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- Bridging the gap of Treatment

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**Stroke  
Epilepsy**

Parkinson's disease  
Neuro Rehabilitation  
Migraine  
Dementia

— ABOUT THE —  
**FOUNDER**



Dr. Bindu Menon  
Foundation  
Estd 2013



**Prof Dr Bindu Menon**  
<http://www.drbindumenon.com>

**Neurologist, educator, Stroke and epilepsy advocate, Founder of Neurology on Wheels.**

M.D. (Med.), D.M. (Neuro), DNB. (Neuro), PGDCN (Neuro), (London), FRCP (Edinburgh),  
FRCP (London), MNAMS. FICP, FIAN, FWSO, FAAN, FAMS

Secretary General, Indian Epilepsy Association  
Board Member SSO, Research committee Co-Chair, Genesis core member, World Stroke  
Organization  
ICMR Adjunct faculty NIE Chennai  
AOAN Representative, EAN Scientific panel Epilepsy.  
WFN, Specialty group EC member, Neuroepidemiology  
Convenor, Outreach Subsection, Indian Academy of Neurology  
Associate Editor, Neurology Section, Annals of Medicine.  
OneNeurology Ambassador  
WICCI State Vice President, Delhi External Affairs Council  
Secretary, Dr. Bindu Menon Foundation. <http://drbindumenon.com/>  
Founder - AtIneU <http://atineu.org/> In

**E-mail:** bindu.epilepsycare@gmail.com  
**Website:** <http://www.drbindumenon.com>  
**Tel No:** 09866223905  
**Wikipedia page:** [https://en.wikipedia.org/wiki/Bindu\\_Menon](https://en.wikipedia.org/wiki/Bindu_Menon)  
**Languages Spoken:** English, Hindi, Telugu, Malayalam  
**Teaching Experience:** 27 years  
**Citations** 2190  
**h-index** of 23.

## 1. CURRENT POSITION

- **Designation:** Professor and Head of Department
- **Institution:** Apollo Speciality Hospitals, Nellore, Andhra Pradesh, India
- **Tenure:** September 2015 – Present
- **Teaching Experience:** 27 years

## 2. EDUCATION & QUALIFICATIONS

**M.D. (Medicine):** [Jiwaji University, Gwalior Madhya Pradesh]  
**D.M. (Neurology):** [University of Mumbai]  
**DNB (Neurology):** National Board of Examinations, India  
**PGDCN (Postgraduate Diploma in Clinical Neurology):** Institute of Neurology and  
Neurosurgery, Queen square, University College London, 2006 (Distinction, Ranked 2nd)  
**FRCP:** Royal College of Physicians, Edinburgh (2013); London (2024)  
**MNAMS:** Member, National Academy of Medical Sciences, India (2016)  
**FICP:** Fellow, Indian College of Physicians (2018)

**FIAN:** Fellow, Indian Academy of Neurology (2019)  
**FWSO:** Fellow, World Stroke Organization (2021)  
**FAAN:** Fellow, American Academy of Neurology (2022)  
**FAMS:** Fellow, National Academy of Medical Sciences (2023)

### 3. AWARDS & RECOGNITIONS

#### *International Awards*

1. **Asian and Oceanian Outstanding Achievement Epilepsy Award:** 15th Asian and Oceanian Epilepsy Congress, New Delhi, February 2024
2. **Alan Hewson Award of Excellence:** Hunter Postgraduate Medical Institute, University of Newcastle, Australia, October 2024
3. **Palatucci Advocacy Leadership Forum Award:** American Academy of Neurology, San Diego, August 2023
4. **Mridha Spirit of Neurology Award:** American Academy of Neurology & American Brain Foundation, 2022
5. **A.B. Baker Teacher Recognition Award:** American Academy of Neurology, 2022
6. **World Stroke Award (Individual Achievement):** World Stroke Organization, October 2018
7. **ILAE Leadership Award:** 32nd International Epilepsy Congress, Barcelona, September 2017

#### *National Awards*

1. **IMA XV NATCON 97 CME Trust Oration:** Nellore, February 2024
2. **Indian Medical Association Doctors Day Award:** New Delhi, July 2023
3. **Indian Woman Scientist Association Achiever Award:** Mumbai, June 2023
4. **Innovation in Patient Centricity & Advocacy (Gold Category):** IHW Council, May 2022
5. **Mahila Humanitarian Award** from Indian Red Cross on 8<sup>th</sup> March 2022
6. **Apollo Distinguished Academician Award 2020** received on 5<sup>th</sup> February 2021
7. Delivered the **TED X Talk** at AIIMS Bhubaneswar August 17<sup>th</sup> 2019. Theme: "Salvaging the subconscious.
8. Received the **Life Saver award** from Dr. Prathap C Reddy for treating maximum patients for the year 2017-2018 at Chennai on 5<sup>th</sup> February 2019.
9. Received "**Women's Day Award**" for Jyoti Rao Phule foundation on March 7<sup>th</sup> 2018 for International women's day.
10. Received "**Women's Day Award**" from the District Collector on March 8<sup>th</sup> 2018.
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. **JCI Ten Outstanding Young Persons of the World (TOYP):** Medical Innovation, September 2013
13. **Ugadi Vaidya Ratna:** Sir C.V. Raman Academy, Hyderabad, March 2013

#### 4. FELLOWSHIPS

1. **FRCP (London):** Royal College of Physicians, 2024
2. **FAMS:** National Academy of Medical Sciences, 2023
3. **FAAN:** American Academy of Neurology, 2022
4. **FWSO:** World Stroke Organization, 2021
5. **GAPIO Fellow:** Global Association of Physicians of Indian Origin, 2022
6. **FIAN:** Indian Academy of Neurology, 2019
7. **FICP:** Indian College of Physicians, 2018
8. **Fellow Geriatric Society of India,** 2017
9. **FRCP (Edinburgh):** Royal College of Physicians, 2013

#### 5. LEADERSHIP & APPOINTMENTS

##### *International*

- **Board Member, World Stroke Organisation:** 2024-2028
- **Co-Chair** Research committee of the World Stroke Organisation. 22 October 2025
- **GENESIS Committee Member, World Stroke Organisation:** 2024
- **Advisor, Palatucci Advocacy Leadership Forum, AAN:** 2024
- **Research Committee Member, World Stroke Organisation:** 2020.
- **OneNeurology Ambassador** by the European Federation of Neurological Associations (EFNA) and the European Academy of Neurology (EAN)
- **AOAN (*Asian Ocean Association of Neurology*)** Scientific Panel member in the European Academy of neurology on Epilepsy
- **Executive Member, World Federation of Neurology (Neuroepidemiology):** 2019

##### *National*

- **Adjunct Faculty, ICMR – National Institute of Epidemiology, Chennai:** November 2024
- **Secretary General, Indian Epilepsy Association:** July 2023
- **Founder, Dr. Bindu Menon Foundation:** August 2013
- **Convenor, Neurology Outreach Subsection, Indian Academy of Neurology:** 2023 – Present
- Task force member Online Certificate Orientation Course on AI in Health for Medical students and Professionals by NAMS and IIT Hyderabad 2024
- Assessor for Quality and Accreditation Institute Centre for Accreditation of Health & Social Care Stroke Centre Accreditation
- **Vice President, (WICCI)** Council Member for the Women’s Indian Chamber of Commerce and Industry” -Delhi External Affairs Councils.
- **President Simhapuri Nellore Neuro Club** April 19<sup>th</sup> 2019 – 2023.
- **President, Epilepsy association, Nellore** chapter form 2008 to till date.
- **Chief Editor Epilepsy India Newsletter** from April 2017 for 5 years.
- **Webmaster for Indian Epilepsy Association** from 2013- 2015.
- **Governing council** member Indian Epilepsy Society 2015-17
- **Executive committee member** for Indian Epilepsy Association for 2011-

2013; 2015-2017.

- Guide for Short-term studentship project by the **Indian Council of Medical Research**
- **Advisory board** on “Indian Epilepsy Society – Epilepsy and Indian law – Indian Consensus Document.
- **Advisory board** on “Indian Epilepsy Society – Sodium Valproate – Indian Consensus Document

## 6. ORATIONS:

1. Delivered the **Sri Sunku Subramaniam Memorial Oration Lecture** Geriatric Society of India Midterm National Conference 2026, scheduled from April 18–19, 2026, in Ahmedabad, India
2. Delivered the Dr P L Rao memorial oration by the Indian Medical Association Nellore 1<sup>st</sup> March
3. Key note lecture at the Global Advocacy forum by the World Federation of Neurology and the American Academy of Neurology World congress of Neurology. 12-15<sup>th</sup> October 2025 Seoul, South Korea
4. Alan Hewson lecture Stroke in Elderly. Hunter Post Graduate Medical Institute University of Newcastle, Australia October 2024
5. Invitational lecture on 17-24<sup>th</sup> October IANCON 2024. Bridging Gaps: Innovation in Neurology Outreach for lasting impact
6. 6<sup>th</sup> V.R Parameswaran Memorial Oration Lecture at Indian Epilepsy Association Kochi, November 17<sup>th</sup>, 2024
7. IMA XV NATCON 97 CME Trust Oration delivered on 4<sup>th</sup> February 2024 Nellore.
8. J J Rao oration at the 16<sup>th</sup> International conference of Geriatric society of India GSICON 2019 at Mumbai, 14<sup>th</sup> September 2019
9. Delivered the TED X Talk at AIIMS Bhubaneswar August 17<sup>th</sup> 2019. Theme: “Salvaging the subconscious”.
10. 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.
11. Dr Karimullah, Indian Medical Association Oration Gold Medal award on October 19<sup>th</sup> 2010.
12. Walton center Postgraduate Medical Education, Lunchtime series on the Project “Neurology on wheels” on April 10<sup>th</sup> 2019 Liverpool, UK.

## 7. RESEARCH & PUBLICATIONS

- **Papers Published:** 109
- **Books Edited:** 5
- **Book Chapters:** 35
- **Editorial Roles:**
  - Associate Editor, *Annals of Medicine* (Impact Factor: 4.7), September 2021
  - Editor-in-Chief, *Epilepsy India Newsletter*, 2017-2022

## 8. LECTURES & CONFERENCES

- **International Lectures:** 44
- **National Lectures:** 146

- **Conference Organization:** Organizing Secretary for 10 Annual “Pearls in ClinicalNeurology” Conferences (2014-2022), credited with 40 hours by A.P. Medical Council

## **9. MEMBERSHIPS/ASSOCIATIONS: 30**

### **10. National and International Advocacy, Policy, and Systems Leadership**

- World Stroke Organization Board Member representing global stroke advocacy and research.
- Research Committee Co-Chair overseeing international research priorities, educational modules, workshops, and grant initiatives for a 3,500+ member global organization.
- GENESIS Core Committee member contributing to women in stroke research and the international consensus on representation of women in stroke research presented at World Stroke Congress 2025.
- Secretary General of the Indian Epilepsy Association (2,000+ members), leading national task forces on epilepsy and driving, insurance, disability rights, and contributing to the National Action Plan for Epilepsy in India.
- Advisor to the Palatucci Advocacy Leadership Forum and keynote speaker at the Global Advocacy Leadership Forum, mentoring neurologists and advocates from multiple countries.
- OneNeurology Ambassador advocating for neurological disorders as a global public health priority.
- Contributions to consensus documents, policy recommendations, and accreditation initiatives.
- National policy document for Multiple sclerosis

### **11. Innovation and Entrepreneurship in Neurology**

- Founder of AtiNeu (Artificial Intelligence in Neurology)
- Among the earliest neurologists in India promoting AI applications in neurology
- Author/editor of pioneering India-origin books on AI in neurology
- Leading collaborations involving AI-based Parkinson’s disease detection
- Integrating digital health, AI, and community neurology

## IMPACT OF DR. BINDU MENON FOUNDATION

Transforming Lives Through Outreach, Awareness, Free Treatment, Capacity Building, Women Empowerment, and Technology

### 1. Outreach & Free Neurology Camps 270 free camps

#### **1A. Neurology on Wheels (First in India) WE REACH, WE TEACH AND WE TREAT.**

Bridges the gap of Distance, the gap of ignorance, the gap of treatment

- **Need:** India's rural regions suffer from a severe lack of neurological care, resulting in undiagnosed and untreated neurological disorders, leading to disability and reduced quality of life.
- **Intervention:** The motto followed by our foundation is **WE REACH, WE TEACH AND WE TREAT**. A pioneering mobile neurology unit travels to remote areas, providing free consultations, diagnostic screenings, and medication for stroke, epilepsy, Parkinson's, and other neurological diseases.
- **Impact:** **60 Villages covered and 35,000+ people screened; 2100+ cases of hypertension, 1232+ stroke, and 752+ epilepsy, 352+ diabetes**, patients identified and placed on treatment. Early detection has prevented numerous complications.

#### **1B. Free Treatment for Epilepsy & Stroke Patients since 2013**

- **Need:** Many patients **discontinue medication** due to financial constraints, leading to relapse and disability.
- **Intervention:** Free monthly medication for **epilepsy and stroke patients** to ensure continuity of care
- **Impact:** : Over **270+ camps**, benefitting thousands of people. Many stroke patients have been identified early, reducing long-term disability. Epilepsy patients have been empowered and are able to get back to their work Significant reduction in **seizure recurrence and stroke complications** among beneficiaries.

#### **1.C. Medical Adoption of Pragathi Charity Orphanage Children**

- **Need:** Orphaned children with epilepsy often go untreated, increasing their risk of severe neurological complications.
- **Intervention:** Adoption of **54 children since 2013**, providing continuous **medical care, treatment, and education** on epilepsy.
- **Impact:** **Improved seizure control** and quality of life for these children.

### 2. Awareness & Public Education Initiatives 3,00,000 + individuals impacted

#### **2 A. Neurology Awareness Programs - 269**

- **Need:** Neurological conditions are often stigmatised or ignored due to a lack of awareness, leading to delayed diagnosis and poor health outcomes.

- **Intervention:** Extensive awareness programs in schools, colleges, workplaces, and public spaces to educate people on stroke, epilepsy, Parkinson's disease, dementia, and migraine.
- **Impact:** **3 lakh+ people educated.** Stigma reduction was seen in epilepsy and increased hospital arrivals within the golden hour for stroke. Cases of Neurocysticercosis have remarkably reduced.

## **2 B. Stroke Symptoms Mnemonic in Telugu (First of its kind in India)**

- **Need:** Early stroke recognition is critical, but local language barriers prevent mass awareness.
- **Intervention:** Created India's **first regional stroke mnemonic in Telugu** for better recall and rapid action.
- **Impact:** Increased stroke awareness, leading to quicker responses and higher hospital admissions within the crucial **golden hour**.

## **2. C NeuroVoice Podcast (First of its kind in India)**

- **Need:** Patients and caregivers need relatable, real-life experiences to navigate neurological disorders.
- **Intervention:** A unique podcast featuring **patient experiences, expert discussions, and practical tips** for managing epilepsy, stroke, Parkinson's, and dementia.
- **Impact:** Thousands of downloads; improved patient engagement and understanding of their conditions.

## **2. D Facebook Stroke Prevention Campaign (social media Driven Awareness)**

- **Need:** Continuous digital engagement is needed to drive preventive healthcare behaviours.
- **Intervention:** Nationwide social media campaign on **stroke risk factors, symptoms, and emergency response**.
- **Impact:** Increased public understanding and more **individuals adopting a healthier lifestyle** to prevent strokes.

## **3. Capacity Building and women empowerment 2000 Women empowered**

### **3 A EduWAND: Women's Neurology Education**

- **Need:** Women suffer from unique neurological challenges, including pregnancy-related epilepsy risks, migraine triggers, and higher stroke susceptibility.
- **Intervention:** Focused education sessions to empower women with knowledge about neurological health, symptoms, and early warning signs.
- **Impact:** Thousands of women now **recognize early symptoms** of stroke, epilepsy, and migraines, leading to **timely medical intervention**.

### **3 B Training of PHC, ASHA, Anganwadi & CHO Workers**

- **Need:** Primary healthcare workers are the **first point of contact** for neurological emergencies, but many lack formal training in neurology.
- **Intervention:** Structured training sessions to **identify, manage, and refer neurological disorders**.
- **Impact:** **Hundreds of trained workers**, ensure better early detection and referral for stroke, epilepsy, and dementia cases

### 3 C Women in Neurology & Public Health (WICCI)

- **Need:** Women in neurology and healthcare need **stronger representation and leadership opportunities**.
- **Intervention:** Advocacy and mentorship programs promoting gender equality in neurology.
- **Impact:** More **women entering leadership roles in neurology**, fostering a gender-balanced workforce.

**3D** Established the Nellore chapter of the **Indian Women Scientists' Association (IWSA)**, promoting scientific leadership, mentorship, and career development among women professionals and students through educational, research, and community outreach initiatives.

## 4. Technology-Driven Healthcare Innovations

### 4 A Stroke Help App (*First in India*)

- **Need:** Stroke patients require **structured home rehabilitation** for better recovery.
- **Intervention:** Mobile app providing **guided physiotherapy and stroke rehabilitation exercises**.
- **Impact:** Thousands of stroke survivors benefitted from **improved mobility and functionality** at home.

### 4 B Epilepsy Help App (*First in India, Multilingual: English, Telugu, Hindi*)

- **Need:** Epilepsy patients need **easy access to seizure management tools** and awareness.
- **Intervention:** A mobile app with **seizure tracking, medication reminders, and emergency contacts**.
- **Impact:** Improved **seizure control and medication adherence**, reducing hospitalizations.

### 4 C NeuroCare Migraine App (*First in India*)

- **Need:** Migraine is underdiagnosed, and patients struggle with **self-management**.
- **Intervention:** AI-driven migraine tracking, lifestyle recommendations, and medication guidance.
- **Impact:** Patients reported **reduced migraine frequency and better symptom management**.

### 4 D Tele-Awareness Helpline (18008916977) – First in India

- **Need:** Neurological consultations are scarce in rural areas.
- **Intervention:** Toll-free **teleconsultation** for neurological queries.
- **Impact:** Thousands benefitted from **early diagnosis and expert guidance**.

#### 4 E Stroke App – “Stroke Connect: Time is Brain” – First in India

- **Need:** Stroke is a **medical emergency** where **every second matters**. Delayed recognition and response increase the risk of long-term disability and death. Many stroke victims and caregivers **struggle to identify symptoms** and **access emergency care in time**.
- **Intervention:** The **Stroke Connect App** is a **mobile-based solution** designed to **bridge the critical time gap** between symptom onset and medical intervention. It enables:
  - **FAST (Face, Arm, Speech, Time) stroke symptom recognition**
  - **Emergency response guidance** with direct **hospital connectivity**
  - **Risk assessment tools** for stroke prevention
- **Impact:**
  - **Faster hospital arrivals**, increasing chances of receiving thrombolysis
  - **Improved stroke awareness** among high-risk individuals and caregivers.
  - **Enhanced rehabilitation outcomes**, helping stroke survivors regain function and independence.

## 5. Other Significant Contributions

#### 5 A Parkinson’s Disease Movement Disorder Society (PDMDS), Nellore

- **Need:** Parkinson’s patients need **consistent physiotherapy and speech therapy**.
- **Intervention:** **124 in-person sessions + 195 online programs** (Total 413).
- **Impact:** Improved **motor function and quality of life** for Parkinson’s patients.

#### 5 B Continuous Medical Education (CME) & Conferences

- **Need:** Physicians require **ongoing education on evolving neurology practices**.
- **Intervention:** Annual state, national, and international neurology conferences.
- **Impact:** Hundreds of **doctors trained**, leading to better neurological care nationwide.

## Public Health Outcomes

- 35,000+ rural beneficiaries reached
- 60 villages covered
- 2100+ hypertension cases identified
- 1232+ stroke cases identified
- 752+ epilepsy patients identified
- 352+ diabetes patients identified
- 3 lakh+ individuals educated
- 270+ camps conducted
- 54 orphanage children supported
- 2000+ women empowered
- Hundreds of frontline healthcare workers trained

FEMINA SPECIAL SHOWCASE

A Times Group Publication

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*Be  
unstoppable*

**SHE HEALS,  
SHE LEADS,  
SHE INSPIRES**

**DR BINDU  
MENON**

**Doctor. Woman. Trailblazer**

# ధర

మనిషిని శారీరకంగానే కాదు ఆరికంగా కూడా కుంగదీసే వ్యాధులు మూర్ఖ, పక్షవాతం.. ఇవి వస్తే రెక్కాడితేగానీ డొక్టర్లని పేదల జీవితాల్లో కల్లోలమే! వీటికి వైద్య సేవలు సాధారణంగా పెద్ద పట్టణాలు, నగరాల్లోనే ఉంటాయి. మరి పల్లె ప్రజల మాటేంటి? పేదల కన్నీటికి సమాధానం ఏంటి? ఆ ప్రశ్నలకు సమాధానం డాక్టర్ బిందు మేనన్..

నెల్లూరు జిల్లాలోని 30 గ్రామాల ప్రజలు ఆమె కోసం ఎదురు చూస్తుంటారు. 'న్యూరాలజీ ఆన్ వీల్స్' పేరుతో ఓ వాహనంతో సహా గ్రామాల్లోకి వెళతారామె.. ఉచితంగా వైద్యసేవలు అందిస్తారు. 'వియ్ రీచ్... వియ్ టీచ్...వియ్ ట్రీట్' అనే ఆశయంతో పనిచేస్తున్న బిందు సేవాస్ఫూర్తి ఇది..



## వేయి దండాలు.. బిందమ్మా!

బిందు తండ్రి రామచంద్ర... లోపాల(టిపాల్ ఈఎల్)లో ఉద్యోగం చేసేవారు. బిందు కూడా అక్కడే పుట్టి పెరిగారు. 'ఎంటివిస్ పూర్తి చేయడం, న్యూరాలజీ విభాగంలో పెలోషిప్ తీసుకోవడం, క్లినిక్ సైన్సిస్లో ఎఫ్.ఎల్.సి. కిక్కుర పొందడం.. ఇలా అనేక ముదరాసనాచూతులు నా జీవితంలో ఉన్నాయి. అయితే, వాటికంటే పేదల కోసం పొందే పని స్థాపించడం నాకు మరింత ఆనందాన్నిచ్చింది. అదే, నా జీవిత లక్ష్యాన్ని నిర్దేశించింది' అంటారు బిందు. తిరుపతి స్పెషియల్ ఆసిస్టెంట్ ప్రొఫెసర్ గా పని చేసేవారు. తర్వాత నెల్లూరులోని నారాయణ మెడికల్ కళాశాలకు వెళ్లారు. అక్కడ గ్రామీణ ప్రాంతాల ప్రజల కష్టాలను ఆమె దగ్గరగా చూశారు. అనేక మంది పేద కోగులు ఆమె దగ్గరకు వచ్చేవారు. వారి సమస్యలను సావధానంగా వింటుండటంతో వారామెను ఎంతో అభిమానించేవారు. ఆమె కూడా సాధ్యమైనంత తక్కువ ఖర్చుతో వారికి మంచి వైద్యం అందించేవారు. 2013లో ఆపోలో ఆసుపత్రికి ఆమె మారారు.

● మారుమూల పల్లెల్లో పేదలు ఆసుపత్రికి వచ్చి వైద్యసేవలు పొందాలంటే కష్టం. ఒకవేళ వచ్చినా రోగం బయటపడ్డకే మూత్రమే సంప్రదిస్తారు. ఈ పరిస్థితి రాకుండా బిందు శ్రేణిస్థాయి కార్యకర్తలను విస్తృతం చేశారు. గ్రామాల్లో తగ్గిపోతు, ముందు మేహం తదితర పరీక్షలు నిర్వహిస్తున్నారు. హైవర్ టెస్ట్, ట్రెయిన్ స్ట్రోక్ లాంటినవకే ముప్పు ఉన్నవారిని గుర్తించి మందులు అందిస్తున్నారు. రోగుల కోసం 'ఎఫ్.ఎల్.సి. హెల్ప్ అనే యాప్ అందుబాటులోకి తెచ్చారు. రోగుల కెస్సులలో వెబ్ థేటింగ్ తో పాటు ఇతర ఆలోచనా సేవల వివరాలు వారి ఫోన్లో అలర్ట్ గా వచ్చే ఏర్పాటు చేశారు. కొవిడ్ సమయంలో స్ట్రోక్ హెల్ప్ యాప్ ద్వారా సేవలు ప్రారంభించారు. పార్శిస్యూస్ రోగులకు ఆమ్ ద్వారా సేవలు అందిస్తున్నారు.

దీంతో అప్పటివరకు ఆమె దగ్గర చికిత్స పొందే వారికి ఇబ్బందులు ఎదురయ్యాయి. అప్పుడే వారి కోసం ఏదైనా చేయాలని నిర్ణయించుకున్నారు బిందు. తన పేరుతో ఓ పొందేపని స్థాపించారు.

సకాల వ్యాధులు, పక్షవాతం, మూర్ఖ వంటి తీవ్ర సమస్యలున్న రోగులకు 'డాక్టర్ బిందుమేనన్ ఫౌండేషన్ ద్వారా వైద్య సేవలు అందించేవారు. అయినా బిందులో పేదల కోసం ఇంకా ఏదైనా చేయాలన్న తపన ఉండేది. తీవ్రమైన వ్యాధులతో పోరాడుతూ, ప్రాణాలు అరచేతుల్లో పెట్టుకుని గ్రామాల నుంచి వచ్చేవారి వ్యయభారాలను తగ్గించాలని నిర్ణయం తీసుకున్నారామె. దీనికోసం ఓ సొంత వాహనాన్ని సమకూర్చుకున్నారామె. అదే 'న్యూరాలజీ ఆన్ వీల్స్'. 2015లో మొదలైన ఈ కార్యక్రమం అనూహ్య పరిణామాల ఇచ్చింది. పేదల పాలిట దివ్య రథమే అయ్యింది. నెల్లూరు జిల్లాలోని ఇళ్ళపాళెం, మిదవలూరు, బోగోలు, అల్లూరు, కోవూరుపాడు, మనుబోలు.. ఇలా 30 గ్రామాల్లో వైద్యసేవలు అందిస్తోంది వాహనం. తీవ్ర పరిస్థితుల్లో ఉన్న వందలాదిమందికి ఇళ్ళకు సేవలందిస్తున్నారు. వైద్యపరీక్షల నుంచి, శస్త్రచికి



ళ్ళలా, మందులు వరకు ఒళ్ళి, రూపాయి కూడా రోగి నుంచి తీసుకోరు. ఆమె సొంత డబ్బుతోనే ఇవన్నీ చేస్తారు. బిందు సేవలకు గుర్తింపుగా 13 అంతర్జాతీయ, 24 జాతీయ అవార్డులు, మూడు పెలోషిప్స్ వచ్చాయి. వరల్డ్ స్ట్రోక్ అర్గనైజేషన్లో రీసెర్చ్ కమిటీ సభ్యురాలిగా, వరల్డ్ డెడరేషన్ ఆఫ్ న్యూరాలజీ సెషనల్ గ్రూప్ మెంబర్ పర్ ఎఫ్.ఎల్.సి.గానూ ఆమె కొనసాగుతున్నారు. ప్రపంచస్థాయిలో ఎంత గుర్తింపు వచ్చినా చికిత్స తీసుకుని కోలుకున్న పేద రోగుల నుంచి అందే ప్రశంస వెలకట్టలేనిది. అదే నాకు ఇష్టం' అంటారు బిందు

-గాలి సురేష్, నెల్లూరు



Dr Bindu Menon is bringing effective healthcare to the forefront, finds Seema Rajpal

## Healthcare on wheels

### Listen up

Dr Bindu Menon used to teach at Sri Venkateswara College, Tirupati and at Narayana Medical College and Hospital, Nellore, and used to see 150 patients per day

200

The number of patients enrolled with identification cards with her foundation



Reach Out  
drbindu  
menon.com

Who said that women can only be gynaecologists? - Dr Bindu Menon thought to herself back in the day when she was pursuing her MBBS. Such was the norm that women doctors opt for fields like Gynaecology but it turns out that Menon would have none of that. The subject of Neurology had claimed her heart and that is what she intended to pursue. "Neurology seemed to me as mysterious as Math. We need to comprehend every action of the patient — how they talk, laugh and so on," explains the Nellore-based doctor while talking about why she considered Neurology her calling, even back then. Couple this with her love for interacting with patients and working with them to get to the very root of their problem and one understands why she continues to dedicate her life to this particular field of Medicine.

### GET YOUR FACTS RIGHT

- One in four Indians risk dying from non-communicable diseases before they reach the age of 70
- Currently, the stroke incidence in India is much higher than in Western countries
- Nellore has 11 neurologists for a population of six lakh



A former lecturer and a fairly new entrant into the corporate world, Dr Menon joined Apollo Speciality Hospitals as a HOD and Professor in 2014, and she started Dr Bindu Menon Foundation in 2013. "This was to bridge the gap between people who know they are suffering from an ailment but do not seek medical intervention and the treatment itself," explains the 49-year-old. Her targets were educational institutions, corporates and organisations. They have covered more than 116 colleges and

schools as of now including Sri Siddhartha Junior College, Sastra College Of Pharmaceutical Education and Research, Ratnam Institute of Pharmacy and many more. But her current labour of love, Neurology on Wheels, has all her attention now. With her minibus equipped with basic equipment, she travels to internal villages of Andhra Pradesh, like Gollakandukur and Kommi, and educates people about epilepsy and strokes, screens them and offers medication of up to one month for free.

While a crowd of 80 to 100, or sometimes the whole village, gathers to listen to the 15-20 minute talk that Dr Menon personally delivers, tests like blood pressure and sugar precede a consultation with the good doctor herself. Those who are diagnosed with ailments are encouraged to visit the doctor.





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न्यूरोलॉजिस्ट डॉ बिंदू मेनन, ग्रामीण इलाकों में करती है मुफ्त इलाज



नेशनल

# पेशे के साथ समाज सेवा भी कर रही है न्यूरोलॉजिस्ट डॉ बिंदू मेनन, ग्रामीण इलाकों में





## This AP Neurologist Has Treated Over 3000 Patients in Remote Villages for Free!

“Before ‘Neurology on Wheels’, I had little idea about the scary healthcare scenario in these villages. Even simple medications are a luxury for some villagers!”

“We reach, we teach, and we treat!” While Dr Bindu Menon, a Nellore-based neurologist, chooses to sum up her philanthropic efforts through this simple phrase, we beg to differ because they hardly do justice to the lives she has saved through her noble endeavours.

A leading neurologist from Andhra Pradesh, Dr Menon started ‘Neurology On Wheels,’ the country’s first and only medically-equipped van exclusively dedicated to neurological patients in 2015, and in the past four years, the van has covered 23 remote villages in Andhra Pradesh.

One Sunday every month, Dr Menon can be spotted in her minivan with her team of volunteers. The van moves through remote hamlets of Andhra Pradesh, raising awareness about stroke, epilepsy and common neurological ailments while treating hundreds of patients completely free of cost.

In addition to Neurology On Wheels, in 2016, she launched Epilepsy Help, an app which sends alerts to families of epileptic patients in emergencies like sudden seizures and also started a country-wide toll-free 24X7 helpline which provides crucial information about neurological disorders.

Dr Menon has been practising for nearly two decades and began her non-profit initiatives in 2013 by setting up Dr Bindu Menon Foundation.



“In 2013, I started a free check-up camp and medicine distribution centre for underprivileged neurological patients. At present, I have 200 registered patients who regularly come for a consultation. They are provided with medication for a minimum of one month. In case a patient needs further intervention, they are treated for free at local hospitals until recovery,” explains Dr Menon.



### The rural healthcare scenario in India

The human nervous system and its nuances have always intrigued Dr Menon, even when she was a schoolgirl, and she grew up determined to choose neurology as both her passion and profession.

# lucknowdigital



नेशनल

## पेशे के साथ समाज सेवा भी कर रही है न्यूरोलॉजिस्ट डॉ बिंदू मेनन, ग्रामीण इलाकों में करती है मुफ्त इलाज

Radhika Srivastava May 22, 2023



## With Neurology-on-Wheels, Doctor Takes Free Epilepsy & Stroke Treatment to Rural Andhra

Dr Bindu Menon's foundation runs an initiative called Neurology-on-Wheels, offering free healthcare services to remote areas since 2013. She is also noted for her research in the field of epilepsy, strokes, and other neurological diseases.



BY RINCHEN NORBU WANGCHUK

March 11, 2023 • 13 Min Read



Sometime in early 2008, Dr Bindu Menon was dropping her daughter to school when other parents and teaching faculty began crowding around her in the corridor, seeking advice on different neurological conditions. This wasn't the first time it had happened to the neurologist serving as an associate professor at a medical college in Tirupathi, [Andhra Pradesh](#).

### Crucial healthcare on wheels

Nellore district has neurological patients from several small and remote villages, but they can hardly come to a city hospital. During her camps, Dr Menon would keep reminding her patients to reach the hospital in four and a half hours for a stroke. But when she first visited some of these villages, she realised that barely anyone could come to the city hospital for treatment in four and a half hours. The reasons for this were plenty.



## This Nellore doctor is hitting the road to spread awareness about strokes, epilepsy and more



Who said that women can only be gynaecologists? - Dr Bindu Menon thought to herself back in the day when she was pursuing her MBBS. Such was the norm that women doctors opt for fields like Gynaecology but it turns out that Menon would have none of that. The subject of Neurology had claimed her heart and that is what she intended to pursue. "Neurology seemed to me as mysterious as Math. We need to comprehend every action of the patient — how they talk, laugh and so on," explains the Nellore-based doctor while talking about why she considered Neurology her calling, even back then. Couple this with her love for interacting with patients and working with them to

get to the very root of their problem and one understands why she continues to dedicate her life to this particular field of medicine.

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A former lecturer and a fairly new entrant into the corporate world, Dr Menon joined Apollo Speciality Hospitals as a HOD and Professor in 2014, and she started Dr Bindu Menon Foundation in 2013. "This was to bridge the gap between people who know they are suffering from an ailment but do not seek medical intervention and the treatment itself," explains the 49-year-old. Her targets were educational institutions, corporates and organisations. They have covered more than 116 colleges and schools as of now including Sri Siddhartha Junior College, Saastra College Of Pharmaceutical Education and Research, Ratnam Institute of Pharmacy and many more. But her current labour of love, Neurology on Wheels, has all her attention now. With her minibus equipped with basic equipment, she travels to internal villages of Andhra Pradesh, like Gollakandukur and Kommi, and educates people about epilepsy and strokes, screens them and offers

"Not only do heart-warming smiles greet us in every village, we noticed that 80 per cent of the crowd that avails the services of the camp are women. This shows how, unlike men, women don't travel much and as a result, don't have the opportunity to take tests. This initiative is proving to be very beneficial," says Dr Menon who has visited 22 villages till date. While a crowd of 80 to 100, or sometimes the whole village, gathers to listen to the 15-20 minute talk that Dr Menon personally delivers, basic tests like blood pressure and sugar precede a consultation with the good doctor herself. Those who are diagnosed with any ailments are not only given free medication for a month, they are also encouraged to visit their nearest doctor. "In Agraharam, we have even initiated a follow-up with patients and I want to do that with other villages as well," she says sounding hopeful. And now out with an app for epilepsy called Epilepsy Help, and a helpline in place (1800 102 0237), Dr Menon is forging forward.



Hot wheels: The minibus Dr Menon is using for her cause | (Pic: Dr Bindu Menon Foundation) medication of up to one month for free.



## Neurology On Wheels – The Doctor Carrying Her Services To The Villages Of India



A leading neurologist hailing from Andhra Pradesh has been taking her healthcare services to the remotest areas of the state with the motto of 'We reach, We teach, We treat'. Navigating through the narrow lanes of villages in her medical van has now become a part of Dr Bindu Menon's monthly routine. With the fully equipped van, she not just treats patients with neurological disorders but also spreads awareness amid them about the same.

The lack of healthcare services in rural areas is one of the biggest problems faced by our country today. Keeping this as foreground, she started Dr Bindu Menon Foundation as a not for profit initiative in order to reach poor patients in rural areas for whom even regular medicines are considered 'luxury'. With the support of her team members and her genuine efforts, she started 'Neurology on Wheels' transporting medical services in a small van to distant or remote parts where medical services are scanty. Till now, she has nearly covered 23 villages and provided free treatment to hundreds of patients.



### Neurology On Wheels:

a first time project in the country for providing specialized neurological services in the remotest parts. Dr Bindu could be spotted near the medical van, usually on Sundays, along with her team of volunteers attending her patients. A village is identified by random selection by the foundation before planning their visit. Later, the team visits the village with the village head to give intimation about the camp in advance. The awareness programme includes information related to stroke risks factors; recognition of symptoms and the role of regular compliance of medicines for treatment. Later free medical camp is held where screening and detection of hypertension, diabetes and stroke is done at the end of and the patients are distributed medicines.

D SURENDRA KUMAR @ Nellore

**N**INE years on, 'Neurology on Wheels' continues to provide quality treatment to neurological disorder patients in rural areas. Noted neurologist Dr Bindu Menon launched the initiative in 2013. Since then, the 'Neurology on Wheels' has carried out numerous medical drives across the district and provided medicines to patients free of cost.

The neurologist has been creating awareness on epilepsy, strokes related to nerves, brain and other neurological disorders among the public, especially rural population. The foundation run by Bindu Menon has conducted health check ups for over 10,000 rural population in 32 villages, so far. She has treated 91 diabetic, 122 stroke and 96 untreated epilepsy cases.

The Bindu Menon Foundation has been providing medicines to 54 children affected by epilepsy, residing at Pragathi Charities.

"I began this journey in 2008 during awareness programmes in colleges. However, with each interactive programme, I realised that there was a low awareness about risk factors and symptoms of stroke. This prompted us to prepare pamphlets and booklets for our future programmes, which incorporated complete information about stroke. I have completed 186 such awareness programmes for over 35,000 people till now," the neurologist said.

The foundation also started conducting monthly camps for patients, who are below poverty line. Initially, it started with 23 patients, and now they have more than 200 patients. "We have completed 100 camps, so far," she added.

With a motto of 'We Reach, We Teach and We Treat', the foundation identifies a village by random selection. Then the



Neurologist Dr Bindu Menon interacts with a patient during 'Neurology on Wheels' programme in Nellore district | EXPRESS

# SA, RE, GA, MA...

## MUSICAL NOTES TO FIGHT STROKE

Neurologist Bindu Menon conducts free camps on epilepsy, stroke

team requests sarpanch to inform about this to ASHA, anganwadi workers and ANMs as they are the local trained health educators for the villages. Then, the foundation conducts an awareness programme urging villagers to attend the camp. The talk is tailored for stroke risk factors, recognition of symptoms and the role of regular compliance of medicines. Later, a free medical camp is held where screening and detection of hypertension, diabetes and stroke is done. They evaluate the patients and counsel them according to the risk factor.

Bindu Menon has created a stroke symptom mnemonic in Telugu, which will be played during the medical camps. "This initiative is the first-of-



its-kind in the country. The mnemonic is penned in musical notes, which is comprehensible for the public. Each musical note has a stroke symptom in Telugu. It has become popular among the public," the Neurology of Wheels founder said.

She also launched a mobile application for epilepsy patients. The app will help patients to enter all their personal medical data. It also has a seizure diary. It also reminds the patients about their medicine dose. Bindu Menon has received several awards for her services. She received the Mridha Spirit of Neurology award from the American Academy of Neurology and American Brain Foundation in 2022. She is a recipient of the 2022 American Academy of Neurology AB Baker Teacher Recognition Award and Lions Club International President's Appreciation certificate and Governors Appreciation Award in 2021. World Stroke Organization conferred the title of the Fellowship of the World Stroke Organization (FWSO) 2021 on her.



నెలలకు, రామ్మూర్తిపేటలో భార్యని నంది యార్ విల్లింగ్. అందులోనే ఉంది యాక్చవ్ న్యూరో అండ్ రీహబ్ కేర్. డాక్టర్ గుడిలో మదర్ థెరిపా ఫాలో చూపరులను అభిప్రాయం. "సామాజికమైన సేవకు ప్రతిరూపం మదర్, ఎంత చేసినా అమెను చేరుకోవడం అసాధ్యం. కానీ అమెను చూస్తూ ఉంటే అమె చేసిన సేవలో ఒక్క మంతు అయినా చేయగల సేవైనా ఆక. లోజా మదర్ ఫాలో చూస్తూ ప్రేరణ పొందుతుంటాను" అని విరుసవ్యక్తి అన్నాడు డాక్టర్ వీడు మెనన్.

డాక్టర్ వీడు మెనన్ తండ్రి రామారంజు నంది యార్ కి కేరళ. అయిన లోపాలలోని విహితులకు రీల్ ఒక్కోం చేసి అక్కడే నివసించారు. వీడు మెనన్ వ్యక్తి. పెరిగింది భోషాలేనే. ఎంటీ ఎన్ తర్వాత గ్యాబియర్, ముంబయి, బెంగళూరుల్లో న్యూరాలజీలో స్పెషలిస్ట్ కోర్సులు పేసి తిరు పతి స్పెషియల్ అసిస్టెంట్ ప్రొఫెసర్గా ఉద్యోగంలో చేరాడు. చేరిన తొలివారల్లో ఎదురైన అనుభవాలను గుర్తు చేసుకున్నాడు డాక్టర్ మెనన్.

"అది 2002. తిరుపతిలోని స్పెషియల్ (శ్రీ వేంకటేశ్వర ఇన్ స్టిట్యూట్ ఆఫ్ మెడికల్ సైన్సెస్) డిప్లొమా వ్యాసం. పేషెంట్లు తమ కష్టాన్ని తెలుసుకోలేక వెళ్తున్నారు. ఇంగ్లీష్ వచ్చిన ఒక నర్స్ అనుకుని దిస్తోంది. పేషెంట్ వది వారాల్లో చెప్పిన విషయాలను ప్రాన్సిపల్ తరచు చూస్తూనే ముగిస్తోంది. ప్రాన్సిపల్ తరచు చూస్తూనే వినయాలతోపాటు పేషెంట్ మాటల్లో వినిపిస్తున్న బాధను మనసుతో విని వైద్యం చేస్తున్నాడు. మర్యాదగా అనివించడం లేదు. పేషెంట్ - డాక్టర్ మధ్య మరో మనిషి ఉండకూడదు, ప్రాన్సిపల్ తరచు అయినా సరే. ఉండకూడదు. వ్యాధి దిస్తుంది కావచ్చు పెద్దది కావచ్చు కానీ అవ్యాధి కారణంగా లోగి మౌనంగా వది అంత భవ ఎవరికి వాళ్ళకు అనే పెద్దది. ఆ బాధను డాక్టర్లు పేషెంట్ బాషలోనే వివరించాలి. అప్పుడే పేషెంట్ కి డాక్టర్ మీద నమ్మకం కలుగుతుంది. ఆ నమ్మకం అనేది వైద్యం. డాక్టర్ తన వృత్తికి వ్యాయం చేయగలిగి పేషెంట్ బాషలో మాట్లాడగలిగిన వ్యక్తి. అందుకే తెలుగు నేర్చుకున్నాను. ఉద్యోగంలో చేరిన అరు నెలల్లో అనుభవాలను అవసరం లేకుండా వైద్యం చేయగలిగాను. ఆరేళ్ల కర్వాక నెలలూలోని వారాయం మెడికల్ కాలేజీకి వెళ్లాను. ప్రస్తుతం అపోలో హాస్పిటల్ లో విడులు నిర్వహిస్తున్నాను" అని తెలిపారు డాక్టర్ మెనన్.

**పేటల దగ్గరను దారి**  
అపోలో హాస్పిటల్ అమెను నందమూల రాళ్ల గుం చేసింది. అప్పటి వరకు అమె దగ్గర వైద్యం చేయించుకున్న పేదవాళ్ళ అమె గురించి అడగడం.

డాక్టర్ వీడు మెనన్. 'పెరిలిక్స్ హెల్త్ యాం డెవలప్ చేయించారు. పేషెంట్లు మొదలైపోస్తే ఈ యాపెను ఉచితంగా డౌన్ లోడ్ చేసుకోవచ్చు. పేషెంట్ వివరాలు యాండ్ లో నమోదైన తర్వాత రెస్ట్రాలర్ తెమి చేసుకోవాలివ్వ తెలితో పాటు ఇతర ఆరోగ్య సేవలకు ఫోన్ లో అలర్స్ వస్తుంది. ఎమర్జెన్సీ నంబర్ పాదా ఉంటుంది. మలయాళం, హిందీ, ఇంగ్లీష్, తెలుగు భాషల్లో అందుబాటులో ఉన్న ఈ యాండ్ పేషెంట్ నమోదు చేసుకున్న వివరాలు గోప్యంగా ఉంటాయి. ఇది కాకుండా డ్రైవ్, డ్రైవ్, ఎసి రెస్పా డిలి అవేర్స్ లోల్ ప్రీ నంబర్ 1800 10 20 231 పాదా అందుబాటులో ఉంది. దీనితో పాటు అమె మెప్పుకొచ్చి, మెడలొచ్చి, చేతులు తిమ్మిల్లి పట్టుడు వంటి అనేక సేవలను నమోదిత నమస్కల పట్ల ప్రాథమిక సమాచారంతో కూడిన పేజీయాలను రూపొందించారు. ఒక్కొక్కటి ఇరు పనిపాల నడిపితో ఉన్న ఈ హెల్త్ అవేర్స్ పేజీ యాలను వేలాది మంది కీర్తిస్తున్నారు. పార్కిన్

**పరిచయం** డాక్టర్ బిందు మెనన్



గత వారల్లో 'న్యూరాలజీ అండ్ చీల్డ్'లో 29 గ్రామాలలో ఉచిత వ్యాధినిర్ధారణలు నిర్వహించిన డాక్టర్ బిందు మెనన్ (అతివారిం) 30వ గ్రామంగా నెల్లూరు జిల్లా వాడూరు మండలం గొల్లపాలెంలో వెళ్ళింది.

# జీలికి వరం

అమె లేరిన తెలివితేటలను అనుభవించే లోనవుతున్న సమాచారం అమెకు చేరుతునే ఉంది. అమె దగ్గర వైద్యం చేయించుకోవాలని ఉన్న పేదవాళ్ళను... అమె ఉన్న పెద్ద హాస్పిటల్ గేటు కూడా భయపెడుతుంటుంది. అప్పుడు వచ్చిన అలోపనే న్యూరాలజీ అండ్ చీల్డ్ తనతో వైద్యం చేయించుకోవాలనుకుంటున్న పేద

వాళ్ల దగ్గరకు తానే వెళ్ళడానికి అమె న్యాయంగా నిర్ణయించుకున్నప్పుడు 'న్యూరాలజీ అండ్ చీల్డ్' తిరిగి పట్టాల్కుతున్న జీవితాలు "డాక్టర్ చెప్పే మాటలు వివాలని, డాక్టర్ తన కళ్ళం చెప్పుకోవాలని కోరుకుంటారు పేషెంట్

## పల్లెలకు వైద్యరథం



వృద్ధుడికి వైద్యం చేయడం, డాక్టర్ మెనన్

నన్న వ్యాధిగ్రస్తల కోసం ఒక సహాయక గ్రామీను పిర్మాలు రేణు. ఇవన్నీ చదువుతున్న వాళ్ళి. తిర్పాటను అందిస్తున్నప్పుడు వాళ్ళలో ఆరోగ్య వైద్యం తొందరం కోసం అమె చేస్తున్న పనులు. ఇప్పుడు ఒక మోక్షం అవగాహన ఉన్న వాళ్ళకు చేరే సౌభరాలు. అయితే న్యూరాలజీ

సమస్య గురించి ఏ మాత్రం తెలియని వాళ్ళకు సహాయ వ్యాధుల పట్ల వైద్యం కలిగించడం కోసం అమె న్యాయంగా గ్రామాలలో పర్యటిస్తున్నారు. తిర్పాటలోని పల్లె పల్లెలకు తీసుకెళ్ళాలని కలెక్షం కట్టుతున్నారు. న్యూరాలజీ అండ్ చీల్డ్ ఇన్ ఫర్మ్ నెల్లూరు జిల్లాలో 30 గ్రామాలలో వెళ్ళుతుంది. "న్యూరాలజీ చదివిన డాక్టర్లు అందరూ సగంకాలే చేయమిచ్చే పోతే, గ్రామాలలో వైద్యం అంటే తెలియాలి" అన్నారామె. వక్రవారం పేషెంట్లను సగంకాలే తీసుకెళ్ళే వైద్యం చేయించుకోగలిగిన స్థాపక అందరికీ ఉండదు. హెల్త్ అవేర్స్ లేకపోవడంతోపాటు ఆర్థిక పరిస్థితులు అనుకూలం అని చాలామంది వక్రవారాలకి గురైన ఎన్నో జీవితాలు మందానే పరిమితమైపోతున్నాయి. వాళ్ళను తిరిగి నడిమిదారికి అమె తీసుకున్న నిర్ణయమే 'న్యూరాలజీ అండ్ చీల్డ్'. ఈ సేవలందన్నవి వీడు మెనన్ పొందిన 'సాకీ ఈస్ట్ పేషెంట్, స్ట్రోక్ అగ్నైజ్ మెంట్ మెంబర్ గా నియామకమైంది.

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దీని. అందుకే గ్రామాలకు వెళ్ళి వైద్యం చేస్తున్నాను. గ్రామానికి వెళ్ళినప్పుడు ముందుగా సదాన సమస్యలు ఎన్ని రూలుంటాయి వివరిస్తాను. ఆ తర్వాత ఉచితంగా పరీక్షలు చేస్తాను. మందులు కొనుక్కోలేని వాళ్ళను వీడు మెనన్ పొందిన ద్వారా రక్షణ చేసుకుంటాను. వాళ్ళ ఫార్మీగా కొలు

- అవార్డులు**
- 11 అంతర్జాతీయ, 24 జాతీయ అవార్డులు
  - పద్మశ్రీ అవార్డు
  - ఎనిమిది రిటరీవ్ అవార్డు
  - సాక్షి ఎగ్జిక్యూటివ్ అవార్డు (సాక్షికి సేవలందిం)

కునే వరకు నెలనెలా మందులు పొందేవే ద్వారా ఉచితంగా వస్తున్నాం. అందుకే నేను చేస్తున్న పనికి 'వియ్ టీ, వియ్ టీ, వియ్ ట్రీట్' అనే థీమ్ ను రూపొందించడమన్నాను. మా వైద్య సేవ ద్వారా వాళ్ళల్లో ఉన్న వాళ్ళ వ్యక్తిత్వ పొంది జటిల మీద అవారంపడకుండా తమ పనులు తాము చేసుకోగలిగిన స్థితికి చేరుతున్నాడు. ఇంట్లో సహాయంతో వ్యక్తి వక్రవారాలకి గురైతే ఆ బతుకుం కలగించుకోవాలి. అలాంటి పేషెంట్లు పూర్తిగా కోలుకుని తిరిగి కుటుంబ బాధ్యతలు చేపట్టేప్పుడు ఆ ఇంట్లో అందరి జీవితాలూ తిరిగి గాడిద మధ్యమైన సంతోషంగా ఉంటుంది. డాక్టర్గా నేను గెరిటనని పిలిచే సందర్భాలను" అన్నాడు వీడు మెనన్.

**వైద్యంమే నివారణోపాయం**

వైద్యం ఎంత విస్తృతంగా అందుబాటులోకి వచ్చినప్పటికీ పేదరికు కూడా అనే స్థాయిలో వికలాభివృద్ధిని చేస్తుంది. పేదరికానికి అవగాహన లేదు కూడా తోడైతే ఇక హెల్త్ సాఫ్ట్ అనే మాట కలలకే పరుదుకొస్తుంది. "అవరోగ్య అలవాట్లు



వైద్య పరీక్షలకు అనుకూలమైన పరికరాలతో ప్రత్యేకంగా తయారైన 'న్యూరాలజీ అండ్ చీల్డ్' బాహునంలో గొల్లపాలెం గ్రామస్థూలానికి చికిత్స చేస్తున్న డాక్టర్ బిందు మెనన్

మార్పు కారణంగా ముప్పు - నల్లల్లి పుళ్ల హై డిప్లొమగర్ వచ్చేస్తున్నాయి. దోచుపానం, మద్యపానం అనే మరో రెండు వ్యవసాయ అలవాట్ల పొయి ఉంటున్నాయి. దేశానికి వ్యాయాయం ఉండదు. ఇన్ని సవాళ్ల తో జీవిస్తూ నెల్లూరులోని వీడుం ఏ రోజైనా కుక్కానిపోవచ్చు. అందుకే హెల్త్ లో భాగం వాళ్ల జీవనశైలిని మార్చగలిగితే వక్రవారాలని నివారించవచ్చు. వ్యాధుల పట్ల జానం ప్రత్యేకం కలిగిస్తే, ఆ వ్యాధుల బాధను వదలకుండా కాపాడవచ్చు. నేను చేస్తున్న ప్రయత్నం అదే" అన్నాడు డాక్టర్ వీడు మెనన్.

- వాదా మంజులారా రెడ్డి  
ఫోటో: అప్పల కమలాదేవి, సాక్షి, నెల్లూరు



पेशे के साथ समाज सेवा भी कर रही है  
न्यूरोलॉजिस्ट डॉ बिंदू मेनन, ग्रामीण इलाकों  
में करती है मुफ्त इलाज

नेशनल

May 22, 2023



allahabadpost.in



### This neurologist is taking healthcare to the remotest parts of Andhra Pradesh through Neurology on Wheels By Think Change India | 21st Dec 2019



Neurologist Bindu Menon has covered 23 villages and provided over 100 people with free treatment since 2015 through her foundation, Neurology on Wheels.

Since 2015, Bindu has covered 23 villages and provided over 100 people with free treatment. The usual process of identifying a village is random; the team makes a prior visit and conducts a health awareness session among locals about the camp. During this process, topics like stroke risk factors, recognition of symptoms, and the use of medicines required for the treatment are discussed. After the awareness session, the foundation provides free screening and detection of hypertension, diabetes, and stroke.

Healthcare remains out of reach for many poor and marginalised communities in India. Most of the time, proper healthcare services do not reach the remotest areas of the country. But many initiatives by states and the Centre, including Ayushman Bharat and Mohalla Clinic, are bringing about change in this direction. Individuals and organisations are also doing their bit for this cause. Bindu Menon, a neurologist, is taking healthcare services to remote areas of Andhra Pradesh through her foundation, Neurology on Wheels. Bindu travels through these areas in her medical van, which is capable of providing free neurological treatment, and also conducts awareness programmes.



Bindu Menon treats patients in her medical van. (Image: The Logical Indian)

It also provides medicines for treatment. Speaking to The Logical Indian, Bindu said, "Awareness about stroke and epilepsy is very poor in villages. There is still a trend of opting for native medicine when it comes to treatment. Prevention of stroke is the most effective means for reducing the burden of this issue. During camps, patients with stroke and epilepsy are also counselled." She added, "One of the hurdles faced further by a patient includes what he should do after the medicines get over. We try to counsel patients about this. Undetected diseases and poor awareness about the risk of other major diseases was something we often observed during our camps. The situation is changing slowly, but not at the pace at which it should be."

According to The News Minute, Bindu has worked as a neurologist in some hospitals in Andhra. She is also credited with setting up the Neurology Department at the Tirupati Medical College in 2008. Bindu has also come up with a mobile application. She said, "We also have an app called Epilepsy Help, where patients can get help in managing the problem, from timely alerts to take their medicines to help for checkups," The News Minute reported.

(Edited by Rekha Balakrishnan)



पेशे के साथ समाज सेवा भी कर रही है  
न्यूरोलॉजिस्ट डॉ बिंदू मेनन, ग्रामीण इलाकों  
में करती है मुफ्त इलाज

नेशनल

May 22, 2023



गाज़ियाबाद

# न्यूरोलॉजी ऑन व्हील्स बनी वरदान, डॉ. बिंदू कर रही दिमागी बीमारी का मुफ्त इलाज

डाक्टरी का पेशा आजकल मुनाफे का सौदा हो चुका है। लेकिन ऐसे में एक न्यूरोलॉजिस्ट डा. बिंदू मेनन हैं जो ग्रामीण इलाकों में मुफ्त इलाज के साथ समाजसेवा कर रही हैं।

गाज़ियाबाद • May 20, 2023 / 07:56 pm • Kamta Tripathi



## 'अस्पताल' लेकर गांव पहुंच जाती हैं डॉक्टर...!

हेदराबाद। आंध्रप्रदेश के नेल्लोर जिले में महिला डॉक्टर ने अनूठी पहल शुरू की है। मशहूर न्यूरोलॉजिस्ट डॉ. बिंदु मेनन ने गांव के लोगों तक पहुंचने के लिए 2015 में 'न्यूरोलॉजी ऑन व्हील्स' की शुरुआत की। उन्होंने मिनी बस को न्यूरोलॉजिकल (दिमाग संबंधी) मरीजों की जरूरत के मुताबिक सभी जरूरी मेडिकल साधनों के साथ तैयार कराया, जिसमें वह आसानी से उनका चेकअप कर सकें।

देश में यह इस तरह का पहला और एकमात्र अभियान है। महीने में किसी भी एक रविवार को यह वैन आपको किसी न किसी गांव में दिखेगी, जिसमें डॉ. बिंदु मेनन मरीजों का चेकअप करती हैं, साथ ही गांव के सभी लोगों को न्यूरोलॉजिकल बीमारियों के बारे में जागरूक भी करती हैं। भोपाल के गांधी मेडिकल कॉलेज से एमबीबीएस और फिर मुंबई से न्यूरोलॉजी में अपना स्पेशलाइजेशन करने के बाद डॉ. बिंदु इंग्लैंड में प्रैक्टिस करती थीं। साल 2000 में वह भारत लौट आईं और तिरुपति के श्री वेंकटेश्वर इंस्टीट्यूट ऑफ मेडिकल साइंसेस में बतौर असिस्टेंट प्रोफेसर काम करने लगीं। आठ साल यहां अपनी सेवाएं देने के बाद डॉ. बिंदु, नेल्लोर शिफ्ट हो गईं। फिलहाल, वह नेल्लोर के अपोलो स्पेशलिस्ट हॉस्पिटल्स में न्यूरोलॉजी डिपार्टमेंट की हेड और प्रोफेसर हैं।

इसके साथ-साथ वह डॉ. बिंदु मेनन फाउंडेशन भी चला रही हैं, जिसके जरिये उनका उद्देश्य गरीब और जरूरतमंद लोगों तक सही इलाज और देखभाल पहुंचाना है। उन्होंने बताया कि हॉस्पिटल और क्लिनिक तक वही लोग पहुंच पाते हैं, जो स्ट्रोक, एपिलेप्सी जैसी न्यूरोलॉजिकल बीमारियों के बारे में जागरूक हैं और वे इसका इलाज करवा सकते हैं,



न्यूरोलॉजिस्ट बिंदु मेनन की अनूठी पहल।

पर ऐसे लोगों का क्या, जिनके पास न तो जागरूकता है और न ही इलाज के लिए पैसे हैं। इन लोगों के बारे में सोच कर मैंने 2013 में डॉ. बिंदु मेनन फाउंडेशन की शुरुआत की। डॉ. बिंदु मेनन फाउंडेशन के जरिये वह मुफ्त हेल्थ केयर कैंप लगाती हैं, जहां पर आने वाले मरीजों का चेकअप, सभी तरह के टेस्ट और फिर मेडिकेशन आदि सभी कुछ मुफ्त में किया जाता है। पांच साल पहले जब उन्होंने यह कैंप शुरू किया था तो शुरू में 20 से 25 मरीज हर महीने उनके पास आते थे, पर अब हर महीने वह लगभग 200 मरीजों को देखती हैं।

डॉ. मेनन कहती हैं कि उनकी टीम सबसे पहले गांव का सिलेक्शन करती है कि उन्हें किस गांव में जाना है। फिर वे गांव के मुखिया या सरपंच से संपर्क कर उन्हें अपने अभियान के बारे में समझाते हैं, साथ में विचार-विमर्श करके महीने के एक रविवार को कैंप के लिए फिक्स किया जाता है। उनकी इस पहल ने अब तक 26 गांवों के लोगों की जिंदगी को प्रभावित किया है। डॉ. मेनन सबसे पहले गांव में पहुंचती हैं और फिर शुरू में, 15-20 मिनट के लिए एक अवेयरनेस प्रोग्राम करती हैं, जिसमें सभी गांव वालों को दिल का दौरा, मिर्गी, हाइपरटेंशन, माइग्रेन आदि के बारे में जरूरी बातें बताई जाती हैं, जो कि अक्सर लोगों को पता नहीं होती।

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## 'Neurology on Wheels': This doctor is taking her services to the villages for free



On the week-days, Dr Bindu Menon is a doctor at a hospital in Nellore. On the weekends, she navigates through the narrow lanes of villages of the Andhra Pradesh in a small van. The only difference is that she is not going on a leisure trip, but for something more.

Holding the grip on the motto, 'We reach, We teach and we treat', Dr Bindu Menon has been taking the healthcare services to the most remote parts of the state.

In the past 4-years, the 'Neurology on Wheels' has covered 23 remote villages in Andhra Pradesh. Addressing the problem of lack of healthcare services in rural areas, Dr Bindu Menon started Dr Bindu Menon Foundation as a not for profit initiative, but as a service to reach poor patients in rural areas for whom even regular medicines are considered 'luxury'.

## This neurologist is taking healthcare to the remotest parts of Andhra Pradesh through Neurology on Wheels

Healthcare remains out of reach for many poor and marginalised communities in India. Most of the time, proper healthcare services do not reach the remotest areas of the country. But many initiatives by states and the Centre, including Ayushman Bharat and Mohalla Clinic, are bringing about change in this direction.

Individuals and organisations are also doing their bit for this cause. Bindu Menon, a neurologist, is taking healthcare services to remote areas of Andhra Pradesh through her foundation, Neurology on Wheels. Bindu travels through these areas in her medical van, which is capable of providing free neurological treatment, and also conducts awareness programmes.



Since 2015, Bindu has covered 23 villages and provided over 100 people with free treatment. The usual process of identifying a village is random; the team makes a prior visit and conducts a health awareness session among locals about the camp. During this process, topics like stroke risk factors, recognition of symptoms, and the use of medicines required for the treatment are discussed. After the awareness session, the foundation provides free screening and detection of hypertension, diabetes, and stroke. It also provides medicines for treatment.

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# Innovation, Creativity and Happiness

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**WITH  
DR. BINDU MENON**

**INNOVATION, CREATIVITY &  
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<https://bhogya.online/empress-talks>

By Mala Krish / Health & Wellbeing, Leadership, Personal growth, Women / 7 minutes of reading

## Neurology on wheels: This AP doctor is treating patients in villages for free



Dr Bindu Menon recalls that it has been a long time that she has taken a vacation from her job. A doctor at a hospital in Nellore by the weekdays, on Sunday she is a traveller who visits nearby villages in a mini-bus. No, Dr Bindu doesn't go on a leisure trip but rather she is greeted with warm smiles from villagers, awaiting the sight of her bus for their medical check-ups. Armed with assistants from the Dr Bindu Menon foundation, the doctor spends almost a day in the village, treating patients with epilepsy, strokes and other neurology-related diseases. The check-ups are free and the doctor hasn't had a break in this routine in the past four years.

Born and brought up in Bhopal, for Dr Bindu, neurology always seemed as fascinating as mathematics. "I was always amazed at the way brain functioned like a CPU for our body. The way we talk, laugh or cry - each action is intricately connected to the way our brain functions. Back in my day, when women mostly chose gynaecology as their subject, my heart was in studying neurology," the 49-year-old neurologist tells TNM.

In a career spanning over two decades, Dr Bindu worked as a neurologist in a couple of hospitals in Andhra while also starting the Neurology Department at the Tirupati medical college in 2008. A well-known figure in her field, Dr Bindu was a regular at schools and colleges in the state, holding awareness classes on brain-related diseases.

"My major area of focus was on patients suffering from epilepsy and strokes. While the rich sought immediate treatment, people belonging to weaker economic sections either were not aware of the severity of the disease or there was a gap in availing the right kind of treatment. For the same reason, I started the Dr Bindu Menon foundation 2013, with the aim of providing free medical treatment and check-ups to people suffering from epilepsy and strokes," the doctor recalls.

Providing treatment to the poorest of poor, the foundation gives free medical treatment to patients for up to a month. "We analyse how the patient is responding to medicines and over time if we feel that the treatment needs to continue for a longer duration, we take them into the foundation and treat them for free until the patient is cured. For others, we prescribe medicines and insist on regular follow-ups," the doctor explains.



However, it became clear that the foundation wasn't reaching as many people as Dr Bindu wanted to. Patients started narrating stories of people back in their villages with similar diseases.

"I understood there was a treatment gap - people, especially the old, didn't think it was important they

## Indian Women Blog



indianwomenblog

A leading neurologist from Andhra Pradesh, Dr Bindu Menon [@drbindumenon](#) started 'Neurology On Wheels,' the country's first and only medically-equipped van exclusively dedicated to neurological patients in 2015, and in the past four years, the van has covered 23 remote villages in Andhra Pradesh.

In addition to Neurology On Wheels, in 2016, Dr Menon launched Epilepsy Help, an app which sends alerts to families of epileptic patients in emergencies like sudden seizures and also started a country-wide toll-free 24X7 helpline which provides crucial information about neurological disorders. "Before Neurology on Wheels, I had little idea about the scary healthcare scenario in these villages. I cannot pinpoint how much of a dent my services have made, but one thing is for sure—the awareness has certainly improved in the villages I visited," she remarks. "We provide medicines

for a month for at-risk patients or those with minor disorders. Critical patients are registered under the ambit of our foundation, and we completely fund their treatment. We also provide all long-term medication and treatment for impoverished families," informs Dr Menon. "Because, at the end of the day, being a physician is all about serving the people." Excerpts from conversation with The Better India

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नेशनल

पेशे के साथ समाज सेवा  
भी कर रही है  
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## This AP Neurologist Has Treated Over 3000 Patients in Remote Villages for Free!

“Before 'Neurology on Wheels', I had little idea about the scary healthcare scenario in these villages. Even simple medications are a luxury for some villagers!”



BY SAYANTANI NATH

October 11, 2019 • 7 Min Read



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