

Prof Dr Bindu Menon

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ACTIVITIES OF DR BINDU MENON FOUNDATION

DR BINDU MENON FOUNDATION

www.drbindumenon.com

Dr Bindu Menon Foundation was started on 26th August 2013. The foundation is a non-profit organization with a 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 47 villages. Educated and screened 12,000 people. Detected new cases of **hypertension (459), diabetes (141), STROKE (162), EPILEPSY (117)**

2) Awareness programme. Completed 237 awareness programmes till March 2024 educating over 35,000 people.

3) Free treatment for more than 100 epilepsy patients with monthly medicines. **Completed 122 camps as of March 2024.**

4) Free treatment for more than 100 stroke patients with monthly medicines. **Completed 122 camps as of March 2024**

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 224(Foundation, Neurology on Wheels, Outreach and Pragathi charities) as of March 2024

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’s Disease Movement Disorder Society Nellore.* Have completed 124 physical sessions. Presently online sessions continue under the PDMDS Central branch. Total 282 sessions till January 2024.

12) *Started the Indian Women Scientists Association Nellore branch.* The 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, and posters* to various schools and colleges.

16) *Running Stroke detection and treatment camps.*

17) *Conducting regular CME, State national, and international level conferences.*

18) *TV interviews and paper articles.* Available on 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 at Stroke Prevention. A Facebook 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 in each episode.

25) **EduWAND: Educating Women about neurological diseases.**

26) **Stroke App "Stroke Connect – Time is Brain"**

1) A novel project '**NEUROLOGY ON WHEELS**' which is the 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 by 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 the poverty line are incorporated into the foundation for their free medicines.

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

2) **Awareness programmes**

We conduct regular school and college programmes (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 the importance of time is provided. The SCPs have been very rewarding as students are more perceptive to information about illness. We feel that, as children are the building blocks of a future strong society; a clear understanding of certain illnesses 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 fight the myths; first aid measures; and dos and don'ts of epilepsy. Help them to be aware of preventable forms of epilepsy. Brief them about the causes and triggers of headaches. Help them to recognize stroke and make them aware of 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 the poverty line are given free consultation and medicines. Patients also undergo free tests like EEG, and 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 have been on regular medications since 2013 from the foundation and have been 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 the poverty line. Antiplatelet, statins and antihypertensive are given free of cost. Patients are also given physiotherapy, which will help them to get 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 cards issued from the Dr. Bindu Menon Foundation.

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

Pragathi 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 children with epilepsy and takes care of their medical needs. Due to good compliance with 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

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

8) LAUNCHED MOBILE APPLICATION FOR EPILEPSY PATIENTS EPILEPSY APP; FIRST TIME IN THE COUNTRY on 10th 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, and Telugu.

This epilepsy app is a great help for 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 the treating physician must know 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 data and 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. The patient can upload all their investigations like scans, EEG, and blood investigations. In case of a seizure if a bystander has taken a video of the event the video can be uploaded to the app so that the patient can show it 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, videos and posters related to epilepsy. The App is free and is available in 3 languages; English, Hindi and Telugu.

In this era of modern technology with smartphones availability to all patients, we must incorporate the technology for the use of health care. Most patients lag in their jobs for lack of confidence. In short, this app will make the epilepsy patient confident and help in managing his 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 to.

This initiative is the [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 the **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. <https://www.youtube.com/watch?v=QFxlXfuUt74>

11) **Started the [Parkinson's 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](#). The 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 the District Medical health Officer the Comic epilepsy “NA PERU SATTI and the Poster ‘PREVENT NEUROCYSTICERCOSIS’ PREVENT EPILEPSY’ have been distributed to around 1000 hostels and educational institutions.

A poster on ‘PREVENT CEREBRAL PALSY-PREVENT EPILEPSY’ With the help of a District Medical Health officer was distributed to 75 primary health centres, 15 community health centres, 10 urban health centres, 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 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. A bad life style is 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 stroke risk card. Later all patients are given a short briefing on stroke 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/Teaching Programmes: Total credit hours: 36
www.pearlsinclinicalneurology.com

1. Organizing Secretary for 9th annual international conference Pearls in clinical neurology 10-11th December 2022 Virtual APMC **6** credit hours
2. Organizing secretary for Neuro Essentials 20th November 2022. APMC **2** credit hours.
3. Mentored 5 Interns in initiating Artificial Intelligence tools for stroke and dementia. Department of Computer Science, Garden City University, Bangalore
4. Organizing secretary for eight annual conference 'Pearls in clinical Neurology' (Virtual) 19th December 2021. Nellore.
5. Organizing secretary for seventh annual conference 'Pearls in clinical Neurology' (Virtual) 27th December 2020. Nellore.
6. Organising secretary for the teaching course for the Pharm D students. 2021 completed 4 lecture series till September 15th 2021.
7. Organizing secretary for sixth annual conference 'Pearls in clinical Neurology' 21st-22nd December 2019. Nellore. **Credited with 4 credit hours** from A P Medical Council
8. Organizing secretary for fifth annual conference 'Pearls in clinical Neurology' 22nd-23rd December 2018. Nellore. **Credited with 4 credit hours** from A P Medical Council
9. Organizing secretary for fourth annual conference 'Pearls in clinical Neurology' 16th& 17th 2017. Nellore. **Credited with 4 credit hours** from A P Medical Council
10. Started **Neuroscience nursing programme** for 6 months from October 2017.
11. 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 24th; Feb 28th; 3rd April. 17th July, 28th Aug
12. Organizing secretary for third annual conference 'Pearls in clinical Neurology' 3-4th Dec 2016. Nellore. **Credited with 3 credit hours** from A P Medical Council
13. Organizing secretary for 'CME on Stroke' 2nd October 2016. Nellore. **Credited with 2 credit hours** from A P Medical Council
14. Organizing secretary for Second annual conference 'Pearls in clinical Neurology' 22nd Nov 2015 Nellore. **Credited with 1 credit hour** from A P Medical Council
15. Organizing secretary for 'CME on Stroke' October 2015. Nellore.
16. Organizing secretary for 'Pearls in clinical Neurology' December 2014 Nellore.
17. Organizing chairperson for 2nd VIDEO EEG Workshop on 18th May 2013.
18. Organizing chairperson for international workshop on peripheral nerve ultrasound 16th Nov 2012.
19. Organizing chairperson on one day workshop on EEG, 2011 at Narayana Medical College and Hospital Nellore.
20. Organizing chairman on one day workshop on cerebrovascular ultrasound December 04, 2010 at Narayana Medical College and Hospital Nellore.

21. Organizing secretary of CME on 'Epilepsy' by the Indian Epilepsy Association Nellore branch Jan 2009.
22. Organizing secretary of "K S Mani Colloquium on Epilepsy" By the Indian Epilepsy Association Tirupati May 2007.
23. Member, Organizing Committee of ESICON Tirupati, 30TH Nov-2nd Dec 2007
24. Joint Organizing Secretary of 10th Andhra Pradesh Neuroscientists Association. APNSA. 2003, July 26th-27th.2003. Tirupati.
25. Joint organizing secretary of "Symposium on Epilepsy" by the Indian Epilepsy Association Tirupati. 15th March 2003.
26. Organized CME on "Migraine" in SVIMS in June 2004, Tirupati.
27. 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

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 cannel 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. 11th 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. There are several preventable risk factors of stroke and it is essential to address each individual risk factor 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/aHR0cHM6Ly9hbmNob3luZm0vcy84N2E5OWUwOC9wb2RjYXN0L3Jzcw?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 mnemonic).

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.

26) Stroke App "**Stroke Connect - Time is Brain**"

https://play.google.com/store/apps/details?id=com.invertmap.stroke.connect&pcampaignid=web_share

Stroke is a medical emergency that demands rapid response, as every minute counts in preserving brain function and reducing the potential long-term effects of this condition. For this reason, there is a critical need for innovative solutions that expedite the process of connecting high-risk individuals with the specialized care they require.

A mobile application designed to bridge this gap could be an invaluable tool in the fight against stroke-related morbidity and mortality

NEUROLOGY ON WHEELS

Sl.No	Date	Village	HT Detected 459	DM Detected 141	STROKE (Drug Naive) 162	EPILEPSY (Drug Naive) 117
1.	24 th March 2024	Kullur Village Kalavoya mandal	7	2	2	1
2	21 st January 2024	Mogallur Podalakur Nellore	11	0	4	1
3	24 th September 2023	Iskapalli, Allur	5	2	6	2
4	20 th August 2023	Kattu Padi palem, Buchi	8	0	2	1
5	17 th July 2023	Brahmanapalli. Kaluvoya	12	4	5	2
6	26 th February 2023	Drivers colony	5	6	2	2
7	29 th January 2023	Rayapeta, Bogole Mandal	6	3	2	1
8	22 nd January 2023	Iskapalli, Allur	3	1	0	0
9	27 th Nov 2022	Ramaswamipalem Viswanatharavupeta grama panchayat Bogolu mandal	8	14	5	3
10	16 th October 2022	Gowravaram village Kavali mandal	13	0	4	1

11	18 th September 2022	BMR Colony Iskapalli	4	5	1	0
12	11 th September 2022	Eduuru	12	13	2	2
13	21 st August 2022	Adiraghavapuram Iskapalli	3	2	1	2
14	19 th June 2022	BMR Colony Iskapalli	5	2	3	1
15	22 nd May 2022	Adiraghavapuram Iskapalli	4	2	1	1
16	13 th March 2022	Irulupadu village, Maripadu.	10	2	3	1
17	24 th October 2021	Vidavulur Nellore mandal	19	12	6	2
18	26 th September 2021	Brahmeswaram, Duttalur Mandal, Spsr Nellore Dist	30	3	2	0
19	1 st March 2020	D V Palem, Pamuru, Prakasam district.	12	4	5	15
20	2 nd February 2020	Gollapalem village, Vakadu Mandal, SPSR Nellore Dist	18	6	11	9
21	26 th January 2020	Mypadu, Turupu Palem, Padamara Palem, SPSR Nellore Dist	19	5	7	2
22	15 th December 2019	Iskapalli Palle Padu, Allur Mandal, SPSR Nellore Dist	15	4	5	1

23	15th November 2019	Pedda Patapu Palem village, Vidavulur Mandal, SPSR Nellore Dist	32	5	2	0
24	20th October 2019	Muduvarthi village, Vidavulur Mandal, SPSR Nellore Dist	11	-	4	2
25	22nd September 2019	Vedicharla Village, Gudur Rural, SPSR Nellore Dist	32	-	7	5
26	4th August 2019	Varagali Village, Chillakur mandal, SPSR Nellore Dist	9	3	4	2
27	07th July 2019	Madaraju Gudur, TP Gudur Mandal, SPSR Nellore Dist	5	2	4	0
28	3rd March 2019	Yeraayapalli village, Kaluvoya Mandal, SPSR Nellore Dist.	2	0	0	0
29	17th February 2019	Naavuripalli, Podalakur Village, SPSR Nellore Dist.	10	2	5	0
30	3rd February 2019	Kandra Village, Gudur, SPSR Nellore Dist	7	2	5	1
31	4th November 2018	REBALA, Buchi Mandalam, SPSR Nellore Dist	3	1	2	1
32	23rd September 2018	Roadpalem, Nellore Rural Mandal, SPSR Nellore Dist	9	0	3	0
33	09th September 2018	Islampet, Kavali SPSR Nellore Dist	7	3	5	3
34	19th August 2018	B Agraharam, Ananthasagaram Mandal, SPSR Nellore Dist	6	0	6	2

35	15th July 2018	Kudithi Palem Village, Indukurpet Mandal, SPSR Nellore Dist.	8	3	6	1
36	8th July 2018	Chennuru village, Gudur Mandal, SPSR Nellore Dist	21	7	9	5
37	27th May 2018	Manubolu Village, Manubolu Mandal, SPSR Nellore Dist	6	3	4	5
38	4th March 2018	Kasumur Village, Venkatachalam Mandal, SPSR Nellore Dist	2	1	1	7
39	28th January 2018	Kothur Village, Indukurpet Mandal, SPSR Nellore Dist.	11	3	2	3
40	27th August 2017	Navalakula Thota, Nellore Rural, SPSR Nellore Dist	1	1	0	7
41	27th December 2015	Kodurupadu Village, Indukurpet Mandal, SPSR Nellore Dist.	3	2	3	2
42	8th November 2015	Allipuram, Nellore Rural, SPSR Nellore Dist	4	1	1	0
43	28th June 2015	Bitragunta Village, Bogole Mandal, SPSR Nellore Dist	5	1	2	6
44	10th May 2015	Ramatheertham Village, Vidavaluru mandal, SPSR Nellore Dist	7	0	0	2
45	12th April 2015	Kommi Village, Kondapuram mandal , SPSR Nellore Dist.	5	1	1	3
46	1st March 2015	GollaKandakur Village, Nellore Rural	13	5	5	4

		Mandal, SPSR Nellore Dist				
47	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 th 2022	Vikram Simhapuri. Gudur
89	Nov 12 th 2022	Adi Sankara college of Engineering and Technology
90	Nov 19 th 2022	RNR Academy.

91	January 28 th 2023	DRW. junior college, Gudur.
92	February 11 th 2023	Devireddy Sarada Charitable trust
93	February 13 th 2023	93.5 Red FM
94	February 13 th 2023	Chaitanya Junior college
95	March 25 th 2023	Aditya Degree college
96	February 12 th 2024	Chinmaya school,
97	February 19 th 2024	Zilla Praja Parishad Govt High School.

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
	2010/2011	
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
	2012	
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
	2013	
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
	2014	
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
	2015	
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
	2016	
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
	2017	
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
	2018	
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-
	2019	
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 th July 2019	Shar employees stroke awareness.
80	27 th July 2019.	Awareness programme on Stroke at Lions club Gudur.
81	4 th August 2019	Awareness programme at Village varagali. Chillakur mandal.
82	4 th August 2019	VRC Ground Nellore at Walkers International.
83	22 nd September 2019	Village vedicharla. Gudur rural.
84	20 th October	Muduvarthi village in Vidavulur Mandal.

	2019	
85	22 nd October 2019	Ramamurthy nagar Nellore
86	5 th November 2019	Stroke awareness to medical officers
87	15 th December 2019	Iskapalli Palle Padu Allur Mandal.
88	15 th November 2019.	Pedda Patapu Palem village in Vidavulur Mandal.
	2020	
89	26 th January 2020	Mypadu Turupu Palem, Padamara Palem
90	2 nd February 2020	Vakadu Mandal Gollapalem village
91	8 TH February 2020	Awareness programme for Teachers of Netaji Pilot School
92	1 st March 2020	We teach at D V Palem. Pamuru, Prakasam district.
93	April 17 th 2020	COVID 19 and neurology stay home stay safe
94	30 th May 2020	How to respond to a person with stroke and epilepsy. MeDeVision Bangaluru.
95	September 8 th 2020	Virtual; Learn about stroke
96	5 th September 2020	Learn about Parkinson's disease
97	8 th February 2021	Walkers' association AC Subba reddy Stadium Nellore.
98	6 th March 2021	LIC office Nellore
99	26 th September 2021	Brahmeswaram, Duttalur Mandal
100	5 th October 2021	Prevent, Recognise and respond to Stroke

		Rotary club Members
101	9 th October 2021	Grameen bank Employees
102	12 th October 2021	Krishnapatanam Port Employees
103	23 rd October 2021	Hero automobiles corporation
104	24 th October 2021	Vidavulur Mandal
105	14 th November 2021	Pinakini Lions club
106	13 th March 2022	Irulupadu village, Maripadu.
107	22 nd May 2022	Adiraghavapuram Iskapalli
108	19 th June 2022	BMR Colony Iskapalli
109	29 th June 2022	NSS Narsimha Konda
110	18 th July 2022	SHAR employees
111	18 th July 2022	Lions club of Nellore
112	19 th July 2022	Hero Motor Employees
113	19 th July 2022	Adani group of employees
114	20 th July 2022	SembCorp Employees
115	4 th September	Lions Pinakini club
116	13 th October '22	Urban Aryavyasa Mahila Vibhag.
117	13 th October '22	Gowravaram village Kavali mandal
118	29 th October 2022	Police Headquarters
119	28 th November 2022	Arya Vyasa Senior Citizens Association
120	Nov 17 th 2022	National Epilepsy Day. Invited to talk at the Composite Regional centre.
121	25 th December, 2022	Devireddy Sarada Charitable trust

122	29 th January 2023	Rayapeta, Bogole Mandal
123	25 th February 2023	CHO, DMHO office Nellore
124	26 th February 2023	Drivers colony, Nellore
125	March 18 th 2023	Apollo staff Nellore
126	July 15 th 2023	Devireddy Sarada Charitable trust
127	July 15 th 2023	Shar Employees
128	17 th July 2023	Brahmanapalli. Kaluvoya
129	20 th August 2023	Kattu Padi palem, Buchi
130	24 th September	Neurology on wheels Iskapalli, Allur
131	21 st October 2023	Dr Uma Chand Hospital Kavali.
132	12 th December 2023	Inamadugu
133	2 nd January 2024	Mohammadapuram PHC
134	February 19 th 2024	Teachers colony
135	6 th February 2024	Vepinapi, Rapur
136	12 th March 2024	APGENCO
137	12 th March 2024	UPHC Nellore
138	21 st January 2024	Mogallur Podalakur Nellore
139	24 th March 2024	Kullur Village, Kaluvoya
140	2 nd April 2024	PHC Allipuram

FREE MEDICAL CAMPS WITH FREE DISTRIBUTION OF MEDICINES.

	2010/2011	
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
	2012	
6	2012	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
	2013	
11	2013	EPILEPSY CAMP AT OUTSKIRT
12	17-08-2013	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
	2014	

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
	2015	
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
	2016	
64	10-01-2016	STROKE AND EPILEPSY CAMP AT DR BINDU MENON FOUNDATIONS
65	07-02-2016	STROKE AND EPILEPSY CAMP AT DR BINDU MENON FOUNDATION
66	06-03-2016	CAMP DR BINDU MENON FOUNDATION
67	27-03-2016	EPILEPSY PURPLE DAY CELEBRATION AT PRAGATHI CHARITIES
68	03-04-2016	CAMP AT DR BINDU MENON FOUNDATION
69	08-05-2016	CAMP AT DR BINDU MENON FOUNDATION
70	05-06-2016	CAMP AT DR BINDU MENON FOUNDATION
71	03-07-2016	CAMP AT DR BINDU MENON FOUNDATION

72	06-08-2016	CAMP AT PRAGATI CHARITIES
73	14-08-2016	CAMP AT DR BINDU MENON FOUNDATION
74	19-08-2016	CAMP AT STATE PENSIONERS ASSOCIATION
75	11-09-2016	CAMP AT DR BINDU MENON FOUNDATION
76	09-10-2016	CAMP AT DR BINDU MENON FOUNDATION
77	22-10-2016	CAMP AT PRAGATHI CHARITIES
78	06-11-2016	CAMP AT DR BINDU MENON FOUNDATION
79	11-12-2016	CAMP AT DR BINDU MENON FOUNDATION
	2017	
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
	2018	
96	07-01-2018	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
104	06-05-2018	CAMP AT DR BINDU MENON FOUNDATION
105	27-05-2018	NEUROLOGY ON WHEELS AT MANUBOLU
106	03-06-2018	CAMP AT DR BINDU MENON FOUNDATION
107	01-07-2018	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
112	02-09-2018	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
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 FOUNDATION
120	02-12-2018	MEDICAL CAMP AT PRAGATHI CHARITIES
	2019	
121	06-01-2019	CAMP AT DR BINDU MENON FOUNDATION
122	10-02-2019	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
128	06-04-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
129	21-04-2019	CAMP AT DR BINDU MENON FOUNDATION
130	19-05-2019	CAMP AT DR BINDU MENON FOUNDATION
131	30-06-2019	MEDICAL CAMP AT PRAGATHI CHARITIES
132	23-06-2019	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
136	04-08-2019	NEUROLOGY ON WHEELS AT VARAGALI. CHILLAKUR MANDAL
137	11-08-2019	CAMP AT DR BINDU MENON FOUNDATION
138	08-09-2019	CAMP AT DR BINDU MENON FOUNDATION
139	22-09-19	NEUROLOGY ON WHEELS Vedicharla. Gudur Rural
140	13-10-19	CAMP AT DR BINDU MENON FOUNDATION
141	20-10-19	NEUROLOGY ON WHEELS Pedda Patapu Palem village in Vidavulur Mandal
142	3-11-19	CAMP AT DR BINDU MENON FOUNDATION
143	8-12-2019	CAMP AT DR BINDU MENON FOUNDATION
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.
	2020	
147	11-01-2020	REGULAR CAMP AT PRAGATI CHARITIES.

148	12-01-2020	CAMP AT DR BINDU MENON FOUNDATION
149	26-01-2020	NEUROLOGY ON WHEELS. Mypadu Turupu Palem, Padamara Palem.
150	09-02-2020	CAMP AT DR BINDU MENON FOUNDATION
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 FOUNDATION
155	28 th June 2020	CAMP AT DR BINDU MENON FOUNDATION
156	28 th July 2020	CAMP AT DR BINDU MENON FOUNDATION
157	30 th August 2020	CAMP AT DR BINDU MENON FOUNDATION
158	27 th September 2020	CAMP AT DR BINDU MENON FOUNDATION
159	1 st November 2020	CAMP AT DR BINDU MENON FOUNDATION
160	6 th December 2020	CAMP AT DR BINDU MENON FOUNDATION
	2021	
161	3 rd January 2021	CAMP AT DR BINDU MENON FOUNDATION
162	7 th February 2021	CAMP AT DR BINDU MENON FOUNDATION
163	7 th march 2021	CAMP AT DR BINDU MENON FOUNDATION
164	4 th April 2021	CAMP AT DR BINDU MENON FOUNDATION
165	9 th May2021	CAMP AT DR BINDU MENON FOUNDATION
166	6 th June 2021	CAMP AT DR BINDU MENON FOUNDATION

167	4 th July 2021	CAMP AT DR BINDU MENON FOUNDATION
168	31 st July 2021	REGULAR CAMP AT PRAGATI CHARITIES.
169	8 th August 2021	CAMP AT DR BINDU MENON FOUNDATION
170	5 th September 2021	CAMP AT DR BINDU MENON FOUNDATION
171	26 th September 2021	Brahmeswaram, Duttalur Mandal
172	3 rd October 2021	CAMP AT DR BINDU MENON FOUNDATION
173	24 th October 2021	Vidavulur Mandal
174	7 th November 2021	CAMP AT DR BINDU MENON FOUNDATION
175	12 th November 2021	CAMP AT DR BINDU MENON FOUNDATION
176	12 th December 2021	CAMP AT DR BINDU MENON FOUNDATION
177	9 th December 2022	CAMP AT DR BINDU MENON FOUNDATION
178	9 th January 2022	CAMP AT DR BINDU MENON FOUNDATION
179	6 th February 2022	CAMP AT DR BINDU MENON FOUNDATION
180	6 th March 2022	CAMP AT DR BINDU MENON FOUNDATION
181	13 th March 2022	Irulupadu village, Maripadu. Neurology on Wheels
182	10 th April 2022	CAMP AT DR BINDU MENON FOUNDATION
183	8 th May 2022	CAMP AT DR BINDU MENON FOUNDATION

184	14 th May 2022	REGULAR CAMP AT PRAGATI CHARITIES.
185	22 nd May 2022	Adiraghavapuram Iskapalli
186	5 th June 2022	CAMP AT DR BINDU MENON FOUNDATION
187	19 th June 2022	BMR Colony Iskapalli
188	3 RD July 2022	CAMP AT DR BINDU MENON FOUNDATION
189	17 th July 2022	REGULAR CAMP AT PRAGATI CHARITIES
190	7 th August 2022	CAMP AT DR BINDU MENON FOUNDATION
191	21 st August 2022	Adiraghavapuram Iskapalli
192	3 rd September	CAMP AT DR BINDU MENON FOUNDATION
193	18 th Sept 2022	BMR Colony Iskapalli
194	2 nd October 2022	CAMP AT DR BINDU MENON FOUNDATION
195	16 th October 2022	Wheels camp at Gowravaram village Kavali mandal
196		CAMP AT DR BINDU MENON FOUNDATION
197	Nov 13 th 2022	CAMP AT DR BINDU MENON FOUNDATION
198	Nov 22 nd 2022	Ramaswamipalem Viswanatharavupeta grama panchayat Bogolu mandal
199	December 10 th 2022	CAMP AT DR BINDU MENON FOUNDATION
200	January 8 th 2023	CAMP AT DR BINDU MENON FOUNDATION
201	January 22 nd 2023	Iskapalli Allur
202	January 29 th 2023	Rayapeta, Bogole Mandal
203	February 10 th	Composite Regional Centre Nellore

	2023	
204	12 th February 2023	CAMP AT DR BINDU MENON FOUNDATIONS
205	26 th February 2023	Drivers colony, Nellore
206	12 th March 2023	CAMP AT DR BINDU MENON FOUNDATION
207	16 th April 2023	CAMP AT DR BINDU MENON FOUNDATION
208	14 th May 2023	CAMP AT DR BINDU MENON FOUNDATION
209	27 th May 2023	Pragati charities
210	11 TH June 2023	CAMP AT DR BINDU MENON FOUNDATION
211	9 th July 2023	CAMP AT DR BINDU MENON FOUNDATION
212	16 th July 2023	Neurology on wheels Brahmanapalli. Kaluvoya
213	13 th August 2023	CAMP AT DR BINDU MENON FOUNDATION
214	10 th September 2023	CAMP AT DR BINDU MENON FOUNDATION
215	24 th September 2023	Neurology on wheels Iskapalli, Allur
216	21 st October 2023	Pragati charities
217	22 nd October 2023	CAMP AT DR BINDU MENON FOUNDATION
218	26 th November 2023	CAMP AT DR BINDU MENON FOUNDATION
219	7 th January	CAMP AT DR BINDU MENON FOUNDATION

	2023	
220	21 st January 2023	Mogallur village Podalakur Nellore
221	4 th February 2024	CAMP AT DR BINDU MENON FOUNDATION
222	10 th February 2024	CAMP AT DR BINDU MENON FOUNDATION
223	10 th March 2024	CAMP AT DR BINDU MENON FOUNDATION
224	24 th March 2024	Neurology on wheels Kullur Village, Kaluvoya

PARKINSON DISEASE MOVEMENT AND DISORDER SOCIETY (PDMDS) NELLORE

SESSION DETAILS

S.NO.	DATE	ACTIVITY	NO.OF PD ATTENDED
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 st July 2018
2	Bell's palsy	14 th July 2018
3	Migraine	11 th August 2018
4	Vertigo	2 nd September 2018
5	Prevent hypertension Prevent stroke	10 th September 2018
6	Prevent diabetes – Prevent Stroke	16 th September 2018
7	Learn about dementia	22 nd September 2019
8	Avoid tobacco – prevent Stroke	6 th October 2018
9	Parkinson disease	13 th October 2018
10	Support group	8 th November 2018
11	Text Neck Syndrome	28 th November 2018

12	Prevent NCC- Prevent Epilepsy	1 st December 2018
13	Back pain	12 th January 2019
14	Cerebral Palsy	19 th January 2019
15	Diabetic peripheral neuropathy	25 th February 2019
16	Post herpetic neuralgia	5 th March 2019
17	Analgesic abuse headache	16 th March 2019
18	Brain stroke symptoms	31 st March 2019
19	Carpal tunnel syndrome	21 st April 2019
20	Trigeminal neuralgia	28 th May 2019
21	Tension type Headache	10 th June 2019
22	Parkinson's disease symptoms	15 th June 2019
23	Parkinson's disease treatment	23 rd June 2019
24	Brain and Internet	30 TH June 2019
25	Epilepsy (Telugu)	9 th July 2019
26	Stroke (Telugu)	27 th July 2019
27	Headache (Telugu)	6 th August 2019
28	Parkinson's disease	3 rd September 2019
29	Smoking and Brain	15 th September 2019
30	Cluster Headache	11 th October 2019
31	Migraine part 1	29 th October 2019

32	Migraine part 2	29 th October 2019
33	Sciatica	5 th December 2019
34	Prevent Stroke (Telugu)	4 th January 2020
35	Computer use and Headache	10 th January 2020
36	Some measures for patients and caregivers while attending hospital (Telugu).	27 th May 2020
37	Some measures for patients and caregivers while attending hospital (English).	27 th 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 th May 2021
42	World environment day	5 Th June 2021
43	Stroke prevention campaign	July 7 th 2021
44	Check your blood pressure	July 10 th 2021
45	Prevent Hypertension	July 17 th 2021
46	Prevent Diabetes - Prevent stroke	8 th August 2021
47	Who should check their sugars? (English)	16 th August 2021
48	Who should check their sugars? (Telugu)	16 th August 2021

49	Control Cholesterol Prevent Stroke (English)	4 th September 2021
50	Control Cholesterol Prevent Stroke (Telugu)	4 th September 2021
51	Epilepsy Help (Telugu)	11 TH September 2021
52	Epilepsy Help (English)	11 TH September 2021
53	Global week for NCDS	11 TH September 2021
54	Check your Cholesterol - Prevent Stroke.	20 TH September 2021
55	Check your Cholesterol - Prevent Stroke.	20 TH September 2021
56	Misconceptions about cholesterol (English)	26 th September 2021
57	Misconceptions about cholesterol (Telugu)	26 th September 2021
58	Stroke Symptoms (English)	9 th October 2021
59	Stroke Symptoms (Telugu)	9 th October 2021
60	Transient Ischemic Attack (English)	18 th October 2021
61	Transient Ischemic Attack (Telugu)	18 th October 2021
62	SALT, Hypertension, Stroke. (Telugu)	13 th November 2021
63	SALT, Hypertension, Stroke. (English)	13 th November 2021
64	Digital detox (English)	28 th November 2021
65	Weight, Stroke. (English)	15 th December 2021
66	Smoking Stroke risk	10 th January 2022
67	Alcohol Stroke Risk	29 th January 2022

68	Stress depression stroke	7 th February 2022
69	Stroke and Depression	15 th February 2022
70	Stroke and heart disease	March 12 th 2022
71	Risk factors for stroke in women	April 6 th 2022
72	Stroke and OSA	May 2 th 2022
73	Stroke and Air pollution	June13 th 2022
74	Stroke and Air pollution	June 23 rd 2022
75	Post Stroke care (English)	August 15 TH 2022
76	Post Stroke care (Telugu)	August 15 TH 2022

Featured Blogs

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5. <https://www.agniban.com/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-does-free-treatment-in-rural-areas/#>
6. <https://hindi.sangricommunications.com/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-she-does-free-treatment-in-rural-areas/>
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8. <http://deshpatrika.in/2023/05/neurologist-dr-bindu-menon-is-also-doing->

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https://samacharsansaar.com/spiritual/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-does-free-treatment-in-rural-areas/2208/](https://samacharsansaar.com/spiritual/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-does-free-treatment-in-rural-areas/2208/)
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11. <https://hindi.sangritoday.com/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-does-free-treatment-in-rural-areas>
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13. <http://vandegujrat.com/%e0%a4%aa%e0%a5%87%e0%a4%b6%e0%a5%87-%e0%a4%95%e0%a5%87-%e0%a4%b8%e0%a4%be%e0%a4%a5-%e0%a4%b8%e0%a4%ae%e0%a4%be%e0%a4%9c-%e0%a4%b8%e0%a5%87%e0%a4%b5%e0%a4%be-%e0%a4%ad%e0%a5%80-%e0%a4%95%e0%a4%b0/>
14. <https://www.sangriexpress.in/hindi/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-does-free-treatment-in-rural-areas>
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21. <https://hindi.sptimes.in/2023/05/neurologist-dr-bindu-menon-is-also.html>
22. <https://hindi.rajasthanhorizon.com/2023/05/neurologist-dr-bindu-menon-is-also.html>
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24. <https://www.janpanga.com/2023/05/neurologist-dr-bindu-menon-is-also.html>
 25. <https://www.jalorelive.com/2023/05/neurologist-dr-bindu-menon-is-also.html>
 26. <https://hindi.agrnews.in/2023/05/neurologist-dr-bindu-menon-is-also.html>
 27. <https://barmerbulletin.sangritoday.com/2023/05/neurologist-dr-bindu-menon-is-also.html>
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 32. <https://kanpurlive.in/hn/national/1393>
 33. <https://hindi.up-patrika.com/index.php/2023/05/22/neurologist-dr-bindu-menon-is-also-doing-social-service-along-with-profession-she-does-free-treatment-in-rural-areas/>
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- 47) <https://filmfreeway.com/Neurologyonwheels>
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