

Report National PMR Day CME 2026 Celebration

The Department of Physical Medicine and Rehabilitation (PMR), Sree Gokulam Medical College and Research Foundation, celebrated **National PMR Day 2026** with great enthusiasm and academic fervour. The programme was organized to create awareness about the importance of Physical Medicine and Rehabilitation and to commemorate this year's national theme, **"Rehabilitation is Essential, Not Optional."**

The programme commenced with a warm welcome to the dignitaries, faculty members, residents, students, and guests. The occasion was graced by the presence of **Dr. Chandramohan**, Dean Emeritus; **Dr. Nandhini V. R.**, Principal; **Dr. Krishna**, Superintendent; **Dr. Rajesh Vijayan**, Deputy Superintendent; **Dr. Dhayanandha Babu**, Professor Emeritus, Department of General Surgery; and **Dr. Saji P. G.**, Professor and Head, Department of Psychiatry.

The academic session began with an inaugural presentation by **Dr. Sreekala V. K.**, **Professor and Head, Department of Physical Medicine and Rehabilitation**, who delivered an informative lecture titled **"What is PMR?"** The session highlighted the scope of Physical Medicine and Rehabilitation, its multidisciplinary approach, and its pivotal role in restoring function, improving independence, and enhancing the quality of life of individuals with disabilities.

The second academic session was delivered by **Dr. Abeer Abdul Rezak**, **Assistant Professor, Department of Psychiatry**, on the topic **"Disability and Rehabilitation in the Area of Mental Health."** Her presentation emphasized the importance of psychiatric rehabilitation, community reintegration, and holistic management of individuals with mental health conditions.

Following the scientific sessions, the speakers were honoured with certificates of appreciation by **Dr. Chandramohan**, Dean Emeritus, in recognition of their valuable contributions to the programme.

The celebration also featured the prize distribution ceremony for competitions conducted as part of the National PMR Day observance. The **PMR Quiz Competition**, held on **18 June 2026** for the **2022 MBBS Batch**, witnessed an enthusiastic participation of **116 students**. Winners were selected based on the highest score achieved in the shortest time.

The winners of the PMR Quiz Competition were:

- **First Prize (₹3,000 and Certificate):** Ms. Dhanasree C. P. (2022 MBBS Batch)
- **Second Prize (₹2,000 and Certificate):** Ms. Thrymbika M. D. (2022 MBBS Batch)

The **Caption Contest** encouraged students to express the spirit of resilience and rehabilitation through inspiring captions for selected images depicting remarkable personalities who overcame disability.

The winners of the Caption Contest were:

- **Image 1 – Arunima Sinha**

- Winning Caption: *"Steel in her leg, fire in her soul."*
- **Winner:** Mr. Anand R. S. (2023 MBBS Batch)
- **Image 2 – Derek Redmond**
 - Winning Caption: *"You don't lose until you stop."*
 - **Winner:** Ms. Anugraha V. S. (2024 MBBS Batch)
- **Image 3 – Payal Nag**
 - Winning Caption: *"Bound by struggles, born to ace it."*
 - **Winner:** Ms. Gayathri Prakash (2024 MBBS Batch)

The Caption Contest prizes and certificates were presented by **Dr. Nandhini V. R., Principal.**

The programme concluded with the **Vote of Thanks** delivered by **Dr. Greeshma A. D., Assistant Professor, Department of Physical Medicine and Rehabilitation**, who expressed sincere gratitude to the dignitaries, speakers, organizing committee, faculty, residents, students, and participants for making the event a grand success.

The celebration successfully reinforced the significance of rehabilitation as an integral component of healthcare and highlighted the collective responsibility of healthcare professionals in promoting inclusion, functional independence, and improved quality of life for individuals living with disability. The programme concluded with an official group photograph of the dignitaries, speakers, faculty members, residents, prize winners, and students.



