

Dr.S.Sunder - A Profile

Dr.Sunder is a Medical Graduate from Stanley Medical College in 1984, and a Post Graduate in Physical Medicine and Rehabilitation from Madras Medical College [1991]. Dr.Sunder specializes in pain and paralysis relief, ergonomics through physiotherapy, postural advice and exercises.

Dr.Sunder started his career as an Industrial Medical Officer for the Enfield group. Later, he became President of the Indian Association of Occupational health [T.N]. Dr.Sunder trained in Ergonomic principles in Michigan 2006

He founded the PREM Center for Physiotherapy and Rehabilitation Medicine in Chennai, which today has over a dozen physiotherapists treating about eighty patients a day. PREM Center specializes in management of patients with chronic pain, and a huge number of patients with osteoarthritis, lumbago and cervicobrachial neuralgia have benefited immensely from treatment.

He has frequently been invited to give talks on posture, exercise, ergonomics and physiotherapy at forums like the Rotary club, Madras Management Association, HRD Tamil Nadu Chapter and at various companies. He has been invited several times by SUN TV, Jaya TV, Doordarshan, and A.I.R to talk on disability, pain relief and orthotics.

He is a visiting faculty in Rehabilitation Medicine at a few colleges in Tamilnadu and a master trainer in rehabilitation for the Primary health center doctors of Tamilnadu. Many Physiotherapists and Occupational therapists in India and abroad, have trained under Dr.Sunder.

He has the rare distinction of being the only Indian to have authored a TEXTBOOK ON REHABILITATION MEDICINE for professionals and MCQ'S IN REHABILITATION MEDICINE.

He is currently doing a number of programs on **Ergonomics And Musculoskeletal Disorders Among Computer Professionals**, and has been instrumental in designing workstations for IT companies.

Founder Managing Trustee - Freedom Trust:

Very actively involved in social service and has organized over 78 assessment and distribution camps for the physically disabled through the Freedom Trust, founded by him in the year 1997. Over the years, more than 4500 handicapped persons have received mobility aids.

Has pioneered two initiatives SHISHU PUNARJANMAM AND GRAM VIKLANG PUNARJANMAM to identify and promote talents among the handicapped and to visit villages and organize camps to assess disability and fit appliances or give mobility aids free of cost to the underprivileged.

Awards received:

- Best Individual National Award in the 2008
- Recipient of the BEST DOCTOR award by the State Government of Tamilnadu on the 15th of August 2007 in recognition of services rendered to the disabled community
- -won the First Prize for Best Paper at the International Conference of Physical Medicine and Rehabilitation, New Delhi, 1991
- COSTED Fellowship to young scientists to present a paper at the Asian Conference of Occupational Health, Bangkok in 1991,
- Rama Rao Travelling Fellowship to young physiatrists, 1997 - 98.
- Raghaviah Memorial Award - 1998 from I.A.O.H (Tamil Nadu Branch)
- National award given by the I.A.O.H - January 2004 at Kochi
- Vocational Excellence Award - 2004-Rotary Club of Madras Chennapatna
- Dr.Sanjivi award for Vocational Excellence
- Vocational Excellence Award - 2009- Rotary Club

Papers published/presented

He has presented over 100 papers in national and international forums, both original papers and invited speeches.