



National Institute of Physical
Medicine and Rehabilitation

Newsletter

Vol 1 Issue 2

Run for Autism: Marks Autism Day 2025 with Unity and Spirit



On April 1st, 2025, NIPMR hosted a memorable Run for Autism Marathon to celebrate World Autism Awareness Day. Over 200 enthusiastic participants gathered at Irinjalakuda Town Hall.

The event began with encouraging words from NIPMR's Executive Director, Sri. C. Chandrababu, followed by an inspiring address from the Hon. Minister for Higher Education and Social Justice, Dr. R. Bindu, who officially inaugurated the marathon. In a remarkable show of solidarity, the Hon. Minister walked the entire route to the finish line at Ayyankaavu Maidanam, deeply inspiring everyone. The marathon saw active participation from students of St. Joseph's College, Christ College, and Pratyasha Bhavan, alongside representatives from Local Self Government Departments, and the dedicated staff, students, and parents of NIPMR. The day concluded with a Vote of Thanks by Madhumita R, NIPMR's Dietitian & Research Coordinator, and the distribution of participation trophies to specially-abled children by the Hon. Minister. This event was a powerful demonstration of compassion, awareness, and acceptance, uniting everyone for autism.

NIPMR at the International Congress on Kerala Studies 2025



NIPMR staff recently made significant contributions at the International Congress on Kerala Studies 2025 in Kannur, with presentations by Madhumita Rajendraprasad, Dr. Keerthy S, Dr. Nimmy Jacob, Chandrababu C, Dr. K. S. Vijayalekshmi Amma, Sijo A S, Vidhupriya K K, Arunlal T S, and Deepu Gopal. Their work showcased a strong focus on community collaboration and inclusive development in rehabilitation.

Their presentations highlighted innovative approaches to early detection of developmental delays through collaborative efforts with Local Self Government Institutions (by Dr. Keerthy S, Dr. Nimmy Joseph, C.Chandrababu), and comprehensive diagnostic and intervention strategies for intellectual disability and autism (by Dr. K. S. Vijayalekshmi Amma). Madhumita Rajendraprasad also presented on NIPMR's STARS Program, emphasizing a multidisciplinary approach to school readiness for children with special needs.

Further demonstrating their commitment to accessibility and community engagement, Sijo A S and Chandrababu C detailed the NIPMR Satellite Centre at Angamali, a successful joint venture. Vidhupriya K K and Chandrababu C presented a participatory model for assistive device availability, while Arunlal T S, Deepu Gopal, and Chandrababu C shared a case study on learning disability management. These diverse contributions underline NIPMR's commitment to community-based rehabilitation, inter-sectoral collaboration, and evidence-based practices.



NIPMR AT THE 37TH KERALA SCIENCE CONGRESS 2025

NIPMR proudly marked its presence at the prestigious 37th Kerala Science Congress held from 6th to 8th February 2025 at Kerala Agricultural University, Vellanikkara, Thrissur.

Dietitian and Research Coordinator Madhumita Rajendraprasad presented her innovative research paper titled "Development and Validation of the Autism Nutrition Tracker for Individualized Dietary Interventions." The paper introduced a specialized tool designed to assess and monitor the unique nutritional needs of children with autism, aiming to support more effective, individualized dietary planning.



Dr. Chitra Bose, Dentist at NIPMR, was selected for a poster presentation titled "Dental Care for Children with Disabilities – Case Presentation." Her work highlighted the challenges and tailored approaches in providing effective oral healthcare for children with disabilities, through real-life clinical insights. These contributions reflect NIPMR's dedication to research-driven, holistic care for individuals with disabilities, reinforcing its commitment to innovation and inclusivity in healthcare.



WHO TAP Program



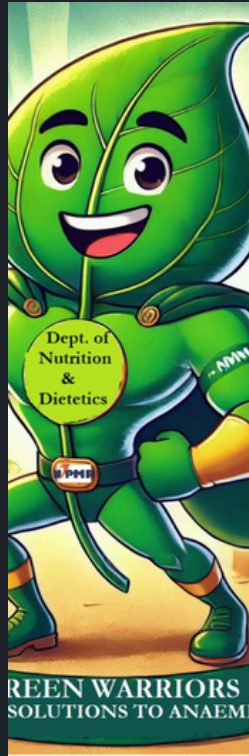
Empowering Primary Health Workers and Enhancing Access to Assistive Products

As part of the WHO TAP (Training in Assistive Products) initiative, primary health workers were trained to identify individuals in need of assistive devices within the community by the mentors who are professionals from the National Institute of Physical Medicine and Rehabilitation (NIPMR). Through this capacity-building effort, health workers conducted screenings and assessments at the grassroots level, leading to the identification of 405 beneficiaries. Service provision camp was conducted from 28/01/2025 to 30/01/2025. A total of 505 assistive products were provided based on individual needs, significantly improving mobility, communication, and daily functioning. This collaborative approach not only strengthened community-based rehabilitation efforts but also ensured that essential assistive technology reached those who needed it most.

National Anaemia Day 2025 at NIPMR

The Department of Nutrition and Dietetics at NIPMR organized a comprehensive National Anaemia Day celebration on March 21st, 2025, featuring awareness sessions led by Dietitian Ms. Aparna Jos and educational videos created by healthcare professionals.

The content was widely distributed across campus and social media to maximize outreach about anaemia causes, prevention, and healthy practices. The event included two engaging contests: the NIPMR Green Warrior Challenge for growing leafy vegetable gardens and the Iron Chef Challenge where 16 participants prepared iron-rich healthy snacks. A major highlight was the unveiling of a leafy vegetable greenhouse with over 20 varieties of greens, developed with horticulture trainer Ms. Angel, serving as a lasting symbol of nutritious eating and the event's success in promoting health awareness throughout the NIPMR community.



Our Team





THE CERTIFICATE IN COMMUNITY BASED INCLUSIVE DEVELOPMENT (CBID)

CBID is a 6-month, full-time, competency-based vocational education program developed through and for the Department of Empowerment of Persons with Disability's (DEPWD) Rehabilitation Council of India (RCI), in collaboration with the University of Melbourne.

Eligibility to enroll as a trainee in the Course is open to any candidate who has successfully passed the SSC 10th Std Exam from any recognized State or Central Board and has attained the age of 18 years at the time of admission. Persons with disability, women, and those from other marginalized groups are encouraged to apply.



New Course



K4 CARE

Empowering Caregivers for a Brighter Future::

Kudumbashree and NIPMR are joining forces to address the growing need for skilled caregivers....!!

Recognizing the importance of quality care, they aim to train 1000 individuals free of cost.

The initiative aims to equip caregivers with the necessary skills to provide high-quality care. This programme will have a positive impact on the community by:

- Enhancing the quality of care for vulnerable populations
- Creating a pool of skilled caregivers
- Supporting families and individuals in need of care

By providing this training, Kudumbashree and NIPMR are making a significant contribution to the well-being of the community.



Workshop on Effective Teaching Strategies for Hearing Impaired an Inclusive Education Setup

The department of D.Ed. special education (IDD) , NIPMR organized a one day workshop titled " EFFECTIVE TEACHING STRATEGIES FOR HEARING IMPAIRED AND INCLUSIVE EDUCATION SETUP" on March 7th 2025 at 10:30 A.M. and held at the NIPMR Auditorium the workshop inaugurated by Executive director C.Chadrababu sir , key speaker Sam G John DIET Faculty (Rtd) Programme officer (inclusive education) in DPEP, SSA & SSK. this workshop aims empower professionals with practical techniques and insight to dealing with hearing impaired students.



Enhancing Mobility and independence at 62 LSGDs in Kerala

The Department of Social Work in collaboration with the Department of Prosthetics and Orthotics, organized assistive device assessment and distribution camps across 62 Local Self Government Departments (LSGDs) in Kerala. These camps benefited over 2,200 individuals, including elderly persons and people with disabilities, by providing customized mobility aids, hearing aids, prosthetic & orthotic devices to improve independence and quality of life.



Awards and Achievements

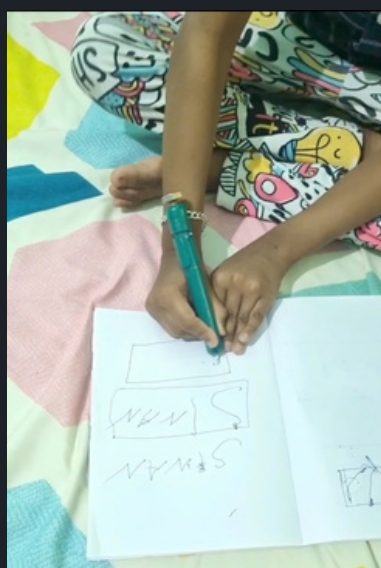


Vidhupriya K K Associate professor (BPO) has been honored with an award at the CREATE International Conference on Complex Rehab Technology for her insightful paper titled "Provisioning of Assistive Devices: A Kerala Experience." Her Paper highlights the unique approaches and challenges in providing mobility solutions in Kerala's healthcare context, contributing valuable insights to the field of rehabilitation technology.

Karthick Rajan R Lecturer (P&O) received recognition at the OPAI Conference in Visakhapatnam for his research paper "Assessing Functional Efficacy: A Comparison of Conventional and Modern Orthoprosthesis for Congenital Anomalies – A Single Case Study." His comprehensive analysis comparing traditional and cutting-edge orthoprosthetic solutions has been acknowledged for its contribution to evidence-based practice in the field.



Innovative Low-Cost Adapted Weighted Pen by Mr. Shoby M.L Enhancing Functional Independence



In a remarkable example of grassroots innovation, Mr. Shoby M.L., Technical Assessment, NIPMR developed a low-cost adapted weighted pen designed to support individuals with fine motor challenges. Made from easily available materials, this pen offers improved grip and control, making writing tasks easier for people with conditions such as cerebral palsy, Dystonia, Parkinson's disease, and other motor coordination challenges. Its weighted design helps stabilize hand movements, enhancing legibility and writing endurance. Successfully piloted among students and adults, the pen received positive feedback for boosting confidence and functional independence. This user-friendly, affordable solution highlights the power of simple assistive tools in promoting inclusion and supporting rehabilitation at the community level.