

## ***CURRICULUM VITAE***

**Name:** Dr. Bindu Menon,  
M.D. (Med.), D.M. (Neuro), DNB. (Neuro), PGDCN (Neuro),  
(London), FRCP (Edinburgh), MNAMS. FICP, FIAN, FWSO, FAAN

**Date of birth:** 23<sup>rd</sup> July 1970

**Place of Work** Dr. Bindu Menon,  
Senior Consultant and Head of Department of Neurology  
Apollo Speciality Hospitals,  
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**Tel No:** 09866223905

**Teaching Experience:** 20 years

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**You Tube Channel:**

<https://www.youtube.com/channel/UCXxeW4kiWKyv5Ba1POa4GZA>

**Languages Spoken:** English, Hindi, Telugu, Malayalam

## EDUCATIONAL QUALIFICATIONS:

DEGREE	Institute	University	Location	Started	Completed
MBBS	Gandhi Medical College	Barkatullah University	Bhopal Madhya Pradesh	August 1988	March 1993
MD (General Medicine)	Gajraraja Medical College	Jiwaji University	Gwalior Madhya Pradesh	May 1994	May 1997
DNB (Neurology)	Bombay Hospital Institute of Medical Sciences	National Board of Examinations	New Delhi	January 1998	December 2001
DM (Neurology)	Bombay Hospital Institute of Medical Sciences	University of Mumbai	Maharashtra	January 1998	January 2002
Post Graduate Diploma in clinical Neurology (London)	Institute of Neurology and Neurosurgery.	University College London.	London, United Kingdom	October 2005	March 2006
Fellow of Royal College of Physicians	Royal College of Physicians of Edinburgh	Royal College of Physicians	Edinburgh	28/6/2013	
Member of National Academy of Medical Sciences. (MNAMS)	Diplomate National Board	National Board of Examinations	New Delhi	2016	2016
Fellowship of World Stroke Organization	World Stroke Organization	World Stroke Organization	Geneva, Switzerland	2021	2021

## PRESENT POSITION:

Presently working as senior consultant neurologist Professor and Head, Department of Neurology, Apollo Hospitals Nellore from September 2015 till date.

## **PAST EXPERIENCE:**

1. Observer post under Dr B S Singhal M.D, FRCP (Lon), FRCP (Edin), FAMS, Professor and Head of Department of Neurology, Bombay Hospital Institute of Medical Sciences from July 2001 to Feb 2002.
2. Worked as Intensive Care unit registrar in the intensive care unit at Lilavati Hospital and research Centre, Mumbai from July 1997 to November 1997.
3. Associate Prof in Department of Neurology in Sri Venkateswara Institute Of Medical Sciences from 2002 to 2008.
4. Professor and Head, Department of Neurology Narayana Medical College and Superspeciality Hospital from 2008 till 2014.
5. Senior consultant neurologist Professor and Head, Department of Neurology, Simhapuri Hospitals Nellore March 2014 to September 2015.
6. Professor and HOD Apollo Speciality hospitals Nellore from September 2015 to till date.

## **AWARDS/POSITIONS**

### **INTERNATIONAL:**

1. **Fellowship of the American Academy of Neurology FAAN** April 2022.
2. **Mridha Spirit of Neurology award** from the American Academy of Neurology and American Brain Foundation 2022.
3. 2022 American Academy of Neurology **A.B. Baker Teacher Recognition Award**
4. **Lions club International President's Appreciation certificate and Governors Appreciation Award** - 8<sup>th</sup> August 2021.
5. World Stroke Organization conferred the title of the **Fellowship of the World Stroke Organization (FWSO)** 2021.
6. Asia oceanic association of Neurology **representative of the European**

**academy of neurology** Scientific Panel on Epilepsy 2021

7. Selected as **Research committee member of the World Stroke Organization**. 2020.
8. Executive member specialty group on the Neuro epidemiology of the “**World Federation of Neurology**” November 2019.
9. World Headache Society. Section Co Director of Headache plus section. Committee chair of Migraine and epilepsy.
10. Dr. Bindu Menon foundations appointed as **representative of the WHO South East Asia Region**; Member of group as Stroke support organization.
11. Appointment as Indian Academy of Neurology, Andhra Pradesh State coordinator for public education 2021.
12. Invited for lecture at the **Walton center Postgraduate Medical Education**, Lunchtime series on the Project “Neurology on wheels” on April 10<sup>th</sup> 2019 **Liverpool, UK**.
13. Received the **WORLD STROKE AWARD under Individual Achievement category from the World Stroke organization October 2018**.  
<https://worldstrokeorganization.blogspot.com/2018/05/we-reach-we-teach-we-treat.html#more>
14. International league against Epilepsy (ILAE) **Leadership Award**. Annual conference 32nd International Epilepsy Congress (IEC) Barcelona, September 2nd–6<sup>th</sup> 2017
15. Awarded the Fellow of Royal College of Physicians from Royal College of Physicians, Edinburgh on 28/6/2013.
16. Awarded distinction and stood second in the Postgraduate Diploma course in clinical Neurology from the Institute of Neurology and Neurosurgery, Queenssquare, University College London, March 2006.
17. Honorary appointment to the research board of advisors by the Board of Directors, Governing Board of editors and publication board of the American Biographical Institute, 2007.

18. Inclusion in the 10th Anniversary Edition of the 'Marquis Who's Who in Science and Engineering', an exclusive directory distinguishing most accomplished people in their field, 2007.
19. International Federation of Clinical Neurophysiology (IFCN) Fellowship from the American Association of Neuromuscular and Electrodiagnostic Medicine to attend the AANEM 53<sup>rd</sup> Annual scientific meeting to be held in Washington, October 11-14, 2006.
20. V Swapna, K A Parvathy, C V Harinarayan, U V Prasad, G Himabindu, Bindu Menon, B. Vengamma. Effect of antiepileptic drugs on calcium and vitamin D. APSUM INTERNATIONAL SYMPOSIUM on Science in new millennium, Chennai, 12 -13<sup>th</sup> June 2006 was ranked among the first ten.

### ***NATIONAL:***

1. 'Innovation in Patient Centricity & Advocacy' in the Gold category at [#PatientFirstAwards](#) from IHW Council. May 13<sup>th</sup> 2022.
2. Elected as Honorary fellow of the Global Association of Physicians of Indian origin **GAPIO FELLOW 2022** in recognition of my contribution to healthcare
3. **Apollo Distinguished Academician Award 2020** received on 5<sup>th</sup> February 2021.
4. Received the **J J Rao oration** at the at the 16th International conference of Geriatric society of India GSICON 2019 at Mumbai, 14th September 2019
5. Delivered the **TED X Talk** at AIIMS Bhubaneswar August 17<sup>th</sup> 2019. Theme: "Salvaging the subconscious".
6. Received the **SAKSHI EXCELLENCE AWARD IN HEALTHCARE** ON 10<sup>th</sup> August 2019 from the governor of Telengana E. S. L. Narasimhan at Hyderabad.
7. Received the **Life Saver award** from Dr. Prathap C Reddy for treating maximum stroke patients for the year 2017-2018 at Chennai on 5<sup>th</sup> February 2019.
8. Received "**Women's Day Award**" for Jyoti Rao Phule foundation on March 7<sup>th</sup> 2018 for International women's day.
9. Received "**Women's Day Award**" from the District Collector On March 8<sup>th</sup> 2018.

10. Elected **Fellow of Indian College of physicians (FICP)** on February 24<sup>th</sup> 2018 at Bangalore annual conference of Association of Physicians of India.
11. Conferred with the Honorary adjunct title of '**Distinguished Clinical Tutor**' from Apollo Hospitals Educational and Research Foundation (AHERF), in recognition of contribution towards medical education and clinical training till 2024
12. Elected **Fellow Geriatric Society of India**. Conferred with the fellowship in the 14<sup>th</sup> International Conference on Geriatric care GSICON 2<sup>nd</sup> October 2017. Tirupati, India.
13. **Member of National academy of medical sciences (MNAMS)**. 2016
14. Received "**Woman's achievement Award**" from Audisankara Group of Institutions on occasion of "International Woman's Day" 2016.
15. Has been conferred the prestigious "**H. C. Bajoria oration**" award in the 16<sup>th</sup> Joint Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society, Feb 6-8<sup>th</sup> 2016. Chennai.
16. **Nellore Rural Service award** by Rural MLA ON July 1<sup>st</sup> 2015.
17. Best paper presentation in the 25<sup>th</sup> IAOMR national conference at Lucknow 18-20<sup>th</sup> October. 2013.
18. **Vaidya Siromani award** from the Arya Vysya senior citizens association for social service in the field of epilepsy. On 29<sup>th</sup> September 2013.
19. **JCI Ten Outstanding Young Persons of the World (TOYP)** for medical innovation on 15<sup>th</sup> September 2013.
20. **Neurology Service Excellence Award** to acknowledge the distinguished and committed work in the field of neurology and contribution to research on Doctors' day from the Superintendent of Police on July 1<sup>st</sup> 2013
21. Awarded the '**UGADI VAIDYA RATNA**' from the Sir C V Raman Academy on 3/3/13 at Ravindra Bharati bhavan, Hyderabad.
22. Awarded **District level Epilepsy service** award from the District Medical

Health Officer on 26<sup>th</sup> December 2012.

23. Awarded **DOCTORS DAY AWARD** by Lions club Nellore on July 1<sup>st</sup> 2011.
24. Awarded the **Dr Karimullah, Indian Medical Association Oration Gold Medal** award on October 19<sup>th</sup> 2010.
25. Awarded the **Dr K V Naidu Memorial state level Best Doctor award** for the year 2004.
26. Second prize for best paper presentation in Chennai at Annual courses in Neurosciences, 2<sup>nd</sup> -15<sup>th</sup> Feb 2005
27. Awarded the 2<sup>nd</sup> prize for best poster presentation In CYTOCON 29<sup>th</sup>Nov. 2003, Pune.

### **FELLOWSHIP OF MEDICAL ORGANIZATIONS.**

1. **Fellowship of the American Academy of Neurology FAAN** April 2022.
2. World Stroke Organization conferred the title of the Fellowship of the **World Stroke Organization (FWSO)** 2021.
3. Elected as Honorary Global Association of Physicians of Indian origin **GAPIO FELLOW 2022** in recognition of my contribution to healthcare
4. Awarded the Fellowship of the Indian Academy of Neurology (FIAN) at the national conference of Indian Academy of Neurology at Hyderabad 3<sup>rd</sup> October 2019.
5. Fellow of Geriatric society of India. Conferred on October 2<sup>nd</sup> 2017 in the international conference of Geriatrics at Tirupati.
6. Fellow of Indian College of physicians in annual conference of Association of Physicians of India in Bangalore on 23<sup>rd</sup> February 2018.
7. Fellow of Royal College of Physicians from Royal College of Physicians Edinburgh on 28/6/2013

### **Guide/Appointments:**

- 1) Associate Editor Annals of Medicine. September 2021. Impact factor 4.7.

- 2) Appointed as OneNeurology Ambassador by European Federation of Neurological Associations (EFNA) and the European Academy of Neurology (EAN) to jointly work for the WHO global action plan against epilepsy and other neurological disorders
- 3) Nominated by AOAN (*Asian Ocean Association of Neurology*) to be a Scientific Panel member in the European academy of neurology on Epilepsy.
- 4) Research committee member of the World Stroke Organization 2020 till date.
- 5) Executive member specialty group on the Neuro epidemiology of the “World Federation of Neurology” November 2019 till date.
- 6) World Headache Society. Section Co Director of Headache plus section. Committee chair of Migraine and epilepsy till date.
- 7) Dr. Bindu Menon foundations appointed as representative of the WHO South East Asia Region; Member of group as Stroke support organization till date
- 8) Convenor Neurology Outreach subsection of the Indian Academy of Neurology 2020 till date
- 9) Appointment as Indian Academy of Neurology, Andhra Pradesh State coordinator for public education 2021 till date.
- 10) President Simhapuri Nellore Neuro Club April 19<sup>th</sup> 2019 for 2 years till Date.
- 11) Advisory board on “Indian Epilepsy Society – Epilepsy and Indian law – Indian Consensus Document”
- 12) Advisory board on “Indian Epilepsy Society – Sodium Valproate – Indian Consensus Document”
- 13) Founded Dr. Bindu Menon foundation in August 2013. Every month free stroke and epilepsy camp is being conducted. 100 patients of stroke and epilepsy each are given free consultation and free medicines for a month.
- 14) President, Epilepsy association, Nellore chapter form 2008 to till date.
- 15) Chief Editor Epilepsy India Newsletter from April 2017 for 5 years.
- 16) Webmaster for Indian Epilepsy Association from 2013- 2015.
- 17) Governing council member Indian Epilepsy Society 2015-17
- 18) Guide for Short-term studentship project by the Indian Council of Medical Research: Prevalence of migraine in medical undergraduate students and its impact on their daily activities.
- 19) Executive committee member for Indian Epilepsy Association for 2011-2013; 2015-2017.
- 20) Guide for postgraduate DM student Thesis: Correlation of lipid profile and carotid and vertebral Doppler.
- 21) External Examiner for DM Neurology students at Sri Ramachandra medical college and research institute.
- 22) External Examiner for PhD evaluation for nursing candidates in Sri



Ramachandra medical college and research institute.

23) Appointed as faculty in the Epilepsy Teaching programme by the Indian Epilepsy Association. Have delivered 2 teaching sessions till date in Chennai and Guntur.

24) Nominated for DOTS plus committee at Narayana medical college.

## **RESEARCH PROJECT:**

### **International:**

1. World Federation of Neurology WFN Educational Grants-In-Aid. To study the impact of Community intervention to reduce the risk of stroke in the rural community. 2020 <https://wfneurology.org/educational-grant-recipients>
2. International Multicenter project "Risk factors, presentation and outcome of young Asian women with ischemic stroke". A collaborative study between India, Singapore, Turkey, Qatar, Pakistan, Sri Lanka, Saudi Arabia.
3. International Multicenter project "Predictors of Cerebral Venous Thrombosis and Arterial Ischemic Stroke in Young Asian Women". A collaborative study between India, Singapore, Turkey, Qatar, Pakistan, Sri Lanka, Saudi Arabia

### **National:**

1. Principal investigator in a project "Anticonvulsant drug induced alteration in calcium and vitamin D metabolism." Funded by the Indian Council of Medical Research (ICMR), New Delhi. *(Ref No No.5/4-5/15/Neuro/2003-NCD-I)*
2. Principal investigator in a project "Status of hypothalamic pituitary axis in patients with meningitis and meningoencephalitis". Funded by the Indian Council of Medical Research (ICMR), New Delhi. *(Ref No No.5/4-5/15/Neuro/2006-NCD-I)*
3. Principal investigator in a project "Brain Natriuretic peptide as a prognostic marker in ischemic stroke". Funded by the Indian Council of Medical Research (ICMR), New Delhi. *(IRIS ID No 2007-05090)*
4. Principal investigator in a project "Epilepsy, oxidative stress, and antioxidant levels". Funded by the International Epilepsy Trust.
5. Principal investigator in a project "Hormonal profile in females on antiepileptic drugs".

6. Epilepsy registry is being maintained. The registry will further provide insight into the categorization and etiology of epilepsy.
7. Phenytoin therapeutic threshold levels in patients with epilepsy and to study the role of CYP2C9 and CYP2C19 gene polymorphism on the phenytoin metabolism.

### **PAPERS PUBLISHED:**

1. Global synergistic actions to improve brain health for human development accepted for publication in **Nature Reviews Neurology**
2. Bindu Menon, Gayatri Manam, Pramesh Reddy, Harsha Mandalapu, A Sudarsana Teaching NeuroImage: Brain Calcification in a Young Girl With Seizures— Explore the Rare Differentials. *Neurology* 2022, 10 1212/WNL.0000000000201573; DOI: 10.1212/WNL.0000000000201573
3. Global Impact of the COVID-19 Pandemic on Stroke Volumes and Cerebrovascular Events: One-Year Follow-up. Thanh N. Nguyen, Muhamma, M Qureshi, Piers Klein, Hiroshi Yamagami, Robert Mikulik, et al, **Bindu Menon**. Global Impact of the COVID-19 Pandemic on Stroke Volumes and Cerebrovascular Events: One-Year Follow-up. *Neurology*. 2022 Oct 18:10.1212/WNL.0000000000201426. doi: 10.1212/WNL.0000000000201426. Epub ahead of print. PMID: 36257718.
4. Owolabi MO, Leonardi M, Bassetti C, et al. The neurology revolution. *Lancet Neurol* 2022; published online Sept 19. [https://doi.org/10.1016/S1474-4422\(22\)00394-5](https://doi.org/10.1016/S1474-4422(22)00394-5).
5. Campbell NRC, Whelton PK, Orias M, Wainford RD, Cappuccio FP, Ide N, Neal B, Cohn J, Cobb LK, Webster J, Trieu K, He FJ, McLean RM, Blanco-Metzler A, Woodward M, Khan N, Kokubo Y, Nederveen L, Arcand J, MacGregor GA, Owolabi MO, Lisheng L, Parati G, Lackland DT, Charchar FJ, Williams B, Tomaszewski M, Romero CA, Champagne B, L'Abbe MR, Weber MA, Schlaich MP, Fogo A, Feigin VL, Akinyemi R, Inserra F, **Menon B**, et al. 2022 World Hypertension League, Resolve To Save Lives and International Society of Hypertension dietary sodium (salt) global call to action. *J Hum Hypertens*. 2022 May 17:1–10. doi: 10.1038/s41371-022-00690-0. Epub ahead of print. PMID: 35581323; PMCID: PMC9110933.
6. Sharma M, **Menon B**, Manam G. Hypoglycemic hemiparesis as stroke mimic with transient splenial lesion and internal capsule involvement: A reversible

clinico-radiological concurrence. *J Postgrad Med.* 2022 Apr-Jun;68(2):109-111. doi: 10.4103/jpgm.jpgm\_817\_21. PMID: 35466663.

7. Maruthi R., Pillai A.S., **Bindu Menon**. (2022) An Experimental Study for Monitoring the Changes in the Brain Stroke Images Using Image Similarity Measures. In: Abraham A. et al. (eds) Proceedings of the 13th International Conference on Soft Computing and Pattern Recognition (SoCPaR 2021). SoCPaR 2021. Lecture Notes in Networks and Systems, vol 417. Springer, Cham. [https://doi.org/10.1007/978-3-030-96302-6\\_46](https://doi.org/10.1007/978-3-030-96302-6_46)
8. Satishchandra P, Menon B, et l. Evaluation of one-year effectiveness of clobazam as an add-on therapy to anticonvulsant monotherapy in participants with epilepsy having uncontrolled seizure episodes: An Indian experience. *Epilepsy Behav.* 2022 May;130:108671. doi: 10.1016/j.yebeh.2022.108671. Epub 2022 Apr 2. PMID: 35381495.
9. Manisha Sharma, **Bindu Menon**. Headache incidence and characteristics in COVID-19 patients: A hospital-based study. *AIAN Neurol.* 2022 Jan-Feb;25(1):88-91. doi: 10.4103/aian.aian\_244\_21. Epub 2021 Nov 29. PMID: 35342235; PMCID: PMC8954331.
10. Bradley, Sian & Varghese, Francis & **Menon Bindu** et al. Stroke in Patients with Diabetes: Is It Time to Expand Public Health Priority to Encompass High-Risk Patients with Increased Insulin Resistance? 9. 102-109. 2021.
11. **Menon B**, Pasupuleti S, Menon M. Assessment of level of awareness regarding COVID-19 illness. *J Neurol Sci.* 2021;429:119864. Abstracts / doi:10.1016/j.jns.2021.119864
12. **B Menon**. Challenges in epilepsy care in India. *Journal of the Neurological Sciences* 429, 117889, Abstracts /2021
13. Manisha Sharma, **Bindu Menon**, Gayatri Manam. Postpartum Reversible Cerebral Vasoconstriction Syndrome Presenting with Radiological Plethora. *Indian Journal of Radiology and Imaging.* 2021.
14. **Bindu Menon**, Madhav Desai, Gayatri Manam. Vanishing lesions in thalamus – A case of dialysis disequilibrium syndrome. *Open Journal of Clinical & Medical Case Reports.* Volume 7 2021.
15. **Bindu Menon**, Subram Sannapareddy, Medha Menon. Assessment of severity of stress among medical and dental students during the COVID-19

pandemic. DOI: 10.4103/aian.AIAN\_19\_21

16. Sharma M, **Menon B**, Anand VK, Sandeep Y, Manam G. Spontaneous extensive pneumocephalus with rare frontoethmoidal recess skull base defect presenting with acute headache. *Apollo Med* 2021;18:215-6.
17. **Bindu Menon**. Antiepileptic medications after first seizure. In *Best Practices In Epilepsy with accreditation from Indian Academy of Neurology*. Wolter Kluver publication 2021.
18. Nogueira RG, QMM, AM,MSO,YH,QZ,MO,SA,CA,TG,AS,DJ,MR,VP,SJE, KJ, BJ, LW, SS, ZM, CL, HA, TN, NG, MK, TA, LA, RA, MA, AW, HY, YS, RE, SSA, MH, FM, BG, AM, EA, HF, MT, MW, SM, RT, SS, AO, AB, NO, SA, WK, YJ, MH, AB, RD, BS, GL, NW, SD, RA, A Z, Bai F, Duan Z, Hao Y, Huang W, Li G, Li W, Liu G, Luo J, Shang X, Sui Y, Tian L, Wen H, Wu B, Yan Y, Yuan Z, Zhang H, Zhang J, Zhao W, Zi W, LW, CC, HV, **Menon B**, et al. Nguyen TN; SVIN COVID-19 Global Stroke Registry. Global Impact of COVID-19 on Stroke Care and Intravenous Thrombolysis. *Neurology*. 2021 Mar 25:10.1212/ WNL.0000000000011885. doi: 10.1212/WNL.0000000000011885. Epub ahead of print. PMID: 33766997
19. M Sharma, **Bindu Menon**. Balo's concentric sclerosis with bilateral cerebral hemisphere involvement. *Apollo Medicine* 18 (5), 37. 2021
20. **Bindu Menon**, Gayatri Manam. Wernicke's encephalopathy - It not always alcohol'. *Apollo Med* 2021; 18:62-3
21. Sharma M, **Menon B**, Manam G. Tubercular meningitis presenting with cortical laminar necrosis. *Apollo Med* 2021; 18:41-3
22. **Bindu Menon**. "Epilepsy App for patients: Epilepsy Help." *Indian Journal of Medical Research*, vol. 152, no. 7, July 2020, p. 244
23. **Bindu Menon**, Nikethana R. Migraine in nursing students – A study from a tertiary care center in south India. Accepted for publication in *Journal of Neuroscines in rural practice*. *J Neurosci Rural Pract*. 2021 Jan; 12(1): 129–132.
24. S Bhaskar, S Bradley, SI Korn, **Bindu Menon**, Vijay Kumar Chattu. Chronic Neurology in COVID-19 Era: Clinical Considerations and Recommendations From the REPROGRAM Consortium. *Frontiers in Neurology*. 2020; 11
25. **Menon B**, Ramalingam K, Kumar R. Evaluating the Role of Oxidative Stress in

- Acute Ischemic Stroke. *J Neurosci Rural Pract.* 2020; 11(1): 156–159.
26. **Menon B**, Manam G. The protective anomalous artery. *Apollo Med* 2020;17:52.
  27. **B Menon**, M Sharma, S Pasupuleti. Incidence, types, and risk factors of poststroke new onset seizure. *International journal of stroke*, Vol 15, 1\_ SUPPL, 468-468. 2020
  28. **Menon B**. Stroke in elderly. *IJGC | September-December 2019 | Vol 8.* No.3.144-146.
  29. **Menon B**, Pasupuleti S. Poor awareness of role of helmet in preventing the head injury. *Indian J Community Med* 2019; 44:291-2.
  30. Mohammad Wasay, Subash Kaul, **Bindu Menon**, Alper I. et al. Asian Study of Cerebral Venous Thrombosis *Journal of Stroke and Cerebrovascular Diseases*, Vol. 28, Issue 10 2019.
  31. **Menon B**, Nair N. Prevalence of migraine in nurses - A hospital based study. *Abstracts / Journal of the Neurological Sciences* 405S (2019) 116543
  32. **B. Menon**, K. Ramalingam. Reproductive endocrine functions in women with epilepsy *Abstracts / Journal of the Neurological Sciences* 405S (2019) 116542. <http://dx.doi.org/10.1016/j.jns.2019.10.1031>
  33. **Bindu Menon**, Manam G. Disappearing lesion of spinal cord. *J Clin Images.* 2019; 1(1): 1004.
  34. **Bindu Menon**, Manam G, Akurapi R. Transient Splemium Lesion. *J Clin Images.* 2019; 1(1): 1002.
  35. **Bindu Menon**. Stroke in elderly. Editorial. *Indian journal of Geriatric Care.*2018; 7: 51.
  36. **Bindu Menon**, Ramalingam Krishnan. Role of Leptin in Acute Ischemic Stroke. *Journal of Neurosciences in Rural Practice.* 2018; 9: 376-380.
  37. **Bindu Menon**, Krishnana Ramalingam,Vamsi krishna. Study of ischemia modified albumin as a biomarker in acute ischemic stroke. *Ann Neurosci* 2018; 25:187–190

38. D. Padmavathi, J.Sharada, **Bindu Menon**, C.Radha Krishna Raju. Prevalence of Depressive Symptoms in Patients With Epilepsy. *Journal of Dental and Medical Sciences*. 2018; 17: 01-06
39. **B menon**, R Krishnan. Association of ace gene insertion/deletion polymorphism and ischemic stroke in south Indian population. *International journal of stroke* 13, 233-233, 2018.
40. **B menon**, R Krishnan. Autoantibodies against oxidized LDL and lipid peroxidation in acute ischemic stroke. *International journal of stroke* 13, 233-233, 2018.
41. **Bindu Menon**, P Salini , K Habeeba, Jyoti Conjeevaram, K. Munisusmitha. Female caregivers and stroke severity determines caregiver stress in stroke patients. *Ann Indian Acad Neurol* 2017;20:418-24.
42. **Bindu Menon**, Man Mohan Mehndiratta. Bone health in Epilepsy. *International Journal of Epilepsy*. 2017; 4: 59–64.
43. **Bindu Menon**, Krishnana Ramalingam, Jyoti Conjeevaram, K. Munisusmitha. Role of brain natriuretic peptide as a novel prognostic biomarker in acute ischemic stroke. *Ann Indian Acad Neurol* 2016;19:462-466
44. Epilepsy and law in India. Statement of Intent. National consensus document from Indian Epilepsy Association and Indian Epilepsy Society. Member of the expert group.
45. G Singh, A Pauranik, **Bindu Menon**, BS. Paul, C Selai, D Chowdhury, D Goel et al. The dilemma of arranged marriages in people with epilepsy. An expert group appraisal. *Epilepsy & Behavior* 61 (2016) 242–247
46. MM Mehndiratta, SV. Thomas, NN. Baheti, AR Bansal, D Dubey, S Gulati, S Jain, S Jayalakshmi, **Bindu Menon**. Valproic Acid: A Summary of Indian Epilepsy Society-Consensus Document. *International Journal of Epilepsy* 3 (2016) 28–32
47. **Bindu Menon**, Habeeba P, Irala V Mamatha. Sleep quality and health complaints among nursing students. *Ann Indian Acad Neurol*. 2015. 18: 3; 363-364.
48. **Bindu Menon**. MCQ. *International Journal of Epilepsy*, Volume 2, Issue 1, January- June 2015, Pages 56–58.

49. **Bindu Menon**, M. Sowmya, A. Hima Bindu, Usha Rani. Marchiafava – Bignami disease- An alcohol related medical emergency. International journal of Epilepsy. Volume 2. Issue 1, January–June 2015, Pages 51–53
50. A Mukka, A Sachan, B Vengamma, CV Harinarayan, **Bindu Menon**, V Suresh, M. Neelima. Hypothalamic Pituitary Insufficiency Following Central Nervous System Infections: A Prospective Study from a Tertiary Care Hospital. Indian J Endocrinol Metab. 2012 Dec; 16(Suppl 2): S514–S524
51. P. Sasikala, **B. Menon**, Amit Agarwal. Kernohan-Woltman notch phenomenon and intention tremors in case of chronic subdural hematoma. Romanian Neurosurgery. 01/2014; XXI(1):109-112. DOI:10.2478/romneu-2014-0013.
52. **Menon B**, Ramalingam K, Kumar RV. Low plasma antioxidant status in patients with epilepsy and the role of antiepileptic drugs on oxidative stress. Ann Indian Acad Neurol. 2014 Oct;17(4):398-404. doi: 10.4103/0972-2327.144008.
53. **Menon B**, Swaroop JJ, Deepika HK, Conjeevaram J, Munisusmitha K. Poor awareness of stroke - A hospital based study from south India. An urgent need for awareness programme. J Stroke Cerebrovasc Dis. 2014 Sep;23(8):20918. Doi: 10.1016/j.jstrokecerebrovasdis.2014.03.017. Epub 2014 Aug 10.
54. **Menon B**, Sasikala P, Agrawal A Giant middle fossa epidermoid presenting as holmes' tremor syndrome. J Mov Disord. 2014 Apr; 7(1):22-4. doi: 10.14802/jmd.14005. Epub 2014 Apr 30
55. Karthik TS, Prasad NR, Rani PR, Maheshwari R, Reddy PA, Chakradhar BV, **Menon B**. A rare case of short stature: Say Meyer syndrome. Indian J Endocrinol Metab. 2013 Oct;17(Suppl 1):S130-1. doi: 10.4103/2230-8210.119531.
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59. **Bindu Menon**, K Ramalingam, R Vinoth Kumar. Oxidative stress in epilepsy independent of antiepileptic drugs. *Seizure* 21 (2012) 780–784.
60. Namburi R. Prasad, P A. Reddy, **Bindu Menon**, T. S. Karthik, Faizal Ahmed, Mithun Chakravarthy. Recurrent stroke as a presenting feature of acquired partial lipodystrophy. *Indian Journal of Endocrinology and Metabolism*. *Indian J Endocr Metab* 2012;16:S455-7.
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62. Rajeev Goyal, **Bindu Menon**. Cerebral venous thrombosis in Ulcerative colitis. *Journal of Neurosciences in Rural Practice* 2013; 4: 184-86.
63. **Bindu Menon**, Rajeev Goyal. Burden of neurocysticercosis- Treatable but also preventable. *Annals of Tropical Medicine and Public Health*. 2012; 5 : 625-626
64. **Bindu Menon**, Rajeev Goyal. Cerebral venous thrombosis as a complication of chicken pox: case report. *Annals of Tropical Medicine and Public Health*. 2012; 5: 5.
65. **Bindu Menon**. Crossed cerebellar atrophy. *Journal of Neurosciences in Rural Practice*. 2012;3: 3.
66. M Wasay, M Saadatnia, N Venketasubramanian, S Kaul, **Bindu Menon**, P Gunaratne, A Malik, K Mehmood, S Ahmed, M Mehndiratta. Predictors of Cerebral Venous Thrombosis And Arterial Ischemic Stroke in Young Asian Women. *Journal of Stroke and Cerebrovascular Diseases*. *J Stroke Cerebrovasc Dis*. 2011 Apr 19.
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72. **Bindu Menon**, B Vengamma, Ravi Suman, Kumaraswamy Reddy. Glioma masquerading as stroke. *Journal, Indian Academy of Clinical Medicine*. 2010; 11(4): 302-5.
73. **Bindu Menon**, Samson Sujith Kumar. Giant plexiform neurofibroma presentation with Craniovertebral junction instability. *Journal of Neurosciences in Rural Practice*. July-Dec 2010. Vol 1. Issue 2.
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78. **Bindu Menon**, B Vengamma, G Kumar. Anthrax meningoencephalitis successfully treated. 2007, 14: e18. *European Journal of Neurology*. Impact factor 4.516.

79. **Bindu Menon**. Occipital Epilepsy misdiagnosed as Migraine. Headache. February 2007; 47,287–289. Impact factor 5.887.
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82. **Bindu Menon**, C V Harinarayan, Mohan D. Correlation of diabetic peripheral and cardiovascular autonomic neuropathy. Muscle and Nerve. 2006; 34:516.
83. B. Vengamma; N. Kumar; S. Krishnamurthy; **B. Menon**. Predictors of mortality in primary intracerebral haemorrhage. International Journal of Stroke.1:169, Nov 2006
84. **Bindu Menon**, B Vengamma. Acute Inflammatory Polyradiculoneuropathy following antirabies vaccine. Annals of Indian Academy of Neurology. 2005, Vol.8:167-169.
85. B.Vengamma, S.G. Krishna Murthy, **Bindu Menon**, N. S. Sampath Kumar. Predictors of mortality in primary intracerebral haemorrhage. Abstracts in Annals of Indian Academy of Neurology. Vol.9, 9, Supplement 1, 2006.
86. Bindu Menon, B Vengamma. Hypokalemic periodic paralysis –SVIMS experience. Abstracts in Annals of Indian Academy of Neurology. Vol.9, 40, Supplement 1, 2006.
87. CV Harinarayan, **Bindu Menon**, Swapna V, Himabindu G, Afsana TK, PVLN SrinivasaRao, E kumar, Relation between ultrasound bone mineral parameters in patients taking antiepileptic drugs. Journal of Bone and Mineral Research Vol 21;Suppl 1, M11 s 357 2006.
88. C V Harinarayan, **Bindu Menon**, Swapna V, Himabindu G, Afsana TK, PVLN Srinivasa Rao, E kumar, B Vengamma. Bone mineral parameters in patients with epilepsy before and after antiepilepsy treatment. Journal of Bone and Mineral Research Vol 21; Suppl 1, M413, s 357 2006. Impact factor 6.443.

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90. **Bindu Menon**, B Vengamma. Analysis of 147 cases of epilepsy with Neurocysticercosis and calcified lesions in the brain. Abstract in Annals of Indian Academy of Neurology. 2005,Vol.8:194.
91. **Bindu Menon**, Harinarayan CV, B Vengamma Lady with acute confusional state and generalized tremors, Journal of Indian Academy of clinical medicine. Jan-Mar issue 2005.
92. **Bindu Menon**, B Vengamma. A lady with language disturbance. Postgrad med J 2005;81:342. Impact factor 2.464.
93. **Bindu Menon**, B Vengamma. Categorizing Epilepsy syndromes in a tertiary care center, Annals of Indian academy of neurology. PL-054; 29; 2004.
94. **Bindu Menon**, B Vengamma. Diagnosing cerebral venous thrombosis in a semi urban sector, European journal of Neurology; Vol11, Supplement 2, September 2004.
95. **Bindu Menon**, B Vengamma. Guillain Barre Syndrome in Children. The Indian Journal of Pediatrics. Vol SS-1; 72; October 2004.
96. **Bindu Menon**. Peripheral neuropathy and Diabetes mellitus in Diabetes Practice, IJIM special issue on Diabetes, December 2003.

## **BOOKS**

### **EDITOR:**

1. Augmenting Neurological Disorder Prediction and Rehabilitation Using Artificial Intelligence 1st Edition - February 1, 2022. Editors: Anitha Pillai, Bindu Menon. No. of pages: 332. Academic Press. Paperback ISBN: 9780323900379. eBook ISBN: 978032388626
2. Neuroscience across the ages.
3. The Great Leaders of India. (Emerald Publishers)
4. The Great Women of India. (Emerald Publishers)

## **Chapters in book**

1. Suresh kumar Kamalakannan, Bindu Menon. Neurology of Pregnancy. IAN Text book of Neurology. 2<sup>nd</sup> Edition. Jaypee Brothers. 2022
2. Pillai, Anitha S., and Bindu Menon. "Deep Learning in Early Detection of Alzheimer's: A Study." In Research Anthology on Diagnosing and Treating Neurocognitive Disorders. edited by Information Resources Management Association, 160-169. Hershey, PA: IGI Global, 2021. <http://doi:10.4018/978-1-7998-3441-0.ch009>.  
ISBN13: 9781799834410|ISBN10: 1799834417|EISBN13: 9781799834427
3. Leveraging Artificial Intelligence (AI) during the Coronavirus Pandemic: Applications and Challenges. Prabha Susy Mathew, Anitha S. Pillai, Bindu Menon. (2021). Intelligent Modelling, Prediction, and Diagnosis from Epidemiological Data: COVID-19 and Beyond (1st ed.). Chapman and Hall/CRC. <https://doi.org/10.1201/9781003158684>. eBook  
ISBN9781003158684
4. Contributed chapter 'Alzheimer's disease' in book 'Management issues in Geriatric care' published by Geriatric society of India 2020 Rishikul Publication.
5. Contributed chapters 'A patient with headache' In Book Puzzling cases in Stroke. Tree Life Media. Publication. (Under publication)
6. Modifying neuro interventional thrombectomy Protocol in Book Puzzling cases in Stroke. Tree Life Media publication. (Under publication)
7. Contributed Chapter "Epilepsy in Women" in IAN Textbook of Neurology. Jaypee Publication. Page 220-226. 2018.
8. Contributed Chapter "Seizures precipitated by electrolyte or sugar disturbances" in Book "The Causes of Epilepsy: Common and Uncommon Causes in Adults and Children". Edited by Simon D. Shorvon, Renzo Guerrini, and Frederick Andermann. Cambridge University Press. Pg 655-664. ISBN 9780511921001
9. Contributed Chapter Deep Learning in Early detection of Alzheimer's. A Study. Chapter Pages 153-62. In Handbook of Research on Deep Learning innovations and Trends. Publisher IGI Global.
10. Contributed chapter on Use of AED in systemic disorders. Anti-Epileptic Drugs for practicing physicians. Jaypee publications. (Under publication)
11. Contributed chapter "Tremors" in Book Symptomatic approach in Geriatrics.
12. Contributed chapter "Tremors" in Book "Handbook of Geriatric Care" Edited by O P Sharma. Viva books limited. Page 55-56
13. Contributed chapter "Movement disorders" Handbook of Geriatric Care. Edited by O P Sharma. Viva books limited. Page 257-263.
14. Contributed chapter "Stroke" in Book "Handbook of Geriatric Care" Edited by O P Sharma. Viva books limited. Page 235-238.
15. Contributed chapter Epilepsy in Book "Handbook of Geriatric Care" Edited by O P Sharma. Viva books limited. Page. 231-234.

16. Contributed Chapter Reversible cerebral vasoconstriction syndrome. A diagnostic and therapeutic challenge. In Book Puzzling cases in Stroke. 2017 Tree Life Media publication. Pages 191-197.
17. Epilepsy and law in India. Statement of Intent. National consensus document from Indian Epilepsy Association and Indian Epilepsy Society. Member of the expert group.
18. Indian Epilepsy Society. Sodium Valproate Indian Consensus Document. Tolerability and side effects. Elsevier publication
19. Contributed Chapter Apraxia clinical overview and current concepts in Book Progress in clinical Neurosciences Edited by V.P. Singh and M Nair. Volume 29. Thieme publications. ISBN 9789382076414
20. Contributed Chapter "Seizures precipitated by electrolyte or sugar disturbances" in Book 'The Causes of Epilepsy: Common and Uncommon Causes in Adults and Children'. Edited by Simon D. Shorvon, Renzo Guerrini, and Frederick Andermann. Cambridge University Press.
21. Contributed chapter entitled 'Bone health in epilepsy' in Epilepsy Review.
22. Movement disorder emergencies: In 'Textbook of Movement Disorders'. Publisher (Jaypee Brothers).
23. 'Book Health promotion, regulation of HIV/ AIDS and population regulation': Perspective on theories, strategies and policies for developing countries. BRPC 2005 New Delhi Child survival strategies for their development and quality of life: An international perspective.
24. Book Health promotion, regulation of HIV/ AIDS and population regulation': Prevention of HIV/AIDS in developing countries: perspective on past successful case studies and promising policies –cum-strategies on behavioral change.
25. Book Health promotion, regulation of HIV/ AIDS and population regulation': Importance of behavioral sciences for health promotion and quality of life.
26. Asiology, Peace, Excellence and Development. Integrated programmes for promotion of Socio-demographic profile, Nutrition, Health and development of Mothers and Children: A Millennium Goal.
27. The Great Leaders of India. Regional Leaders: Dr B C Roy.
28. The Great Women of India. National Importance: Matha Amruthananda Mayi.
29. The Great Scientists and Technologists of India. Electronic, Space and Nuclear Scientists: Vikram Sarabhai.
30. The Great Scientists and Technologists of India. Medical Sciences and Health Education: Dr M V Valiathan.
31. The Great Scientists and Technologists of India. Medical Sciences and Health Education: Dr V Shanta.
32. The Great Scientists and Technologists of India. Pioneer Technologists: L. N Mittal.

33. The Great Philosophers of India. International Philosophical Missions. Transcendental Meditation of Mahesh Yogi. Saints Services. Matha Amruthananda Mayi.

### **Editorial Board:**

1. Associate, Editor Annals of Medicine. Neurology section. September 2021. Impact factor 4.7.
2. Editor in chief, Epilepsy India Newsletter
3. National advisory board of the Valproate consensus
4. National advisory board on Epilepsy and Indian law

### **REVIEWER OF JOURNALS:**

1. New England journal of Medicine. (3)
2. Annals of Indian Academy of Neurology (9)
3. Oman Medical Journal (2)
4. International Journal of Medicine and Medical Sciences (1)
5. Seizure: European Journal of Epilepsy (1)
6. Epilepsy Research (2)
7. International Journal of Epilepsy (5)

### **CHAIRING SESSION:**

1. Chaired session on 'Brain fog' at GSICON 2022 on 03-04 December 2022 at Kolkata.
2. Asia Pacific Stroke Congress December 9-12 th 2021 Chennai Uncommon stroke mechanisms
3. KAN monsoon summit International neurology update July 9-11 2021.
4. Chaired the Session on Epilepsy at the 27th national conference of Indian Academy of Neurology at Hyderabad 3<sup>rd</sup> October 2019.
5. Panel Discussion. Classification, SUDEP, Bone health. 20<sup>th</sup> Joint conference of Indian Epilepsy Society (IES) and Indian Epilepsy Association (IEA), New Delhi 8-10<sup>th</sup> March 2019.
6. Panel Discussion. Luncheon symposium. Phenytoin age-old drug 20<sup>th</sup> Joint conference of Indian Epilepsy Society (IES) and Indian Epilepsy Association (IEA), New Delhi 8-10<sup>th</sup> March 2019.
7. Panel discussion: Women with epilepsy - Adverse effects of AEDs. ECON 2018, the 19<sup>th</sup> Joint conference of Indian Epilepsy Society (IES) and Indian Epilepsy

- Association (IEA) at NIMHANS Convention Centre, Bengaluru from 2<sup>nd</sup> – 4<sup>th</sup> February 2018.
8. 26<sup>th</sup> Andhra Pradesh Diabetes Federation Annual Meet at Nellore. 22<sup>ND</sup> October 2017
  9. Clinical Neurology - III Case discussions 25<sup>th</sup> Annual Conference of Indian Academy of Neurology (IANCON-2017) September 07-10, 2017 Chennai.
  10. International Update in Neurology, Cochin, 7 - 9<sup>th</sup> of July 2017, - the Monsoon Summit 2017. Uroneurology session
  11. AP Neurocon 2017 at Nellore. Inflammatory neuropathies. June 9-10<sup>th</sup> 2017
  12. Prof. B. Muralidhar Oration. Neurocon 2016 Vijaywada 24-26<sup>th</sup> June 2016
  13. EEG in Partial and Generalized epilepsies. 9<sup>th</sup> IES EEG Workshop Case Based Basics to Advanced EEG Workshop. Hyderabad. 29<sup>th</sup> - 30<sup>th</sup> Nov, 2014.
  14. Mortality and morbidity in epilepsy. 8<sup>th</sup> IES-ASEPA EEG workshop and Indian epilepsy school New Delhi 13-16<sup>th</sup> Nov, 2013.
  15. 21<sup>st</sup> annual conference of Indian academy of Neurology, Indore 24<sup>th</sup> -27<sup>th</sup> October 2013.
  16. Chairing session Epilepsy. 14<sup>th</sup> Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society. Hyderabad. 8-10<sup>th</sup> Feb 2013
  17. Chairing session Epilepsy and poster session. 13<sup>th</sup> Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society. Kochi. 25-26 Feb 2012.
  18. Chairing session in the Peripheral Neuropathy in Andhra Pradesh Diabetes Federation Annual Conference 8<sup>th</sup> October 2011.
  19. Appointed as Faculty of Epilepsy Teaching Program (ETP) of the Indian Epilepsy Society.
  20. Chaired a session on mitochondrial disorders at Asia Oceanic Congress of Child Neurology AOCCN India, at New Delhi, India, 7<sup>th</sup> to 10<sup>th</sup> October 2004.
  21. Chaired a session on Muscle and Nerve at Indian academy of neurology, Bangalore, Oct 6- 8, 2006
  22. Chaired a session on Muscle and Nerve at Indian academy of neurology, Mumbai Oct 4-6.2007

## LECTURES AT CONFERENCE

### *INTERNATIONAL:*

1. **Bindu Menon.** IFNRCON2022. Virtual Symposium Global Action plan. 23<sup>rd</sup> April 2022. Challenges in Neurological care - Bridging the unmet needs
2. **Bindu Menon.** OneNeurology Virtual Roundtable – 12.11.21 Featuring: WHO, Member state representatives and the OneNeurology Partnership
3. **Bindu Menon.** World Stroke Organisation Campaign Workshop 3 - Where the magic Happens. October 7<sup>th</sup> 2021.

4. **Bindu Menon**, XXV World Congress of Neurology 2021 (Virtual) October 3-7 2021. Asian ocean Regional Symposium.
5. **Bindu Menon**. Expert panel on World Hypertension Day joint panel event. May 20<sup>th</sup> 2021. Organized by the World stroke organization, World hypertension league, International society of hypertension.
6. **Bindu Menon**. Acute stroke to rehabilitation. Asian American College of physicians. Virtual February 6<sup>th</sup>-8<sup>th</sup> 2021.
7. **Bindu Menon**. Reaching rural communities to raise awareness and improve management of stroke risk factors. Webinar at World stroke day master class. 2 September 2020. Conducted by the World Stroke Organization.
8. **Bindu Menon** Life after stroke. Joint European Stroke Organization and World Stroke Organization (ESO-WSO 2020) Virtual Conference November 7-9 2020.
9. **Bindu Menon**. Asian-oceanian regional symposium: history, practice and science of traditional medicine in Asia. Session type: Regional symposium session at the XXIV World Congress of Neurology (WCN 2019). Dubai 27- 31<sup>st</sup> October 2019.
10. **Bindu Menon**. Nikethana Nair. Prevalence of Migraine In Nurses- a hospital based study. XXIV World Congress of Neurology (WCN 2019). Dubai 27- 31<sup>st</sup> October 2019.
11. **Bindu Menon**, Ramalingam K. Reproductive endocrine functions in women with epilepsy. XXIV World Congress of Neurology (WCN 2019). Dubai 27- 31<sup>st</sup> October 2019.
12. **Bindu Menon**, Salini P. Poor Awareness of role of Helmet to prevent Head Injury. XXIV World Congress of Neurology (WCN 2019). Dubai 27- 31<sup>st</sup> October 2019
13. **Bindu Menon**, Ramalingam K. Autoantibodies against oxidized LDL and lipid peroxidation in acute ischemic stroke. 11th World Stroke Congress (WSC) in Montreal, Canada October 17-20, 2018.
14. **Bindu Menon**, Ramalingam K. Evaluation of plasma Ceruloplasmin levels in ischemic stroke. 11th World Stroke Congress (WSC) in Montreal, Canada October 17-20, 2018.
15. **Bindu Menon**, Ramalingam K. Association of ace gene insertion/deletion polymorphism and ischemic stroke in south Indian population. 11th World Stroke Congress (WSC) in Montreal, Canada October 17-20, 2018.
16. **Bindu Menon**, Ramalingam K, Vinoth Kumar R, Lokesh B. Decreased antioxidant levels and oxidative stress in patients with epilepsy. 8th Asian & Oceanian Epilepsy Congress. 21-26th October 2010. Melbourne
17. **Bindu Menon**. Bone health in Epilepsy, Eilat international educational course on antiepileptic drugs. Sept 6-13 2009.
18. **Bindu Menon**. Stroke related seizures. Eilat international educational course on antiepileptic drugs. Sept 6-13 2009.



19. Lokesh B, **Bindu Menon**, Krishna K, Suman Jain, Leo H. Visser. Ultrasound, neurophysiology and clinical correlation of ulnar neuropathy in hansen's disease. International Symposium Peripheral Nerve Disorders. Nerve Con 2010. March 6<sup>th</sup> -7<sup>th</sup>, Hyderabad, India.
20. **Bindu Menon**, B Vengamma. A clinicoradiological study of neurocysticercosis from a tertiary care center. 7th Asian & Oceanian Epilepsy Congress, Xiamen, 15<sup>th</sup>-18<sup>th</sup> May 2008.
21. **Bindu Menon**, C V Harinarayan, M Neelima Raj,,Swapna V, Himabindu G, Afsana TK, Vengamma B. High prevalence of low dietary calcium in patients with epilepsy 7th Asian & Oceanian Epilepsy Congress, Xiamen, 15<sup>th</sup>-18<sup>th</sup> May 2008.
22. **Bindu Menon**, B Vengamma. Childhood epilepsy: A study of 439 patients from a tertiary care Center in South India. 27th International Epilepsy Congress, Singapore, 8th to 12th July, 2007.
23. **Bindu Menon**, Harinarayan C.V, Neelima Raj M, Purushotam D, Himabindu G, Swapna V, B Vengamma, Antiepileptic drug induced changes in Vitamin D metabolism - A need for Consensus guidelines. 59<sup>th</sup> Annual Meeting of the American Academy of Neurology.28<sup>th</sup>April- 5<sup>th</sup> May, Boston.
24. **Bindu Menon**, D Purushotam, A Y Lakshmi, B Vengamma. Doppler studies in ischemic stroke. 4<sup>th</sup> Asia Pacific Conference against Stroke. New Delhi March 29<sup>th</sup>-April 1<sup>st</sup> 2007.
25. B Venkataramana, **Bindu Menon**, B Vengamma. Cerebral Venous sinus thrombosis. SVIMS experience. 4<sup>th</sup> Asia Pacific Conference against Stroke. New Delhi March 29<sup>th</sup>-April 1<sup>st</sup> 2007.
26. **Bindu Menon**, C V Harinarayan, Mohan D. Correlation of diabetic peripheral and Cardiovascular autonomic neuropathy. AANEM 53<sup>rd</sup> Annual scientific meeting to be held in Washington, October 2006.
27. **Bindu Menon**, C V Harinarayan, Swapna V, Himabindu G, Afsana TK,M Neelima Raj, Vengamma B. Dietary calcium intake in patients with epilepsy- need for reappraisal. Current Trends in Epilepsy, New Delhi, 3rd to 5<sup>th</sup> of November 2006
28. C V Harinarayan, **Bindu Menon**, Swapna V, Himabindu G, Afsana TK, PVLN wfn Srinivasa Rao, E kumar, Relation between ultrasound bone mineral parameters in patients taking Antiepileptic drugs. Presented at the 28th Annual meeting of the ASBMR meeting at Pennsylvania, USA September 15-19, 2006.
29. C V Harinarayan, **Bindu Menon**, Swapna V, Himabindu G, Afsana TK, PVLN Srinivasa Rao, E kumar, B Vengamma. Bone mineral parameters in patients with epilepsy before and after antiepilepsy treatment. Presented at the 28th Annual meeting of the ASBMR meeting at Pennsylvania, USA September 15-19, 2006.
30. **Bindu Menon**, Harinarayan CV, Sudhakar and Vengamma, Insulin resistance in Ischemic Stroke as risk factor analysis. Presented at Queensquare symposium held at Institute of Neurology and Neurosurgery London, March 2006.

31. V Swapna, K A Parvathy, C V Harinarayan, U V Prasad, G Himabindu, **Bindu Menon**, B Vengamma. Effect of antiepileptic drugs on calcium and vitamin D. APSUM International Symposium on Science in new millennium, Chennai, 12 - 13<sup>th</sup> June 2006.
32. **Bindu Menon**, B Vengamma. Cardio embolic stroke in valvular heart disease. Held at Chennai Regional Asian Stroke Congress, 5<sup>th</sup> - 8th January 2006.
33. B. Vengamma, S.G. Krishna Murthy, **Bindu Menon**, N. S. Sampath Kumar. Predictors of mortality in primary intracerebral hemorrhage. Held at Chennai Regional Asian Stroke Congress, 5<sup>th</sup> - 8th January 2006.
34. **Bindu Menon**, B Vengamma. Diagnosing cerebral venous thrombosis in a semi urban sector, at European Federation of Neurological Societies EFNS held at Paris, France, 4th to 7<sup>th</sup>September 2004.
35. **Bindu Menon**, B Vengamma. Guillain Barre Syndrome in Children - A Study from South India, held at Delhi, Asia Oceanic Congress of Child Neurology India AOCCN, 7<sup>th</sup> to 10<sup>th</sup> October 2004.

#### **NATIONAL:**

1. Stroke in Young. Apollo Neuro Conclave Hyderabad. 4-5th February 2023.
2. Autoimmune Epilepsy. Epilepsy Winter school. Indian Epilepsy School, Mahabalipuram. 20th -23rd 2023.
3. Augmenting neurological disorder prediction and rehabilitation using AI. 19th Neuro update Ahmedabad Organized by API Ahmedabad.
4. Approach to Syncope. 19th Neuro update Ahmedabad Organized by API Ahmedabad.
5. Vascular cognitive impairment- What should be the best practice. GSICON 2022 on 03-04 December 2022 at Kolkata.
6. Stroke Syndrome. Neuroessentials CME. Nellore November 20<sup>th</sup> 2022.
7. Slide downhill, Rapidly progressive cognitive decline. World Neurosciences summit -III 26-28<sup>th</sup> August 2022
8. Management of epilepsy in women in their reproductive years.5-7<sup>th</sup> August 2022. ECON 2022. Thiruvananthapuram, Kerala
9. Stroke Summit. IHW council initiative. Role of rehabilitation in Stroke. 28<sup>th</sup> October 2021
10. Stroke where minutes counts. Indian Association of Physiotherapy. 16<sup>th</sup> October 2021.
11. Global neuro-connect in collaboration with American academy of Neurology; AAN. Sleep and it's complex interactions. Parasomnias. 5<sup>th</sup> September 2021.
12. Delivered a talk on Stroke in the NEUROFEST, the first medical students Neurosurgery congress and Wolter Kluver. July 17 th 2021.

13. EEG workshop. Virtual Annual conference of the association of physicians of India. 4-7<sup>th</sup> March 2021.
14. Indian academy of Neurology Brain week "Mobile brain Clinic" 23<sup>rd</sup> December 2020.
15. Indian Academy of Neurology stroke subsection meeting. Stroke outreach 6<sup>th</sup> December 2020.
16. Faculty of the Certificate course in Geriatric Medicine and Gerontology October 2020.
17. Facebook live session on 'Stroke - Recognize, Respond, React.' May 30<sup>th</sup> 2020. Organized by MeDeVision.
18. Metabolic side effects of epilepsy. Epic online. The Epilepsy Colloquium 13<sup>th</sup> May 2020.
19. COVID 19 and Stroke. All India Webinar "Neuro Connect" 9<sup>th</sup> April 2020.
20. Recent advances in Stroke. All India Webinar. 22<sup>nd</sup> April 2020.
21. Practice of Epilepsy series by - Indian Epilepsy Society. All India Webinar. 26<sup>th</sup> April 2020.
22. Unprovoked seizures. ECON 21<sup>st</sup> joint annual conference of the Indian Epilepsy association and Indian epilepsy society 17<sup>th</sup> -19<sup>th</sup> January 2020 Ahmedabad, Gujarat, Indi
23. The Neurological examination. The Neuro Clues. Pearls in clinical Neurology. 6<sup>th</sup> Annual conference in Neurology Dec 21-22. 2019 Nellore.
24. Brain and Spine Society EEG workshop EEG Workshop EEG Analysis Interpretation.
  - a. Elements of normal EEG (awake & sleep) and activation procedures
  - b. Identify the EEG - Artifacts in EEG.
  - c. EEG in partial Epilepsies.
  - d. EEG in generalized Epilepsies 23<sup>rd</sup> and 24<sup>th</sup> November 2019
25. International Neuropsychiatric Association(INA) Colloquium – 29 & 30 November 2019 post Ictal psychosis!"
26. Neurological disorders in women - gender issues At the National conference of the Indian Academy of Neurology 2019 3-6<sup>th</sup> October.
27. Approach to Rapidly Progressive Cognitive Decline. 25 - August, 2019 New Delhi. World Neuroscience Summit.
28. Which AED to start. 20<sup>th</sup> Joint conference of Indian Epilepsy Society (IES) and Indian Epilepsy Association (IEA), New Delhi 8-10<sup>th</sup> March 2019.
29. Stroke for Students. SHINE .9<sup>th</sup> Annual conference of clinical Neurology. 22-24<sup>th</sup> Feb 2019. Chennai
30. Epilepsy treatment in the community. Breaking the barriers.

- CME on epilepsy. February 10<sup>th</sup> 2019. JIPMER Pondicherry.
31. TIA Risk stratification and work up. Karnataka neurosciences summit. 26<sup>th</sup> January 2019 Davagare. Karnataka
  32. Symposium-XXIII: Epilepsy across life span. Epilepsy in pregnancy - Concerns and guidelines. 26th Annual Conference of Indian Academy of Neurology (IANCON-2018) September 27-30, 2018 Raipur.
  33. Older AEDS prescribing in women- safe practice and changing lives. Annual conference of WINNERS at Udaipur on 8<sup>th</sup>-9<sup>th</sup> March 2018.
  34. Panel discussion: Writing Generic drug in the Prescriptions ECON 2018, the 19<sup>th</sup> Joint conference of Indian Epilepsy Society (IES) and Indian Epilepsy Association (IEA), Bengaluru from 2<sup>nd</sup> – 4<sup>th</sup> February 2018.
  35. Elements of awake and sleep EEG and activation procedure. EEG workshop EEG analysis and interpretation on 25<sup>th</sup> and 26<sup>th</sup> November 2017 Hyderabad.
  36. Artifacts in EEG. EEG workshop EEG analysis and interpretation on 25<sup>th</sup> and 26<sup>th</sup> November 2017 Hyderabad.
  37. EEG in generalised epilepsy identify the syndrome. EEG workshop EEG analysis and interpretation on 25<sup>th</sup> and 26<sup>th</sup> November 2017 Hyderabad.
  38. Neurological disorders in obstetrics and gynaecology. Symposium-XVII: Medicine & Neurology. 25th Annual Conference of Indian Academy of Neurology (IANCON-2017) September 07-10, 2017 Chennai.
  39. Who am I? Approach to the patient with acute confusional state. World Neurosciences Summit. Delhi 18-19<sup>th</sup> August 2017.
  40. Pupil for Pupils. SHINE .7<sup>th</sup> Annual conference of clinical Neurology. 24-26<sup>th</sup> Feb 2017. Chennai.
  41. Complex Partial Status epilepticus. Econ 2017. 18th Joint Annual Conference Indian Epilepsy Association & Indian Epilepsy Society. FEB - 17<sup>th</sup> – 19<sup>th</sup> 2017
  42. Management of seizures in systemic disorders. Calcium disorders. 18th Joint Annual Conference Indian Epilepsy Association & Indian Epilepsy Society. FEB - 17<sup>th</sup> – 19<sup>th</sup> 2017.
  43. Speaking on Aphasia. Back to Basics' in Chennai 24<sup>th</sup> -25<sup>th</sup> September, 2016.
  44. Refractory Status epilepticus. 16th MP & CG Neurocon conference. Bhopal. 18 -19<sup>th</sup> June 2016.
  45. Drug Refractory Epilepsy. 16th MP & CG Neurocon conference. Bhopal. 18 -19<sup>th</sup> June 2016.
  46. Delivered lecture in EEG workshop at Patna. Indian Epilepsy Association June 11-12<sup>th</sup> 2016
  47. Epilepsy and Bone health. 17th Joint Annual Conference of

- Indian Epilepsy Indian Epilepsy Association & Indian Epilepsy Society. Feb 12<sup>th</sup>-14<sup>th</sup> 2016 Vizakhapatnam.
48. Non-compressive myelopathy, 5<sup>th</sup> Annual conference of clinical neurology SHINE. 6-8 March 2015 Chennai
  49. Apraxia Clinical evaluation: NEUROCON 2014. Neurological society of India CME Neurology. Coimbatore, 12<sup>th</sup> Dec 2014.
  50. **Bindu Menon**. EEG background and prognosis. 9<sup>th</sup> IES EEG Workshop Case Based Basics to Advanced EEG Workshop. Hyderabad. 29<sup>th</sup> - 30<sup>th</sup> Nov, 2014.
  51. **Bindu Menon**. Stroke. Neurology Update Patna 20<sup>th</sup> April 2014 Patna
  52. **Bindu Menon**. HIV and Neurology. TROPICON. Annual conference of the Tropical Neurology March 6-8<sup>th</sup> 2014 Chennai
  53. **Bindu Menon**. EEG in generalized epilepsies - identify the Syndrome. 9<sup>th</sup> IES EEG Workshop Case Based Basics to Advanced EEG Workshop. Hyderabad. 29<sup>th</sup> - 30<sup>th</sup> Nov, 2014.
  54. **Bindu Menon**. Bone & nutritional health. 8th IES-ASEPA EEG workshop and Indian epilepsy school New Delhi 13-16<sup>th</sup> Nov, 2013
  55. **Bindu Menon**, SS bedi. NT pro BNP as a novel prognostic marker in ischemic stroke. Presented at 21<sup>st</sup> annual conference of Indian academy of Neurology, Indore 24<sup>th</sup> -27<sup>th</sup> October 2013.
  56. **Bindu Menon**, B Khaseem. Cerebral venous thrombosis – a hospital based study. Presented at 21<sup>st</sup> annual conference of Indian academy of Neurology, Indore 24<sup>th</sup> -27<sup>th</sup> October 2013
  57. **Bindu Menon**. Bone health in Neurology. Breakfast seminar. Women specific issues. Presented at 21<sup>st</sup> annual conference of Indian academy of Neurology, Indore 24<sup>th</sup> -27<sup>th</sup> October 2013.
  58. **Bindu Menon**. Diagnosis of inherited ataxia. 'Back to Basics' in Chennai 23rd-24th Feb 2012.
  59. **Bindu Menon**. Visual Field Defects. 'Back to Basics' in Chennai 23rd-24th Feb 2012
  60. **Bindu Menon**. Epilepsy in the middle aged woman. *Epilepsy & Women – Special Issues Symposium II*. 13th Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society. Kochi. 25-26 Feb 2012
  61. **Bindu Menon**, Lokesh B. Sleep health in general population- a pilot study. Joint meeting of the 59<sup>th</sup> annual conference of neurological society of India and congress of Neurological surgeons, USA 16-19<sup>th</sup> Dec, 2010.
  62. Lokesh B, **Bindu Menon**, Krishna K, Suman Jain, Leo H. Visser . Ultrasound Neurophysiology and clinical correlation of ulnar neuropathy in hansen's disease. XVII Annual conference of the A.P. Neuroscientists' association. 24-25<sup>th</sup> July, 2010.
  63. Pavan Kumar, **Bindu Menon**, B. Lokesh and Rajeev Goyal. Cardioembolic stroke- clinical profile, imaging and outcome of patients. XVII Annual

- conference of the A.P. Neuroscientists' association. 24-25<sup>th</sup> July, 2010.
64. **Bindu Menon**, B. Vengamma. Stroke-Related Seizures. Presented at Indian academy of Neurology, New Delhi, Oct 2008.
  65. **Bindu Menon**, B. Vengamma. Guillain Barre Syndrome in Children - A Study from South India. Presented at Indian academy of Neurology, Mumbai, Oct 4-6<sup>th</sup> 2007.
  66. **Bindu Menon**, B Vengamma. Hypokalemic periodic paralysis –SVIMS experience. Presented at Indian academy of Neurology, Bangalore, Oct 6-8 2006.
  67. B. Vengamma, S.G. Krishna Murthy, **Bindu Menon**, N. S. Sampath Kumar. Predictors of mortality in primary intracerebral haemorrhage. Presented at Indian academy of Neurology, Bangalore, Oct 6-8 2006.
  68. Niranjana Babu, **Bindu Menon**, B. Vengamma, Neurological manifestations in HIV infected patients. Presented at Indian academy of Neurology, Bangalore, Oct 6-8 2006
  69. **Bindu Menon**, B Vengamma. Analysis of 147 cases of epilepsy with Neurocysticercosis and calcified lesions in the brain. Presented at Indian academy of neurology -2005, Jaipur Oct 23<sup>rd</sup>-25<sup>th</sup> 2005.
  70. N. S. Sampath Kumar, B. Vengamma, **Bindu Menon**. Unusual clinical and imaging presentation of cryptococcal meningitis. Presented at 54th Conference of NSI -Neurocon 2005, Vishakhapatnam, December 2005.
  71. N. S. Sampath Kumar, B. Vengamma, **Bindu Menon**. Unusual clinical and imaging presentation of cryptococcal meningitis. Presented at 54th Conference of NSI -Neurocon 2005, Vishakhapatnam, December 2005
  72. **Bindu Menon**, Harinarayan CV, Sudhakar and Vengamma, Insulin resistance in Ischemic stroke as risk factor analysis. Presented at Chennai at Annual courses in Neurosciences, 12<sup>th</sup> -15<sup>th</sup> Feb 2005 (Awarded the Second prize for best paper presentation).
  73. **Bindu Menon**, B Vengamma. Categorizing Epilepsy syndromes in a tertiary care centre, Presented at Indian academy of neurology -2004, Nagpur, 29<sup>th</sup>-30<sup>th</sup> Oct 2004.
  74. B Vengamma, **Bindu Menon**, D Malli, Rare cerebrovascular events following snakebite. Presented at Indian academy of neurology -2004, Nagpur, 29<sup>th</sup>-30<sup>th</sup> Oct 2004.
  75. **Bindu Menon**, Harinarayan CV, Mohan D, and Vengamma B, Ischemic stroke in diabetics and non-diabetics, Presented at the Indian academy of neurology – 2003, held Vishakapatnam, 28<sup>th</sup> to 30<sup>th</sup> Sep, 2003.
  76. **Bindu Menon**. Ubiquitous cyanocobalamin. Presented at the Indian academy of neurology – 2003, held at Vishakapatnam, 28<sup>th</sup> to 30<sup>th</sup> Sep, 2003.
  77. **Bindu Menon**, Mohan D, and Vengamma B. Late onset seizures - A etiological study in a tertiary care center. Presented at the Indian academy of neurology –

2003, held at Vishakhapatnam, 28<sup>th</sup> to 30<sup>th</sup> Sep, 2003.

78. Swapna, Harinarayan CV, **Bindu Menon**, Mohan D, and Vengamma B. Impact of Socioeconomic conditions on calcium and vitamin D nutrition in women with epilepsy at the first National conference of Indian Society of Social Sciences in Health (IASSH) held at Tirupati on 14<sup>th</sup> and 15<sup>th</sup> November 2003. (On theme "Poverty and Health").
79. Jaiman S, Babu S, Reddy M.K.S, **Bindu Menon**, Vengamma B, Ashwini. Malignant melanoma Vis-À-Vis large cell anaplastic carcinoma of lung -A cytological impasse. In CYTOCON 29<sup>th</sup> Nov. 2003, Pune. (Awarded the 2<sup>nd</sup> prize for best poster Presentation

**STATE:**

1. Bindu Menon. Strategies for stroke prevention in diabetes. November 20<sup>th</sup> Ongole APDF.
2. Saranjit bedi, **Bindu Menon**, Surya Singh, Amit Aggarwal. Rubral tremor with left frontotemporoparietal epidermoid tumour. A.P. neurocon-2010. XX annual conference of the A.P. neuroscientists' association. Guntur. 13-14<sup>th</sup> July 2013.
3. Saranjit bedi, **Bindu Menon**, Bala khaseem. Hashimoto's encephalopathy, ataxia with writer's cramp a rare constellation of disease entities. A.P. neurocon-2010. XX annual conference of the A.P. neuroscientists' association. Guntur. 13-14<sup>th</sup> July 2013.
4. Saraniit bedi, **Bindu Menon**, Surya Singh, Amit Aggarwal. Unusual mode of cervical spine injury. A.P. neurocon-2010. XX annual conference of the A.P. neuroscientists' association. Guntur. 13-14<sup>th</sup> July 2013.4.
5. Bala khaseem, **Bindu Menon**, Saranjit Bedi. Hospital based pilot study in patients with carotid stenosis. A.P. neurocon-2010. XX annual conference of the A.P. neuroscientists' association. Guntur. 13-14<sup>th</sup> July 2013.4.
6. Lokesh B, **Bindu Menon**, Krishna K, Suman Jain, Leo H. Visser. Ultrasound, neurophysiology and clinical correlation of ulnar neuropathy in Hansens disease. A.P. NEUROCON-2010. XVII Annual conference of the A.P. Neuroscientists' association.
7. Pavan Kumar, **Bindu Menon**, B. Lokesh and Rajeev Goyal . Cardioembolic stroke clinical profile, imaging and outcome ot patients. XVII Annual conference of the A.P. Neuroscientists' association
8. K Vamsikrishna, B Vengamma, **Bindu Menon**, B Venkatarama. Stroke and snake bite. 15<sup>th</sup> Annual Conference of Andhra Pradesh neuroscientists Association. (APNSA – 2008), Hyderabad, 12<sup>th</sup>-13<sup>th</sup> July, 2008
9. Chakrapani B, B Vengamma, **Bindu Menon**, B Venkatarama. Clinical features and outcome of acute disseminataed encephalomyelitis, and outlook from tertiary care university teaching hospital, Tirupati. 15<sup>th</sup> Annual Conference of Andhra Pradesh neuroscientists Association. (APNSA – 2008), Hyderabad, 12<sup>th</sup>-13<sup>th</sup> July, 2008

10. Sampath D, Vengamma B, **Bindu Menon**. Clinico investigatory profile of Sub Acute Sclerosing Panencephalitis. 11<sup>th</sup> Annual Conference of Andhra Pradesh neuroscientists Association. (APNSA – 2005), Vijaywada, 8<sup>th</sup> -10<sup>th</sup> July, 2005.
11. **Bindu Menon**, Harinarayan CV, Mohan D and Vengamma B, Ischemic stroke in diabetics. 10<sup>th</sup> Annual Conference of Andhra Pradesh neuroscientists Association. (APNSA – 2003), Tirupati, 26<sup>th</sup> – 27<sup>th</sup> July, 2003.

### **MEMBERSHIPS/ASSOCIATIONS:**

1. **Asia oceanic association of Neurology** representative of the **European academy of neurology** Scientific Panel on Epilepsy 2021.
2. **Member of the GBD, Global burden of disease**, Institute for health metrics and evaluation (IHME) Collaborative network. 2021.
3. Research committee member of the **World Stroke Organization**. 2020.
4. Executive member specialty group on the Neuro epidemiology of the “**World Federation of Neurology**” November 2019
5. World Headache Society. Section Co Director of Headache plus section. Committee chair of Migraine and epilepsy.
6. Dr. Bindu Menon foundations appointed as **representative of the WHO South East Asia Region**; Member of group as Stroke support organization.
7. Appointment as **Indian Academy of Neurology**, Andhra Pradesh State coordinator for public education 2021
8. Life time Network member of **NCD Alliance** since 10<sup>th</sup> January.
9. Member of World Stroke Organization since 2017.
10. Dr. Bindu Menon foundations appointed as representative of the **WHO South East Asia Region**; Member of group as Stroke support organization.
11. IES – Sodium Valproate – Indian Consensus Document, Advisory board member.
12. IES – Epilepsy and Law. Advisory board member
13. President, Epilepsy association, Nellore chapter. 2008 to till date
14. Governing council member. Indian Epilepsy association. 2014-2016.



15. Executive council member. Indian Epilepsy Society. 2011-2013/ 2015-2017
16. Life Member Indian Academy of Neurology. Life Member. No. 579.
17. Life Member Indian Epilepsy association. LAN 1.
18. Life Member Indian Epilepsy Society IES 247.
19. Life member Indian Stroke Association. ISA- 75-LM
20. Life member Association of physicians of India. L-13739. 2008
21. Life member Indian Medical Association. AP/15432/46/526/145362/2009-10/L10.
22. Life member APNSA number 200
23. Life member Geriatric Society of India. L-1230
24. Life member Neurological Society of India MNS-40.
25. Life Member Red cross Society 2022.

#### **INVITED LECTURES/ GUEST LECTURES.**

1. Stroke syndrome. Chittoor Medical college. October 30th 2022.
2. Recent advances on Stroke. IMA Cuddapah. 23<sup>rd</sup> September 2022.
3. Lecture on Stroke- every minute counts. Ramachandra Hospital Nellore.
4. Delivered a lecture “Epilepsy in Women” at Federation of obstetrics and Gynaecology societies of India (FOGSI) 31st March 2019. Nellore.
5. EEG basics and patterns. Guntur teaching course for DM students. 20<sup>th</sup> Jan. 2019.
6. Management of Epilepsy. CME on Epilepsy. Thane Mumbai. November 2018.
7. Drug Refractory Epilepsy Recent concepts. CME on Epilepsy. April 17<sup>th</sup> Guntur.
8. Paediatric Epilepsy-New versus Old AED. CME on Paediatric Epilepsy. April 18<sup>th</sup> Guntur.
9. Non compressive myelopathy, 5<sup>th</sup> Annual conference of clinical neurology SHINE. 6-8 March 2015 Chennai
10. Apraxia Clinical evaluation: NEUROCON 2014. Neurological society of India CME Neurology. Coimbatore, 12<sup>th</sup> Dec 2014.
11. EEG background and prognosis. 9<sup>th</sup> IES EEG Workshop Case Based Basics to Advanced EEG Workshop. Hyderabad. 29<sup>th</sup> - 30<sup>th</sup> Nov, 2014.
12. Stroke. Neurology Update Patna 20<sup>th</sup> April 2014 Patna.
13. HIV and Neurology. TROPICON. Annual conference of the Tropical Neurology March 6- 8<sup>th</sup> 2014 Chennai.

14. EEG in generalized epilepsies - identify the Syndrome.9<sup>th</sup> IES EEG Workshop Case Based Basics to Advanced EEG Workshop. Hyderabad. 29<sup>th</sup> - 30<sup>th</sup> Nov, 2014.
15. Bone & nutritional health. 8th IES-ASEPA EEG workshop and Indian epilepsy school New Delhi 13-16<sup>th</sup> Nov,2013.
16. Bone & nutritional health. 8th IES-ASEPA EEG workshop and Indian epilepsy school New Delhi 13-16<sup>th</sup> Nov,2013.
17. Delivered lecture "Childhood epilepsy syndromes and their prognosis" at pediatric epilepsy symposium on June 9<sup>th</sup> 2013.
18. Faculty in EEG workshop IES 7<sup>th</sup> EEG workshop under the aegis of Indian Epilepsy society and Asian Epilepsy Academy (ASEPA) ON 11<sup>th</sup> -12<sup>th</sup> 2012 at GB Pant Hospital New Delhi.
19. Lecture on 'Suicide in Epilepsy' in CME on Dementia and epilepsy organized by Madras Medical Society and Dementia Society of India on 27<sup>th</sup> July 2012 at Chennai.
20. Lecture on flaccid limb weakness in children in CME programme at Nellore conducted by Indian Academy of Pediatrics Nellore branch on 27<sup>th</sup> May 2012.
21. Lecture on Neuro imaging in CME in Ophthalmology at Narayana Medical College Nellore sponsored by Dr NTR University of Health Sciences on 23<sup>rd</sup> October 2011.
22. Lecture on Emergencies in Movement disorders CME in psychiatry at Narayana Medical College Nellore sponsored by Dr NTR University of Health Sciences on 23<sup>rd</sup> October 2011.
23. Lecture on Neuro imaging in Neuro Ophthalmology in Neuro - ophthalmology symposium annual meeting of Andhra Pradesh Ophthalmological Society. Nellore. 24<sup>th</sup> Sep 2011.
24. Lecture on Stroke- TIA to completed stroke in CME at Narayana Medical College Nellore sponsored by Dr NTR University of Health Sciences on 28<sup>th</sup> August 2011.
25. Lecture on Idiopathic Occipital Epilepsies in Children in a Scientific Seminar at the KS Mani oration on August 6, 2012 at Kochi.
26. Lecture on Automatism in CME at Narayana Medical College Nellore sponsored by Dr NTR University of Health Sciences on 31<sup>st</sup> July 2011.
27. Lecture on Women and Epilepsy on World health day organized by Federation of Obstetrics and gynecology Nellore branch in Nellore on April 7<sup>th</sup> 2011.
28. Lecture of 'Epilepsy and related issues' in the XXXII annual conference of the Indian Academy of Forensic Medicine 28<sup>th</sup> -30 January 2011
29. Lecture on Epilepsy and treatment for the General Physicians organized by Association of Physicians of India in Nellore June 25<sup>th</sup> 2010.
30. Faculty in the South India Clinical Neurology Contest held on May 2<sup>nd</sup> 2010 at Chennai.

31. Lecture on Epilepsy- recent concepts organized by Indian Medical Association on March 2009.
32. Panel member for the Headache. IMA A.P State and Indian Psychiatry Nellore branch.16<sup>th</sup> Aug 2009. Nellore.
33. Lecture on 'Neurological evaluation. Past, present and the future' organized by Andhra Pradesh State council of Science and Technology" 14<sup>TH</sup> Nov 2007 at SVRRH Tirupati..
34. Lecture on 'Challenges in pain management' in CME by the Indian Medical Association (IMA), Chittoor, Feb 2006.
35. "TIA to Completed Stroke Treatment Perspectives" in CME organized by the Association of Physicians of India, Sri Venkateswara Institute of Medical Sciences SVIMS, Tirupati, Feb, 2006.
36. Lecture on 'Vertigo' in CME by the Indian Medical Association (IMA), Tirupati, Dec 2006.
37. Lecture on 'Tardive Dyskinesia' in CME by the south zone of Indian Psychiatric Association on October 27-29 2006 at Mangalore.
38. Lecture on "Migraine" in CME by the Indian Medical Association (IMA) organized in September 2005, Tirupati.
39. Lecture on Epilepsy in the 'Reach more Teach more' campaign in CME organized in July 2005, Cuddapah, Andhra Pradesh
40. Lecture on Epilepsy in the 'Reach more Teach more' campaign in CME organized in June 2005, Tirupati, Andhra Pradesh.
41. "TIA to Completed Stroke Treatment Perspectives" in CME organized by the Department of Neurology, Sri Venkateswara Institute of Medical Sciences SVIMS, Tirupati, in May 2005.
42. "Migraine" in CME organized in June 2004, Tirupati.
43. "Vertigo" Guest lecture organized by IMA, Nellore, July 2003.
44. "Epilepsy in pregnancy" in a Symposium on Epilepsy organized by the Department of Neurology, SVIMS, Tirupati, in March 2003.
45. "Controversies in the management of single seizure" in a Symposium on Epilepsy organized By the Department of Neurology, SVIMS, Tirupati, in March 2003.
46. "Epilepsy and pregnancy" in CME organized by Tirupati Obstetrics and Gynecology society, March 2003.
47. "Chronic viral infections of the C N S" in C M E in SVIMS, Tirupati, August, 2002.

#### **THESIS:**

M.D. (Gen. Med.) A Comparative study between Q wave and NON Q wave myocardial infarction

D.M. (Neuro) Vitamin B12 Neuromyelopathy: A study of 98 patients in western India

## Start-up / Initiatives

### 1) Artificial Intelligence in Neurology

Founder of the start-up “Artificial Intelligence in Neurology” [www.AtINeu.org](http://www.AtINeu.org).

The objective is to

- Develop, evaluate, and disseminate Artificial Intelligence (AI) systems to benefit patients suffering from Neurological disorders
- Conduct research that solves clinically important problems using Machine learning, Deep Learning and other AI techniques
- Develop and support transformative medical AI applications to advance patient health by early detection and prediction especially in neurological disorders - Epilepsy, Stroke , headache and Parkinson’s patients
- Faster and better medical care will be provided by harnessing the large volume of medical big data to train AI enabled systems

### 2) Stroke Connect Programme

A stroke connect programme with the medical team of the primary hospital is initiated so that patients can be shifted within the “**Golden window period**” for stroke treatment with improved outcome.

Sl no	Activity	Hospital	Area
1	Neuro Stroke Connect	Abhiram Hospital	Atmakuru
2	Neuro Stroke Connect	Umachand Hospital	Kavali
3	Neuro Stroke Connect	Sri Balaji Clinic	Buchi
4	Neuro Stroke Connect	Mydili Hospital	Guduru
5	Neuro Stroke Connect	Praja Vidyasala	Vinjumuru
6	Neuro Stroke Connect	Dr. Masilamani Hospital	Vinjumuru

## **ACTIVITIES OF DR BINDU MENON FOUNDATION**

**DR BINDU MENON FOUNDATION.** [www.drbindumenon.com](http://www.drbindumenon.com)

Dr. Bindu Menon foundation was started on 26<sup>th</sup> august 2013. The foundation is a non-profit organization with the focus on awareness and reducing the treatment gap of neurological disorders particularly stroke and epilepsy.

## **SERVICES OF DR BINDU MENON FOUNDATION**

1) **'NEUROLOGY ON WHEELS'**. First time in the country. Completed 44 villages. Educated and screened 12,000 people. Detected new cases of **hypertension (361), diabetes (133), STROKE (140), EPILEPSY (105)**

2) **Awareness programme.** Completed 210 awareness programmes till now educated over 35,000 people.

3) **Free treatment for more than 100 epilepsy patients** with monthly medicines. **Completed 110 camps as on January 2023.**

4) **Free treatment for more than 100 stroke patients** with monthly medicines. **Completed 110 camps as on January 2023.**

5) **Adopted Pragathi charity** orphanage children with Epilepsy for their medical needs. Adopted 54 children with epilepsy since 2013.

6) **Free medical camps at outreach areas.** 27 camps

**Total Camps completed 200** (Foundation, Neurology on wheels, Outreach and Pragathi charities) as on January 2023

7) **"Stroke help"** a physiotherapy app first time in India for stroke rehabilitation.

8) Launch of Epilepsy APP **"EPILEPSY HELP"**. First time in the country. It is available in three languages English, Telugu and Hindi as free download.

- 9) **Tele awareness Programme.** 18008916977. First time in the country.
- 10) **Launched Stroke Symptoms mnemonic in Telugu** and Recited by Dr. S P Balasubramaniam. **First time in the country.**
- 11) Started the **Parkinson Disease Movement disorder Society Nellore.** Have completed 124 physical sessions. Presently online sessions continuing under the PDMDS Central branch. Total 227 session till January 8<sup>th</sup> 2023
- 12) Started the Indian Women Scientists Association Nellore branch. Motto is to reach science to the masses. Completed 14 sessions till now.
- 13) Released CHATBOT for migraine; an interactive awareness tool for migraine patients
- 14) Release of health related books, pamphlets and posters for the understanding of epilepsy, headache and stroke.
- 15) Distribution of books, pamphlets, posters to various schools and colleges.
- 16) Running Stroke detection and treatment camps.
- 17) Conducting regular CME, State and national, international level conference.
- 18) TV interviews and paper articles. Available on [www.drbindumenon.com](http://www.drbindumenon.com) section In Press.
- 19) Other awareness activities
- 20) Health Awareness Series. A Video awareness series of 3-5 minutes on the important neurological disorders. Completed 61 health series.
- 21) Empowering persons with epilepsy and stroke.
- 22) Dr. Bindu Menon Foundation launched a new campaign targeted to Stroke Prevention. A face book page "**Stroke Prevention Campaign**" has been created.
- 23) Neurology Health Hub:

24) NeuroVoice – Podcast Voice of the patients with neurological disorders and their caregivers. Featuring one disease each episode.

25) EduWAND: Educating Women about neurological diseases.

1) A novel project '**NEUROLOGY ON WHEELS**' which is first time in the country has been started by the foundation. The '**NEUROLOGY ON WHEELS**' is a rural oriented project. The team of the foundation visits the interior villages. The village head is intimated about the camp in advance. The motto followed the foundation is **WE REACH, WE TEACH AND WE TREAT**. After reaching the village awareness programme is held for all the people attending the camp. The talk is tailored to stroke and epilepsy where recognition of diseases and compliance of medicines is emphasized.

Later free medical camp is held where screening and detection of Epilepsy, stroke and other neurological disorders is done. Patients are distributed medicines. Drug naïve stroke and epilepsy patients who are below poverty line are incorporated into the foundation for their free medicines.

'NEUROLOGY ON wheels' camps are conducted at remote resource poor areas. Screening of patients is done for hypertension, diabetes, stroke and epilepsy.

## 2) **Awareness programmes**

We conduct regular school and college programme (SCP) and social organizations for students so that they understand that epilepsy is not a stigma. Need for a healthy brain in the young population is required. Information about stroke recognition and importance of time is counselled. The SCP's have been very rewarding as students are more perceptive to information about illness. We feel that, as children are the building block of the future strong society; a clear understanding of certain illness will help in making a healthy future.

### **DESIGN OF THE PROGRAMME**

Prior permission is taken from the school officials. The SCP is held when it is a leisure hour for them. A very brief questionnaire is collected from them to know their fund of information about epilepsy.

Give facts about epilepsy and stroke and help them to fight the myths; first aid measures; dos and don'ts of epilepsy. Help them to be aware of preventable form of epilepsy. Brief them about causes and triggers of headache. Help them to recognize stroke and make them aware about the importance of 'Time is Brain'.

Distribution of books, pamphlets and posters designed for the understanding of EPILEPSY, STROKE and HEADCAHE.

### **3) FREE TREATMENT FOR ABOVE 100 EPILEPSY PATIENTS WITH MONTHLY MEDICINES.**

Every month 100 patients with epilepsy who are below poverty line are given free consultation and medicines. Patients also undergo free tests like EEG, biochemical investigation as and when required. 80% of epilepsy can be treated with medicines; however because of various reasons patients do not continue treatment. A counselling session is also held in each camp so that they understand the importance of treatment. The patients are on regular medications since 2013 from the foundation and have got empowered and back to normal life.

### **4) FREE TREATMENT FOR ABOVE 100 STROKE PATIENTS WITH MONTHLY MEDICINES.**

Stroke is a devastating illness and the consequences of not taking secondary prevention of stroke can be disastrous. The foundation provides free consultation and medicines for patients with stroke from below poverty line. Antiplatelet, statins and antihypertensive are given free of cost. Patients are also given physiotherapy, which will help them to be getting back to normal life. The patients on regular medications since 2013 from the foundation have gained independence and a large percentage have started working.

Both epilepsy and stroke patients have their ID card issued from Dr. Bindu Menon Foundation.

### **5) Adopted Pragathi charity orphanage children with Epilepsy for their medical needs.**

Pragati charity an orphanage has more than 140 children with special needs. There are above 54 children who have epilepsy. Dr. Bindu Menon foundation has adopted the children with epilepsy and takes care of their medical needs. Due to good compliance of medicines, children are doing well.

### **6) Free medical camps at outreach areas.**

Camps were conducted at outreach areas in the resource free areas. There is a lot of treatment gap in epilepsy and stroke in India. The reasons are the stigma as well as the treatment cost incurred, which can't be borne by the patient. Keeping this in view the foundation does outreach camps at various areas so that patients who cannot travel to the town have a neurological check-up, free blood sugar and blood pressure evaluated. Medicines are given free of cost



7) **“ Stroke help” a physiotherapy app First time in the country** for stroke rehabilitation. This is a free app to reach post stroke patients where rehab services are inaccessible. There are 17 lessons specific to the stroke deficit; passive and active limb exercises, handgrip and dexterity, positioning of the limbs, turning and mobilization, visual training and balance exercises. The stroke help can be accessed on

[https://play.google.com/store/apps/details?id=appinventor.ai\\_bindumenon2013.StrokeHelp](https://play.google.com/store/apps/details?id=appinventor.ai_bindumenon2013.StrokeHelp)

<http://learn.drbindumenon.com/>

8) **LAUNCHED MOBILE APPLICATION FOR EPILEPSY PATIENTS EPILEPSY APP; FIRST TIME IN THE COUNTRY** on 10<sup>th</sup> April 2016, 6 PM at Town hall. Renowned Singer Padmashree Dr S P Balasubrahmanyam is the Chief Guest for the occasion. It can be downloaded in android phone play store by typing **“ EPILEPSY HELP”**  
<https://play.google.com/store/apps/details?id=com.bindumenon.epilepsyhelp>

This is a free download in 3 languages; English, Hindi, Telugu.

This epilepsy app is a great help for the patients. Epilepsy is an unpredictable disease and patients can get seizures even if they miss a single tablet. Moreover if the patient gets a fit and is rushed to the hospital it is mandatory that the treating physician knows his previous medication.

This app is a comprehensive application, which will help the patient manage and guide their seizures. This mobile Application will help patients to enter all their personal data, has a seizure diary to note any events without fail. There is a medication list where patient can enter all their medication present and past with alarms for the present treatment so as not to forget a single dose. The app has an appointment tracker. Patient can upload all his investigations like scans, EEG, blood investigations. In case of seizure if a bystander has taken a video of the event the video can be uploaded in the app so that the patient can show to the doctor during his visit, which helps the doctor in making a diagnosis.

The app also contains all the information about epilepsy, first aid, video and posters related to epilepsy. The App is a free app and is available in 3 languages; English, Hindi and Telugu.

In this era of modern technology with smart phone availability with all the patients, it is mandatory that we incorporate the technology for the use of the health care. Most patients lag behind in their job for lack of confidence. In short this app will make the epilepsy patient confident and help in managing his own disease with their treating physician.

9) **TELE AWARENESS PROGRAMME.** A novel awareness initiative for epilepsy, stroke and migraine has been launched. A toll free number 18008916977 can be dialled and important information can be listened.

**This initiative is first time in the country for health awareness.**

10) A new **STROKE SYMPTOM MNEMONIC IN TELUGU.** Renowned Singer Padmashree late Dr. S P Balasubrahmanyam released it. This initiative is **first time in the country.** A stroke symptom mnemonic in Telugu is designed from the musical note SA RE GA MA PA DA NE SA. Each musical note has a stroke symptom in Telugu ; the local language in Telegu.

11) **Started the Parkinson Disease Movement disorder Society Nellore.**

**Dr. Bindu Menon Foundation** along with **Parkinson's disease and Movement Disorders Society (PDMDS)** started PDMDS Nellore.

The support group provides physiotherapy, occupational therapy, speech therapy, Psychology and Cognition, diet and Nutrition therapy and also alternate therapies such as music, dance and arts.

12) **Started the Indian Women Scientists Association Nellore branch.** Motto is to reach science to the masses. Completed 14 sessions till now.

13) Released **CHATBOT** for migraine; an interactive awareness tool for migraine patients

14) **RELEASE OF HEALTH RELATED BOOKS, PAMPHLETS, POSTERS FOR THE UNDERSTANDING OF EPILEPSY, HEADACHE AND STROKE.**

- 1) Comic on epilepsy "NA PERU SATTI
- 2) Poster on 'PREVENT NEUROCYSTICERCOSIS' PREVENT EPILEPSY'.
- 3) Poster on 'PREVENT CEREBRAL PALSY-PREVENT EPILEPSY'
- 4) Epilepsy information booklets in Telugu and English
- 5) Patient awareness guide for epilepsy in Telugu
- 6) Booklet in Telugu on "KNOW YOUR HEADACHE"
- 7) Booklet in English on "KNOW YOUR HEADACHE"
- 8) Pamphlet on Dementia signs.

- 9) Booklet in English and Telugu on guide to stroke “Rise; your guide to stroke”
- 10) Pamphlet on signs and prevention of stroke.

## **15) DISTRIBUTION OF BOOKS, PAMPHLETS, POSTERS TO VARIOUS SCHOOLS, COLLEGES AND ORGANISATIONS**

The educational materials are distributed to various schools, colleges and various organizations. With the help of District Medical health Officer the Comic epilepsy “NA PERU SATTI and the Poster on ‘PREVENT NEUROCYSTICERCOSIS’ PREVENT EPILEPSY’ has been distributed to around 1000 hostels and educational institutions. Poster on ‘PREVENT CEREBRAL PALSY-PREVENT EPILEPSY’ With the help of District Medical Health officer was distributed to 75 primary health centers, 15 community health centers, 10 urban health centers, and 3 area hospitals. Apart from that the same was distributed in various clinics and private hospitals. Posters were given to the child and welfare section.

A booklet on stroke in English and local Telugu language which covers all aspects of stroke including rehabilitation. The booklet named RISE ‘a guide to life after stroke’. The booklet was distributed to all the patients of stroke and also to the general public for awareness.

Booklet in English and Telugu on “KNOW YOUR HEADACHE”. Headache is a common complaint in school and college students. Bad life style is a an important contributing factor and the booklet gives an overview about the headache and an advice about good life style.

## **16) STROKE DETECTION AND TREATMENT CAMPS.**

All patients undergo a detailed questionnaire regarding their dietary habits and physical activity. Blood pressure and plasma sugars are evaluated. Height and weight is checked and their BMI is calculated grading them as normal, overweight and obese. With all these risk factors evaluation the public is counselled regarding their stroke risk according to stoke risk card. Later all patients are given a short briefing on stoke regarding its symptoms, aetiology and need for risk factors identification and modification. All patients interact and clear their doubts at all camps. The stroke risk score and the interaction help the public to recognize and identify stroke symptoms and risk factors.

Regular camps at Red cross, Rotary club and Vasavi club for the elderly is conducted.

## **17) CONFERENCES ORGANISED: Total credit hours: 36**

[www.pearlsinclinicalneurology.com](http://www.pearlsinclinicalneurology.com)

1. Organizing Secretary for 9<sup>th</sup> annual international conference Pearls in clinical neurology 10-11<sup>th</sup> December 2022 Virtual APMC **6** credit hours
2. Organizing secretary for Neuro Essentials 20<sup>th</sup> November 2022. APMC **2** credit hours
3. Organizing secretary for eight annual conference 'Pearls in clinical Neurology' (Virtual) 19<sup>th</sup> December 2021. Nellore.
4. Organizing secretary for seventh annual conference 'Pearls in clinical Neurology' (Virtual) 27<sup>th</sup> December 2020. Nellore.
5. Organising secretary for the teaching course for the Pharm D students. 2021 completed 4 lecture series till September 15<sup>th</sup> 2021.
6. Organizing secretary for sixth annual conference 'Pearls in clinical Neurology' 21<sup>st</sup>-22<sup>nd</sup> December 2019. Nellore. **Credited with 4 credit hours** from A P Medical Council
7. Organizing secretary for fifth annual conference 'Pearls in clinical Neurology' 22<sup>nd</sup>-23<sup>rd</sup> December 2018. Nellore. **Credited with 4 credit hours** from A P Medical Council
8. Organizing secretary for fourth annual conference 'Pearls in clinical Neurology' 16<sup>th</sup>& 17<sup>th</sup> 2017. Nellore. **Credited with 4 credit hours** from A P Medical Council
9. Started **Neuroscience nursing programme** for 6 months from October 2017.
10. Continuous Medical education Programme "**Neuroscience CME**" since January 2016. Each CME is **credited with 2 credit hours** from A P Medical Council for each CME. Jan 24<sup>th</sup>; Feb 28<sup>th</sup>; 3<sup>rd</sup> April. 17<sup>th</sup> July, 28<sup>th</sup> Aug
11. Organizing secretary for third annual conference 'Pearls in clinical Neurology' 3-4<sup>th</sup> Dec 2016. Nellore. **Credited with 3 credit hours** from A P Medical Council
12. Organizing secretary for 'CME on Stroke' 2<sup>nd</sup> October 2016. Nellore. **Credited with 2 credit hours** from A P Medical Council
13. Organizing secretary for Second annual conference 'Pearls in clinical Neurology' 22<sup>nd</sup> Nov 2015 Nellore. **Credited with 1 credit hour** from A P Medical Council
14. Organizing secretary for 'CME on Stroke' October 2015. Nellore.
15. Organizing secretary for 'Pearls in clinical Neurology' December 2014 Nellore.
16. Organizing chairperson for 2<sup>nd</sup> VIDEO EEG Workshop on 18<sup>th</sup> May 2013.
17. Organizing chairperson for international workshop on peripheral nerve ultrasound 16<sup>th</sup> Nov 2012.
18. Organizing chairperson on one day workshop on EEG, 2011 at Narayana Medical College and Hospital Nellore.
19. Organizing chairman on one day workshop on cerebrovascular ultrasound December 04, 2010 at Narayana Medical College and Hospital Nellore.
20. Organizing secretary of CME on 'Epilepsy' by the Indian Epilepsy Association Nellore branch Jan 2009.

21. Organizing secretary of “K S Mani Colloquium on Epilepsy” By the Indian Epilepsy Association Tirupati May 2007.
22. Member, Organizing Committee of ESICON Tirupati, 30<sup>TH</sup> Nov-2<sup>nd</sup> Dec 2007
23. Joint Organizing Secretary of 10<sup>th</sup> Andhra Pradesh Neuroscientists Association. APNSA. 2003, July 26<sup>th</sup>-27<sup>th</sup>.2003. Tirupati.
24. Joint organizing secretary of “Symposium on Epilepsy” by the Indian Epilepsy Association Tirupati. 15<sup>th</sup> March 2003.
25. Organized CME on “Migraine” in SVIMS in June 2004, Tirupati.
26. Organized CME on “Chronic viral infections of the C N S” in SVIMS, Tirupati, August 2002.

## **18) TV INTERVIEWS AND PAPER ARTICLES [www.drbindumenon.com](http://www.drbindumenon.com)**

### **AWARENESS PROGRAMME ON TELEVISION**

- 1) Interview in ACT Channel Atmakur on Stroke connect Programme. August 25th 2021.
- 2) Interview on prevention on Stroke and Dementia November 2019.
- 3) Interview on prevention os Migraine and back pain November 2019.
- 4) Interview on Migraine on 22nd July 2019 on World Brain Day.
- 5) Interview in Time is Brain Feb 2019.
- 6) Interview on “Epilepsy” on February 12th 2018 at ACT Health.
- 7) Interview on Headache In ACT channel August 2017.
- 8) Interview on neurological disorders on World Brain Day. ACT channel August 2017
- 9) Interview on Stroke in ACT channel October on World Stroke Day. 2016.
- 10) Interview on Stroke In TV 5 channel Nov 2016
- 11) Interview on Headache in ACN channel 2016 April.
- 12) Interview on Epilepsy in ACN channel March 2016
- 13) Interview on Dementia in ACN channel Oct 2014-12-2
- 14) Interview on Stroke In ACN channel Nov 2014
- 15) Interview on neurological health in April 2014
- 16) Live interview in ACN channel on June 2013.
- 17) Live interview on SAAKSHI cannal on 10th june 2013 on Epilepsy.
- 18) Epilepsy awareness on 16th November on ACN Channel.
- 19) Dementia awareness on 16th November on ACN Channel.
- 20) Live interview on ABN Channel on Stroke on Dec 1st.
- 21) A clip movie on Dr. Bindu Menon on the achievements in ABN channel in Woman’s World.

## **19) OTHER AWARENESS ACTIVITIES:**

- 1) 2011. Walk rally on national Epilepsy day.
- 2) 2012. Bike rally for helmet awareness campaign
- 3) 2014. National Epilepsy day Marathon. Theme - Run for epilepsy- Run for the Change.
- 4) 29th October 2014. WORLD STROKE DAY A bike rally was flagged. 50 bike
- 5) riders with the FAST Board on the bikes went around city of Nellore.
- 6) 2014. World Alzheimer's day. A memory walk with more 500 members.
- 7) 2014 A stroke alert team was launched with ambulance services trained to pick up patients from home for thrombolytic therapy.
- 8) 2015 Parkinson's disease support group was started. t
- 9) 2016. Memory screening clinic started on every Thursday
- 10) Headache clinics on every Tuesday.
- 11) September 21st 2017. World Alzheimer's Day. Theme "Remember me" A Dementia Awareness drive at Gandhi Statue, Nellore.
- 12) On the occasion of World Stroke Day 2017. A BRAIN FAIR on "Prevent Stroke" was organised. More than 700 students participated from 6 schools. On the occasion of World Brain day; cycle rally was organized on the theme "Clean air for healthy brain.
- 13) Release of helium balloon on the occasion of International Epilepsy Day. 11<sup>th</sup> February 2019.

**20) Health Awareness Series.** A Video awareness series of 3-5 minutes on the important neurological disorders.

### **21) Empowering Persons with epilepsy**

1) International Bureau for Epilepsy (IBE) Promising Strategies Program is one of the most successful and innovative of all IBE's initiatives. Set up in 2006, as a means of supporting IBE members through the provision of financial support for projects aimed at improving the quality of life of people with epilepsy Dr Bindu Menon foundation applied for funding in 2012 and the proposal "Nellore calling" was accepted. The foundation trained 5 persons with epilepsy in Mobile phone repairs and now they are empowered and independent.

2) In 2017, The foundation lobbied with the district collector and could have 18 persons with epilepsy and stroke to get their pensions.

**22)** Dr. Bindu Menon Foundation launched a new campaign targeted to Stroke Prevention. A face book page "**Stroke Prevention Campaign**" has been created. The campaign will be targeting on a single risk factor for stroke every month. They

are several preventable risk factors of stroke and it essential to address each individual risk factors to have a better reach to the public.

The 12-month Stroke Prevention Campaign will be targeting on hypertension, diabetes, smoking, alcohol, diet, exercises, cardiac disease, obstructive sleep apnea, air pollution, stress and specific causes in women.

July month was dedicated to Hypertension, A “Check your blood Pressure Campaign” was held. Public awareness speeches in the hospital premises, video awareness on the social media sites and Stroke Prevention Campaign about hypertension, home monitoring methods.

A convenient sampling was done for caregivers and bystanders who attended the neurology outpatient department. A total of 726 patients were checked for their blood pressure. **A total of 7.1%** of new hypertension were detected. Patients were counselled and given medical advice.

### **23) Neurology Health Hub**

The project targets Students for improving brain health and increasing awareness of stroke and Epilepsy

**Target Audience:** Intermediate Students

Vocational course students

Allied Medical course

Engineering/Professional course students

Day- Pre confirmed Saturday

Afternoon between 2- 4 pm. Physical/virtual

Filling of questionnaires to know their knowledge of Epilepsy and stroke

Lectures with needed intent of depth of knowledge

Patient stories where feasible

Videos and movies

Distribution of pamphlets to carry back

One to one interaction with target audience.

Discussion of pilot project

Involvement in further research.

**24) NeuroVoice podcast** – A podcast for the voice of the patients with Neurological disorder. Here patients and caregivers share their challenges and experiences with us. A notable number of neurological disorders lead to impairment of ADL with physical and mental dependence. To understand this from their perspective we have patients and caregivers with us to share their thoughts. The podcast is available ON <https://open.spotify.com/show/5ujRQpFU5rPuF4gP6NR99G>



<https://anchor.fm/dr-bindu-menon>

<https://gaana.com/podcast/neurovoice-season-1>

<https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3IuZm0vcy84N2E5OWUwOC9wb2RjYXN0L3Jzcw?ep=14>

**25) EduWAND** is an education initiative by Dr. Bindu Menon Foundation (SSO) for educating women about neurological disorders which includes stroke, epilepsy, migraine and improving brain health in the family.

EDUWAND will be targeted towards women for stroke awareness and is outlined below-

Target population-

A) Defined women organizations, which have only women as members (Arya mahila vibhag, Accredited Social Health Activist- ASHA, Anganwadi workers, Mahila University etc.)

B) Groups- Conducting program in well-defined colonies with invitation.

Action Description:

The education programme will involve a detailed lecture, which will involve the goals for primordial and primary prevention of stroke and early stroke recognition.

A) Risk factor identification. Use of electronic Blood pressure check-up at home settings, use of glucometer, use of BMI app to check the level of obesity, use of stroke riskometer for high-risk individuals.

B) Risk factor prevention- Levels of healthy life style modification by behavioral intervention (Diet, weight, exercise, smoking, tobacco, alcohol).

C) Knowledge of stroke warning signs. FAST and local language (Telugu stroke mneumonic).

D) Preparedness during a stroke attack. Importance of time is brain with emphasis on thrombolytic therapy at the nearest stroke ready hospital.

E) To make them understand the importance of stroke and its similar morbidity and mortality like that of a heart attack.

4) Follow up



- A) A page will be introduced in the Dr. Bindu Menon foundation FB page.
- B) All participants will be invited to be members. Weekly updates will be continued on the page. This will serve as a motivation for them.
- C) This will make women peer leaders for stroke care.

**5) Expected Outcomes:**

Stroke is major public health problem in India. Even with the advent of thrombolytic therapy, the fraction of patient’s reaching the stroke ready hospitals are very less. Prevention is the key to decrease the stroke related morbidity and mortality.

Successful community engagement with specific target population as in our project EDUWAND will definitely help us to make women peer leaders for stroke care at their home front as well as in the community. Women play an important role in the Indian household and can be a support system in their homes to prevent risk factors, identify stroke and take immediate action against stroke.

Thereby **EDUWAND** encompasses the necessary requirements to empower the women of the nation and their collaborative efforts can help alleviate the colloidal stroke burden of the country.

**NEUROLOGY ON WHEELS**

Sl.No	Date	Village	HT Detected 416	DM Detected 133	STROKE (Drug Naive) 143	EPILEPSY (Drug Naive) 109
1.	26 <sup>th</sup> February 2023	Drivers colony	5	6	2	2
2	29 <sup>th</sup> January 2023	Rayapeta, Bogole Mandal	6	3	2	1
3	22 <sup>nd</sup> January 2023	Iskapalli, Allur	3	1	0	0

4	27th Nov 2022	Ramaswamipalem Viswanatharavupeta grama panchayat Bogolu mandal	8	14	5	3
5	16th October 2022	Gowravaram village Kavali mandal	13	0	4	1
6	18th September 2022	BMR Colony Iskapalli	4	5	1	0
7	11th September 2022	Eduru	12	13	2	2
8	21st August 2022	Adiraghavapuram Iskapalli	3	2	1	2
9	19th June 2022	BMR Colony Iskapalli	5	2	3	1
10	22nd May 2022	Adiraghavapuram Iskapalli	4	2	1	1
11	13th March 2022	Irulupadu village, Maripadu.	10	2	3	1
12	24th October 2021	Vidavulur Nellore mandal	19	12	6	2
13	26th September 2021	Brahmeswaram, Duttalur Mandal, Spsr Nellore Dist	30	3	2	0
14	1st March 2020	D V Palem, Pamuru, Prakasam district.	12	4	5	15
15	2nd February 2020	Gollapalem village, Vakadu Mandal, SPSR Nellore Dist	18	6	11	9

16	26th January 2020	Mypadu, Turupu Palem, Padamara Palem, SPSR Nellore Dist	19	5	7	2
17	15th December 2019	Iskapalli Palle Padu, Allur Mandal, SPSR Nellore Dist	15	4	5	1
18	15th November 2019	Pedda Patapu Palem village, Vidavulur Mandal, SPSR Nellore Dist	32	5	2	0
19	20th October 2019	Muduvarthi village, Vidavulur Mandal, SPSR Nellore Dist	11	-	4	2
20	22nd September 2019	Vedicharla Village, Gudur Rural, SPSR Nellore Dist	32	-	7	5
21	4th August 2019	Varagali Village, Chillakur mandal, SPSR Nellore Dist	9	3	4	2
22	07th July 2019	Madaraju Gudur, TP Gudur Mandal, SPSR Nellore Dist	5	2	4	0
23	3rd March 2019	Yeraayapalli village, Kaluvoya Mandal, SPSR Nellore Dist.	2	0	0	0
24	17th February 2019	Naavuripalli, Podalakur Village, SPSR Nellore Dist.	10	2	5	0
25	3rd February 2019	Kandra Village, Gudur, SPSR Nellore Dist	7	2	5	1
26	4th November 2018	REBALA, Buchi Mandalam, SPSR Nellore Dist	3	1	2	1
27	23rd September 2018	Roadpalem, Nellore Rural Mandal, SPSR Nellore Dist	9	0	3	0

28	09th September 2018	Islampet, Kavali SPSR Nellore Dist	7	3	5	3
29	19th August 2018	B Agraharam, Ananthasagaram Mandal, SPSR Nellore Dist	6	0	6	2
30	15th July 2018	Kudithi Palem Village, Indukurpet Mandal, SPSR Nellore Dist.	8	3	6	1
31	8th July 2018	Chennuru village, Gudur Mandal, SPSR Nellore Dist	21	7	9	5
32	27th May 2018	Manubolu Village, Manubolu Mandal, SPSR Nellore Dist	6	3	4	5
33	4th March 2018	Kasumur Village, Venkatachalam Mandal, SPSR Nellore Dist	2	1	1	7
34	28th January 2018	Kothur Village, Indukurpet Mandal, SPSR Nellore Dist.	11	3	2	3
35	27th August 2017	Navalakula Thota, Nellore Rural, SPSR Nellore Dist	1	1	0	7
36	27th December 2015	Kodurupadu Village, Indukurpet Mandal, SPSR Nellore Dist.	3	2	3	2
37	8th November 2015	Allipuram, Nellore Rural, SPSR Nellore Dist	4	1	1	0
38	28th June 2015	Bitragunta Village, Bogole Mandal, SPSR Nellore Dist	5	1	2	6
39	10th May 2015	Ramatheertham Village, Vidavaluru mandal, SPSR Nellore Dist	7	0	0	2

40	12th April 2015	Kommi Village, Kondapuram mandal , SPSR Nellore Dist.	5	1	1	3
41	1st March 2015	GollaKandakur Village, Nellore Rural Mandal, SPSR Nellore Dist	13	5	5	4
42	1st February 2015	Iskapalem Village, Buchireddypalem Mandal, SPSR Nellore Dist	11	3	2	5

### AWARENESS PROGRAMMES IN SCHOOLS AND COLLEGES

Si.no		SCHOOLS AND COLLEGES
	2008	
1	2008	Bhartiya Vidya Bhawan School, Tirupati
2	2008	Mahila College Tirupati
	2009	
3	2009	Gomathy Global School
4	2009	Modern School
5	2009	Narayana Nursing College
6	2009	Health officers NMC
	2010	
7	2010	Narayana Dental College
8	2010	DKW College
9	2010	Rainbow School
	2011	
10	2011	Mythili School
11	2011	Narayana Junior College
12	2011	JAGANS Pharmacy College

13	2011	IRCS Spastics Centre
14	2011	Pharmacy college NMC
	2013	
15	2013	Sri Kasturi Devi Girls High School
16	2013	Srinivasa Junior College
17	2013	Swami doss School
18	2013	ZP School
19	2013	Narayana School
20	2013	Netaji Pilot School
21	29-09-2013	Senior citizens Arya Vysya
22	29-10-2013	Awareness at Axon campus
	2014	
23	21-01-2014	Veda Vyasa School
24	23-01-2013	L L Flower school
25	28-01-2014	Govt Girls High School
26	29-01-2014	Red Cross Spastics Centre
27	04-02-2014	ESRM School
28	13-03-2014	Vijaya college
29	11-03-2014	Ratnam College of Pharmacy
30	10-04-2014	Joseph College of nursing
31	05-08-2014	Priyadarshini Engineering college
32	22-08-2014	Sri Venkateswara Engineering college
33	21-12-2014	Jagan's college of pharmacy.
34	31-12-2014	K N R govt high School
	2015	
35	21-01-2015	KAC junior college
36	25-04-2015	Sastras college of Pharmacy
37	25-07-2015	Netaji Pilot School

38	31-10-2015	DKW College
	2016	
39	23-01-2016	Akshara International School
40	26-01-2016	Ithaka International School
41	08-02-2016	Municipal Corporation school Nellore.
42	08-02-2016	Gomathy school and Rainbow school
43	01-04-2016	Ravindra Bharati school
44	16-07-2016	DCR Z public school
45	15-08-2016	Narayana School
	2017	
46	26-01-2017	Ravindra Bharati School
47	05-02-2017	National Shaolin martial art event
48	22-02-2017	Sri Siddhartha Junior College
49	07-10-2017	Sri Nethaji (MSR) Pilot School
50	14-10-2017	Orchid EM high school
51	21-10-2017	Ratnam High School
52	04-11-2017	Sai Millenium School
53	29-10-2017	Gomathy School
54	29-10-2017	Rainbow School.
55	04-11-2017	Gayatri English medium school
	2018	
56	09-02-2018	RSRM High school
57	17-3-2018	Netaji Pilot school
58	07-04-2018	Kendriya Vidyalaya school
59	07-07-2018	Government school, Gudur
60	07-07-2018	Sanghamitra Vidyalaya
61	14-07-2018	Sathya Sai English Medium School
62	11-08-2018	Seshu English Medium School
63	18-08-2018	Sri Sai Vidyalaya school

64	01-09-2018	Vowel English Medium School
65	04-11-2018	Little Angels School
	2019	
66	02-02-2019	Oxford English Medium School.
67	02-03-2019	Municipal Corporation High School
68	02-03-2019	Narayana's Gomathy School.
69	31-03-2019	Rainbow EM school, Buchireddypalem
70	20-07-2019	Tataya Municipal school. Vengal Rao Nagar
71	31-08- 2019	Vowel junior college Nellore
72	22-09-2019	Sunku Chengamma Chetty Municipal High school
73	29-12-2019	Municipal Corporation High School
74	04-01-2020	Bejawada Bujjamma Z P Girls high school.
75	25-1-2020	D K W women's College
76	22-2-2020	St Joseph girls school
77	30-10-2021	Vardhan Reddy College. Nellore
78	05-12-2021	D K W College Nellore
79	12-12-2021	Dodla Lakshminarasareddy School Buchi
80	14-02-2022	Venkatachalam Government college
81	14-02-2022	Red FM 93.5
82	26-03-2022	National Service Scheme - NSS camp Dragamita Nellore
83	28-03-2022	Socio-Talks Season 2 Episode 3   Dr. Bindu Menon   Supporting epilepsy around the world
84	31-03-2022	Stroke and Epilepsy session at Swati college of physiotherapy
85	07-04-2022	Lecture on Artificial Intelligence and its Applications at PBR Visvodaya Institute of Technology and Science, Kavali.
86	11-04-2022	World Parkinson's day. Lecture on Parkinsons to 3rd and 4th year Dileef college of nursing students



87	October 1th 2022	Urban Aryavyasa Mahila Vibhag.
88	October 15 <sup>th</sup> 2022	Vikram Simhapuri. Gudur
89	Nov 12 <sup>th</sup> 2022	Adi Sankara college of Engineering and Technology
90	Nov 19 <sup>th</sup> 2022	RNR Academy.
91	January 28 <sup>th</sup> 2023	DRW. junior college, Gudur.
92	February 11 <sup>th</sup> 2023	Devireddy Sarada Charitable trust
93	February 13 <sup>th</sup> 2023	93.5 Red FM
94	February 13 <sup>th</sup> 2023	Chaitanya Junior college
95	March 25 <sup>th</sup> 2023	Aditya Degree college

## AWARENESS PROGRAMMES IN OTHER ORGANISATIONS

Sl no	Year	Awareness programmes
	2009	
1	2009	Theme based awareness program at Narayana medical college
2	2009	Epilepsy prevention awareness at Narayana hospitals
3	2009	National epilepsy day at Narayana medical college
	<b>2010/2011</b>	
4	2010	Awareness National epilepsy day rally 2010
5	2011	CME Programme on Epilepsy
6	2011	National epilepsy day 2011
7	2010	Patient awareness programme NMC
8	2010 September	Alzheimer's day Awareness NMC
9	2010 September	Alzheimer's day Awareness Nursing college

		NMC
10	2011	Epilepsy awareness camp rotary club
11	2011	Epilepsy programme
12	July 2011	Public forum for brain awareness
13	September 2011	OPD patient forum for dementia
14	11-11-2011	Student function at Akhil Bhartiya Vidyarthi Parishad
	<b>2012</b>	
15	17/2/2012	Epilepsy day motor cycle rally and awareness
16	11/3/2012	Epilepsy awareness walkers Association
17	19/9/2012	Public forum for memory and dementia
18	20/10/2012	Stroke awareness public forum
	<b>2013</b>	
19	10-05-2013	Epilepsy awareness camp at DMHO office
20	15-06- 2013	Epilepsy awareness and painting competition
21	29-09-2013	Epilepsy awareness camp at Arya vyasya senior citizens association Nellore
22	29-10-2013	Axon campus
	<b>2014</b>	
23	02-10-2014	Rotary club Nellore
24	07-06-2014	Public forum conducted at simhapuri hospitals
25	06-07-2014	Prevent epilepsy programme at simhapuri university
26	23-03-2014	RMP Epilepsy awareness programme
27	22-07- 2014	Vikram Simhapuri University
28	2-10-2014	Epilepsy awareness camp at rotary club Nellore
29	29-10-2014	Neurology epilepsy forum for patients DMHO
30	29-10-2014	World stroke day 2014 Rally and awareness

31	21-11-2014	Awareness programme at Jagan's pharmacy college
32	23-11-2014	Run for epilepsy run for change marathon
33	12/11/2014	Awareness to ASHA workers
34	09-12-2014	Awareness programmes at anti-corruption bureau
	<b>2015</b>	
35	29-01-2015	Awareness programme on epilepsy at police grounds
36	01-02-2015	Awareness programme at Iskapalem, buchireddypalem.
37	1-03-2015	Awareness programme at Golla kandakur
38	12-04-2015	Awareness programme at Kommi Kondapuram mandal
39	10-05-2015	Awareness programme at Ramatheertham Vidavalur .
40	28-06-2015	Awareness programme at Bogole, Bitragunta
41	21-08-2015	Awareness programme at Apollo speciality hospital
42	29-10-2015	AC Subba reddy Stadium
43	8-11-2015	Awareness programme at Allipuram
44	27-12-2015	Awareness programme at kodurupadu
	<b>2016</b>	
45	08-01-2016	Event at lion's club Nellore
46	30-01-2016	Awareness programme at apollo hospitals. Netaji Pilot school
47	07-02-2016	International epilepsy day theme epilepsy is more than seizures

48	26-03-2016	Purple day event at Vasavi club
49	10-04-2016	Public awareness Town hall.
50	22-07-2016	World brain day event at apollo hospitals
51	20-08-2016	Stroke awareness programme at State Pensioners association
	<b>2017</b>	
52	05-02-2017	National Shaolin martial art
53	21-09-2017	World Alzheimer's Day. Theme "Remember me"
54	29-10-2017	World Stroke Day. Brain Fair on Prevent Stroke
55	12-02-2017	International epilepsy day -tele awareness campaign
56	27-08- 2017	Awareness programme at Navalakula thota
	<b>2018</b>	
57	21-01-2018	Epilepsy awareness programme at walker's association at AC subba Reddy stadium
58	26-01-2018	Visalakshi old age home
59	28-01-2018	Awareness programme at Indukurpet, kothur
60	4-03-2018	Awareness programme at Kasumur
61	27-05-2018	Awareness programme at Manubolu
62	07-07-2018	Educational activity and distribution of notebooks and bags to govt schools at Gudur
63	15-7-2018	Awareness programme at Kudithi palem.
64	22-07-2018	World Brain Day. Clean Air for Brain Health. Cycle rally
65	8-7-2018	Awareness programme at Chennuru
66	19-08-2018	Awareness programme at Agraharam

		Ananathasagaram mandal
67	09-09-2018	Awareness programme Islampet- kavali
68	22-09-2018	World Alzheimer's Month. Department of Neurology Apollo hospitals conducted a Quiz show
69	23-09-2018	Awareness programme at Roadpalem-
	<b>2019</b>	
70	04-11-2018	Awareness programme at Rebala. Buchi mandalam
71	31-01-2019	Awareness programme at Sembcorp Nellore. Division 1
72	31-01-2019	Awareness programme at Sembcorp Nellore. Division 2
73	03-02-2019	Awareness programme at Kandra village Gudur.
74	12-2-2019	International epilepsy day 2019
75	13-2-2019	Stroke awareness at Lion's club Pragati
76	17-02-2019	Awareness programme at Naavuripalli podalakur village.
77	03-03-2019	Awareness programme at Yeraayapalli village kaluvai
78	07-07-2019	Awareness programme at Madaraju Gudur
79	9 <sup>th</sup> July 2019	Shar employees stroke awareness.
80	27 <sup>th</sup> July 2019.	Awareness programme on Stroke at Lions club Gudur.
81	4 <sup>th</sup> August 2019	Awareness programme at Village varagali. Chillakur mandal.
82	4 <sup>th</sup> August 2019	VRC Ground Nellore at Walkers International.
83	22 <sup>nd</sup> September	Village vedicharla. Gudur rural.

	2019	
84	20 <sup>th</sup> October 2019	Muduvarthi village in Vidavulur Mandal.
85	22 <sup>nd</sup> October 2019	Ramamurthy nagar Nellore
86	5 <sup>th</sup> November 2019	Stroke awareness to medical officers
87	15 <sup>th</sup> December 2019	Iskapalli Palle Padu Allur Mandal.
88	15 <sup>th</sup> November 2019.	Pedda Patapu Palem village in Vidavulur Mandal.
	<b>2020</b>	
89	26 <sup>th</sup> January 2020	Mypadu Turupu Palem, Padamara Palem
90	2 <sup>nd</sup> February 2020	Vakadu Mandal Gollapalem village
91	8 <sup>TH</sup> February 2020	Awareness programme for Teachers of Netaji Pilot School
92	1 <sup>st</sup> March 2020	We teach at D V Palem. Pamuru, Prakasam district.
93	April 17 <sup>th</sup> 2020	COVID 19 and neurology stay home stay safe
94	30 <sup>th</sup> May 2020	How to respond to a person with stroke and epilepsy. MeDeVision Bangaluru.
95	September 8 <sup>th</sup> 2020	Virtual; Learn about stroke
96	5 <sup>th</sup> September 2020	Learn about Parkinson's disease
97	8 <sup>th</sup> February 2021	Walkers' association AC Subba reddy Stadium Nellore.
98	6 <sup>th</sup> March 2021	LIC office Nellore
99	26 <sup>th</sup> September	Brahmeswaram, Duttalur Mandal

	2021	
100	5 <sup>th</sup> October 2021	Prevent, Recognise and respond to Stroke Rotary club Members
101	9 <sup>th</sup> October 2021	Grameen bank Employees
102	12 <sup>th</sup> October 2021	Krishnapatanam Port Employees
103	23 <sup>rd</sup> October 2021	Hero automobiles corporation
104	24 <sup>th</sup> October 2021	Vidavulur Mandal
105	14 <sup>th</sup> November 2021	Pinakini Lions club
106	13 <sup>th</sup> March 2022	Irulupadu village, Maripadu.
107	22 <sup>nd</sup> May 2022	Adiraghavapuram Iskapalli
108	19 <sup>th</sup> June 2022	BMR Colony Iskapalli
109	29 <sup>th</sup> June 2022	NSS Narsimha Konda
110	18 <sup>th</sup> July 2022	SHAR employees
111	18 <sup>th</sup> July 2022	Lions club of Nellore
112	19 <sup>th</sup> July 2022	Hero Motor Employees
113	19 <sup>th</sup> July 2022	Adani group of employees
114	20 <sup>th</sup> July 2022	SembCorp Employees
115	4 <sup>th</sup> September	Lions Pinakini club
116	13 <sup>th</sup> October '22	Urban Aryavyasa Mahila Vibhag.
117	13 <sup>th</sup> October '22	Gowravaram village Kavali mandal
118	29 <sup>th</sup> October 2022	Police Headquarters
119	28 <sup>th</sup> November 2022	Arya Vyasa Senior Citizens Association
120	Nov 17 <sup>th</sup> 2022	National Epilepsy Day. Invited to talk at the Composite Regional centre.

121	25 <sup>th</sup> December,2022	Devireddy Sarada Charitable trust
122	29 <sup>th</sup> January 2023	Rayapeta, Bogole Mandal
123	25 <sup>th</sup> February 2023	CHO, DMHO office Nellore
124	26 <sup>th</sup> February 2023	Drivers colony, Nellore
125	March 18 <sup>th</sup> 2023	Apollo staff Nellore

### **FREE MEDICAL CAMPS WITH FREE DISTRIBUTION OF MEDICINES.**

	<b>2010/2011</b>	
1	2010	CAMP AT NARAYANA HOSPITALS
2	2011	EPILEPSY CAMP NARAYANA MEDICAL COLLEGE
3	2011	EPILEPSY CAMP NARAYANA HOSPITAL
4	2011	CAMP AT RED CROSS SPASTICS CENTRE
5	2011	EPILEPSY WALKERS CAMP
	<b>2012</b>	
6	2011	Shirdi Sai camp
7	2012	EPILEPSY MEDICAL CAMP outskirts
8	2012	EPILEPSY CAMP RTC EMPLOYEES
9	18-11-2012	EPILEPSY CAMP outskirts
10	22-12-2012	EPILEPSY CAMP PRAGATHI CHARITIES
	<b>2013</b>	
11	2013	EPILEPSY CAMP AT OUTSKIRT
12	17-08-013	FREE EPILEPSY CAMP AT PRAGATHI CHARITIES
13	28-07-2013	EPILEPSY CAMP AT outskirts
14	17-06-2013	EPILEPSY CAMP AT COLLECTOR OFFICE



15	22-05-2013	MEDICAL CAMP AT AMANCHARLA VILLAGE NELLORE
16	12-05-2013	MOTHERS DAY CAMP
17	2013	MEDICAL CAMP AT OUTSKIRTS
18	2013	MEDICAL CAMP AT OUTSKIRTS OF NELLORE
19	2013	MEDICAL CAMP AT RANGANAYAKULA PETA
	<b>2014</b>	
20	29-9-2014	Medical camp at senior citizens Arya Vysya
21	2014	CAMP AT AMANCHARLA
22	03-01-2014	MEDICAL CAMP AT PRAGATHI CHARITIES
23	27-01-2014	CAMP DR BINDU MENON FOUNDATION
24	29-01-2014	MEDICAL CAMP AT RED CROSS SPASTICS CENTRE
25	02-03-2014	MEDICAL CAMP AT OUTREACH
26	16-03-2014	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
27	13-04-2014	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
28	11-5-2014	FREE MEDICAL CAMP AT DR BINDU MENON FOUNDATION
29	08-06-2014	FREE MEDICAL CAMP AT DR BINDU MENON FOUNDATION
30	24-06-2014	MEDICAL CAMP AT PRAGATHI CHARITIES
31	25-7-2014	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
32	24-08-2014	FREEDOM FROM EPILEPSY CAMP AT DR BINDU MENON FOUNDATION
33	12-10-2014	STROKE CAMP DR BINDU MENON FOUNDATION
34	19-10-2014	EPILEPSY CAMP AT DR BINDU MENON FOUNDATION
35	16-11-2014	CAMP DR BINDU MENON FOUNDATION
36	22-11-2014	EPILEPSY CAMP AT PRAGATHI CHARITIES
37	23-11-2014	EPILEPSY CAMP AR DR BINDU MENON FOUNDATION
38	28-12-2014	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
	<b>2015</b>	
39	2015	CAMP AT JHANDA GALLI
40	25-01-2015	STROKE CAMP DR BINDU MENON FOUNDATION

41	28-01-2015	NEUROLOGY ON WHEELS INAUGURATION
42	31-01-2015	MEDICAL CAMP AT PRAGATHI CHARITIES
43	01-02-2015	NEUROLOGY ON WHEELS ISKAPALEM
44	22-02-2015	EPILEPSY CAMP AT DR BINDU MENON FOUNDATION
45	01-03-2015	NEUROLOGY ON WHEELS AT KANDUKUR
46	22-03-2015	STROKE CAMP DR BINDUMENON FOUNDATION
47	26-03-2015	PURPLE DAY EVENT AT PRAGATHI CHARITIES
48	12-04-2015	NEUROLOGY ON WHEELS AT KONDAPURAM
49	26-04-2015	FREE CAMP DR BINDU MENON FOUNDATION
50	10-05-2015	NEUROLOGY ON WHEELS AT RAMATHEERTHAM
51	24-05-2015	EPILEPSY CAMP AT DR BINDU MENON FOUNDATION
52	01-06-2015	EPILEPSY CHARITY CRICKET MATCH AT VRC GROUNDS
53	21-06-2015	CAMP AT DR BINDU MENON FOUNDATION
54	28-06-2015	NEUROLOGY ON WHEELS AT BITRAGUNTA
55	26-07-2015	CAMP AT DR BINDU MENON FOUNDATION
56	30-08-2015	DR BINDU MENON FOUNDATION JOURNEY 2 YEARS
57	27-09-2015	FREE STROKE CAMP DR BINDU MENON FOUNDATION
58	25-10-2015	CAMP AT DR BINDU MENON FOUNDATION
59	08-11-2015	NEUROLOGY ON WHEELS AT ALLIPURAM
60	15-11-2015	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
61	03-12-2015	EPILEPSY CAMP AT PRAGATHI CHARITIES
62	13-12-2015	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
63	27-12-2015	NEUROLOGY ON WHEELS AT KONDURUPADU
	<b>2016</b>	
64	10-01-2016	STROKE AND EPILEPSY CAMP AT DR BINDU MENON FOUNDATIONS
65	07-02-2016	STROKE AND EPILEPSY CAMP AT DR BINDUMENON FOUNDATIONS
66	06-03-2016	CAMP DR BINDUMENON FOUNDATIONS

67	27-03-2016	EPILEPSY PURPLE DAY CELEBRATION AT PRAGATHICHARITIES
68	03-04-2016	CAMP AT DR BINDU MENON FOUNDATIONS
69	08-05-2016	CAMP AT DR BINDU MENON FOUNDATIONS
70	05-06-2016	CAMP AT DR BINDU MENON FOUNDATIONS
71	03-07-2016	CAMP AT DR BINDU MENON FOUNDATIONS
72	06-08-2016	CAMP AT PRAGATI CHARITIES
73	14-08-2016	CAMP AT DR BINDU MENON FOUNDATIONS
74	19-08-2016	CAMP AT STATE PENSIONERS ASSOCIATION
75	11-09-2016	CAMP AT DR BINDU MENON FOUNDATIONS
76	09-10-2016	CAMP AT DR BINDU MENON FOUNDATIONS
77	22-10-2016	CAMP AT PRAGATHI CHARITIES
78	06-11-2016	CAMP AT DR BINDU MENON FOUNDATIONS
79	11-12-2016	CAMP AT DR BINDU MENON FOUNDATIONS
	<b>2017</b>	
80	08-01-2017	CAMP AT DR BINDU MENON FOUNDATION
81	04-02-2017	EPILEPSY CAMP AT PRAGATHI CHARITIES
82	12-02-2017	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
83	12-03-2017	MEDICAL CAMP AT DR BINDUMENON FOUNDATION
84	01-04-2017	MEDICAL CAMP AT PRAGATHI CHARITIES
85	09-04-2017	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
86	14-05-2017	MEDICAL CAMP AT DR BINDU MENON FOUNDATION
87	18-06-2017	CAMP AT DR BINDU MENON FOUNDATION
88	16-07-2017	CAMP AT DR BINDU MENON FOUNDATION
89	13-08-2017	CAMP AT DR BINDU MENON FOUNDATION
90	27-08-2017	CAMP AT NAVALAKULA THOTA
91	16-09-2017	CAMP AT PRAGATHI CHARITIES
92	17-09-2017	CAMP AT DR BINDU MENON FOUNDATION
93	15-10-2017	CAMP AT DR BINDU MENON FOUNDATION

94	12-11-2017	CAMP AT DR BINDU MENON FOUNDATION
95	10-12-2017	CAMP AT DR BINDU MENON FOUNDATION
	<b>2018</b>	
96	07-01-2018	CAMP AT DR BINDU MENON FOUNDATIONS
97	20-01-2018	EPILEPSY CAMP AT PRAGATHI CHARITIES
98	28-01-2018	NEUROLOGY ON WHEELS AT KOTHURU
99	11-02-2018	STROKE AND EPILEPSY CAMP AT DR BINDU MENON FOUNDATIONS
100	04-03-2018	NEUROLOGY ON WHEELS AT KASUMUR VILLAGE
101	11-03-2018	STROKE AND EPILEPSY CAMP AT DR BINDU MENON FOUNDATIONS
102	24-03-2018	EPILEPSY CAMP AT PRAGATHI CHARITIES
103	08-04-2018	CAMP AT DR BINDU MENON FOUNDATIONS
104	06-05-2018	CAMP AT DR BINDU MENON FOUNDATIONS
105	27-05-2018	NEUROLOGY ON WHEELS AT MANUBOLU
106	03-06-2018	CAMP AT DR BINDU MENON FOUNDATIONS
107	01-07-2018	CAMP AT DR BINDU MENON FOUNDATIONS
108	08-07-2018	NEUROLOGY ON WHEELS AT CHENNURU
109	15-07-2018	NEUROLOGY ON WHEELS at Kudithi palem.
110	19-08-2018	NEUROLOGY ON WHEELS at B Agraharam Village in Ananthasagaram Mandal.
111	12-08-2018	CAMP AT DR BINDU MENON FOUNDATIONS
112	02-09-2018	CAMP AT DR BINDU MENON FOUNDATIONS
113	09-09-2018	NEUROLOGY ON WHEELS AT ISLAMPET
114	23-09-2018	NEUROLOGY ON WHEELS AT ROADPALEM
115	06-10-2018	MEDICAL CAMP AT PRAGATHI CHARITIES
116	07-10-2018	CAMP AT DR BINDU MENON FOUNDATIONS
117	04-11-2018	NEUROLOGY ON WHEELS at REBALA. Buchi Mandalam
118	02-12-2018	CAMP AT DR BINDU MENON FOUNDATIONS

119	11-11-2018	CAMP AT DR BINDU MENON FOUNDATIONS
120	02-12-2018	MEDICAL CAMP AT PRAGATHI CHARITIES
	<b>2019</b>	
121	06-01-2019	CAMP AT DR BINDU MENON FOUNDATIONS
122	10-02-2019	CAMP AT DR BINDU MENON FOUNDATIONS
123	16-02-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
124	17-02-2019	NEUROLOGY ON WHEELS AT NAAVURPALLI PODALAKUR
125	03-02-219	NEUROLOGY ON WHEELS at Kandra village Gudur.
126	03-03-2019	NEUROLOGY ON WHEELS AT YERAAYPALLI VILLAGE KALUVAI
127	17-03-2019	CAMP AT DR BINDU MENON FOUNDATIONS
128	06-04-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
129	21-04-2019	CAMP AT DR BINDU MENON FOUNDATIONS
130	19-05-2019	CAMP AT DR BINDU MENON FOUNDATIONS
131	30-06-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
132	23-06-2019	CAMP AT DR BINDU MENON FOUNDATIONS
133	08-09-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
134	07-07-2019	NEUROLOGY ON WHEELS AT MADARAJU GUDUR
135	21-07-2019	CAMP AT DR BINDU MENON FOUNDATIONS
136	04-08-2019	NEUROLOGY ON WHEELS AT VARAGALI. CHILLAKUR MANDAL
137	11-08-2019	CAMP AT DR BINDU MENON FOUNDATIONS
138	08-09-2019	CAMP AT DR BINDU MENON FOUNDATIONS
139	22-09-19	NEUROLOGY ON WHEELS Vedicharla. Gudur Rural
140	13-10-19	CAMP AT DR BINDU MENON FOUNDATIONS
141	20-10-19	NEUROLOGY ON WHEELS Pedda Patapu Palem village in Vidavulur Mandal
142	3-11-19	CAMP AT DR BINDU MENON FOUNDATIONS
143	8-12-2019	CAMP AT DR BINDU MENON FOUNDATIONS

144	10-11-19	NEUROLOGY ON WHEELS Muduvarthi village in Vidavulur Mandal.
145	14-12-2019	REGULAR CAMP AT PRAGATI CHARITIES.
146	15-12-19	NEUROLOGY ON WHEELS. Iskapalli Palle Padu Allur Mandal.
	<b>2020</b>	
147	11-01-2020	REGULAR CAMP AT PRAGATI CHARITIES.
148	12-01-2020	CAMP AT DR BINDU MENON FOUNDATIONS
149	26-01-2020	NEUROLOGY ON WHEELS. Mypadu Turupu Palem, Padamara Palem.
150	09-02-2020	CAMP AT DR BINDU MENON FOUNDATIONS
151	02-02-2020	NEUROLOGY ON WHEELS. Vakadu Mandal Gollapalem village
152	29-02-2020	REGULAR CAMP AT PRAGATI CHARITIES.
153	01-03-2020	NEUROLOGY ON WHEELS. D V Palem. Pamuru, Prakasam district.
154	24 -05- 2020	CAMP AT DR BINDU MENON FOUNDATIONS
155	28 <sup>th</sup> June 2020	CAMP AT DR BINDU MENON FOUNDATIONS
156	28 <sup>th</sup> July 2020	CAMP AT DR BINDU MENON FOUNDATIONS
157	30 <sup>th</sup> August 2020	CAMP AT DR BINDU MENON FOUNDATIONS
158	27 <sup>th</sup> September 2020	CAMP AT DR BINDU MENON FOUNDATIONS
159	1 <sup>st</sup> November 2020	CAMP AT DR BINDU MENON FOUNDATIONS
160	6 <sup>th</sup> December 2020	CAMP AT DR BINDU MENON FOUNDATIONS
	<b>2021</b>	
161	3 <sup>rd</sup> January 2021	CAMP AT DR BINDU MENON FOUNDATIONS

162	7 <sup>th</sup> February 2021	CAMP AT DR BINDU MENON FOUNDATIONS
163	7 <sup>th</sup> march 2021	CAMP AT DR BINDU MENON FOUNDATIONS
164	4 <sup>th</sup> April 2021	CAMP AT DR BINDU MENON FOUNDATIONS
165	9 <sup>th</sup> May2021	CAMP AT DR BINDU MENON FOUNDATIONS
166	6 <sup>th</sup> June 2021	CAMP AT DR BINDU MENON FOUNDATIONS
167	4 <sup>th</sup> July 2021	CAMP AT DR BINDU MENON FOUNDATIONS
168	31 <sup>st</sup> July 2021	REGULAR CAMP AT PRAGATI CHARITIES.
169	8 <sup>th</sup> August 2021	CAMP AT DR BINDU MENON FOUNDATIONS
170	5 <sup>th</sup> September 2021	CAMP AT DR BINDU MENON FOUNDATIONS
171	26 <sup>th</sup> September 2021	Brahmeswaram, Duttalur Mandal
172	3 <sup>rd</sup> October 2021	CAMP AT DR BINDU MENON FOUNDATIONS
173	24 <sup>th</sup> October 2021	Vidavulur Mandal
174	7 <sup>th</sup> November 2021	CAMP AT DR BINDU MENON FOUNDATIONS
175	12 <sup>th</sup> November 2021	CAMP AT DR BINDU MENON FOUNDATIONS
176	12 <sup>th</sup> December 2021	CAMP AT DR BINDU MENON FOUNDATIONS
177	9 <sup>th</sup> December 2022	CAMP AT DR BINDU MENON FOUNDATIONS
178	9 <sup>th</sup> January 2022	CAMP AT DR BINDU MENON FOUNDATIONS

179	6 <sup>th</sup> February 2022	CAMP AT DR BINDU MENON FOUNDATIONS
180	6 <sup>th</sup> March 2022	CAMP AT DR BINDU MENON FOUNDATIONS
181	13 <sup>th</sup> March 2022	Irulupadu village, Maripadu. Neurology on Wheels
182	10 <sup>th</sup> April 2022	CAMP AT DR BINDU MENON FOUNDATIONS
183	8 <sup>th</sup> May 2022	CAMP AT DR BINDU MENON FOUNDATIONS
184	14 <sup>th</sup> May 2022	REGULAR CAMP AT PRAGATI CHARITIES.
185	22 <sup>nd</sup> May 2022	Adiraghavapuram Iskapalli
186	5 <sup>th</sup> June 2022	CAMP AT DR BINDU MENON FOUNDATIONS
187	19 <sup>th</sup> June 2022	BMR Colony Iskapalli
188	3 <sup>RD</sup> July 2022	CAMP AT DR BINDU MENON FOUNDATIONS
189	17 <sup>th</sup> July 2022	REGULAR CAMP AT PRAGATI CHARITIES
190	7 <sup>th</sup> August 2022	CAMP AT DR BINDU MENON FOUNDATIONS
191	21 <sup>st</sup> August 2022	Adiraghavapuram Iskapalli
192	3 <sup>rd</sup> September	CAMP AT DR BINDU MENON FOUNDATIONS
193	18 <sup>th</sup> Sept 2022	BMR Colony Iskapalli
194	2 <sup>nd</sup> October 2022	CAMP AT DR BINDU MENON FOUNDATIONS
195	16 <sup>th</sup> October 2022	Wheels camp at Gowravaram village Kavali mandal
196		CAMP AT DR BINDU MENON FOUNDATIONS
197	Nov 13 <sup>th</sup> 2022	CAMP AT DR BINDU MENON FOUNDATIONS
198	Nov 22 <sup>nd</sup> 2022	Ramaswamipalem Viswanatharavupeta grama panchayat Bogolu mandal



199	December 10 <sup>th</sup> 2022	CAMP AT DR BINDU MENON FOUNDATIONS
200	January 8 <sup>th</sup> 2023	CAMP AT DR BINDU MENON FOUNDATIONS
201	January 22 <sup>nd</sup> 2023	Iskapalli Allur
202	January 29 <sup>th</sup> 2023	Rayapeta, Bogole Mandal
203	February 10 <sup>th</sup> 2023	Composite Regional Centre Nellore
204	12 <sup>th</sup> February 2023	CAMP AT DR BINDU MENON FOUNDATIONS
205	26 <sup>th</sup> February 2023	Drivers colony, Nellore

## **PARKINSON DISEASE MOVEMENT AND DISORDER SOCIETY (PDMDS) NELLORE**

### **SESSION DETAILS**

<b>S.NO.</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>NO.OF PD ATTENDED</b>
1	07.07.18	INTRODUCTION TO PARKINSON'S DISEASE	8
2	15.07.18	Diagnosis types of Parkinson's & Multidisciplinary Management of Parkinson's	8
3	21.07.18	Problems of Everyday living & Occupational Therapy.	8
4	28.07.18	Recap	12
5	04.08.18	Gait Training	14
6	11.08.18	Occupational Therapy	12
7	18.08.18	Speech Therapy	21
8	25.08.19	Recap	16
9	01.09.18	Cognitive Therapy	16
10	09.09.18	Medical Treatment options in PD	15
11	15.09.18	ART Therapy	20
12	23.09.18	Speech Therapy	25
13	29.09.18	Recap	18
14	06.10.18	Diet and Nutrition for PD	15

15	13.10.18	Trunk Exercise	14
16	20.10.18	Dance & Movement Therapy	13
17	27.10.18	Recap	17
18	03.11.18	Deepavali ART Therapy	14
19	10.11.18	Warm up, cool down & Trunk exercise	16
20	17.11.18	No session	0
21	24.11.18	Pain & Muscle Cramps	14
22	01.12.18	Recap session	11
23	08.12.18	Craft Activity	6
24	15.12.18	Oropharyngeal Exercises	13
25	22.12.18	Christmas Fun Activity	8
26	29.12.18	Recap session	11
27	05.01.19	Speech Therapy	14
28	12.01.19	Cognitive Intervention	11
29	19.01.19	Living With Parkinson Disease	13
30	26.01.19	Recap session	17
31	02.02.19	An Introduction to PDMDS	17
32	09.02.19	Leg strengthening	18
33	16.02.19	Occupational Therapy	13
34	23.02.19	Upper Limb Exercise	13
35	02.03.19	Recap session	18
36	09.03.19	Leg strengthening, Balance exercises	14
37	16.03.19	Dance therapy	12
38	23.03.19	Recap Session/Group Discussion	15
39	30.03.19	Recap Session	13
40	06.04.19	Speech Therapy session	09
41	13.04.19	Facial & Postural exercises	09
42	20.04.09	Fine Motor skills	09
43	27.04.19	Recap session	10
44	04.05.19	Physiotherapy	08
45	11.05.19	Healthy Aging	05
46	18.05.19	Trunk & Healthy Aging	05
47	25.05.19	Recap Session	06
48	01.06.09	OT 1 - sitting, standing and balancing	10
49	08.06.19	OT 1 - Recap	07
50	15.06.19	OT 2 - Dressing, Bathing and Toileting	06
51	22.06.19	OT 2 - Recap	05
52	29.06.19	OT 3 - Writing, Eating	09
53	06.07.19	OT 4 - Finger strengthening exercises	08

54	20-07-19	Wand exercises	10
55	27-07-19	Boxing exercises	11
56	03-08-19	Wand exercises	13
57	10-08-19	OT	15
58	17-08-19	Physiotherapy	11
59	24-08-19	Boxing exercises	8
60	31 -08-19	Recap session	7
61	07-09-19	Dance movement and communication therapy.	11
62	14-09-19	Boxing session 3	12
63	21-09-2019	Hope and positivity	10
64	28-9-2019	Boxing Session	11
65	05-10-19	Recap session	12
66	12-10-19	Speech therapy	10
67	19-10-19	Art Therapy	12
68	26-10-19	Dance therapy	12
69	02-11-19	Recap Session/Group Discussion	13
70	09-11-19	Recap Session	16
71	16-11-19	Speech Therapy session	10
72	23-11-19	Recap	9
73	30-11-19	Physiotherapy	10
74	7- 12 - 19	Recap	21
75	14-12-19	Writing session	11
76	21-12-19	Recap	14
77	28-12-19	Christmas fun and craft activity.	10
78	04-01-2020	Recap Session	9
79	11-01-2020	Recap session and Welcoming New Year.	9

80	18-01-2020	Recap	9
81	25-01-2020	Physiotherapy	8
82	01-02-2020	Anxiety and laughter session	10
83	08-02-2020	Recap	10
84	15-02-2020	Depression, chair Surya Namaskar and breathing	10
85	22-02-2020	Aerobic exercises	10
86 to till date		Virtual sessions every Saturday	

### HEALTH AWARENESS SERIES

SL.NO	Topic	Date
1	Parkinson's disease	1 <sup>st</sup> July 2018
2	Bell's palsy	14 <sup>th</sup> July 2018
3	Migraine	11 <sup>th</sup> August 2018
4	Vertigo	2 <sup>nd</sup> September 2018
5	Prevent hypertension Prevent stroke	10 <sup>th</sup> September 2018
6	Prevent diabetes – Prevent Stroke	16 <sup>th</sup> September 2018
7	Learn about dementia	22 <sup>nd</sup> September 2019
8	Avoid tobacco – prevent Stroke	6 <sup>th</sup> October 2018

9	Parkinson disease	13 <sup>th</sup> October 2018
10	Support group	8 <sup>th</sup> November 2018
11	Text Neck Syndrome	28 <sup>th</sup> November 2018
12	Prevent NCC- Prevent Epilepsy	1 <sup>st</sup> December 2018
13	Back pain	12 <sup>th</sup> January 2019
14	Cerebral Palsy	19 <sup>th</sup> January 2019
15	Diabetic peripheral neuropathy	25 <sup>th</sup> February 2019
16	Post herpetic neuralgia	5 <sup>th</sup> March 2019
17	Analgesic abuse headache	16 <sup>th</sup> March 2019
18	Brain stroke symptoms	31 <sup>st</sup> March 2019
19	Carpal tunnel syndrome	21 <sup>st</sup> April 2019
20	Trigeminal neuralgia	28 <sup>th</sup> May 2019
21	Tension type Headache	10 <sup>th</sup> June 2019
22	Parkinson's disease symptoms	15 <sup>th</sup> June 2019
23	Parkinson's disease treatment	23 <sup>rd</sup> June 2019
24	Brain and Internet	30 <sup>TH</sup> June 2019
25	Epilepsy (Telugu)	9 <sup>th</sup> July 2019
26	Stroke (Telugu)	27 <sup>th</sup> July 2019
27	Headache (Telugu)	6 <sup>th</sup> August 2019
28	Parkinson's disease	3 <sup>rd</sup> September 2019

29	Smoking and Brain	15 <sup>th</sup> September 2019
30	Cluster Headache	11 <sup>th</sup> October 2019
31	Migraine part 1	29 <sup>th</sup> October 2019
32	Migraine part 2	29 <sup>th</sup> October 2019
33	Sciatica	5 <sup>th</sup> December 2019
34	Prevent Stroke (Telugu)	4 <sup>th</sup> January 2020
35	Computer use and Headache	10 <sup>th</sup> January 2020
36	Some measures for patients and caregivers while attending hospital (Telugu).	27 <sup>th</sup> May 2020
37	Some measures for patients and caregivers while attending hospital (English).	27 <sup>th</sup> May 2020
38	How to respond to a person with stroke and epilepsy (Telugu)	22 June 2020
39	How to respond to a person with stroke and epilepsy (English)	22 June 2020
40	Post Stroke Complication	July 2020
41	World Hypertension Day	17 <sup>th</sup> May 2021
42	World environment day	5 <sup>th</sup> June 2021
43	Stroke prevention campaign	July 7 <sup>th</sup> 2021
44	Check your blood pressure	July 10 <sup>th</sup> 2021
45	Prevent Hypertension	July 17 <sup>th</sup> 2021

46	Prevent Diabetes - Prevent stroke	8 <sup>th</sup> August 2021
47	Who should check their sugars? (English)	16 <sup>th</sup> August 2021
48	Who should check their sugars? (Telugu)	16 <sup>th</sup> August 2021
49	Control Cholesterol Prevent Stroke (English)	4 <sup>th</sup> September 2021
50	Control Cholesterol Prevent Stroke (Telugu)	4 <sup>th</sup> September 2021
51	Epilepsy Help (Telugu)	11 <sup>TH</sup> September 2021
52	Epilepsy Help (English )	11 <sup>TH</sup> September 2021
53	Global week for NCDS	11 <sup>TH</sup> September 2021
54	Check your Cholesterol - Prevent Stroke.	20 <sup>TH</sup> September 2021
55	Check your Cholesterol - Prevent Stroke.	20 <sup>TH</sup> September 2021
56	Misconceptions about cholesterol (English)	26 <sup>th</sup> September 2021
57	Misconceptions about cholesterol (Telugu)	26 <sup>th</sup> September 2021
58	Stroke Symptoms (English)	9 <sup>th</sup> October 2021
59	Stroke Symptoms (Telugu)	9 <sup>th</sup> October 2021
60	Transient Ischemic Attack (English)	18 <sup>th</sup> October 2021
61	Transient Ischemic Attack (Telugu)	18 <sup>th</sup> October 2021
62	SALT, Hypertension, Stroke. (Telugu)	13 <sup>th</sup> November 2021
63	SALT, Hypertension, Stroke. (English)	13 <sup>th</sup> November 2021
64	Digital detox (English)	28 <sup>th</sup> November 2021

65	Weight, Stroke. (English)	15 <sup>th</sup> December 2021
66	Smoking Stroke risk	10 <sup>th</sup> January 2022
67	Alcohol Stroke Risk	29 <sup>th</sup> January 2022
68	Stress depression stroke	7 <sup>th</sup> February 2022
69	Stroke and Depression	15 <sup>th</sup> February 2022
70	Stroke and heart disease	March 12 <sup>th</sup> 2022
71	Risk factors for stroke in women	April 6 <sup>th</sup> 2022
72	Stroke and OSA	May 2 <sup>th</sup> 2022
73	Stroke and Air pollution	June13 <sup>th</sup> 2022
74	Stroke and Air pollution	June 23 <sup>rd</sup> 2022
75	Post Stroke care ( English)	August 15 <sup>TH</sup> 2022
76	Post Stroke care ( Telugu )	August 15 <sup>TH</sup> 2022

## Featured Blogs

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## Early life, education and other interests.

Bindu Menon was born on 23<sup>rd</sup> July 1970 in Bhopal, Madhya Pradesh in a Malayalee family to K M Ramachandran Nambiar and Bhargavi Nambiar.

She did her early schooling from Carmel Convent school, Bhopal. Madhya Pradesh. She was awarded the Best character award and was also an athlete and an all-rounder.

Later she secured the MBBS degree from Gandhi Medical College Bhopal in 1993. She followed it up with post graduate degree (MD Medicine) from Gajra Raja Medical College Gwalior in 1997 and super specialization in Neurology (DM) from Bombay hospital under the able guidance of Prof B S Singhal in 2001. She also took the DNB Neurology from the National Board of Examinations in January 2002. In 2016 She became the member of National Academy of Medical Sciences.(MNAMS). In 2005, she trained at Institute of Neurology and Neurosurgery Queen square and took the post Graduate Diploma in clinical Neurology degree from University College London.

Bindu Menon has a daughter Medha Menon who has completed her MBBS at AIIMS Bhubaneswar and doing her internship.

She has a brother Brigadier Dr. Balachandran Nambiar who is Brig Administration at Army hospital Research and Referral Delhi. Brig B C Nambiar is a recipient of **Vishisht Seva Medal (VSM) 2021**. VSM is a decoration of the Indian armed forces. It is awarded to recognize "distinguished service of a high order" to all ranks of the Indian Armed forces. He is the recipient of the **SENA MEDAL (DISTINGUISHED) 2023**.

### **Other Interests include writing poems. ([www.drbindumenon.com](http://www.drbindumenon.com))**

- 1) Healing – my passion
- 2) Strike away Stroke
- 3) A long wait
- 4) Save your brain
- 5) Zindagi Jee lum mai doobara
- 6) A disease dreadful
- 7) My Diwali
- 8) Bheed main Tanha.
- 9) Life is beautiful
- 10) Another year gone
- 11) Happy birthday Dad.
- 12) The unborn child- the girl child

- 13) Maa
- 14) Spectrum of colours
- 15) Time reversed
- 16) Live your life
- 17) Zindagi na milegi doobara.
- 18) Zindagi ki daud
- 19) Window of thought
- 20) Kaash
- 21) A rendezvous with heaven.
- 22) Meri sooch
- 23) Live every day.
- 24) The new me
- 25) My Valentine
- 26) Meri Ma, Mera shahar, Meri jannat.
- 27) My vote for you
- 28) But Ma.
- 29) Concoction of life.
- 30) Mother The Word Deciphered.
- 31) Blackout Poetry
- 32) Visionless Sight
- 33) In love with life again
- 34) Ek Boond
- 35) Down memory lane
- 36) Canvas of emotions
- 37) Reflection