

Report on National PMR Day Celebration 2025

The Department of Physical Medicine and Rehabilitation (PMR), Sree Gokulam Medical College and Research Foundation (SGMC & RF), celebrated **National PMR Day** on **7 July 2025** with a series of academic and student engagement activities aimed at promoting awareness about the specialty and the importance of a disability-friendly environment.

The inaugural function was graced by **Dr. P. Chandramohan, Dean Emeritus**, who inaugurated the programme. The function was presided over by **Dr. K. Mahadevan, Professor and Head, Department of Ophthalmology**.

The programme commenced with a welcome address by **Dr. Sreekala V. K., Professor, Department of Physical Medicine and Rehabilitation**. **Dr. Lalitha Kailas, Associate Dean**, and **Dr. Nandhini V. R., Principal**, offered felicitations, expressing their support for the initiatives of the Department of PMR. The formal function concluded with the vote of thanks delivered by **Dr. Greeshma A. D., Assistant Professor, Department of Physical Medicine and Rehabilitation**.

The inaugural session was followed by a **Continuing Medical Education (CME) programme** on the theme "**Disabled Friendly Environment**." The scientific sessions were delivered by **Dr. Sreekala V. K., Professor, Department of PMR**, and **Dr. Megha Edwin Mathew, Assistant Professor, Department of Ophthalmology**, who highlighted the importance of creating accessible, inclusive, and barrier-free environments within healthcare institutions and the community. **Dr. P. Chandramohan, Dean Emeritus**, presented certificates of appreciation to the speakers in recognition of their valuable contributions.

As part of the National PMR Day celebrations, the Department also organized several student competitions to promote awareness about rehabilitation and disability inclusion.

An **Essay Writing Competition** on the theme "**Life After Stroke – Challenges and Solutions**" was conducted for MBBS students of SGMC & RF. The winners were awarded cash prizes of **₹5,000**, **₹3,000**, and **₹2,000**, along with certificates, for the first, second, and third positions, respectively.

A **Selfie Competition**, highlighting the disability-friendly features of the institution, was also organized. Students enthusiastically participated by capturing and showcasing accessible infrastructure within the campus. Winners received cash prizes and certificates in recognition of their creative efforts.

The celebrations witnessed the gracious presence of **Dr. P. Chandramohan, Dean Emeritus**; **Dr. Lalitha Kailas, Associate Dean**; **Dr. Nandhini V. R., Principal**; **Dr. Dayananda Babu, Professor Emeritus, Department of General Surgery**; **Dr. K. Mahadevan, Professor and Head, Department of Ophthalmology**; **Dr. Rajesh Vijayan, Deputy Superintendent**; **senior faculty members, colleagues, and students**, whose active participation contributed to the success of the event.

