



*The First Newsletter of the
Movement Disorders Society of India (MDSI)*

1st January, 2016

Message from the President of MDSI

Dear Friends,

It is my pleasure to write this message as the founding President of Movement Disorders Society of India (MDSI). In India, Movement Disorders as a superspecialty was a neglected area in most meetings in Neurology. For several years, we worked as a close group as a sub-section of Indian Academy of Neurology and it was a long felt need to organize us as an association/ society/ foundation. While we discussed this often in the sub-section meetings, I could not start the activity of registration and organization due to my health and few years left of my active life at AIIMS. Dr. Uday Muthane who was the next choice was also not able to take it up, having moved to private sector and non-availability of academic setup at his disposal and assistance. Dr. Pramod Pal finally took up the responsibility with the able assistance from Dr. Ravi Yadav and several colleagues. The founding members were chosen after deliberations in a democratic way. Our society was registered in April 2014 and suggestions were invited for its logo and a tag line. There was active participation of all the founding members on the logo selection and the logo suggested by me was accepted. The logo symbolizes the caring hands of a doctor and

the graceful dance of the peacock which all the movement disorders neurologists strive to achieve for their patients.

Over the past year and a half, MDSI has endorsed several meetings held across the country. The first mid term meeting of MDSI was held in Delhi whereas the first Annual congress of MDSI will be held between 8th and 10th January 2016. The first congress of MDSI is set to be held with a bang under the able leadership of Dr. U. Meenakshi Sundarum with 5 international speakers and 31 national speakers, video Akhada, free papers/posters and interactive video sessions.

The MDSI has forums for neurologists, neurosurgeons, allied personnel (nurses, physiotherapists, speech therapists and dieticians etc.), and in the future will also have forums for patients and their caregivers. In this way, MDSI will be all-inclusive and aim towards research, public awareness, and comprehensive management of the various movement disorders in India. The Society now has more than 150 members and we have already initiated the paperwork for affiliation to MDS-AOS.

I am sure that MDSI will soon get national and international recognition and scale to greater heights.

Amen

Dr. Madhuri Behari,
President, MDSI

Message from the Secretary of MDSI

Dear Colleagues,

It is my pleasure to present this first newsletter of MDSI which is a summary of the activities since inception in April 2014.

India, with a population of ~1.3 billion has only about 2000 board certified Neurologists. To cater to the requirement of certified Neurologists, there is an addition of ~150 seats in Neurology training and certification (DM or DNB) every year. Across India, there are large number of patients who now seek specialized services from neurologists - such as movement disorders, stroke, epilepsy, etc. The gap in high quality research in these superspeciality fields of Neurology is also widening.

With this in mind, in late 2012, a group of Movement Disorder specialists with common interests decided to form the Movement Disorders Society in India. Though there were Indian Societies of Stroke and Epilepsy, and a few patient and caregiver centered support groups or Societies for Parkinson's Disease, India did not have any registered Movement Disorders Society to promote education, research and service in Movement Disorders.

After this initial conceptualization to form a common platform for Movement Disorders in India, several meetings and discussions were held among the 20 Neurologists who were interested in research and patient care primarily in Movement Disorders. A memorandum with laws and by-laws for the Society was agreed upon and finally on 11th April, 2014, the Movement Disorders Society of India (MDSI) was registered with the Government of Karnataka, India. Over the past year and a half, MDSI has established itself as a National Society with great enthusiasm among medical and para-medical professions and basic scientists to join the Society.

This is the first newsletter of MDSI which is jointly edited by Dr. Charulata Sankhla and self.

Pramod Kumar Pal

Secretary, MDSI

Founding Members of MDSI



Objectives and Missions of MDSI

Considering the Indian scenario and the scientific and professional interests of clinicians, academicians and basic scientists, who are involved in the study, research and practice in Movement Disorders and Motor Control, the purpose of the society shall be:

- 1) Providing a scientific platform for those clinicians and scientists interested in Movement Disorders.
- 2) Building a greater understanding of Movement Disorders and Impaired Motor Control functions among clinicians and scientists.
- 3) Delivering better health outcomes for Indian and International communities.
- 4) Interpretation of new diagnostic information and the advancement of pharmacological and neurosurgical treatments for Movement Disorders.

- 5) Providing educational programs and trainings for clinicians, scientists and the general public with the help of latest scientific and clinical knowledge about Movement Disorders.
- 6) Promoting research in Movement Disorders by helping members to collaborate with different national and international organizations in clinical and applied neurosciences involving Movement Disorders.
- 7) Encouraging members of society to do research and to present their work in national and international conferences.
- 8) Developing and validating different rating tools for evaluation and assessment of different types of Movement Disorders as relevant to the Indian context.
- 9) Publishing guidelines for the diagnosis and treatment of various Movement Disorders in India.
- 10) Publishing research papers, journals for development and enhancement of scientific knowledge.
- 11) Collecting donations from various sources/ agencies to fund research in Movement Disorders.
- 12) Publishing a society journal for publication of research articles on Movement Disorders.
- 13) Developing web based educational material for general public and clinicians.
- 14) Organizing public education programs to spread awareness of Movement Disorders.
- 15) Providing medical and other support to the needy patients suffering from any Movement Disorder.

Executive Committee of MDSI

The Founding Members of the MDSI constitute the present Executive Committee.

The members are:

Patron:	B.S. Singhal
President:	Madhuri Behari
Secretary:	Pramod Kumar Pal
Treasurer:	Ravi Yadav
Website Editor:	L.K. Prashanth
Members:	Mohit Bhatt, Kalyan Bhattacharya, Rupam Borgohain, Shyamal Das, Bhaskar Ghosh, Vinay Goyal, Asha Kishore, Hrishikesh Kumar, Uday Muthane, M. Netravathi, Sujith Ovallath, M. Rukmini, Charulata Sankhla, Meenakshisundaram U, Pettarusp Wadia.

Subcommittees

The following subcommittees have been formed from the founding members of MDSI:

1. Membership committee
2. Scientific and research committee
3. Educational and conference committee
4. International collaboration committee
5. Website and journal committee
6. Public relation and fund raising committee

Secretariat:

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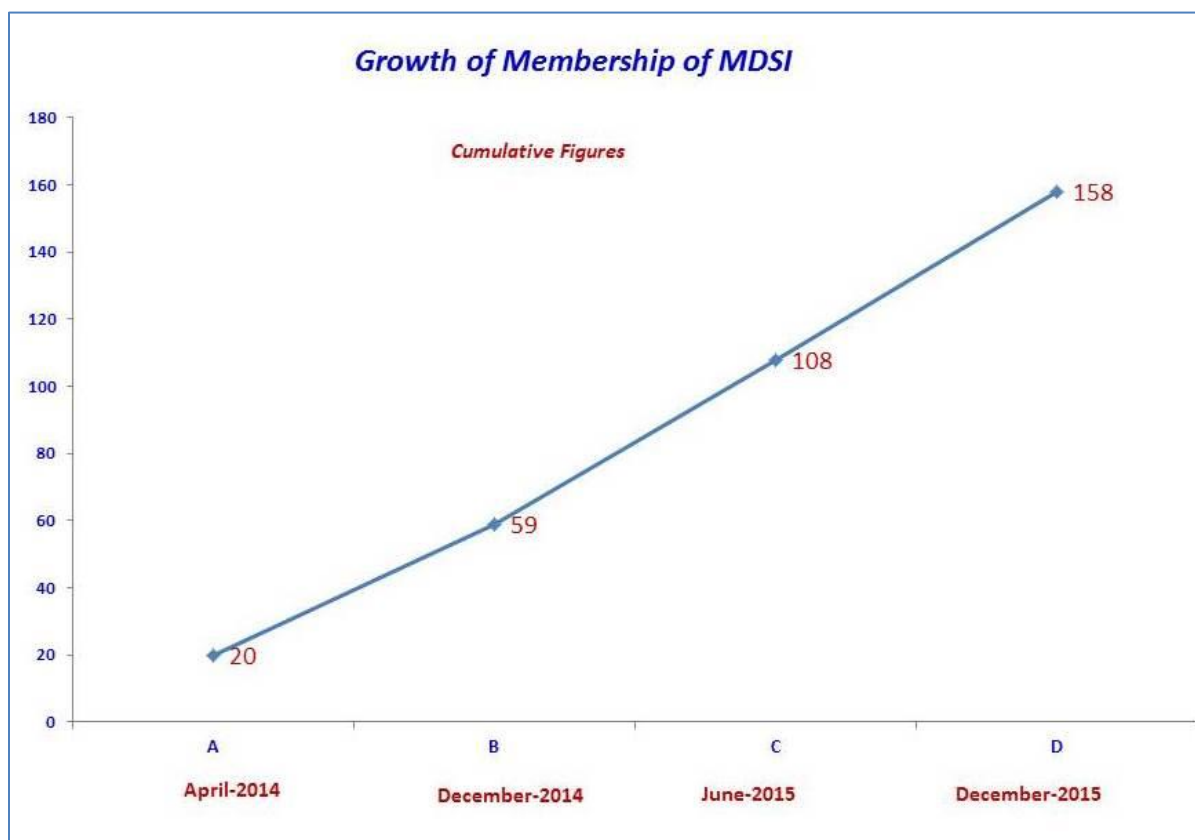
Membership:

Membership of MDSI is open to all health professionals interested in Movement Disorders, either involved in research, training or service. Apart from the 20 Founding Members (all neurologists) who started the MDSI, there are 4 categories of MDSI Membership: Regular Member (RM), Associate Member (AM), Student Member (SM) and Honorary Member (HM). The membership is open for any National and International professional or student.

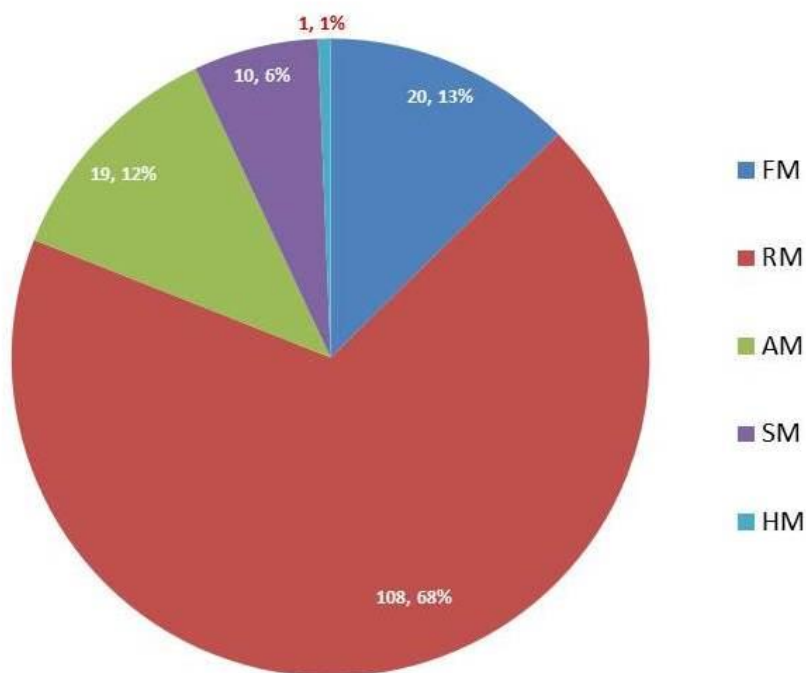
Activities of MDSI in the past (first) 18 months

(a) Membership drive:

The first step of MDSI after its inception was to spread the awareness of this Society to all health professionals (medical, paramedical, nurses, and basic scientists) and students pursuing training and research in neurosciences. *There was a steady rise in the membership which is now 158.*



Total Members =158 (as on 22/12/2015)



(b) Website of MDSI:

The MDSI website (<http://movementdisordersindia.org>) has been launched on 25th December, 2014 and is being modified to be an interactive one. There will be provision for online membership of MDSI, educational activities for health professionals, patients and caregivers in the field of movement disorders, and also link to other relevant websites.

(c) Educational activities:

a. MDSI CME:

The 1st CME of MDSI was organized by Dr. Vinay Goyal (a founder member) at CNC, All India Institute of Medical Sciences (AIIMS), New Delhi on 4th January, 2015. This was organized to launch the academic activity of MDSI. All the members of the EC participated in this meeting. The CME was attended by more than 80 delegates. There

were didactic lectures delivered by only the EC members and were well conceived by all the delegates.





Faculty and Students of 1st CME of MDSI at New Delhi

b. Endorsement of meetings with course in Movement Disorders:

MDSI endorses scientific programs (conference, CME, workshop, etc) conducted in the field of Movement Disorders in India on request. All requests for are reviewed by a Scientific Committee and the following Programs have been endorsed by MDSI so far:

- (i) The 2nd Movement Disorders Update of I-NK’ organized by Dr. Hrishikesh Kumar and team at the Institute of Neurosciences Kolkata on 26th and 27th of July 2014. It included lectures on different areas of Movement Disorders and Botulinum Toxin workshop. There were 15 faculty and 80 delegates who attended this meeting.
- (ii) “Understanding Movement Disorders – A video base case approach” organized by Dr. Suman Kushwaha and her team at Hans Plaza, Barakhambha Road, Delhi, on 18th October, 2014. About 104 delegates attended the conference, mostly neurologists and the resident doctors of the academic institutes of Delhi. All the delegates showed keen interest in the cases presented and actively participated in the discussions
- (iii) The 1st Movement Disorder Symposium cum Workshop was organized by Dr. Niraj Kumar and his team at Patna, Bihar on the 14th November, 2014. It was an educational course cum botulinum toxin injection workshop under the

aegis of Department of Neurology, IGIMS, Patna; Patna Neurological Society and Movement disorder society of India (MDSI). More than 100 delegates were registered for the course.

- (iv) The "Indo-Euro Park Summit 2015, Parkinson's and Movement Disorders: Latest in Science" was organized by Dr. Madhuri Behari and her team at the USI Auditorium, Rao Tula Ram Marg, New Delhi on 14-15 March 2015. There were several National and International speakers and it was attended by delegates from across India.

(d) Patient and caregiver related activities:

All founding members of the MDSI organized educational programs- CMEs, patient and caregiver forums and social awareness of Parkinson's disease on the occasion of the World Parkinson's Day on 11th April, 2015. These were held across India-Bangalore, Chennai, Hyderabad, Kolkata, Mumbai, Delhi and Kannur, under the aegis of MDSI. Patients with Parkinson's disease along with their caregivers were invited for group educational activities as well as medical check ups.

New Delhi:

Prof. Vinay Goyal and Prof. Madhuri Behari of All India Institute of Medical Sciences, New Delhi, like for the past 18 years, conducted an educational cum awareness program for Persons with Parkinson (PwP) and their caregivers in the first week of April 2015 under the aegis of Parkinsonism and Related disorders Awareness Network (PRAN) and MDSI. It was attended by ~450 participants, which included PwP and their caregivers. The participants were educated on various aspects of PD and how to manage them including spiritually and by physiotherapy.



Inauguration of the program for Persons with Parkinson (PwP)



Patients, caregivers and invitees



Lunchtime



Patients and caregivers consulting the experts

Hyderabad:

The Nizam's Institute of Medical Sciences, Hyderabad under the aegis of MDSI conducted a week long programme including games and contests for patients with Parkinson's disease from April 6th to April 10th. On April 11th, 2015 a meeting was conducted which included music and dance performance by PD patients, physiotherapy, yoga sessions and an awareness program.



Patient with PD playing Carrom

Chennai:

The World Parkinson's day celebrations were conducted at Sri Ramachandra University, Chennai under the aegis of the MDSI. There was a walk for creating awareness about Parkinson's Disease, in which about 300 people participated - doctors, nurses, physiotherapists, students and the public. A movement called LDOPA (Living with Dignity fOr People with pArkinson's) was also initiated for awareness and education.



PD Day celebration at Hyderabad

Kolkata:

World Parkinson's Day was celebrated under the aegis of Movement Disorders Society of India in the auditorium of Medical College Kolkata on **11th April 2015**. It was attended by 25 Neurologist from the city and about 75 patients and their caregivers. The agenda was awareness about Parkinson's Disease and prevention of caregiver stress. There was a session where spouses of patients shared touching incidents about their lives with patients with advanced Parkinson's Disease.

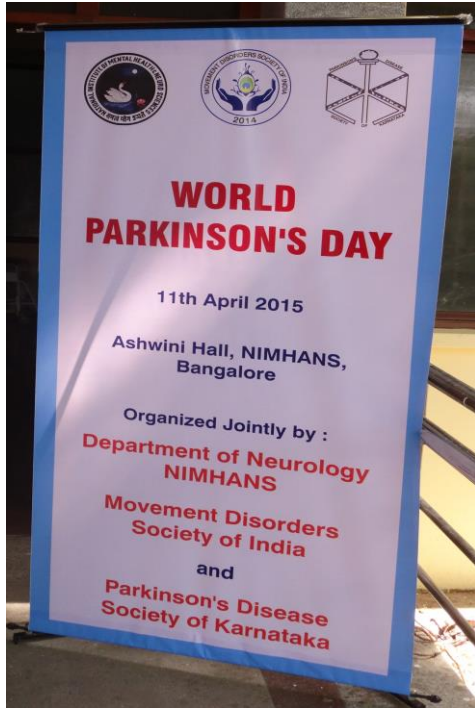
Apart from this, the Movement Disorders Forum of Kolkata organizes a **quarterly academic get together** with ~50 participants where interesting cases are discussed by neurologists, neurosurgeons and residents. ~ It is organized as part of MDSI and three founding members of MDSI are actively involved in inception and organization of this meeting.



Organizers of PD day at Kolkata

Bangalore:

The International Parkinson's day was celebrated on 11th April 2015 at the Ashwini hall auditorium, at the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore. This was jointly organised by the department of neurology NIMHANS and PD society of Karnataka with~ 75 patients and their caregivers participating.. The program was inaugurated by Dr. P Satishchandra (Director and Vice Chancellor NIMHANS) and Mrs. Amita Patel, President of PD society of Karnataka. The program had talks by PD experts. Dr. Pramod Pal, Dr. Uday Muthane, Dr. LK Prasanth, Dr Ravi Yadav spoke on various aspects of PD such as causes, diet, and treatment options. Dr. Dwarakanath Srinivas, neurosurgeon at NIMHANS, spoke on the role of surgery in Parkinson's disease. Mrs. Aarti Prasad, physiotherapist, gave practical lessons on gait and balance training. There was also a session on dance therapy and an open house session with the experts. . There was a display of the posters prepared by Nursing students of NIMHANS on Exercise, Diet and Precautions in PD.



Educational posters



Dance therapy for Patients with PD



Games for the patients



Patients with PD with the organizers

(e) Executive committee meetings:

- (i) *The 1st EC meeting* was held on 3rd January, 2015 at Board room, AIIMS, New Delhi before the 1st CME of MDSI. This meeting was coordinated by Prof Vinay Goyal (a Founding Member of MDSI), AIIMS, New Delhi. In this historic meeting, the office bearers discussed various laws and bye-laws of the MDSI, formation of subcommittees, membership drive, international collaboration, educational programs and the first annual conference of the MDSI (MDSICON). It was decided that MDSICON will be an annual event in January and the 1st conference will be organized by Dr. U. Meenakshisundaram (a Founding Member of MDSI) on 8-10 January, 2016.



The 1st EC meeting of MDSI at New Delhi

(ii) *The 2nd EC meeting* was held at Leela Palace hotel, Chennai on 17th July, 2015 at the venue of the 1st MDSICON. The main agenda was organizational aspects and Scientific Program of 1st MDSICON, apart from the membership drive and MDSI website.

(f) Review of MDSI activities by executive members:

Apart from the above two EC meetings, several FM members (all are EC members) held discussions about the organizational aspects of MDSI and how to increase membership. These discussions were held at NIMHANS, Bangalore (8th July, 2014), Hyatt Hotel, Kolkata (26th July, 2014) and at Taj Vivanta, Hyderabad (24-25 January, 2015).

(g) The 1st Annual Conference of MDSI (MDSICON): <http://www.mdsicon2016.com>

The historic 1st Annual Conference of the Movement Disorders Society of India - "MDSICON 2016" is being organized by MDSI and 'NeuroUpdate Chennai in association with the Tamilnadu Association of Neurologists from 8th to the 10th of January 2016 at Chennai. Four eminent international (Prof Kailash P.Bhatia, Prof M.Hallett, Prof A.E.Lang, and Prof Z. Wszolek) and 33 national faculty will participate.

Future

- Introduce a web-based journal of MDSI (JMDSI):
 - MDSI has started deliberations to start a scientific journal of MDSI. A committee has been formed to look into this.
- Increase membership of MDSI from neurologists, neurosurgeons, basic scientists, and all those who are interested in the area of movement disorders
- Conduct awareness programs and outreach programs in the community
- Conduct annual conference of MDSI and CMEs, workshops, endorsement programs to promote research and awareness in movement disorders
- Coordinating research in the field of movement disorders in India
- International collaborations for research in Movement Disorders
- To affiliate MDSI to the International Societies in the field of Movement Disorders, such as Asia-Oceanic section of International Parkinson and Movement Disorder Society and International Association of Parkinsonism and Related Disorders.
- To provide funding for young neurologists to train in Movement disorders fellowship programs within India and abroad.