapa Biswas, Wife of Dr Himadri Biswas, for helping me to write the obituary.

In this issue, we have tried to include activities of different branches, achievements and activities of individual members. But if 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 criticism and suggestions from our esteemed members. I am requesting you all to share your activities, achievements generously via e-mail. (E-mail address: drsaumen16@yahoo.com and editorofiapmrbulletin@gmail.com).

We are very much worried that the COVID19 situation could take a turn for the worse. We request you to maintain the required safety measures. Stay safe, stay healthy. *Viva La IAPMR!*

Thank you.

Dr Saumen K. De

MESSAGE



Dear Friends, I have great pleasure in conveying my sincere Greetings for the New Year 2020! May IAPMR continue to grow in strength.

The Year 2020 has been designated as 'Year of the Nurse and Midwife' by the World Health Organization. Beginning of the year also brought in a major and unprecedented health crisis of unimaginable consequences. On January 30, 2020 the WHO declared the outbreak of the Covid-19 disease as a Public Health Emergency of International Concern!

India is seeing an increasing number of persons getting infected with Novel Coronavirus, and this is a cause for great concern, considering the enormous population, limited resources, and challenges of maintaining physical distances, observing hand hygiene, and use of masks etc. It is a rapidly evolving condition, and every day, there is a new challenge, something new to cope with. But, every challenge also brings in new opportunities. We may be compelled to change the way we think and plan, provide services, teach, train, and rehabilitate the persons with disabilities. Tele Medicine and Tele Rehabilitation is likely to grow rapidly. PMR as a speciality can also play very important role in helping the persons infected with Coronavirus in their recovery and rehabilitation.

I also request you all to take care and stay safe. Jai Hind!

Dr Sanjay Wadhwa
President, IAPMR

IAPMR**Executive Committee:
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Dr R. N. Haldar

Immediate Past Secretary:

Dr Ajay Gupta

MESSAGE

Greetings from Indian Association of Physical Medicine and Rehabilitation. It gives me immense pleasure to write this message for IAPMR Bulletin, March issue.



The theme of this year “**World Health Day**” which falls on 7th April, 2020 is “Support Nurses and Midwives”. During this COVID 19 Pandemic times; not only nurses but all healthcare workers are at frontline; putting their own health at risk to protect the broader community. From the platform of our bulletin, I congratulate all the nurses working in PMR, and also all the Physiatrists who are directly or indirectly associated with COVID duties.

We just finished our Annual Conference in Kerala, which was an amazing academic, palatal and visual feast for all of us. It had a record number of delegates with amazing scientific content and national and international faculties.

I know this is difficult time for all of us but the virus cannot stop our growth or thinking, we have started our own Facebook page, Twitter page and also You tube Channel. I request each and every one to be active on the same so we increase our visibility amongst peers as well as general public. Work on Dynamic website has also started with full swing though some setbacks were there due to lockdown.

We will come out of it triumphantly; I wish good health to all my seniors and my colleagues. Let's take care of ourselves and our PMR families.

Jai Hind! Long Live IAPMR!!

Dr Navita Vyas, Hony Secretary, IAPMR

WORLD HEALTH DAY 2020**SUPPORT NURSES AND MIDWIVES**

April 7 of each year marks the celebration of World Health Day from its inception at the First Health Assembly in 1948 and since taking effect in 1950, to create awareness of a specific health theme and to highlight a priority area of a concern for the World Health Organization.

In the World Health Day (7 April 2020) and “international year (2020) of nurses and midwives”, we honour the contributions of nurses and midwives, recognizing their vital role in keeping the world healthy. Nurses and other health workers are at the frontline of response, putting their own health at risks to protect the broader community – providing high quality, respectful treatment and care, leading community dialogue to address fears and questions, collecting data for clinical studies. Quite simply without nurses there will be no response. In this day, our motto is to highlight their current status and implementations of recommendations for the workforce of nurses and midwives, to ensure that everyone gets the health care they need.

Needless to say, that we the Rehabilitation practitioner are also dependent on the contributions of Rehabilitation nurses for better service to disabled people. So, Rehabilitation nursing should be nurtured by us providing teaching, training and service to them.

Dr R.N.Haldar, Immediate Past President

Obituary

Prof. (Dr) Himadri Biswas (15.03.1952 - 27.02.2020)



Dr Himadri Biswas was born on 15.03.1952 in Kolkata. He did his schooling from Don Bosco School, Kolkata. He did his MBBS from Calcutta National Medical College and Hospital (1980) and Post-Graduation (MD in PMR) from IPGMER and SSKM Hospital (Calcutta University, 1991). He served in the Dept of Health and Family Welfare, Govt of West-Bengal from 1981 to 2014. He served as Faculty in the Dept of Physical Medicine and Rehabilitation, Calcutta National Medical College and Hospital, Kolkata, from 1984 to 2004 and then as Professor and HOD, Dept of Physical Medicine and Rehabilitation, R.G.Kar Medical College and Hospital, Kolkata, (2004-2014). During his tenure, he was instrumental in opening MD in PMR in R.G.Kar Medical College and Hospital, Kolkata. He retired in the year 2014 from the same Institute as Professor and HOD. He was survived by his wife Mrs. Sutapa Biswas and daughter Debangana Biswas Das. His areas of interest and hobby was to do voluntary work for poor & needy. We lost him on 27.02.2020. May his Eternal Soul rest in peace.

Report of IAPMRCON 2020, Kozhikode, Kerala

The 48th National conference of IAPMR was held on the 17,18 and 19th of January 2020 at Hotel Raviz Kadavu Resort, Kozhikode, Kerala. This was preceded by multiple pre-conference workshops on the 16th. The Conference was inaugurated by Dr Mohanan Kunnumel, Hon. Vice Chancellor of Kerala University for health and allied sciences. The inaugural function was chaired by Dr Sanjay Wadhwa, President IAPMR. Dr.N. George Joseph, Organising Chairman welcomed the gathering. Dr Navita Vyas presented the report. The guest of honour was Dr. PBM Menon, Senior most Physiatrist. Dr.S.Hariharan released the Souvenir of the conference. The Disability Day Issue (December – 2019) of IAPMR Bulletin was released in presence of the Editor Dr Saumen K. De. Dr VR Rajendran, Principal of Govt. Medical College Kozhikode and Patron, addressed the audience. Dr VG Pradareepkumar and Dr Aneen N Kutty gave the felicitations. Dr P Sreedevi Menon, the Scientific Committee Chairperson addressed the gathering and Dr PC Muralidharan, the Organising Secretary, delivered the vote of thanks.

The conference was attended by 320 delegates from all over the world. The international delegates included: Dr Amit Bhargava, Dr Seetharama Subramani (US), Dr Abdul Rasheed, Dr Pradeep Thumbikattil (UK), Dr Klaas Postema (Netherlands), Dr Levent Ozackar (Turkey), Dr Ian Baguley (Australia), Dr Biju Gopinath (Kuwait), Dr Mahesh Circinambati (UAE), Dr Habeebur Rehman (Bangladesh), Dr Loganathan (Qatar), Dr Andrey etc. The deliberations were focused on the recent advances in Rehabilitation Medicine with emphasis on research and practical principles. One of the highlights of the scientific sessions was the theme-based topic- Beyond Disability, Towards Empowerment. This included a session on APL-2016, coordinated by Dr R.K Srivastava, Senior Physiatrist and former DGHS. Dr. Ramar threw light on different aspects of disability evaluation.

Dr PBM Menon, gave an oration on Futuristic aspects of Physiatry. Dr SL Yadav delivered the IAPMR Presidential Oration while Dr UN Nair gave the Bengal oration.

There were 46 papers for the free paper session and 41 posters for poster session. Of these 20 were selected for platform presentation and the rest for posters.

The preconference workshops were conducted at Government Medical College Kozhikode, Baby Memorial Hospital Kozhikode and NEST Quilandy. The Electroneuromyography workshop was conducted by Dr Khusumna Mansu Khani and Dr Biju Gopinath, Musculoskeletal Ultrasound workshop by Dr Levent Ozackar and Dr Navitha Vyas, Gait Analysis workshop by Dr Klaas Postema, Botox in PMR workshop by Dr Abhishek Srivastava and Dr Karthick Mani, Life style disease workshop by Dr Roy R Chandran and Prolotherapy workshop by Dr Sasikumar.

Quiz was conducted for the delegates in four sessions and the winners are Dr Thongsuanmung Guite (First session), Dr Munim Tomar (Second Session), Dr Srutarshi Ghosh (Third session) and Dr Dilshat Raihana (Fourth session).



Press Conference



Organizing Team



Registration



Prolotherapy workshop



Preconference Workshop:USG workshop- Faculty and Delegates, held on 16 .01.2020 at Calicut Medical College



Workshop on EMG & NCS



Inauguration





Respected VC of KUHS Prof. Mohanan Kunnumel inaugurating the 48th National Conference of IAPMR 2020 at Hotel Kadavu



Prof. Mohanan Kunnumel, Hon. VC delivering Inaugural Speech.



Release of Souvenir



Release of IAPMR Bulletin



Release of KJPMR



President, IAPMR



Hony. Secretary, IAPMR



Dr S Hariharan



Dr George Joseph



Dr Selvan



Vote of Thanks by Dr Murlidharan



Media Coverage



BENGAL ORATION

IAPMR PRESIDENTIAL ORATION



Bengal Oration by Dr U.N. Nyar



By Dr S.L. Yadav



G.B. Meeting



E.C. Meeting



IAPMRCON ACTIVITIES







VALIDECTORY SESSION



President's appreciation

Award and Prizes, IAPMRCON-2020

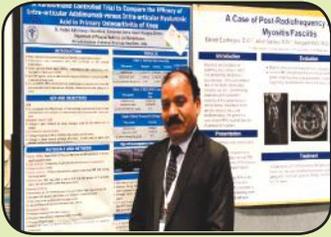
1. IAPMR Dadhichi Award: Dr Sooraj Rajagopal (GMC, Kozhikode)
2. Dr Anisya Vasanth Memorial Medal: Dr Ann Noble Zachariah (AIMS, Kochi)
3. Bindeswari Sundarshan IAPMR Gold Medal: Dr Thomas Anand Augustine (CMC, Vellore)
4. Dr Hanumantha Rao Gold Medal: Dr Heera Selsa (GMC, Kozhikode)
5. Dr Sudhir Kumar Banerjee Memorial Medal: Dr P. Udhaysingh (Tirunelveli Medical College)
6. Dr Sanat Kumar Sarkar Memorial Medal: Dr S. Hareena (AIIMS, New Delhi)
7. Dr W.G. Rama Rao Travel Fellowship: Dr Srikumar (AIIMS, New Delhi)
8. Dr. Navendra Mathur Memorial Award: Dr Apurba Barman (AIIMS, Bhubaneshwar)

QUIZ

Quiz was conducted for the delegates in four sessions and the winners are
 Dr Thongsuanmung Guite (First session)
 Dr Munim Tomar (Second Session)
 Dr Srutarshi Ghosh (Third session)
 Dr Dilshat Raihana (Fourth session).

ISPRM-2020

14 th. ISPRM World Congress-2020, March 4-9,2020, ORLANDO, FL, Representations by IAPMR Members



IBOS 2020

Dr Sanjay Kumar Panday and Dr Raj Kumar attended IBOS at Indore (Indian Biologic Orthopaedic Society) Conference 2nd year in row. Dr Sanjay Kumar Panday delivered a talk as guest faculty on Post Intervention Rehabilitation Protocol at IBOS 2020 Indore.



It's matter of great pride and joy for all Physiatrist's that our Hony. Secretary, Dr Navita Vyas has been awarded Fellowship from Indian Academy of Pain Medicine !! Shared by Dr Abhishek Srivastava.



Annual Conference of IAPMR -WB Branch



New President: Dr Abhishek Biswas
New Secretary : Dr Dilip Khatua

AIIMS, Raipur

CME arranged at AIIMS, Raipur, nice learning experience with eminent teachers like Dr Suranjan Bhattacharjee, Dr Sanjay Wadhwa, Dr Rajendra Sharma, Dr AK Joy Singh, Dr Ajay Gupta and Director, Dr Nitin M Nagarkar and created an ready reckoner table top calender which was distributed on the occasion. Shared by Dr Jaydeep Nandy,AIIMS Raipur, on 28.02.2020.



CME at IPGMER, Kolkata, on 25.01.2020



Workshop on RPWD act at Rewa

Conducted workshop on RPWD act and disability evaluation at Rewa. Shared by Dr Ganesh Arun Joshi



World Leprosy Day observed by IGIMS, Patna

On the day of Vasant Panchmi & on the World Leprosy day, Dept of Skin & VD, IGIMS organized a patient awareness programme. PMR Department, IGIMS, Patna participated in this programme. The Psychological and Rehabilitative aspects of Leprosy were discussed. They also administer oath, which was taken by all health staffs, Doctors and people present, for inclusion of these people in society without any discrimination and discussed rehabilitative aspects. This is reported by Dr Raj Kumar, IGIMS, Patna on 30th January, 2020, World Leprosy day.



Photocourcy : by Dr. Raj Kumar

NEW BRANCH

Happy to share that BIHAR ASSOCIATION OF PMR (BAPMR) has been officially registered

President : Dr Ajit Kumar Varma, **Secretary :** Dr Sanjay Kumar Panday

New PMR Department

AIIMS Mangalagiri

New PMR Department at AIIMS, MANGALAGIRI. Shared by Dr Chethan Channavera on 30.1.2020



AIIMS Gorakhpur

Dr Amit Ranjan and Dr Abhimanyu recently started their journey as founder Faculties at AIIMS, Gorakhpur. They started the OPD services on 10th February, 2020.

Apart from new registrations, referrals from nearly all specialties, they started working extensively to create and use all opportunities of interaction and PMR projection with other specialties, staff, students, local media and general public.



Pediatric Rehabilitation Clinic started under the Dept of PMR at Dr RML IMS, Lucknow.

Shared by Dr Virendra Singh Gogia

Disability Camp in Lady Harding's Medical College, Delhi

Lady Harding's Medical College and Associated Hospitals, along with Ministry of Social Welfare, Delhi Govt organized disability camp on 5th & 6th March 2020. Around 1000 people attended the camp. There was distribution of disability certificate from various discipline like PMR, Eye, ENT, Psychiatry along with distribution of aids and appliances, RCC, DTC pass, financial aid information. Dept of PMR, LHMC, participated actively. Total 90 disability certificate were issued, out of which 62 were from PMR Dept. Shared by Dr Sonal Chauhan on 07.03.2020.

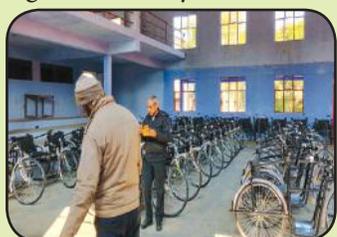


Distribution of Artificial LIMB at Tanjabhur Medical College on Republic Day



District Divyang Assistance Camp organised by Disability Empowerment Department, Agra

45 Divyang in the presence of Shri Mati Rani Saroj Gauharri from the tax lotus of Honorable MLA of Kheragarh, Shri Mahesh Goel Ji at Divyang Assistance Camp held on, January 25, 2020 in remote rural area, about 40 km from Agra in collaboration with District Disability Empowerment Department, Agra. Necessary facilities were provided free of cost to the people. Shared by Virender Kumar Gupta.



KERALA

Artificial Limb Center was inaugurated by Minister K K Shylaja Teacher on 11/1/2020. Health Minister visited the Artificial Limb center. Shylaja teacher distributed the Artificial Limb to Kuttan, a tribal youth, first person getting Artificial Limb. Equipments and other accessories including motorised wheel chair were distributed. NCS/EMG Unit in the department of PMR was inaugurated by Smt K K Shylaja Teacher on 11/1/2020. Shared by Dr Javed Anees.



LHMC, Delhi

Early clinical exposure as a part of new CBME curriculum for UG students. 1st class was taken of 1st year students on 'A clinical approach to genetic disorders' in collaboration with Biochemistry & PMR dept. DMD case was discussed (Vertical & horizontal integration). Shared by Dr Ritu Mazumdar on 11.03.2020.



RIMS, Imphal

Hands on Workshop on Dry Needling in Interventional Pain Management held on 11th March 2020 organized by Department of PMR, RIMS, Imphal. Shared by Dr Lilachandra Lobgijam.



SVNIRTAR, ODISHA

Dept PMR, SVNIRTAR, conducted a deformity corrective surgery camp at remote Kalahandi District of Odisha. 33 limbs of 24 patients were operated in a single day camp surgery. Shared by Dr Pavithra Sahoo, SVNIRTAR, Odisha.



Scoliosis screening camp for school children were arranged by Dept PMR, SVNIRTAR, Cuttack in association with ASSI. Shared by Dr Pabitra Kumar Sahoo.



Activities of Dr Sanjay Wadhwa, President, IAPMR

Dr Wadhwa got opportunity to Chair a Session on Pulmonary Rehabilitation. Prof. R. Guleria, Director, AIIMS was the first Speaker! Shared by Dr Sanjay Wadhwa on 7.03.2020.



With the CEO, Ayushman Bharat- PMJAY, Dr Indu Bhushan. Dr Sanjay Wadhwa had a very pleasant interaction. Shared by Dr Sanjay Wadhwa on 12.03.2020.



ROUND TABLE : “Professionals in Future of Healthcare!”

Dr Sanjay Wadhwa represented IAPMR at the national-level Roundtable Discussion on ‘Professionals in Future of Healthcare’! He tried to project positive & important role of PMR specialists in future during this important Conference. IAPMR logo prominently displayed! Shared by Dr Sanjay Wadhwa on 1.03.2020.



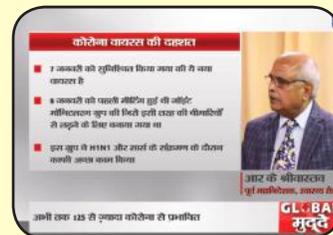
ON ELECTRONIC MEDIA

On TV, “Total Health” Programme. During Coronavirus lockdown, how to stay fit!

PMR way! By
Dr Sanjay Wadhwa on
29.03.2020



Dr R K Srivastava on Corona virus discussion:
Shared by Dr Sanjay Wadhwa On 15.03.2020



All India Radio Port Blair for programme “Hello Doctor” from 7.20 a.m. to 8.00 a.m.



Dr Amit Ranjan was discussing on COVID-19 on 25.03.2020.

Shared by Dr V.S. Gogia



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

or

drsauken16@yahoo.com

You are also welcome to send us other relevant print materials by post to the following address:

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In **Neuralgia** of various etiologies

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Aquila ONTAS