

Trivandrum Physiatrists' Club

in association with

Government Medical College, Trivandrum



July 5, 2026
Sunday



Hotel Residency Tower
Trivandrum



Dear Esteemed Doctors,

The Trivandrum Physiatrists Club warmly invites you to Get Set Rehab 2.0, a full-day scientific conference dedicated to the theme Geriatric Rehabilitation.

Following the overwhelming response and positive feedback received for Get Set Rehab, we are pleased to present the second edition of this academic initiative. The program aims to provide a comprehensive overview of the evolving concepts in geriatric care and highlight the role of rehabilitation in improving functional independence, mobility, and quality of life among the seniors.

Through focused scientific sessions led by specialists in Physical Medicine and Rehabilitation, the conference will explore key aspects of geriatric rehabilitation and share contemporary perspectives that can assist clinicians in delivering a better care to geriatric patients.

We cordially invite physicians from all specialties and general practitioners to join us for this enriching academic experience and to be part of a meaningful discussion on advancing geriatric care.

Best Regards,

Dr. Selvan P.,
Chairman

Dr. Arun A John,
Secretary

Dr. Sindhuja N. S.,
Treasurer

Dr. Chitra G.,
President, TPC

Dr. Greeshma A. D.,
Treasurer, TPC

Program Schedule

8:30 am : Registration

9 am to 10 am : Session I Identifying the Rehabilitation Needs

Chairpersons		
Dr. S. Hariharan Former Principal, Medical Colleges in Kerala, and Former Professor HOD of PMR, GMC, Tvpm		Dr. Uma K. Senior Consultant & HOD, PMR, ESI Hospital, Peroorkada
9:00 am	Comprehensive Geriatric Assessment	Dr Santhosh K. Raghavan Professor & HOD, PMR, GMC Trivandrum
9:20 am	Early Functional Decline : Red Flags	Dr. Sreekala V. K. Professor & HOD, PMR, SGMC&RF, Trivandrum
9:40 am	Frailty Syndrome & Sarcopenia	Dr. Heera Selsa Assistant Professor, PMR, Dr SMCSI MC, Tvpm

10 am to 11 am : Session II Falls, Balance & Mobility

Chairpersons		
Dr P. Ramaswami Pillai Former Professor & HOD, PMR, GMC, Tvpm		Dr. Jayasree M. Professor & HOD, PMR, Azeezia MC, Kollam
10:00 am	Balance & Vestibular Dysfunction	Dr. Sooraj Rajagopal Professor, PMR , GMC Kannur
10:20 am	Falls in the Elderly	Dr. George Zachariah Professor, PMR , GMC Kottayam
10:40 am	Assistive Technology in Mobility	Dr. Selvan P. Professor, PMR , GMC Trivandrum

11 am to 11:30 am : Tea Break

11:30 am to 12:30 pm : Session III Neurological Rehabilitation

Chairpersons		
Dr. S. Abdul Gafoor Former Professor & HOD, PMR, GMC Trivandrum		Dr. Sasikumar E. Former HOD, PMR, ESI Hospital, Peroorkada
11:30 am	Stroke Rehabilitation challenges	Dr. Fathima Haneena P. Physiatrist, KIMS HEALTH, Trivandrum
11:50 am	Parkinsonism & Movement Disorders	Dr. Padma Kumar G. Associate Professor, PMR, GMC, Trivandrum
12:10 pm	Cognitive Rehabilitation & Dementia	Dr. Nitha J. Consultant, KIMS HEALTH, Trivandrum

12:30 pm to 1:30 pm : Session IV. Musculoskeletal Disorders & Pain

Chairpersons		
Dr. Churchin Ben S. G. Sr Physiatrist & Former HOD, PMR, PRS Hospital		Dr. Unnikrishnan Ramachandran Consultant Physiatrist, Saraswathy hospital
12:30 pm	Musculoskeletal Pain	Dr. Sonu Mohan M. S. Assistant Professor, PMR, GMC Trivandrum
12:50 pm	Osteoporosis & Fragility Fractures	Dr. Roy R. Chandran Professor, PMR, GMC Kozhikode
01:10 pm	Peripheral Neuropathy	Dr. Sindhuja N. S. Physiatrist, District Model Hospital, Peroorkada

1:30 pm to 2:30 pm : Lunch Break

2:30 pm to 3:30 pm : Session V System-Based Rehabilitation

Chairpersons		
Dr. U. Nandakumar Nair Former Professor & HOD, PMR, SCTIMST, Tvpm		Dr. Sindhu K. Nair Chief Consultant & HOD, PMR, GH Trivandrum
02:30 pm	Cardiopulmonary Rehabilitation	Dr. Greeshma A. D. Assistant Professor, PMR , SGMC&RF, Tvpm
02:50 pm	Cancer Rehabilitation	Dr. K. P. Masna Majeed Onco-rehabilitation consultant, MVRCCRI
03:10 pm	Sexual Rehabilitation	Dr. A. Sivaram Assistant Professor, PMR , GTDMC Alappuzha

3:30 pm to 4:30 pm : Session VI Functional Independence & Quality of Life

Chairpersons		
Dr. S. Anil Kumar Former Chief Consultant & HOD, PMR, GH Tvpm		Dr. G. Chitra Professor, PMR , GMC Trivandrum
03:30 pm	Health and Fitness	Dr. R. Sankar Ram Former Chief Consultant & HOD, PMR, GH Tvpm
03:50 pm	Polypharmacy	Dr. Amina Basheer Senior Resident in PMR, GMC Trivandrum
04:10 pm	Supportive Rehabilitation & Palliative Care	Dr. Vipin P. Vijayan Physiatrist, Taluk HQ Hospital, Kottarakkara

4:30 pm to 4:45 pm : Tea Break

4:45 pm : Valedictory Function

ORGANISING TEAM

Patrons	:	Dr S Hariharan	Dr P Ramaswami Pillai
Advisors	:	Dr Churchin Ben S G	Dr U Nandakumar Nair
		Dr Sreekala V K	
Chairman	:	Dr Selvan P	
Secretary	:	Dr Arun A John	
Treasurer	:	Dr Sindhuja N S	
Scientific Committee			
Chairman	:	Dr Santhosh K Raghavan	

Trivandrum Psychiatrists' Club

President	:	Dr Chitra G	
Vice President	:	Dr Sindhu K Nair	
Joint Secretary	:	Dr Fathima Haneena P	
Treasurer	:	Dr Greeshma A D	

Subcommittees in Action


Registration	:	Dr Sasikumar E, Dr Sonu Mohan, Dr Fathima Haneena P, Dr Bindhu G S, Dr Anjitha
Scientific	:	Dr Santhosh K Raghavan, Dr Unnikrishnan R Dr Sankar Ram R, Dr Uma K, Dr Nitha J
Finance	:	Dr Sindhu K Nair, Dr Uma K, Dr Sajeena A S, Dr Jagadeesh Chandran, Dr Shareena Musthafa,
Hospitality	:	Dr Abdul Gafoor, Dr Mary Gold, Dr Sreejith R, Dr Minju, Dr Chithu, Dr Arun, Dr Anusree
Reception	:	Dr Jayasree M, Dr Rajeswari V S, Dr Anitha Sathish, Dr Helen Diana Joseph, Dr Drini, Dr Bhavya, Dr Anagha
Audiovisual	:	Dr Anil kumar S, Dr Rajeswari N, Dr Vipin P Vijayan, Dr. Archana, Dr Cinju, Dr Krishhna Veni, Dr Divya Dileep
Venue	:	Dr Nazimudeen, Dr Neena T V, Dr Archana Udayan, Dr Amina Basheer, Dr Amal
Social Media & Publicity	:	Dr Shibu, Dr Heera Selsa, Dr Harsha P S, Dr Krishna veni, Dr Aparna
Memento	:	Dr Padmakumar G, Dr Jeeva Ramraj, Dr Laxmi Mohan, Dr Shabeer, Dr Akshay
Travel	:	Dr Sindu M P, Dr Jijo Varghese, Dr Sonu Mohan, Dr Amal, Dr Bhavya
Publishing	:	Dr Sindhu K. Nair, Dr Sinduja N S, Dr Greeshma A D, Dr Amina Basheer

REGISTRATION DETAILS

	Early Bird Till 30 th April	Regular 1 st May to 30 th June	Spot After 1 st July
Delegate	1500	2000	2500
Resident	1000	1500	2000
Accompanying Person (Non-medical)	1000	1000	1500

HOW TO REGISTER

Step 1 Make Payment

Account Name	Trivandrum Physiatrists Club	UPI ID: tvmpphysiatrists@sbi 
Account Number	42711319392	
Bank	State Bank of India	
Branch	Marakkada Branch	
IFSC code	SBIN0003826	

Step 2 Fill out the Google form

After making the payment, please fill out the Google Form to complete the registration process. You can access the form at https://docs.google.com/forms/d/e/1FAIpQLSfYbtp_p_jfXpljH202UI2_30lcL9ps45UgBQDFmkt2NISvHgg/viewform?usp=header

For further details visit us at <https://www.tvmpmrclub.com/gsr-2-0>

APPLIED FOR CME CREDIT HOURS!

For Details, please contact

Dr. Arun A John, Organising Secretary

Phone : +91 8547720603 Email: tvmpphysiatrists@gmail.com