

BIODATA



NAME	DR. SUNDER SUBRAMANIAM
REGISTRATION NO	38890 [TAMIL NADU MEDICAL COUNCIL]
FATHERS NAME	MR. N. SUBRAMANIAM
DATE OF BIRTH	10 TH FEBRUARY 1960
ADDRESS	FLAT 9, BLOCK D1, ANAND APARTMENTS, NO.50, L.B.ROAD, THIRUVANMIYUR, CHENNAI - 600 041, INDIA.
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QUALIFICATIONS

- M.D. in PMR, Tamilnadu DR.MGR Medical University
- M.B.B.S from Stanley Medical College, 1984
- Post Graduate Diploma in Physical Medicine and Rehabilitation from Madras Medical College, Govt. Institute of Rehabilitation Medicine 1988 – 1991
- B.A. (Indian Music) from Madras University, 1985 – 1988
- Certificate Course in Occupational Health from Regional Labour Institute, Chennai
- F.A.I.M.S. (Fellow of All India Medicos Society)
- Trained in **ERGONOMIC PRINCIPLES for WORKPLACE ASSESSMENT AND DESIGN** Lansing sponsored by the University of Michigan, U.S.A 2006

SCHOLARSHIPS / AWARDS

Social Service

- Tanker Foundation's Love For Service Award Jan 2015
- Canara Bank Founder's Day Award For Excellence In Social Service – Nov 2013
- Dare Award Of Excellence In Social Service Oct 2013
- Vishishta Award Instituted By Sudesi Magazine For Reaching Out To The Disabled & Excellence In Music
- Best Rotarian Award For The Year 2012-13
- Certificate Of Merit From "Americares"
- Entrepreneur Award From Swadeshi Jagran Manch On 4th Nov 2012
- Rajah Sir Muthiah Chettiar Award - 2011
- National Award For Best Individual – Social Service 2008
- State Award For Social Service 'Best Doctor' 2007
- Award From Tambras June 2005 Vaidya Sastra Parangatha Sangeetha Kalamani
- **Dr.K.S.Sanjivi Award** – July 2005 – Awarded By Confederation Of Indian Organizations For Service And Advocacy, For Social Service Done

- Citation From “Maithri” In Recognition Of Services Rendered 2006
- **Jan Seva Award** For Social Service Given By Kanchi Kamakoti Peetam October 2nd 2007
- **Vocational Excellence Award** From Rotary Club Of Mambalam, Chennai, Oct 25th 2009
- **Lifetime Achievement Award** to Be Delivered On The World Disability Day 2016 By The Govt. Institute Of Rehabilitation Medicine Chennai. Function Postponed Due To Rains
- **Best Doctor Award From Ima Chennai South 11th July 2015**
- **Magazine Chellamey – ‘The Role Model’ Award For Doctors - 2016**

ACADEMICS

- Government of Maharashtra Student Scholarship for Academic Excellence
- Lady Tata Memorial Research Scholarship, 1989 – 1990
- COSTED Fellowship to young scientists to present a paper at the Asian Conference of Occupational Health, Bangkok in 1991
- First Prize for Best Paper at the International Conference of Physical Medicine and Rehabilitation, New Delhi, 1991
- Rama Rao Traveling Fellowship to young physiatrists, 1997 – 98
- Best Branch - National Level for Tamil Nadu Branch, 1996
- Raghaviah Memorial Award – 1998 from I.A.O.H (Tamil Nadu Branch)
- OHSF MUMBAI award given by the I.A.O.H – January 2004 at Kochi
- Vocational Excellence Award – 2004-Rotary Club of Madras Chennapatna
- National Award – DR.CKR oration in Baroda Feb 2011

POSITIONS HELD - MEDICAL DIRECTOR

- Prem Center For Physiotherapy And Rehabilitation Medicine, Chennai.
- Prem Inpatient Rehabilitation Center – Inpatient Center For Disabled, Santosh Hospitals
- Prem Home Physiocare
- Prem Center For Positive Health
- Prem Ergonomic Solutions
- Panel Consultant And Home Service Provider For Home Health Care Pvt.Ltd
- **Visiting Consultant - VHS**
- **FOUNDER MANAGING TRUSTEE – FREEDOM TRUST**

VISITING FACULTY IN REHABILITATION MEDICINE – (posts earlier held)

SRM College of Physiotherapy
Adiparasakthi Physiotherapy
College, Melmaruvathur
Spastics Society of TamilNadu
Maharaja College of Physiotherapy
Visiting Faculty in Biomechanics
AMS College of Paramedical Sciences [1998]

Tamilnadu College of Physiotherapy
RASA (Course for creative movement-
advisor – Mother Theresa University]
Spastics Society of India

CONSULTANT PHYSICAL MEDICINE AND REHABILITATION

The Spastics Society of Tamilnadu
[Taramani, Ayanavaram and Royapuram]
Madhuram Narayan center[till 2008]
Maithri, [Perambur and Mambalam]
Asha Foundation, Bangalore

Ramana Sunritya Alaya Trust
Spastics Society of India (till 1998)
Karna prayag Trust
AmarSevaSangam,Ayikudi

PREVIOUS POSITIONS HELD - MEDICAL CONSULTANT (Part Time)

Neosid India Group
Shriram Group
Greaves Limited (till1998)
DeZurik India Ltd. (till 1997)
Eicher Span Exports (till 1995)
Viswapriya Investments (till1995)
Klenzaid's Bioclean devices

Andrew Yule and Co. Ltd.
Mount Mettur Pharmaceuticals (till1998)
Pentagon Trading Ltd.
Quality Inn Aruna (till 1994)
Airfreight Limited

SENIOR CONSULTANT & HEAD OF THE DEPARTMENT IN PHYSICAL MEDICINE AND REHABILITATION – GLOBAL HOSPITALS AND HEALTH CITY CHENNAI

CHIEF CONSULTANT ERGONOMIST AND TRAINER PREM ERGONOMIC SOLUTIONS:

Given Training Programs At:

CHENNAI	CHENNAI	BANGALORE
ALCATEL	MAERSK	BOSCH LTD
ASEA BROWN BOVERI	MASCON	CARITOR
AUDCO	NASSCOM	FLEXTRONICS LTD
AVTLEATHER	NIPM & ISTD	IBM
BOSCH LTD	ORCHIDPHARMA	I-FLEX SOLUTIONS LTD
CARITOR	POLARIS	I-WAVE LTD
CATERPILLAR	RBI STAFF COLLEGE	NASSCOM LTD
CLARION	RESERVE BANK OF INDIA	SCANDENT LTD
COVANSYS LTD	RIETER	TATA INFOTECH LTD
CPCL	SCOPE E-KNOWLEDGE LTD	
CSS CORP	SERVION	COIMBATORE
DBS CHOLAMANDALAM,	SLASH SUPPORT LTD	DEEPA PANELS

ELEMENT K LTD	SOUTHERN RAILWAY	PERLOS
FLEXTRONICS LTD	STERIA	PREMIER EVOLVICS
GAMESA WIND MILL CO.	SUNDARAM CLAYTON LTD	THINKSOFT
HCL	SUNDRAM FINANCE LTD	
HEXAWARE LTD	TES – AMM INDIA PVT LTD	GUJARAT
IBM	TATA CONSULTANCY SERVICES	GPEC
I-FLEX SOLUTIONS LTD	TUBE PRODUCTS	
L AND T INFOTECH LTD	ZYNGA	HARYANA
LENNOXINTL	VALEO	CLP INDIA
LIEONMOBILE	VISTEON SOFTWARE LTD	CULCATT
LIEONMOBILE	WIPRO LTD	IBM

WORKSTATION EVALUATION DONE AT:

Midas Communications

Sundaram Clayton Ltd

Caterpillar

Scope E-Knowledge

SCM Microsystems

I-Flex Solutions

Verizon

National Institute Of Oceanography

CLP INDIA [HARYANA]

SANKARA NETHRALAYA

Experts Panel

HEALTH MAGAZINE

National Resource Person for Rehabilitation of the Handicapped (IAOH)

Given several talks on AIR, DD, and Satellite Channels on Rehabilitation

FEATURES

1. Featured in The Hindu – Freedom Trust gets pat from Central Minister – Dec 2007
2. Sundram Finance newsletter
3. Featured in Kalki, a Tamil monthly magazine, Dec 2007
4. Featured in The Hindu – Down Town – Sept 2007
5. Featured in “ Health & Beauty” – Sept 2007
6. Featured in Udhavikaram – September 2007
7. Featured in THE HINDU on 23 July 2006
8. Bringing handicapped persons into mainstream at Thiruvanmiyur Centre – Adyar Times.
9. Maruvazhvukku marundhillamal sikhichai – Dinamani August 1996
10. Udal Uruppai Ezhandhalum – Health November 1996
11. Oonamutravarkalukku Maruvazhvu – Health Doctor January 1997
12. Mudakkahal neekka udavum ubakaranangal – Health October 1997
13. Freedom from the Handicap – Madras Noon Times
14. Featured in a book Maruthuvargal sanditha vithiyasamana noyaligal May 2001.
15. Article in magazine PHARMED NUMEROLOGY

16. Article in HELPING HANDS October 2002
17. Featured in Frozen Thoughts in the Mar 2004 edition (a high profile magazine) titled SALUTE
18. Featured in Nagar Valam in the June 2004 edition
19. Featured in The Hindu – “Reaching out to the disabled”
20. Featured in The Hindu – “ In the service of the disabled”
21. Featured in The Indian Express – “Making of a Rasika”
22. Featured in the Hindu during the December Music Festival in the year 2007
23. Featured in Deccan Chronicle, Dec 2009
24. Featured in Financial Express, Dec 2009
25. Featured in Chennai Chimes, Dec 2009

TELEVISION APPEARANCES

- Interviewed in a popular Television channel [SCV] on various aspects of Rehabilitation
- Interviewed on SUN TV as a specialist in Rehabilitation in a popular program titled
- NALAMTHANA and in another popular program
- SANDIPPOMA
- Kuzhandai nalam
- Vanakkam Thamizhagam
- Naiyandi Durbar
- Doctor Sun News
- Doordarshan – on exercise prescription for old age
- Achamillai Achamillai Jaya TV 2006
- Jaya TV November 2008
- WIN TV – Interactive program with viewers Dec 2006
- Jaya TV December 2 2008
- Jaya TV Feb 09 – Hello Doctor Program
- Sun TV – April 2009
- Sun TV – Alochanai neram – Nov 2009
- Sun TV – Dec 2009 on Ergonomics
- **Doing a regular music serial every Saturday titled Maithreem Bhajatha in Sankara TV**
- Vijay TV – March 2010
- Jaya TV – April 2010 – Hello Doctor
- Jaya TV – June 2010 – Hello Doctor
- Sankara TV – Hello Doctor
- Palimar TV – Breakfast show
- Thanthi TV - Feb 2013
- Makkal TV – Azhagiya Thamizh magan 2015

EXPERIENCE – Clinical

- | | |
|-----------------------|------------|
| • Industrial Medicine | Since 1986 |
| • Private Practice | Since 1984 |
| • Physical Medicine | Since 1991 |
| • Ergonomics | Since 2003 |

TEACHING

- On the teaching faculty of the:
- Diploma course for Special Educators for the Neurologically impaired since 1991
- Bachelor's degree in Physiotherapy and Occupational Therapy since 1993
- Creative movement therapy conducted by RASA , Mother Theresa University
- Trainer in rehabilitation for the RCI scheme to teach PHC doctors of Tamilnadu

EXAMINERSHIP

- BPT and BOT course conducted by the MGR Medical University
- Diploma in Special Education

INSPECTION:

Has been part of the MGR University nominated team to inspect the functioning of SPASTN, Tharamani, and various colleges of physiotherapy

PANEL DOCTOR

- ECHS
- State Bank of India
- O.N.G.C
- Indian Airlines

TRAINING

PREM CENTER is a recognized training center for student interneers of physiotherapy and occupational therapy. It has also trained physiotherapy students from Belgium.

RESOURCE CENTER

Was Associated with Asha Foundation to apply the Bruckers method of Biofeedback on Handicapped children and adults.

ACADEMICS – AUTHORSHIP – Has authored three books

- Text book of Rehabilitation Medicine [3rd edition]
- ' MCQ's in Rehabilitation medicine'
- FAQ's in Carnatic Music
- **Editor Rehab** talk –Indian Association of Physical Medicine and Rehabilitation 2006-2011 and 2013-2015

PAPERS PUBLISHED

- Indian journal of disability and rehabilitation – July – Dec 1989
- Vocational rehabilitation, using low cost occupational aids in upper limb prosthesis.
- Indian Journal of trauma anesthesia and critical care – June 2006, ROLE OF REHABILITATION IN AN ICU SET UP
- DIABETES AND EXERCISE – SEP 2007
- Occupational Injuries in computer professionals – IAPMR Con 2010

RESEARCH

Project on low cost environmental control systems for the physically disabled community had been approved by the technical advisory group, Ministry of Social Justice and Empowerment, and later handed over to IIT Delhi for development.

Did a one-year project on “Rehabilitation of Upper Extremity Amputees using Modifications to the terminal devices” in which amputees of over 10 professions were rehabilitated with a grant from Lady Tata Memorial TRUST Mumbai.

Primary Clinical investigator for 3 international GCP drug trials. Trained in Bombay, Malaysia, Delhi and Portugal for various GCP trials. Was responsible for recruitment of the maximum number of patients in the world in one of the trials.

Was trained in Washington as an evaluator for a NIH funded program on Muscular dystrophy, certified Clinical evaluator for an international research project. Trained in Chennai by international trainers

PROFESSIONAL MEMBERSHIPS AND POSTS HELD

- Secretary - IAOH, Tamilnadu branch in 1996
- President - IAOH Tamilnadu 2000-2001
- Central council Member - IAOH [National body]
- Executive Committee Member - Indian Medical Association (IMA) Madras South
- Associate Editor - Tamilnadu Medical Practitioners Association Newsletter 1995
- President – Elect Tamilnadu association of PMR
- Joint Secretary IAOH (National Body) 1997
- Executive Committee Member at the National level and Editor Rehab talk –Indian Association of Physical Medicine and Rehabilitation
- Life Member Adyar Doctors Association (ADA)

NON PROFESSIONAL MEMBERSHIPS

- Vice President Irai Pani Mandram
- First Vice President Lions club of central Madras.
- Life Member YMCA
- Member Indira Nagar Sports Club
- Life member National HRD network
- Convenor MUSIC FORUM CHENNAI CHAPTER
- Director community health Rotary club Chennai Mambalam
- President Rotary club Chennai Mambalam

CONFERENCES IN REHABILITATION ORGANISED

Organized REHABASICS a one day conference on Rehabilitation Medicine for 7 successful years in October 2002, October 2003, DEC 2004 DEC 2005 DEC 2006 Dec 2007 & 2009 with an overwhelming participation of over 350 delegates on each occasion
Souvenir editor for all conferences of Indian association of Occupational health 2000, 2007, 2015 and state conferences of IAOH

PAPERS PRESENTED

No	Date	Conference	Venue	Topic
1	Jan 19 89	Orthopedicians clinical meeting	GIRM, Chennai	Survival of amputees after amputation due to malignant tumours – a retrospective study
2	13.5.89	National Conference of IAOH	Bangalore	Rehabilitation of a barber with upper extremity amputation
3	9.2.90	National Conference of IAPMR	Calicut	Rehabilitation of 5 amputees back to their professions
4	25.1.91	International Conference of IAPMR	New Delhi	Vocational Rehabilitation of upper extremity amputees using low cost modifications to terminal devices.
5	25.11.91	ACOH SEAES Conference	Bangkok	Vocational rehabilitation of upper extremity amputees using low cost modifications to terminal devices.
6	5.12.91	Annual Conference of IOA	Chennai	Vocational rehabilitation of upper limb amputees using modifications to terminal devices.
7	1.2.92	National Congress of IAOH	Ooty	Vocational rehabilitation of upper limb amputees
8	10.1.93	State Conference IMA	Chennai	What is Rehabilitation?
9	5.2.95	National Congress of IAOH	Bangalore	Employment of multiply disabled individuals with CP – a perspective
10	25.3.95	National Conference of IAPMR	Trivandrum	5 models of vocational rehabilitation in Cerebral Palsy
11	13.9.97	State Conference of IAOH, TN	Chennai	Occupational hazards of music professionals
12	10.1.98	National Conference of IAPMR	Bhubaneswar	Work related musculoskeletal disorders among musicians
13	5.2.98	National Conference IAOH	Mumbai	Work related musculoskeletal disorders among musicians
14	8.8.98	Music Academy	Chennai	Work related disorders among musicians
15	23.6.01	INTEND SEMINAR	Chennai	Wheelchairs – chairs with wheels?
16	23.1.04	IAOH NATIONAL CONFERENCE AWARD FOR OCCUPATIONAL HEALTH	Kochi	The role of Physical medicine and ergonomics in the Computer industry
17	7.2.04	IAPMR National conference	Calicut	Rehabilitation of quake victims of Gujarat
18	22.12.07	Musical Aptitude in Visually impaired children	Chennai	The Music Academy

19	5.2.11	Vocation Rehabilitation of the visually impaired	Delhi	IAPMR
20	17.2.11	Occupational Rehabilitation of the differently abled	Vadadora	IAOH

EXHIBITIONS / WORKSHOPS PARTICIPATED

1	4.2.91	Ministry of Social Welfare	New Delhi	Low Cost Devices for Upper extremity amputees – exhibit for National Technology Award
2	20.1.96	AGAPE Japan	Chennai	Self help devices for people with disabilities
3	Sep 98	NIMHANS	Bangalore	Botulinum Toxin in Cerebral Palsy
4	Dec 98	Hinduja Hospitals	Mumbai	Botulinum Toxin
5	July 2006	University of Michigan	USA	Workplace ergonomics
5	Nov 09		Hyderabad	Botulinum Toxin
6	2009		Vizag	Botulinum Toxin

INVITED SPEAKER / SESSIONS CHAIRED

No	Date	Conference	Venue	Topic
1	7.8.91	Rotary Club of Coromandel	Chennai	What is Rehabilitation?
2	2.8.92	CME	Trichy	Rehabilitation of Cerebral Palsy
3	6.3.93	All India Radio	Chennai	Differently Abled
4	10.9.94	IMA Monthly meeting	Chennai	Need based rehabilitation – An emerging speciality for a better tomorrow
5	25.9.94	IMA Meeting	Kodaikanal	What is Rehabilitation Medicine?
6	6.12.94	Meston College	Chennai	Role of PT and OT in the rehabilitation of Mental Handicap
7	17.12.94	Adyar Doctors Association	Chennai	Need based Rehabilitation
8	7.4.96	IMA Conference	Chennai	Respiratory Physiotherapy – really supportive!
9	12.8.95	IAOH State Conference	Chennai	A perspective of Vocational Rehabilitation
10	6.9.96	CME Program	Chennai	Rehabilitation of Cerebral Palsy
11	30.11.96	South Indian Conference of Psychiatrists	Calicut	Experiences in the vocational rehabilitation of Cerebral Palsy.
12	25.2.97	Meston College	Chennai	Introduction to OT and Rehabilitation
13	29.3.97	International Conference NIMHANS	Bangalore	Community reintegration of patients with Cerebral Palsy
14	20.7.97	South Indian Symposium on P.M R	Coimbatore	Co Chairman of a session

15	23.8.97	NIMHANS	Bangalore	Experiences in C.P.
16	8.8.94	IIT Chennai	Chennai	Functional Electrical Stimulation
17	6.11.97	Central Leather Research Institute	Chennai	What is Rehabilitation?
18	20.2.98	Tamilnadu Hospitals	Chennai	Need based rehabilitation and its application in cerebral palsy
19	6.3.98	Child Trust Hospital	Chennai	Rehabilitation of Cerebral Palsy
20	28.2.98	Apollo Cancer Hospital	Chennai	Physiotherapeutic techniques in the management of common musculoskeletal disorders.
21	1.3.98	Rehab Con'98	Chennai	Rehabilitation of Cerebral Palsy
22	7.4.98	Lions Club of Thiruvanmiyur	Chennai	What is Rehabilitation?
23	1.9.98	SURAKSHA	Chennai	First Aid
24	12.9.98	<u>IAOH RAGHAVIAH MEMORIAL ORATION</u>	Chennai	Vocational Rehabilitation of the Disabled
25	16.9.98	AIR	Chennai	Interviewed on aspects of rehabilitation
26	4.1.99	National Conference of Occupational Therapy	Chennai	Work related musculoskeletal disorders among musicians
27	19.3.99	Tamilnadu Hospital	Chennai	Pain relief and Physiatry
28	4.2.00	IAOH National conference	Chennai	Chairman of a session on musculoskeletal disorders
29	5.2.00	Inauguration of M.D. Association	Chennai	Rights and Concessions for the disabled
30	13.7.00	Stella Maris College	Chennai	What is Rehabilitation?
31	9.6.00	Child Trust Hospital	Chennai	Orthoses and their Prescription
32	16.10.00	All India Safety and Medical Officers MEET	Kalpak am	Ergonomics in the management of Musculoskeletal disorders at the workplace
33	21.7.00	A.I.R	Chennai	Interviewed on the aspects of Rehabilitation in Hindi
34	3.12.00	A.I.R	Chennai	World Disabled Day Special Interview
35	3.12.00	V.R.C, Guindy	Chennai	World Disabled Day- Chief Guest
36		GAMPPA	Ponneri	Pain relief and Physiatry
37	9.9.01	IAOH Tamil Nadu	Chennai	Physiatry in the management of Musculoskeletal disorders at the workplace
38	24.9.01	Stella Maris College	Chennai	What is Rehabilitation
39	27.10.01	Anantapadmanabha swami auditorium	Chennai	Posture and Exercise
40	21.2.02	Indian Airlines	Chennai	Posture and Exercise
41	1.5.2002	IMA	BHUJ	Importance of Physiatry
42	28.9.02	Meenakshi college	Chennai	Posture
43	19.10.02	Madras Medical college	Chennai	Physiatry in Rheumatoid arthritis
44	August 2001	Kuzhandaikkaka program on health education	SUN TV	REHABILITATION OF CHILDREN
45	5.12.02	World disabled day-	AIR	What is rehabilitation?

		talk		
46	22.2.03	NALAMTHAANA	SUN TV	What is rehabilitation?
47	4.3.03	Indraya Virundhinar	AIR	Sociovocational rehabilitation
48	22.4.03	Ability Foundation	AIR	Shishu Punarjanmam
49	4.6.03	Disability and Rehabilitation	AIR	Interview
50	5.7.03	Madras Management assoc	MMA	Posture and exercise
51	3.10.03	National HRD Network	Chennai	Posture and ergonomic workstations
52			Basin bridge	Career guidance for children of police personnel
53	29.11.03	Association of Surgeons	Gujarat –bhuj	Rehabilitation- the 3 rd phase of medicine
54	7.12.03	A.I.R	Madras	Live interview broadcast with call from public
55		Jaypee Publishers	Hotel Connemara	Inspirational talk to aspiring authors
56	7.1.04	Rotary Inner wheel club	Sarada Math	Inauguration of physio unit
57	16.2.04	Sun TV	SANDIPPOMA	Interview on general profile
58	9.4.04	Rotary club Madras Central	Hotel Savera	Posture and Exercise at work
59	29.4.04	Rotary club Chennai Towers	Carnival hotel	Posture and Exercise at work
60	5.6.04	Reserve Bank of India	RBI college	Posture and exercise
61	15.7.04	Chennai Police force	Ambica Empire	Orthopedic disability
62	2.9.04	Institute of Neurology	Madras	Neuro rehabilitation
63	2.10.04	Sundaram Medical Foundation	Chennai	Evaluation of cerebral palsy
64	2.10.04	Sundaram Medical Foundation	Chennai	Role of Assistive & Adaptive devices in cerebral palsy
65	3.10.04	Sundaram Medical Foundation	Chennai	Role of Assistive & Adaptive devices in cerebral palsy
66	4.12.04	Neuro sciences India group	Chennai	Physical & Mental Rehabilitation
67	10.12.04	Madhuram Narayan Center	Chennai	Recent trends in rehab of cp
68	29.9.04	Rotary Club	Chennai	Posture & ergonomic solutions
69	26.10.04	Doordarshan	Chennai	Stay fit tips for the aged
70	23.11.04	Institute of Orthopedics	Chennai	Gait evaluation and mobility aids
71	12.12.04	REHABASICS 2004	Chennai	Orthotics in pain management
72	29.1.05	National conference of Indian association of Physical medicine and rehabilitation	Bangalore	Ergonomics and physical medicine for computer professionals
73	12.3.05	St. Isabel Hospital	Chennai	Rehabilitation of tsunami victims
74	25.5.05	NASSCOM	Bangalore	Ergonomics in prevention of RSI
75	Sep 05	IAPMR CME mid year program	New Delhi	Biofeedback- and adjunct in the treatment of Spasticity
76	8.11.05	Rotary club Madras South	Chennai	Pain Pain go away
77		IMA	Erode	Pain Pain go away

78	4.12.05	AIR World disabled day		Phone in program on disability
79	11.12.05	REHABASICS 2005	Chennai	Wheelchairs- chairs with wheels ?
80	11.12.05	REHABASICS 2005	Chennai	Management of Osteoarthritis
81	22.1.06	National conference IAPMR	Mumbai	Chaired a session
82	11.2.06	International conference on Pain and Palliative care	Chennai	Pain relief through orthoses
82	28.2.06	Radio Mirchi	Chennai	Repetitive strain injury
82	28.2.06	Country Club	Chennai	RSI- ergonomics and posture
83	8.4.06	Safety engineers meet	Chennai	Ergonomics and posture for computer professionals
84	15.4.06	Rajasthani youth association	Chennai	Career guidance
85	5.5.06	SPASTN	Chennai	Orthopedic disability
86	7.5.06	Rotary club Phoenix	Chennai	Pain Pain go away
87	16.5.06	NASSCOM	Chennai	Ergonomics and posture for computer professionals
88	17.05.06	Rotary club Madras Esplanade	Chennai	Pain Pain go away
89	14.05.06	Plastic Surgeons meet	Chennai	Evaluation of hand function and prosthetic hand
90	15.05.06	Hotel Savera	Chennai	Launch of SOFT
91	16.6.06	Reserve Bank of India	Chennai	Disability awareness
92	8.07.06	CMC – CME program	Vellore	Chaired a session on Acquired brain injury
93	13.7.06	All India Radio	Chennai	Freedom trust activities
94	6.8.06	Doctors meet – Savera	Chennai	Importance of inpatient center
95	3.12.06	AIR –World disabled Day	Chennai	Interview
96	10.12.06	REHABASICS –2006	Chennai	Concept of an Inpatient Rehabilitation Center
97	16.6.07	AISEC	Chennai	Disability
98	23.6.07	National Institute of Personnel management	Chennai	Office Ergonomics
99	5.7.07	Safety & Health meet Murugappa group	Hassan	Office Ergonomics
100	26.7.07	Rotary club Nungambakkam	Chennai	Pain Pain go away
101	15.9.07	IAPMR midterm conference	Trivandrum	FMRI in stroke Chairperson
102		IAPMR national conference	Hyderabad	Private practice in Physiatry
102	26.3.08	GIRM	Chennai	Polio management
103	5.9.08	MOP Vaishnav college	Chennai	Chief guest
104	23.9.08	Alcatel	Chennai	Disability
105	2.10.08	Andhra Mahila Sabha	Chennai	Recent management of Spasticity
106	3.10.08	Soundrapandian hosp	Chennai	Chairperson
107	6.12.08	Global hospital	Chennai	Management of Spasticity
108	16.1.09	IAPMR conference	Kolkata	Pain Management
109	18.2.09	Reserve Bank of India	Chennai	Pain Pain go away
110	19.2.09	Andhra Mahila Sabha	Chennai	Concept & scope of Rehabilitation

111	20.2.09	IAPMR	Calicut	
112	5.6.09	Modern Bakery	Chennai	Concept of Ergonomics
113	19.6.09	Global Hospitals	Chennai	Concept of Rehabilitation
114	8.8.09	IAPMR Conference	Coimbatore	Chaired a session
115	20.9.09	!AOH annual conference	Global hospitals	Need for inpatient rehabilitation
116		Police Head quarters	Chennai	Posture at work
117	21.11.09	Madhuram Narayan Center	Chennai	Balancing therapies with special education in early intervention programs
118	1.12.09	AIR	Chennai	World Disability Day
119	6.12.09	Rehabasics	Chennai	Recent advances in management of patients with spasticity
120	22.1.10	IAPMR	Jaipur	Chaired a session
121	.5.10	Rotary Club Chennai Galaxy	Chennai	Rehabilitation
122	.5.10	Global Hospitals	Chennai	Rehabilitation nursing care
123	30.5.10	Bharatiya Vidya Bhavan	Chennai	Music therapy in corporate
124	.317.10	Lions Club, Eden	Chennai	Pain Pain go away
125	13.10.10	Lions club Chennai Central	Chennai	Pain Pain go away
126	5.12.10	Gujarathi Association	Chennai	Pain Pain go away in Hindi
127	5.2.11	IAPMR NATIONAL CONFERENCE	Chennai	Vocational Rehabilitation of the visually impaired by the Hearing & Speech impaired
128	26.4.11	Voluntary Health Services	Chennai	Key note address
129	20.8.11	Ramachandra Medical College,	Chennai	Cerebral Palsy
130	25.8.11	Hotel Savera, Rotary Club of Meenambakkam	Chennai	Rehabilitation
131	Nov '12	MadhuramNarayan Centre	Chennai	Rehabilitation of CP children
132	31.1.13	VMC Vellore		Ergonomics
133	1.2.13	IAPMR, Bangalore		Vocational Rehabilitation– Ocular prosthesis
134	4.3.13	Rotary Club of Mambalam		Pain Pain go away
135	9.4.13	Laser therapy in Rehabilitation		IIT Madras
136	8.6.13	Rotary Club	Chennai	Pain Pain Go away
137	20.9.13	Madha College	Kundrathur	Rehabilitation
	31.10.2014	Harishree Vidyashram	Mandaveli	Rehabilitation
	23.11.2104	Medical Officers IMA	Neyveli	Pain Pain go away
	19.9.2015	IAPMR CONFERENCE	Srinagar	Ergonomics in private practice
	31.1.2015	IAPMR CONFERENCE		Chaired a session

SOCIAL SERVICE:**Organizations whom I have lent my expertise****Program Director POLARIS ABHIYAN**

Rehabilitation Program for the handicapped of Gujarat afflicted by the earthquake – an initiative by POLARIS limited [ULLAS TRUST]. Instrumental in setting up the Kutch comprehensive Rehabilitation center [KCRC] at Bhuj, Gujarat

- TAMPA, Ponneri, Tambaram Ennore
- IMA, Sai Krupa
- Lions Club Padi Shenoyanagar, Kesavaperumalpuram
- Montford Community Development Services
- Ganapathi Sachidananda Trust, Velachery
- Rotary Club of Kodaikanal, Kodaikanal
- Government Sponsored, Tuticorin, Tirunelveli, Mettur
- Eicher Limited, Thoraipakkam
- Action Polio, Annanagar
- Lions Club, Annanagar, Mettukuppam
- Chinmaya Mission, Tamaraipakkam
- Lions Club of Madras Central, Hotel Palmgrove
- Lions Club of Madras Central, Karapakkam
- Amar Seva Sangam, Ayikudi, Kizhapavur, Kadayanallur, Pavurchatram
- MDA Childs Trust hospital]
- Lions Club of Central Madras
- Keelottiwakkam Gramanala Sangam – Acharapakkam
- Rema's Trust – Bodinayakanur
- TAFE
- Lions Club, Tiruvalampozhil
- Madhuram Narayan Center
- Spastic Society of Tamilnadu
- Free Mason's Lodge Ramaprasad [several camps]
- Thirumalai Charities
- Ramakrishna Mission Seva Trust, Rajapalayam
- M.V hospital for Diabetes
- Chinmaya Mission, Thamaraiipakkam
- Cantonment Board, Pallavaram organized by TAP Varadakutty
- Mootharignar Rajaji Trust, Dhalavaipuram
- Jayendra School, Sankar Nagar
- Lucia Society
- Rotary Club of Villupuram
- Rotary club of Kotagiri

- Annamalai University PMR Dept
- Rotary Club of Mambalam
- Inner wheel club
- BHEL
- Neyveli Lignite Corporation
- Rotary Club of Villupuram
- Dream runners
- Music lovers chennai

Camps Organized

S.No	Date	Venue	No. of beneficiaries	nature of camp
1	9.2.1997	Kelambakkam, Chennai	41	Assessment
2	15.6.1997	Chromepet, Chennai	10	Assessment
3	20.9.1997	Kesavaperumalpuram, Chennai	10	Assessment
4	1.8.1998	Prem Center, Diabetes camp	67	Assessment
5	28.3.1999	Zohra Madhani Hospital, Chennai	44	Assessment
6	10.6.2000	Amar Seva Sangam	34	Assessment
7	6.8.2000	Prem Center, Chennai	23	Assessment
8	10.3.2001	Zohra Madhani Hospital, Chennai	38	Assessment
9	15.7.2001	Prem Center, Chennai	28	Assessment
10	10.3.2002	Spastic Society of Tamilnadu, Chennai	33	Assessment
11	9.3.2003	Vasudevanpattu, Thiruvannamalai	26	Assessment
12	10.1.2004	Spastic Society of Tamilnadu, Chennai	112	Assessment
13	25.4.2004	Prem Center, Osteoarthritis Chennai	15	Assessment
14	14.11.2004	Sishupunarjanmam	35	Assessment
15	16.11.2004	Sishupunarjanmam	100	Assessment
16	23.11.2004	Sishupunarjanmam	20	Assessment
17	21.11.2004	Pillaiappakkam, Sripermbudur	29	Assessment
18	27.11.2004	Padiyanallur, Red Hills	133	Assessment

19	17.4.2005	Amar Seva Sangam	22	Assessment
20	9.10.2005	Kilachery	27	Assessment
21	30.4.2006	Theni, Madurai	207	Assessment
22	11.7.6002	Madhuram Narayan Center, Chennai	20	Assessment
23	8.8.2006	Spastic Society of Tamilnadu, Chennai	64	Assessment
24	30.8.2006	Surgical camp, PIRC	3	Surgery
25	5.11.2006	Acharapakkam, Melmaruvattur	116	Assessment
26	4.2.2007	Vallam,Chingelpet	130	Assessment
27	11.4.2007	Surgical camp, PIRC	17	Surgical
28	13.4.2007	Sachidananda Ashram	10	Assessment
29	6.5.2007	Vallam, Chinglepet	36	Assessment
30	27.5.07	Theni	138	Assessment
31	11.8.07	Ramanathapuram	50	Assessment
32	11.11.07	Nagari	200	Assessment
33	3.12.07	Chennai	330	Rehabasics
34	22.2.08	Mahabalipuram, Chingelpet	150	Assessment
35	24.6.08	Madhuram Narayan Center & Spastn	71	Assessment
36		Amar Seva Sangam	25	
37	6.12.08	Global hospital Perumbakkam	135	Assessment
38	27.6.09	Vasudevanpattu	10	Assessment
39	15.8.09	Thiruvallampozhil	65	Assessment
40	24.10.09	Paadiyanallur, Red Hills	66	Assessment
41	7.2.10	Ranipet	202	Assessment
42	22.6.10	MV Diabetic Center	8	Assessment
43	18.7.10	Amar Seva Sangam	40	Assessment
44	15.9.10	Artificial limb assessment camp, Prem Center	5	Assessment

45	17.9.10	Rajapalayam	305	Assessment
46	17.11.10	Ganapathy Sachidananda Ashram	151	Assessment
47	13.2.11	Chinmaya Mission, Thamaraiykkam	28	Assessment
48	3.4.11	Porur,rotary club	59	Assessment
49	19.6.11	Bodinayakanur	87	Assessment
50	20.6.11	Periyakulam	85	Assessment
51	30.7.11	Amar Seva Sangam	20	Assessment
52	20.11.11	Nadupazhani	35	Assessment
53	18.12.11	Acharapakkam	40	Assessment
54	24.2.12	Global Hospitals, Chennai	90	Assessment
55	25.2.12	Global Hospitals	95	Assessment
56	5.5.12	Chidambaram	62	Assessment
57	7.7.12	Rajapalayam	78	Assessment
58	5.11.12	Prem Centre, Chennai	10	Assessment
59	28.10.12	Tirunelveli	130	Assessment
60	5.11.12	Artificial limb camp	7	Assessment
61	27.1.13	Tuticorin	131	Assessment
62	2.3.13	Villupuram	120	Assessment
63	17.3.13	Kotagiri	90	Assessment
64	8.9.13	Theni	208	Assessment
65	12.9.13	Thamaraiykkam	21	Assessment
66	15.9.13	Killai	18	Assessment
67	20.10.13	Kamarajapuram, Chennai	17	Assessment
68	17.11.13	Virudhunagar	177	Assessment
69	2.12.13	Kallidaikuruchi	25	Assessment
70	18.1.14	Pattabhiram , Chennai	20	Assessment

71	12.3.14	Chidambaram	31	Assessment
72	20.7.14	Amar Seva Sangam	62	Assessment
73	31.7.14	Padianallur	73	Assessment
74	31.8.14	Polambakkam	25	Assessment
75	9.10.14	Spastn Royapuram,	14	Assessment
76	19.10.14	Neyveli	158	Assessment
77	20.10.14	Ayanavaram	20	Assessment
78	26.10.14	Virudunagar	198	Assessment
79	10.11.14	CP Clinic Freedom Trust	4	Assessment
80	25.11.14	Madhuram Narayan Centre	18	Assessment
81	30.11.14	Erode	34	Assessment
82	11.2.15	Tuticorin	82	Assessment
83	14.2.15	Trichi	30	Assessment
84	15.2.15	Parukkal	54	Assessment
85	14.3.15	Tirunelveli	40	Assessment
86	24.2.15	Perambakkam	40	Assessment
87	15.5.15	Villupuram	38	Assessment
	19.7.2015	Dalavoipuram		Assessment
		Ayikudi		Assessment
	9.7.2015	M.V hospital		Assessment
	23.4.2015	SPASTN	Perambakkam	
	30.5.2015	Rotary club	Kotagiri	

Distribution Camps

S.No	Dates	Venue	No. of beneficiaries	nature of camp
1	17.5.1997	Kelambakkam, Chennai	41	Distribution

2	2.10.1997	Kesavaperumalpuram, Chennai	10	Distribution
3	24.10.2000	Ramanakendra, Chennai	22	Distribution
4	3.12.2000	Hindu Senior Secondary School, Chennai	20	Distribution
5	4.1.2001	Prem Center, Chennai	22	Distribution
6	28.5.2001	Ramanakendra, Chennai	20	Distribution
7	8.7.2001	Zohra Madhani Hospital, Chennai	35	Distribution
8	23.5.2002	Free Mason's Hall, Chennai	30	Distribution
9	20.5.2003	Vasudevanpattu, Thiruvannamalai	26	Distribution
10	20.2.2004	Spastic Society of Tamilnadu, Chennai	53	Distribution
11	19.3.2004	Free Mason's Hall, Chennai	45	Distribution
12	26.2.2004	Spastic Society of Tamilnadu, Chennai	14	Distribution
13	28.6.2004	Sachidananda Ashram	52	Distribution
14	26.1.2005	Pillaipakkam, Sripermbudur	26	Distribution
15	25.3.2005	Padiyanallur, Red Hills	52	Distribution
16	3.7.2005	Amar Seva Sangam	22	Distribution
17	23.12.2005	Kilachery	25	Distribution
18	26.7.2006	Free Mason's Hall, Chennai	19	Distribution
19	26.8.2006	Madhuram Narayan Center, Chennai	19	Distribution
20	30.8.2006	Surgical camp, PIRC	3	Surgery
21	12.9.2006	Spastic Society of Tamilnadu, Chennai	39	Distribution
22	23.9.2006	Bodinayakanur, Madurai	48	Distribution
23	23.9.2006	Theni, Madurai	154	Distribution
24	5.11.2006	Acharapakkam, Melmaruvatnur	116	Assessment
25	9.12.2006	Acharapakkam, Melmaruvathur	70	Distribution
26	24.3.2007	Vallam, Chingelpet	68	Distribution
27	12.8.07	Theni	60	Distribution

28	1.10.07	Ramanathapuram	50	Distribution
29	13.1.08	Nagari	69	Distribution
30	15.3.08	Lodge Ramprasad	35	Distribution
31	25.5.08	Prem Center, Thiruvanniyur	15	Distribution
32	6.7.08	German Hall, T Nagar, Chennai	18	Distribution
33	17.9.08	Youth Hostel Indra Nagar, Chennai	48	Distribution
34	21.9.08	Amar Seva Sangam, Ayikudi	21	Distribution
35	27.12.08	Tag Center, Chennai	21	Distribution
36	21.1.09	Youth Hostel, Indira Nagar, Adyar, Chennai	25	Distribution
37	1.3.09	Global Hospitals	27	
38	12.7.09	Vasudevanpattu	5	Distribution
39	3.09.09	Thiruvaiyaru	31	Distribution
40	28.11.09	Valluvarkottam	54	Distribution
41	21.3.2010	Ranipet	147	Distribution
42	24.6.10	MV Diabetic Center at Lodge Ramprasad	8	Distribution
43	22.8.10	Amar Seva Sangam	29	Distribution
44	22.9.10	Artificial limb distribution, Lodge Ramprasad	5	Distribution
45	14.11.10	Rajapalayam	153	Distribution
46	12.12.10	Lodge Ramprasad	128	Distribution
47	20.3.11	Thamaraiykkam	28	Distribution
48	27.5.11	Porur	37	Distribution
48	31.7.11	Bodinayakanur	54	Distribution
49	31.7.11	Periyakulam	45	Distribution
50	11.9.11	Amar Seva Sangam	10	Distribution
51	5.1.2012	Nadupazhani	23	Distribution

52	29.1.12	Acharapakkam	24	Distribution
53	23.3.12	Adyar, Chennai	92	Distribution
54	25.3.12	Tirutani	72	Distribution
55	17.6.12	Chidambaram	53	Distribution
56	16.9.12	Dhalavaipuram	63	Distribution
57	24.11.12	Lodge Ramprasad, Chennai	10	Distribution
58	24.12.12	Tirunelveli	95	Distribution
59	24.3.13	Tuticorin	110	Distribution
60	21.4.13	Villupuram	95	Distribution
61	25.5.13	Kotagiri	26	Distribution
62	2.10.13	Thamaraipakkam	21	Distribution
63	27.10.13	Killai	15	Distribution
64	14.11.13	Tapovan	16	Distribution
65	16.11.13	Theni	145	Distribution
66	3.12.13	Virudunagar	146	Distribution
67	11.1.14	Kallidaikuruchi	25	Distribution
68	4.2.14	Pattabhiram, Chennai	15	Distribution
69	23.3.14	Chidambaram	28	Distribution
70	20.7.14	Kamarajapuram	4	Distribution
70	15.8.14	Amar Seva Sangam	35	Distribution
71	7.9.14	Padianallur	71	Distribution
72	12.10.14	Polambakkam	21	Distribution
73	17.10.14	Valluvarkottam	20	Distribution
74	24.10.14	Lodge Ramaprasad	25	Distribution
75	23.11.14	Neyveli	107	Distribution
76	21.12.14	Data telesys	18	Distribution

77	28.12.14	Virudunagar	132	Distribution
78	25.1.15	Erode	27	Distribution
79	15.3.15	Tuticorin	64	Distribution
80	22.3.15	Parukkal	75	Distribution
81	22.3.15	Trichi	26	Distribution
82	26.4.15	Tirunelveli		Distribution
83	6.6.15	Perambakkam		Distribution
84	14.6.15	Villupuram		Distribution
	25.9.2015	Trichy		Distribution
		Dalavoipuram		Distribution
		Ayikudi		Distribution
	June 2015	Perambakkam		

SHISHU PUNARJANMAM

A novel scheme for vocationally rehabilitating handicapped children in areas of special aptitude and interest, this scheme is the brainchild of Dr.Sunder. Launched in July 2003, this scheme has adopted 15 children and training them in arts and sports and following through with their career. IN January 2005 a few more children were seen and assessed.

One of the beneficiaries Vidharte has been selected as MOST CREATIVE INDIVIDUAL and won the National award distributed by President Dr.Abdul Kalam in 2005 World Disabled Day.

Another beneficiary Mehtab Allam also was selected as MOST CREATIVE INDIVIDUAL for the year 2006 and received the award on Dec 3rd 2006. IN 2010 Suvedha a third beneficiary won the same award. Others like Lokesh and Karthikeyan are winning prizes consistently.

2011 turned out to be highly successful with Lokesh & Aiswarya bagging the Most Creative Individual National Award for their exceptional talent in Drawing. Akshaya & Vishnupriya bagged the State Award from the Governor of Tamilnadu for their talent in Music and Academics. 14 new children have been inducted under the sishupunarjanmam scholarship scheme from Dec 2012 apart from 12 already existing children.

As an extension to the above project **DARSHAN Art Gallery & DARSHAN Orchestra** have been formed and opportunities are being given for the visually impaired to perform and the hearing & speech impaired children to permanently display their paintings.

Induction of new pearls – Freedom Trust inducted 14 new children who were identified from a talent hunt conducted on 16th Oct 2012 were inducted into the rolls of the Sishupunarjanmam talent promotion scheme on the 2nd of Dec 2012. Six scholars were included for music, one for dance, 4 for instruments and 3 for drawing. The scheme will include rigorous training and a monthly scholarship of Rs.500 to the scholars and Rs.500 to the trainers every month.

Ocular Prosthesis: Differently abled in the service of the disabled: A first of its kind unique project where in hearing and speech impaired students are being trained to make ocular prosthesis for the visually impaired.

GRAMA VIKHALANG PUNARJANMAM

Over 190 camps have been organized all over Tamilnadu, reaching out to more than 15000 beneficiaries. Details given in the table.

Dream runners

On July 26th 2015 over 4000 runners participated in the half marathon and the proceeds were donated to the Freedom trust. Organised an awareness run by amputees with their artificial limbs. This is being repeated for the year 2016.

Invited as chief guest

Saraswathi Venkatraman School Annual Day celebrations

Little Flower School for Hearing & Speech Impaired

Yellow Bus School Annual Day celebrations

Shri Bala Vidyalaya

V Excel – Chief Guest – Independence Day -15th Aug 2010

Book release function ‘Introduction to Occupational therapy’ Govt Museum hall 2.1.11

Chief guest Clarke school – annual conference 2015 Feb 23rd

Chief guest Andhra Mahila sabha

Chief guest VHS inauguration of Rehab center

Polaris ULLAS annual day Music academy

Telemedicine at Apollo hospitals 25th Feb 2015

Trainees in Freedom Trust

Freedom trust has been training students from countries abroad in socially relevant issues. The trainees who have been sponsored by AIESEC are

Trainee from Sweden – Henriik Larsen 2004

Trainee from Finland – Juha Teravainen 2005

Trainee from Poland – Pavel 2006

Trainees from China – Lily and Maggie 2007

LAUNCHED “SOFT”, SUPPORTERS OF FREEDOM TRUST A GROUP OF LIKE MINDED PHILANTHROPIC INDIVIDUALS FOR OUR ACTIVITIES, AT A GLITTERING FUNCTION HELD ON 14.05.06 AT HOTEL SAVERA CHENNAI

Articles Published in leading Magazines and Journals

THE HINDU BUSINESS LINE [HEALTH COLUMN – PREVENTIVE MEDICINE]

(a) Medicines! Not Always	23.1.95
(b) A Check on the Checkup	6.2.95
(c) Back In Action	20.2.95
(d) Second To None	6.3.95
(e) What A Stiff Neck	20.3.95
(f) For A Healthy Life	3.4.95
(g) Coping With Stress	17.4.95
(h) Warding Off Tension	1.5.95
(i) Think Before You Puff	15.5.95
(j) Be Careful This Holiday	29.5.95

- | | | |
|--|--------------------------------------|----------|
| | (k) Coping With Summer | 12.6.95 |
| | (l) Health Hazard At Home | 26.6.95 |
| | (m) Malaria Scourge of the Future | 10.7.95 |
| | (n) Diabetes – A Life Long Companion | 27.7.95 |
| | (o) Diabetes – Tackling It | 7.8.95 |
| | (p) Coping With Allergy | 4.9.95 |
| | (q) Epilepsy | 18.9.95 |
| | (r) Put Your Best Foot Forward | 2.10.95 |
| | (s) Do Not Play With Fire | 16.10.95 |
| | (t) Of Peaceful Slumber | 31.10.95 |
| | (u) Falling Asleep Naturally | 13.11.95 |
| | (v) A Matter of Hygiene | 27.11.95 |
1. Indian Journal of Occupational and Environmental Medicine – Occupation related Musculo skeletal disorders among musicians – May 1998.
 2. Souvenir in National Conference of Occupational Therapy 2000
 3. Article in City Post July 2000
 4. Sports Medicine in Health Magazine

January 2000	- Introduction
February 2000	- Sports Nutrition
March 2000	- Sports Physiology
April 2000	- Sports Physiotherapy
 5. Article in SAMUDHRA November 2002 Work related musculoskeletal disorders among musicians
 6. Article in SAMUDHRA December 2002 Work related musculoskeletal disorders among musicians
 7. Foot tips Apollo Times May 2003
 8. Knee tips Apollo Times June 2003
 9. Article Varumun Kappom – June 2003 Udavikkaram
 10. Article varumun Kappom – July 2003 Udavikkaram
 11. Neck tips – Apollo times
 12. paraplegia – Apollo times
 13. antiobesity – Apollo times
 14. sitting posture – Apollo times
 15. biofeedback – Apollo times
 16. Article in frozen thoughts – That Pain in the Neck – August 04.
 17. Article in frozen thoughts - Pain, Pain go away – Sept 2004
 18. Article in “Health & Beauty” on spinal cord injuries – Sept 2004
 19. Article in “Health and Beauty’ on computer related injuries
 20. Article in Frozen Thoughts - Exer sighs
 21. Article in Health and beauty – Computer related injuries
 22. Article in Health – Rehabilitation of loco motor problems – April 2006
 23. Article in Infosys News Letter- 2008
 24. Article in Sundaram Finance News Letter
 25. Article in Frozen Thoughts – Jan 2011
 26. Article in Frozen Thoughts – Feb 2011
 27. Article in Frozen Thoughts – Mar 2011
 28. Article in Frozen Thoughts – April 2011
 29. Article published in Besant Nagar Times – July 2011 – Back pain
 30. Article published in Besant Nagar Times – Aug 2011 – Ocular prosthesis
 31. Article published in Besant Nagar Times – Aug 2011 – Cerebral Palsy
 32. Article published in Besant Nagar Times – Sept 2011
 33. Article published in Besant Nagar Times – Oct 2011
 34. Article published in Besant Nagar Times – Nov 2011

35. Article published in Besant Nagar Times – Dec 2011

Editor of REHABTALK the official newsletter from IAPMR.

EXTRACURRICULAR ACTIVITIES:

- ❑ Performing vocalist in Classical Carnatic music and Hindusthani Bhajans since 1982. Given over 400 concerts all over the country & abroad, and over Radio and Television
- ❑ Recipient of Kalaimamani award for the year 2003
- ❑ Recipient of Kanchi Mutt Asthana Vidwan Title in 2008
- ❑ Recipient of Sangam Kala Group award for out standing contributions to Music for year 2004
- ❑ Recipient of a scholarship and degree holder in Carnatic music
- ❑ Teaching music to two central government scholarship holders
- ❑ Written several short stories and articles of fiction in leading magazines and was the founder editor of a newsletter in music
- ❑ UNDERWENT A PERSONALITY TRANSFORMATION COURSE CONDUCTED BY ALMA MATER
- ❑ Can read and write 7 languages
- ❑ Knows typing and computer operations
- ❑ Passed Rashtrabhasha Ratna [equivalent to M.A] in Hindi and Adya Pariksha in Bengali
- ❑ Copy writing experience in an advertising agency

List of short stories & other articles written & published in Indian Express and other magazines

Stingy

Train to nowhere

Why cook

My mother and her silk saris

Your back & you

So far yet so near

Occupational health – a challenging future

Don't dress me in mourning

All in the name of God

A starry look at the future

Survival

Kidney for sale

The silver lining

My star, my life

Mother of invention

Smoke signals

Towards your career

Drugs – Double edged weapon

Lost & indifferent

Ragging

Conversion confusion

Honey sweet and killing

Rediscovery of India

The agony & the ecstasy