

Launch of the new PDMDS website

The PDMDS was very excited to launch its newly redesigned website this August at www.parkinsonssocietyindia.com. One can find information about Parkinson's, locate a support center in your area, learn about the many activities of the organization and all the upcoming events. You can now also donate online or sign on as a volunteer. Do check it out & share with your friends and families!

PDMDS
PARKINSON'S DISEASE AND
MOVEMENT DISORDER SOCIETY

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Donate

ABOUT US | OUR WORK | KNOWING PARKINSON'S | RESOURCE LIBRARY | EVENTS | BENEFACTORS | LOCATE A SUPPORT CENTER | CONTACT US

TOGETHER WE CAN FIGHT PARKINSON'S

The tremor in my hand, the masking of my face,
Me tying my shoelace at a frustratingly slow pace.
Now none of this will make me wither,
Because I have come to realize that

OUR FOCUS AREAS

- SUPPORT AND REHABILITATION
- TRAINING AND AWARENESS
- HEALTHY AGEING PROGRAMME
- RURAL OUTREACH PROGRAMME

The PDMDS Story

The PDMDS is an all India charity organization founded in 2001 and registered under the Societies Registration Act of 1860. The organization was founded by internationally renowned neurologist Dr Bhim Sen Singhal, whose vision was to set up a free-of-cost multidisciplinary support service for PwPs and their caregivers with the aim of improving their Quality of Life.

We started with one community-based support centre in a suburb of Mumbai in 2005, and have steadily grown to more than 60 Parkinson's Support centres in 13 states all over India. This Mumbai paradigm has been replicated in other parts of the country through the 'PDMDS MULTIDISCIPLINARY MODEL OF CARE' which has been internationally recognized as one of the best models of care for developing countries.

Most recently in India, Parkinson's disease has been included in the Rights of Persons with Disabilities Act, 2016 by the Indian Parliament. Dr Maria Barrietto, the CEO of the PDMDS, was nominated on the sub-committee for Neurological Disorders by the Ministry of Social Justice and Empowerment to make recommendations for Parkinson's disease.

PAST EVENTS

2020

- PARKINSON'S SUPPORT CENTRE
- Q & A with a Neurologist
- NEUROLOGY UPDATES
- TECHNICAL SUPPORT
- TECHNICAL SUPPORT

2019

- TECHNICAL SUPPORT
- TECHNICAL SUPPORT
- TECHNICAL SUPPORT
- TECHNICAL SUPPORT

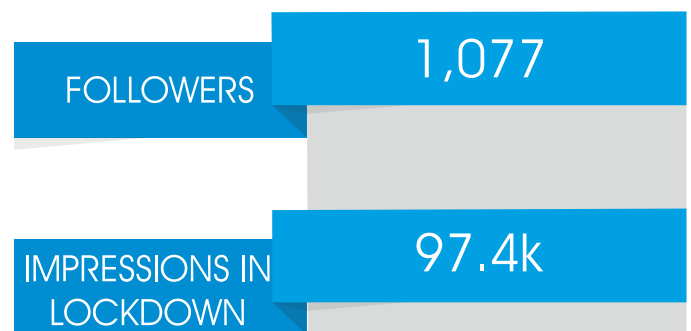
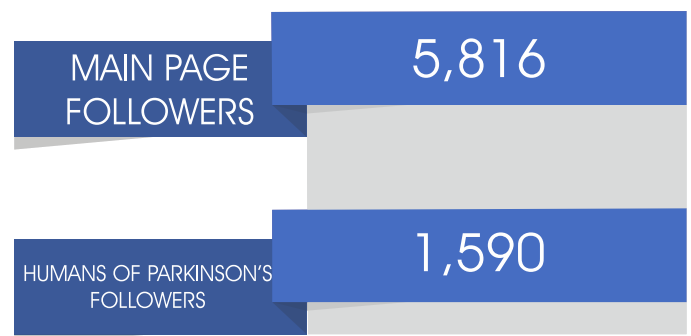
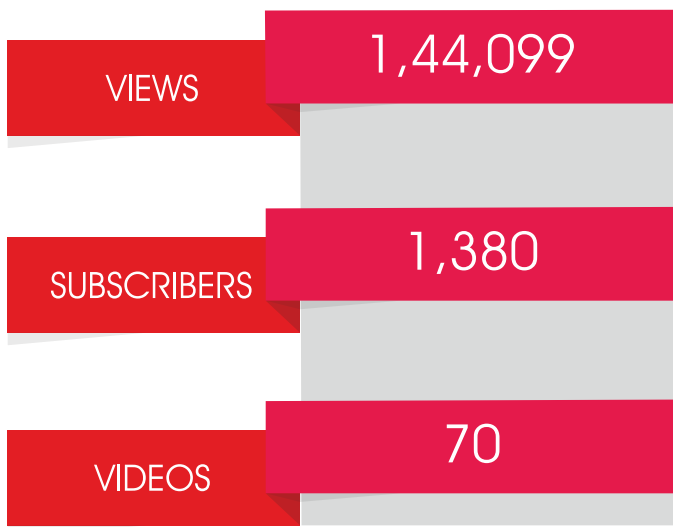
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MOMENTUM

www.parkinsonssocietyindia.com

Connecting through social media

Social media is a great tool to connect with people and organizations both nationally and internationally. The PDMDS team has really boosted our social media presence during this lockdown and is active on Facebook, Instagram, Youtube and Twitter. Like and subscribe to our pages to get information on Parkinson's and all the latest updates.



Youtube: www.youtube.com/Parkinson's NGO

Facebook: www.facebook.com/Parkinson'ssocietyindia

Twitter: www.twitter.com/Parkinson'sindia

Instagram: www.instagram.com/Parkinson'ssocietyindia

PDMDS Healthy ageing Program

The 'Healthy Ageing Program', was started in August 2020 to create awareness about neurological conditions of the elderly as well as promote wellbeing for senior citizens in any senior citizen's group/senior citizens residential homes in India. PDMDS physiotherapists train caretakers of these senior citizen homes to conduct this program.

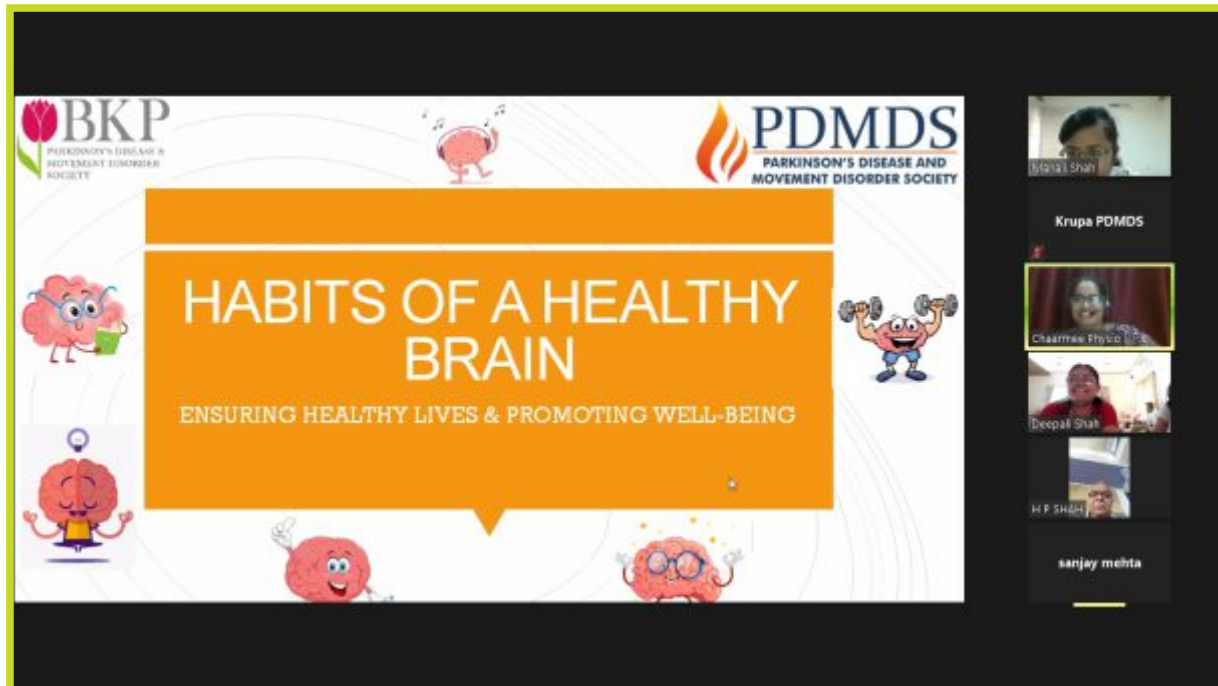


This program includes regular sessions of exercises for older persons to stay physically and psychologically healthy and energised. At present healthy ageing programs are conducted in 6 Senior citizens home in **Chandigarh, Pune, Nallasopara, Vasai, and Bhayander** and 1 destitute home in **Jodhpur**; benefitting **215 people**. The feedback from the participants has been very positive and they like the simplicity of the exercises. Caretakers have reported lesser complaints of aches and pain and improvement in general physical health.

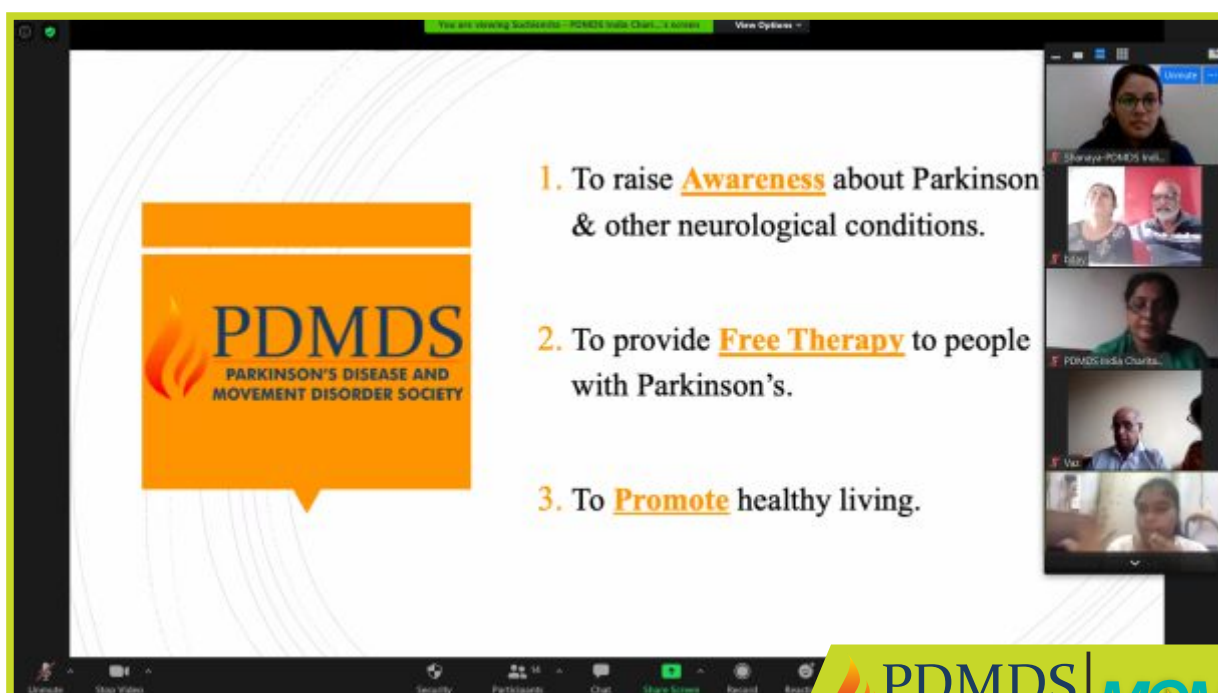


Senior citizen awareness programs

The PDMDS continues its endeavour to increase awareness and provide information on various neurological conditions through online awareness programmes titled **"Habits of a Healthy Brain."** The aim is to promote holistic well-being, increase awareness about Parkinson's, Stroke, Dementia and tips and strategies to improve brain health. The programme includes physical and cognitive activities and an interactive Q n A session.



Between July and September, 2020, PDMDS has reached out to over **400 people**, from various parts of India, especially in **Maharashtra, Gujarat, and Assam**, including senior citizens's groups, religious associations and communities, school and colleges, physiotherapy colleges, and the working population



Snapshots from across the country

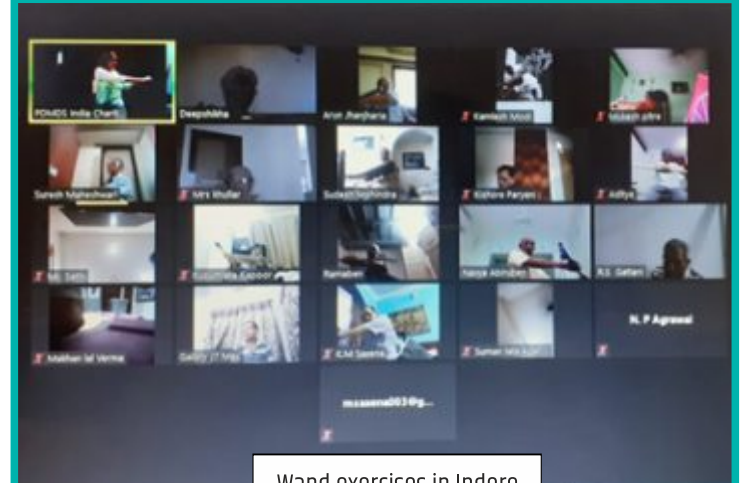
The PDMDS continues to provide multidisciplinary therapy online in **10 regional languages**. These online sessions are attended regularly by **over 2000 people with Parkinson's from 24 states in India**. We conduct regular physiotherapy sessions on various topics interspersed with educative discussions and cognitive activities. Feedback from Pwps report that they found these sessions both engrossing and useful.



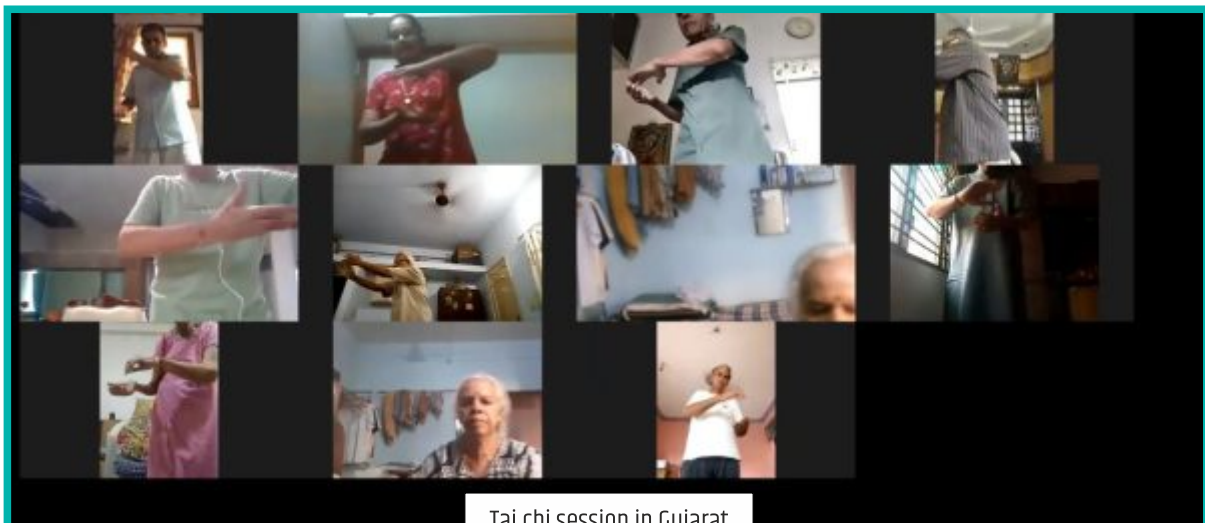
Balance exercises in Assam



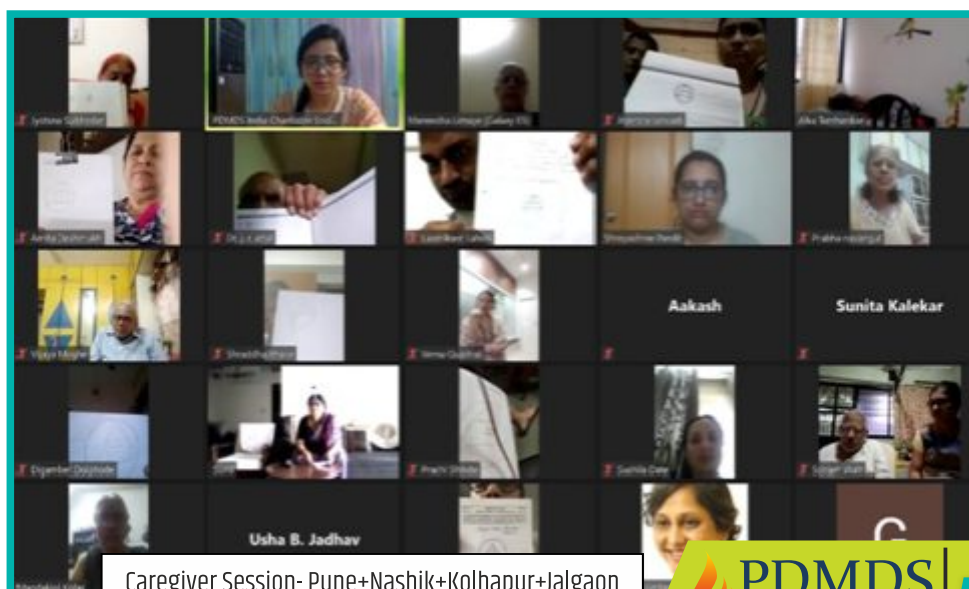
Dizziness exercises in Nashik



Wand exercises in Indore



Tai chi session in Gujarat

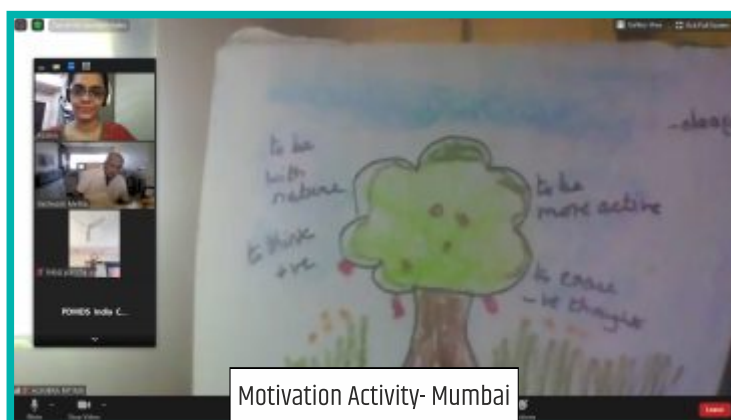


Caregiver Session- Pune+Nashik+Kolhapur+Jalgaon

Psych Session

During the month of July, August & September PDMDS conducted a variety of psycho-educational online sessions. Topics such as Depression in PD, Memory, Sleep and Diet and Nutrition were covered in the weekly online sessions.

Recreational sessions such as Monsoon Masti, Memory, Music and Festive sessions such as Raksha Bandhan, Independence Day and Friendship Day were also conducted. Our session on Hope, Positivity, Goal setting and Motivation helped the Pwps to float through the difficult Pandemic months.



Motivation Activity- Mumbai



Tree of Hope- Pune



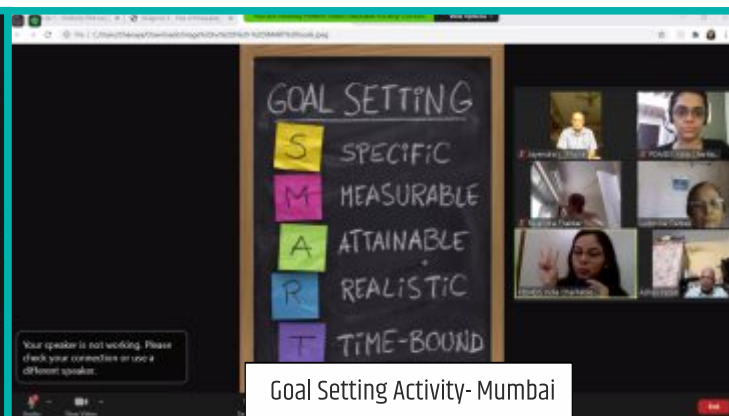
Jar of Positivity- Mumbai



Jar of Positivity- Mumbai



Rakshabandhan activity - Mumbai

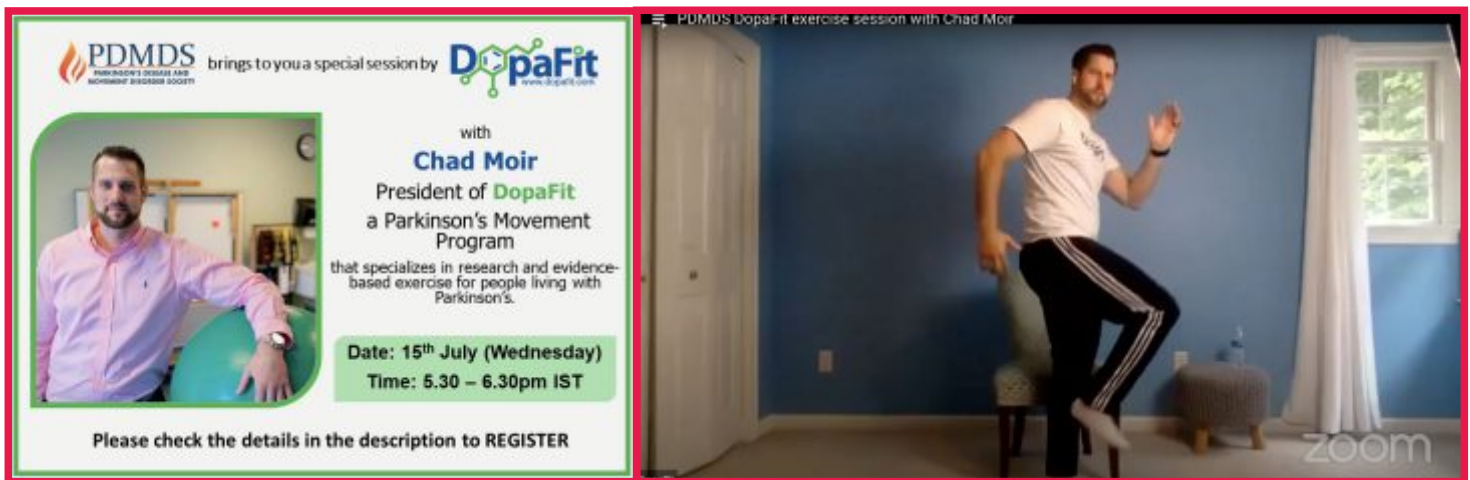


Goal Setting Activity- Mumbai

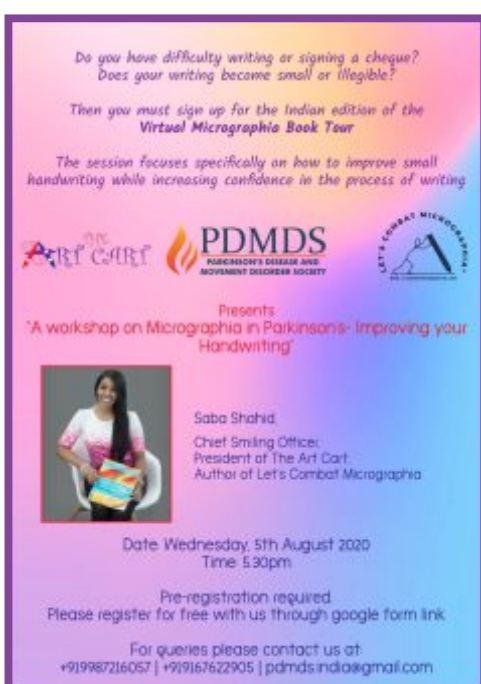
PDMDS Educational Webinars

During this quarter, we had 2 international guest speakers for our webinars showcasing various new therapies for people with Parkinson's.

The PDMDS in collaboration **with DopaFit – a Parkinson's Movement Program in the United States**, organized a workshop conducted by **Chad Moir**, president of the organization. The session included a warm up, boxing and aerobic exercises followed by a cool down. The session was attended by **350** participants who were happy to participate in this energetic session.



Difficulty writing has always been one of the most frequently reported problems in Parkinson's Disease. This session on **Micrographia** was conducted by **Mrs. Saba Shahid, the founder of the Let's Combat Micrographia program. Around 337 participants** attended the session and learnt about the various tips and strategies as well as exercises needed to help overcome the difficulties they have in writing.



Thank you for the useful informative session Saba was very good. Explained everything very well. 18:36

Excellent session with Saba Shahid. Very well explained. Now the ball is in our court. We have to follow her advice and practice. 18:37

Thank you very much, very good session, very well Explained 18:37

Saba's session was wonderful, practical tips are helpful and empowering. The set of tips coming together make a very effective whole. Thanks PDMDS for getting us meet Saba for our benefit. Thanks Saba 18:37



Q & A with a Neurologist

One of the aims of the PDMDS has always been to make education and information about Parkinson's easily available and understandable to all people living in India.

Starting from Kerala, the southernmost state, till Sikkim the north eastern part of India PDMDS has conducted a series of webinars in various regional languages reaching out to various healthcare professionals, People with Parkinson's and their caregivers. In this journey, we would like to appreciate all our experts for sharing their knowledge and expertise with Pwps and their family members during these difficult times.

More than **100** participants from different parts of Kerala attended the informative session which was conducted in **Malayalam** by renowned Neurologists **Dr. Abraham Mathew and Dr. Regi Paul.**

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PDMDS brings you
"Q & A with Neurologist"

A seminar with Dr. Mathew Abraham & Dr. Reji Paul

The programme will be in both
English and Malayalam

Date : 11th July 2020, Saturday
Time : 06:30pm

Preregistration required.
Please register with us through
Google form link

For any queries. Please contact us.
+91 9987216057 | +91 9995784636

An interactive event in **Telugu** language was arranged with the help of famous Neurologist **Dr. Bindu Menon** which was attended by over **400** participants.

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Presents "Q & A with Neurologist"

A webinar on Parkinson's and It's Management with Dr. Bindu Menon
on occasion of World Brain Day

Date: Wednesday, 22nd July 2020
Time: 6:30pm

The programme will be conducted in
Telugu

Pre-registration required.
Please register with us through google
form link

For queries please contact us at:
+919987216057
pdmds.india@gmail.com

PDMDS
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PDMDS presents
"Q & A with a Neurologist"

A webinar on Parkinson's with Dr. U. Meenakshisundaram

The program will be in Tamil

Date: 13th Sept. 2020
Time: 05:00pm IST

Pre registration Required
Please register for free with us
through Google form link

For any queries
Please contact us.
+91 9987216057 | +91 9995784636
pdmds.india@gmail.com

Well known Neurologist **Dr. U. Meenakshisundaram** eloquently explained in **Tamil** about Parkinson's & its management. This event was attended by **126** participants.



About **177** participants participated for our **Gujarati Webinar on Non-motor symptoms in Parkinson's**, conducted by leading neurologist **Dr. Soham Desai**. The information in the webinar were well appreciated by all the participants and various positive feedbacks were received.

Besides this, another interactive Question and Answer session with the famous Neurologist **Dr. Shripad Pujari** was also conducted in **Marathi**, which received a huge amount of appreciation from about **214 participants**.



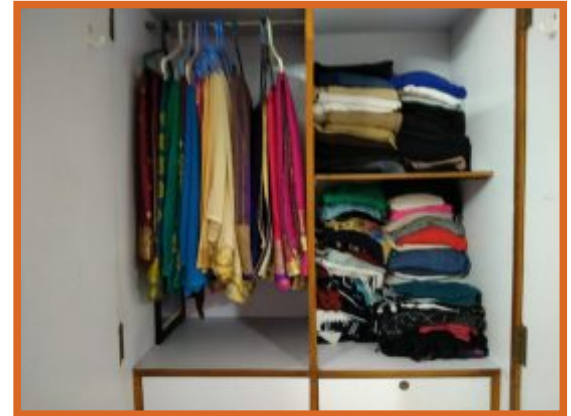
Apart from this, PDMDS also initiated its **Educational webinar series**. The 1st session which was conducted **to celebrate World Brain Day was on Stroke – Prevention, Identification and it's management**. Speaker of the session was **Dr. Anil Venkatachalam**, which was attended by **212 participants** from various parts of India.



The 2nd session of the same series was a webinar on **Dementia, Stroke, Parkinson's & Healthy Ageing** which was conducted in **Nepali** language for the native inhabitants of Sikkim and north-eastern region of India, by Neurosurgeon **Dr. Pranav Rai** and Miss **Frieda Bokali P Engheepi** (Physiotherapist & PHD scholar). About **70** people attended the session.

The Mind It Challenge!

Non-motor symptoms (NMS) are a very important aspect of Parkinson's Disease (PD) and they can affect the quality of life of PwPs and their caregivers to a great extent! Keeping this in mind, in the month of July, PDMDS initiated a '**Mind It Challenge**' to address various aspects of NMS along with some fun and productive activities to keep the mind active and healthy.



Activities of Daily Living
Make A Grocery List

❖ You are going to the grocery store to buy 'Dopamine enhancing food'.

❖ You have a budget of Rs. 250 to buy items from the list given to make a super healthy dopamine enriched dish.

❖ Make a list of all the items you will buy along with the quantity so that the final amount you spend is not more than Rs. 250.

❖ You can adjust the quantity as per your wish to suit your budget.

Food Items	Quantity	Price
Milk	1 Lt	50
Dark Chocolate	100gms	50
Spinach	1 bunch	20
Oats	1 kg	60
Bananas	1 dozen	40
Wheat	1kg	70
Beans	1 kg	80

Activities of Daily Living
O.R.G.A.N.I.Z.E.

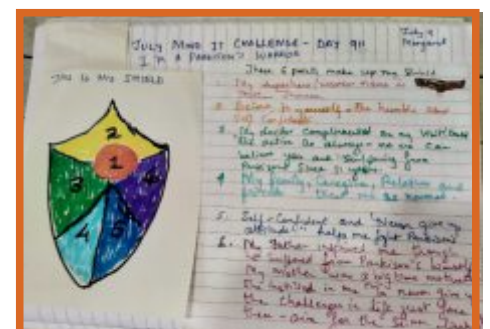
De-clutter and organize any space in your house which can be managed better for easier use.

You can organize your bookshelf alphabetically or according to the genre of the books or the color of the books.

You can organize your cupboard according to the clothes you wear at home and the clothes you wear outside or according to the seasons or according to the colors.

You can organize your kitchen according to the ingredients that usually go together like sugar and tea powder, keep salt and pepper within your reach, store all the pulses together, label things, etc.

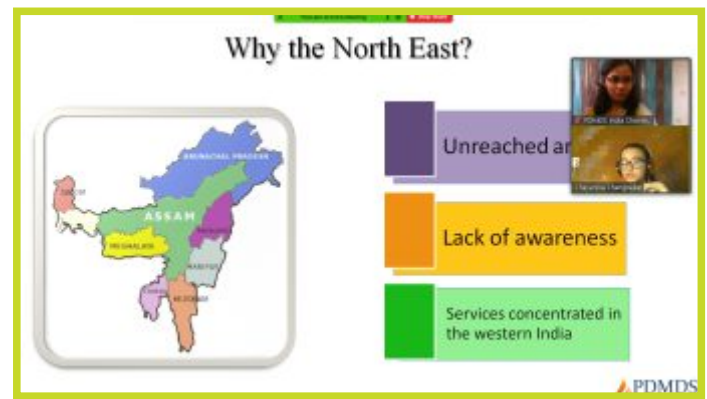
This challenge incorporated activities based on **emotional well-being, cognition, socialization, Instrumental activities** of daily living, PD quizzes, recreation and relaxation spread across all 7 days of the week. PDMDS also launched informational and interactive video series on Cognitive difficulties in PD and ways to deal with them effectively as a part of this challenge. PwPs enthusiastically participated in these activities and we received an overwhelming response from them throughout the month. All such activities also helped them stay engaged, productive, active and thereby ensuring better psychological well-being!



Educational & Sensitization programs for Students

PDMDS has been organizing online educational training programs even during the pandemic, for college students and students of various allied health faculties all over India. We educate them about the various aspects of Parkinson's disease and provide them the tools to identify potential people with Parkinson's.

Two programs were conducted in Guwahati, Assam - one was done for the students of **Rahman Institute of Nursing, Guwahati** to train them about the role of a nurse in Parkinson's care and help them manage patients with end-stage Parkinson's. Another was done for Social Work students of **Royal Global University, Guwahati** to help them spread awareness about Parkinson's in North East India where not many know about this condition.



On the occasion of World Physiotherapy Day on 8th September, educational programs were conducted at **Shrimad Rajchandra College of Physiotherapy, Surat** and 3 colleges in **Udaipur- Maa Gayatri college of Physiotherapy, Udaipur college of Physiotherapy, and Pacific college of Physiotherapy**. More than **250** Physiotherapy students attended these programs, learnt about different aspects of Parkinson's and the advances in the Physiotherapy management of the condition.



A program for the Psychology students of **SIES College, Mumbai** was also conducted to make them aware about the disease and Non-motor symptoms of Parkinson's in which they play a key role. Many showed interest in applying for volunteering and internship programs at the PDMDS to learn more and help the society to raise awareness about Parkinson's.

But WHY does this happen ?

At present - No definite cause

Combination of Risk Factors

Genetic Factors

Environmental Factors

Environmental

Repeated head injury

Exposure to insecticides, herbicides

Exposure to chemicals such as MPTP

Prolonged use of anti-epileptic drugs, anti-depressants

Rural living : Well water :

(Please note that these are ONLY risk factors and does not mean one will definitely get Parkinson's)

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PDMS India Charitable...

Suparna Kashyap

Shama Todurkar



#PDMDS Encourages Talent

Hum sab log EK hoke ladenge Corona ke khilaaf
Ghar mei rehkar na sirf haath par
Ghar ko bhi rakho saaf.

Hum sab log EK hoke ladenge Corona ke khilaaf
Yaadse hum amal kare 1 metre duri kee maap.

Hum sab log EK hoke ladenge Corona ke khilaaf
Humare liye ladne walo ke saath milke
batayenge hum hai Baap

Hum sab log Ek hoke ladenge Corona ke khilaaf.
Sabhi dharm ko ek saath milta dekh
wo bhage apne aap

Hum sab log EK hoke ladenge Corona ke khilaaf.
Bahar intezaar karte karte akhir boley
mei chala karo muje maaf.



The YOPD sessions are special
Every time something new we learn
Though designed with all seriousness
They're packed with threads of fun
Our symptoms may be different
And we know we need a lot of care
But these sessions have additionally helped
By the joys and pains we share
Life is full of ups and downs
One should never give up on hope
Let's use these opportunities that we've got
Together I'm sure we'll better cope

Raju Manickam
Mumbai

Shaila Chitnis
Mumbai

Sunil Dias
Mumbai



Anupama Vedantam
Mumbai

Rashmi Adani
Mumbai

Harsha Patel
Ahmedabad

Vanita Amare
Mumbai



Filomena Dantas
Mumbai

Sainath Aidoor
Mumbai



Satish Whatre
Baroda



Govindlal Kabra
Mumbai



Vilas Mungekar
Mumbai

Feedback

"Thank you so much for having this caregiver session. Listening to all and knowing that there are so many people sailing in the same boat has boosted the moral of my mother for sure. Also the positivity shown by the other participants was quite encouraging. Looking forward for the next session. Till then take care and be safe"

- Mrs. Tirodkar (Bandra)

"Thanks to Dr. Rai, Ms. Frieda for the informative talk on Parkinson's Disease and Dementia related illness and also for throwing light on the importance of aging healthy. I am very grateful to Karma, Dr. B S Singhal and the entire staff of PDMDS for arranging such a nice free informative session."

-Keepa Mathema Handa (sikkim)

"Hello Tejali, Nicole & d team. Congratulations on your first session for care partners. It really went well. We come to know about the problems faced by other care givers which can help us deal better with our lookout. Really appreciate the trouble u guys r taking to make our jobs easier. Thank you so much."

- Mrs. Shiroadkar (Andheri)

I was having lot of problems talking. I had almost stopped talking in last 6 months. Only sign language or writing. After 2 sessions of speech therapy, improved a lot. Able to speak loud and clear. Family is very very happy. Thanks PDMDS.

-Mr. Prafulla Rao.

Session in totality was very good and relaxation technique was excellent. It will be very useful to all of us. Thanks to all doctors for nicely conducting the session. God bless you all.

-Mr. R. M. Thakkar

Support

To donate online, please log on to the following link: <http://www.parkinsonssocietyindia.com/donate/>

For offline donation via bank transfer, demand draft or cheque, please note the details below:

For a money transfer within india:

In favour of	PARKINSON'S DISEASE AND MOVEMENT DISORDER SOCIETY
Account No.	652201000011533
Account Type	Savings Account
Bank Name	Indian Overseas Bank
IFSC Code	IOBA0006522
Bank Branch	Medical Research Centre
Bank Address	Indian Overseas Bank, Medical Research Centre, New Marine Lines, Mumbai - 400 020

For an overseas money transfer (from India as well as out of India):

In favour of	PARKINSON'S DISEASE AND MOVEMENT DISORDER SOCIETY - FCRA
Account No.	910010015389922
Account Type	FCRA
Bank Name	Axis Bank
IFSC Code	UTIB0000233
SWIFT Code	AXISINBB233
Bank Branch	New Marine Lines
Bank Address	Court Chambers, 35 Vithaldas Thakersey, New Marine Lines, Mumbai - 400 020, India

(Only for citizens of other countries, foreign companies and Indian companies holding above 50% shares of foreign companies. NRI's cannot transfer money through this account.)

Mailing Address to send in your cheques:

Parkinson's Disease and Movement Disorder Society,
C/o Dr. B. S. Singhal,
Room No. 131, Medical Research Centre, Bombay Hospital,
12, Marine Lines, Mumbai - 400 020.

Contact

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