

Issue - 1

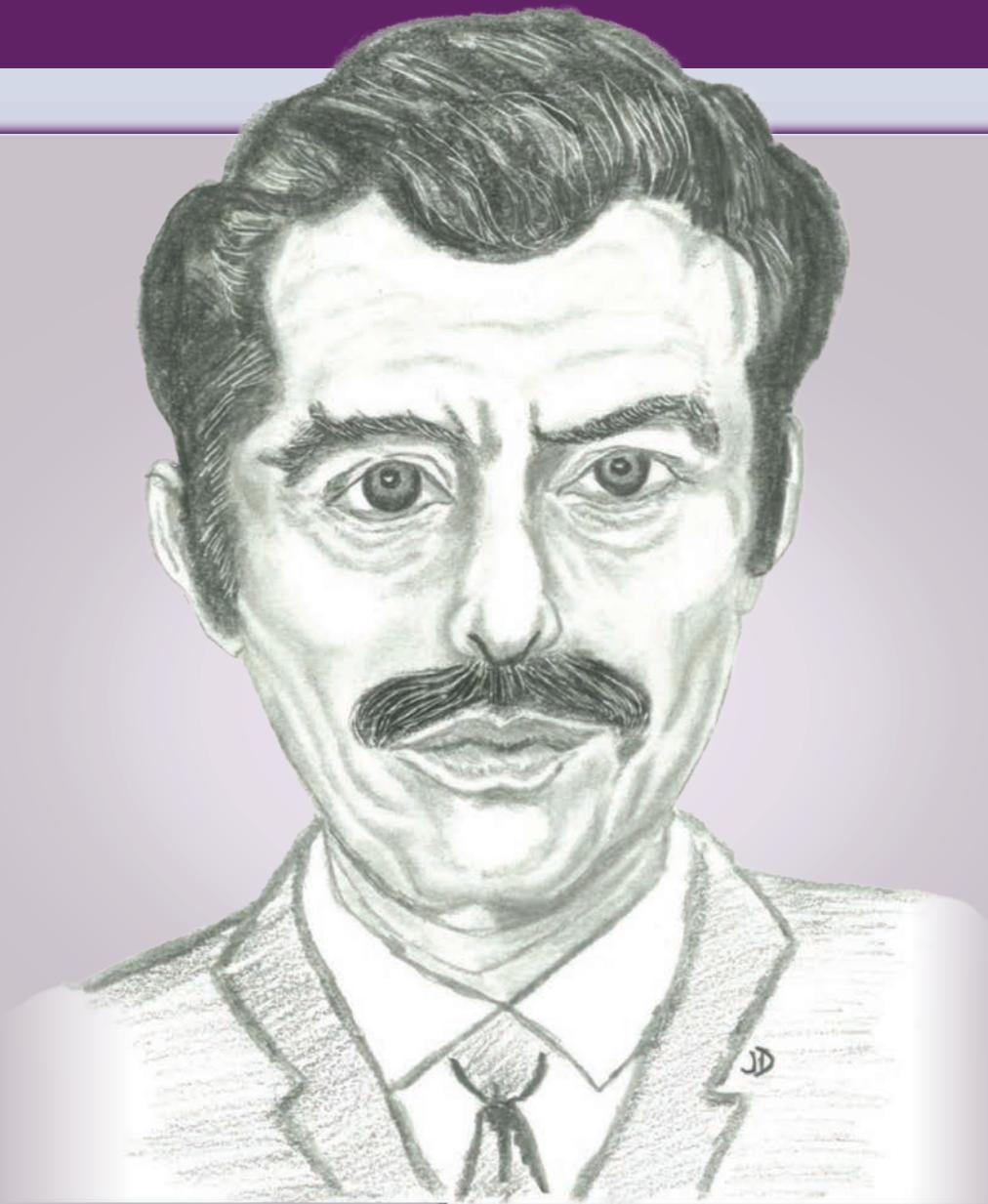
January - March 2025



# Epilepsy India



Newsletter of the Indian Epilepsy Association & Indian Epilepsy Society



*'Portrait of Dr N.H. Wadia*

*(Details on Back Cover)*

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### EDITORIAL OFFICE:

Room 8, Dept of Neurology, PGIMER, Chandigarh.  
 Email: editorepilepsyindia@gmail.com

### WEBMASTER <https://epilepsyindia.org/> :

Dr. Atma Ram Bansal



**Dr Parampreet S. Kharbanda**



**Dr Joy Desai**

Greetings from the Editorial Team! Some of you are already enjoying the rains and the greenery around you, and others are eagerly awaiting the monsoons!

This issue of Epilepsy India mainly contains chapter reports regarding the International Epilepsy Day events. It also has important notices from the IEA & IES and the report of the AOEC 2025 held in Delhi recently.

The cover carries a portrait of Dr N.H. Wadia by one of the editors (Dr Desai).

***Param & Joy***

# 15th Asian & Oceanian Epilepsy Congress (AOEC) Report

## Expanding Horizons in Epilepsy Care

The 15th Asian & Oceanian Epilepsy Congress (AOEC) took place from 20 - 23 February 2025 at the Leela Ambience Convention Hotel in New Delhi, India, with the congress taking most of the accommodation and all of the session rooms in the hotel resulting in a terrific atmosphere throughout the Congress.

The congress brought together 550 participants from around the world, offering a platform for the exchange of knowledge and insights on epilepsy care. Thirty-seven countries were represented at the Congress; this included delegates from India, Australia, Japan, Malaysia, USA, Thailand, Uzbekistan, Singapore, Taiwan, Hong Kong SAR China, China, Sri Lanka, Russia, United Kingdom, Indonesia, New Zealand and Republic of Korea.

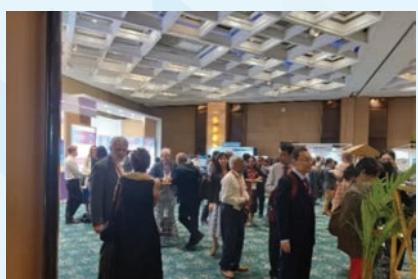
The Scientific Organizing Committee (SOC) was led by two co-chairs: John Dunne, Australia (representing ILAE) and Man Mohan Mehndiratta, India (representing IBE); in addition, ILAE and IBE appointed 12 members from the region to make up the SOC.

The theme of the scientific programme was "Expanding Horizons in Epilepsy Care", highlighting the latest advancements, challenges, and opportunities in the field. Over the course of the four-day congress, a total of 54 sessions took place, covering a diverse range of topics and formats. These included three (free) ASEPA workshops, six ASEPA didactic lectures, five platform sessions, 184 poster boards, a half-day nursing symposium, dedicated YES sessions and lively debates and video sessions.

The 15th AOEC featured 100 distinguished regional and international speakers and chairpersons, all contributing their expertise to shape the scientific programme.

The Asian Epilepsy Academy (ASEPA) and its chair, Derrick Chan, Singapore, delivered highly effective and practical programmes that complemented the scientific agenda. The programme featured three complimentary ASEPA pre-congress workshops on Thursday morning, topics included dietary therapies, a practical guide to diagnosis and management and a YES-ASEPA career development workshop. There were some technical issues with screens in the room at the start, but the experienced speakers and chairpersons effectively managed the situation until it was resolved by the AV team.

The CAOA awarded 26 bursaries to young investigators on the basis of high-quality abstracts, they also offered 12 delegates from New Delhi registration support.



Coffee break interactions



Poster Presentations



Posters Judges  
Jyotirmoy Banerjee and Aparna Dixit  
speaking with Satyesh Chowdary Muppavarapu.



Friends catching up

The Tadokoro Prize, a tradition of the AOEC, was endowed to the two best poster and two best platform presentations during the Awards Ceremony on the last day of the Congress.

LivaNova and Jazz Pharmaceuticals were the primary sponsors for the 15th AOEC and other companies that participated were Alcis, Besa, Cadwell, Compumedics, Eisai, Indian Surgical Solutions, Intas, Natus, Nihon Kohden, Sun Pharma and Torrent Pharma.

The 15th AOEC opened with the Chairmen's symposium entitled "Inflammation, epileptogenesis and epilepsy", providing insight into the spectrum of autoimmune seizures, dissecting the inflammatory mechanisms of drug resistant epilepsy pathologies and immune therapeutics in epilepsy.

It was a great privilege to have Ingrid Scheffer, Australia, deliver the Masakazu Seino Memorial Lecture titled "Epilepsy genetics: where new discoveries could transform the future".

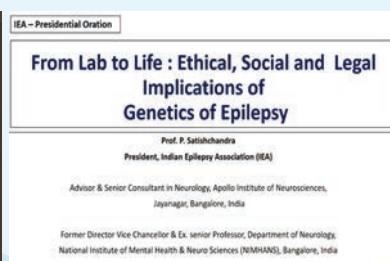
The first day concluded with the Welcome Ceremony, featuring speeches from ILAE's President J Helen Cross (UK), IBE's Management Committee Graeme Shears (Australia), and the Congress co-chairs.

There was an in-memoriam tribute to members of the region who sadly passed away recently, they were Sanjeev V Thomas (India), Hasan Aziz (Pakistan), Charcrin Nabangchang (Thailand) and Shankar Malakar (Nepal), this was followed by 1 minute of silence.

Prof P Satishchandra delivered the IEA presidential oration as the President of IEA; and Prof P Sarat Chandra from IES delivered the presidential oration as President of IES. Asian and Oceanian Outstanding Award in Epilepsy was presented to Bindu Menon (India), Masako Watanabe (Japan), Heung Dong Kim (Republic of Korea), Hemav Rajbhandari (Nepal) and Ong Hian Tat (Singapore) accompanied by informative summaries of their achievement highlighting their dedication and contribution to the region and they were presented with a plaque and a pen. In addition, through the Golden Light Awards, IBE honoured five young people from the region who constantly strive to improve the lives of those living with epilepsy.



Ingrid Scheffer (Australia)



Prof. P. Satishchandra of IEA — Presidential Oration



Prof. P. Sarat Chandra of IES — Presidential Oration

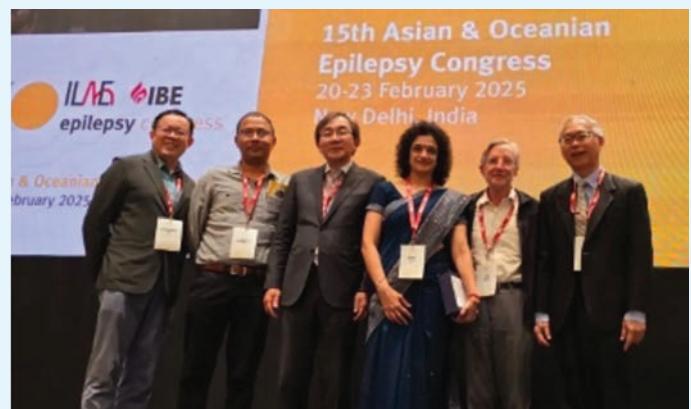


A traditional Indian dance performance followed the ceremony, and the Welcome Reception took place in the hotel courtyard. Participants had a wonderful time reconnecting with old friends, making new ones, and enjoying a variety of local food and drinks.

Six ASEPA Didactic Lectures opened the programme on Friday, Saturday and Sunday morning of the congress, followed by a highly topical main session, which was a great start to the congress on each day.

Then four parallel sessions covered all epilepsy genres. The afternoon featured an array of sessions including debates and video sessions as well as the Congress platform session and delegates were encouraged to visit the in-person physical posters during the lunchbreak.

On Saturday afternoon there was a Nursing symposium titled “Advancing epilepsy care and empowering nursing initiatives” and the YES Section assisted to arrange three sessions in the congress along with the “Yes Data Blitz” and “YES Brainstorming and discussion: Expert approaches to management of patients with epilepsy – masterclass and lightning talks”. There was also a seated Yoga and mindfulness in epilepsy on Saturday.



From Left to right:  
**Kheng-Seang Lim (Malaysia), Hemav Rajbhandari (Nepal),  
 Heung Dong Kim (Republic of Korea), Bindu Menon (India),  
 John Dunne (Australia), Ong Hian Tat (Singapore)  
 (absent Masako Watanabe, Japan)**



LAE YES Booth



ILAE Nursing Section Booth



Yoga and mindfulness in epilepsy session

The final day of the congress featured a comprehensive schedule of scientific sessions, including two ASEPA lectures, a main session, a video session, a presentation on new epilepsy surgery technologies, as well as the Tadokoro Awards and closing speeches.

The majority of those who attended the congress enjoyed themselves and some feedback from the survey included remarks like:

“Loved it, met lots of new people and connected with like-minded people and learned from their experience.

Would love to attend more of these congresses”

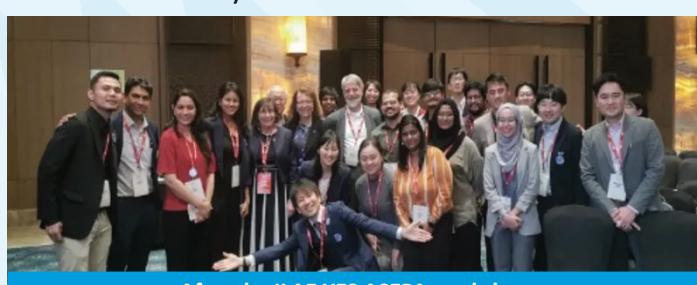
“Amazingly organised! Loved being a part of this. Looking forward to more such opportunities”

“It was excellent”

“Looking forward to more of these conferences”

“Thanks to all the organizing committee for a successful congress”

“It was overall very useful”



After the ILAE-YES ASEPA workshop



Friends catching up

Of the attendees, 94% said the congress met their expectations. 43% of attendees were aged between 30 and 40. More than 80% of delegates were from South East Asia, while more than 40% thought the programme was adequately covered, 14% said they would like to see more mentoring and fellowship programmes and 12% said they would like to see more teaching courses and career development sessions.

The regional committees of ILAE and IBE look forward to building on the success of the 15th AOEC at the 16th AOEC which will take place in Kuala Lumpur, Malaysia in November 2026.



## **Reported By**



**Dr. John Dunne**  
Australia  
Co-Chair, SOC



**Dr. Man Mohan Mehndiratta**  
India  
Co-Chair, SOC

- **Ajay Asranna (India)**
- **Ed Bertram (USA)**
- **Derrick Chan (Singapore)**
- **Sarat Chandra (India)**
- **Anchor Hung (Hong Kong SAR)**
- **Kensuke Kawai (Japan)**
- **Shang-Yeong Kwan (Taiwan)**
- **Howan Leung (Hong Kong SAR)**
- **Kheng Seang Lim (Malaysia)**
- **Muzharul Mannan (Bangladesh)**
- **Zarine Mogal (Pakistan)**
- **Manjari Tripathi (India)**

*Report prepared by Ms Andrea Hunt, ILAE*

# Awards



**Prof Bindu Menon  
receives the  
Asian and Oceanian Outstanding Achievement  
Epilepsy Award**

Prof Dr Bindu Menon received the Asian and Oceanian Outstanding Achievement Epilepsy Award at the 15th Asian and Oceanian Epilepsy Congress in New Delhi. John W. Dunne, Chairman of AOEC, presented the award on 20th February 2025.

This prestigious recognition from the International League Against Epilepsy (ILAE) Asia & Oceania is a testament to the efforts in advancing epilepsy care, awareness, and research.

Prof Menon expressed her heartfelt thanks to the executive board, her family, colleagues, mentors, patients, and everyone who has supported this journey.



# **IEA & IES Notices**

## **IEA ELECTION NOTICE**

**Dear Members,**

The Indian Epilepsy Association will be conducting online elections for the posts of President-Elect and Executive Committee Members.

In this regard, election details will be shared via email to the addresses received from the Secretaries of the respective member associations.

We sincerely thank you for your continued support and cooperation.

**Dr Gagandeep Singh**

President elect and returning officer IEA

**Dr Bindu Menon**

Secretary general IEA

## **ECON 2026**

Applications and bids are invited to host

### **ECON 2026**

the joint annual conference of the  
Indian Epilepsy Society and the Indian Epilepsy Association.

The Last date to send the application is

**June 15th, 2025.**

Please contact

**Dr. Vinayan K.P**

Secretary General

Indian Epilepsy Society

**for more details**

iessecretary2023@gmail.com or visit the website [www.epilepsyindia.org](http://www.epilepsyindia.org)

# NELLORE CHAPTER ACTIVITIES

Reported By Dr Bindu Menon

The Epilepsy Association, Nellore Chapter celebrated International Epilepsy Day with engaging and informative activities to raise awareness about epilepsy.

On February 1, Dr. Menon held a session at Dileep College of Nursing, engaging with dedicated nursing students. February 6, 2025: Led an awareness session on brain health at Canara Bank. There was a great interaction and myths and facts about epilepsy were shared

February 13, an awareness session of preventable forms of epilepsy and capacity building programme for the Kasumur Primary Health Centre. Prevent Neurocysticercosis and Prevent Cerebral Palsy posters were stuck at strategic waiting areas in the PHC.

Further awareness activities were conducted at Jindal Power and Canara Bank. These activities were very interactive.



## Winners of the Essay competition

International Epilepsy Day was celebrated at Rainbow School on February 10th. The event began with an essay writing competition for the students, who showcased their creativity and understanding of epilepsy. Winners were announced and prizes were awarded. A thought-provoking skit performed by the Neurology team highlighted important facts and dispelled common myths about epilepsy, emphasising the importance of awareness in supporting individuals with the condition. The event also featured an insightful talk by Dr. Bindu Menon, who provided students with valuable information about epilepsy, including its causes, treatment

options, and how to respond in the event of a seizure. This session aimed to educate and empower young minds with accurate information, fostering a supportive and informed environment for those affected by epilepsy. Overall, the celebration successfully promoted awareness and reduced the stigma associated with epilepsy, leaving a lasting impact on all participants.



Awareness programme at Jindal Powerplant



Awareness programme at Canara Bank



Skit by the Neurology team



Capacity Building programme at Kasumur PHC



Epilepsy training at Dileep College of Nursing

# JAIPUR CHAPTER ACTIVITIES

Reported By: Prof. (Dr.) R.K.Sureka

President, IEA Jaipur Chapter

Treasurer, Indian Epilepsy Association, Central

Professor Emeritus Neurology, JNU Medical college, Jaipur

- a) **AWARENESS PROGRAMM ORGANIZED BY IEA JAIPUR CHAPTER AT JNU SUPESPECIALITY HOSPITAL.** Awareness Program Organized by IEA Jaipur Chapter at JNU superspeciality Hospital on International Epilepsy Day. On 7th February, 2025 - a special awareness program was organized at JNU superspeciality Hospital, Jaipur on International epilepsy Day. The objective of this event was to raise awareness about various myths of epilepsy associated with this condition. The event was graced by presence of Dr. Sandeep Bakshi, Chancellor JNU as the Chief Guest and Dr. Sudhir Bhandari, Pro Chancellor Medical, JNU as distinguished guest. On this occasion a short film produced under guidance of Dr. R.K.Sureka entitled a "new beginning" was screened highlighting the challenges faced by individual affected by epilepsy and the importance of awareness. Additionally Dr. R.K.Sureka Delivered lecture on the subject. To enhance awareness a poster exhibition and an interactive session was also conducted involving doctors, medical students and general public. On this occasion Dr. Bhandari appreciated and congratulated Dr. R.K.Sureka for his dedicated efforts in dispelling various myths surrounding epilepsy. More than 300 participants attended the program and engaged in question answer session with the experts. Students and medical professionals contributed to raising awareness through posters, documentaries and presentations.



Pro vice Chancellor Medical JNU  
Prof Dr.Sudheer Bhandari & Dr.R.K.Sureka  
lighting the lamp to inaugurate International Epilepsy Day.



Students and general public attending the International Epilepsy Day Celebrations at JNU Superspeciality hospital, Jaipur.

a) **FREE EPILEPSY CAMP, EPILEPSY EXHIBITION AND “SEHAT KI BAAT” AN AWARENESS PROGRAMME AT RATAN NAGAR (DIST CHURU) RAJASTHAN**

Under the auspices of Epilepsy Care and Research Foundation and IEA Jaipur Chapter, International Epilepsy Day was celebrated at Ratan Nagar, Dist Churu on 4th February, 2025 in which 532 patients attended the free epilepsy camp and were distributed free medicines. There was a Question and Answer session and “Sehat ki baat” conducted in which Prof (Dr). R.K. Sureka, Neurophysician, Dr. Jai Singh (Psychiatrist), Dr. Sareen (Paediatrics) and Dr. Rohit Sureka (Gastroenterologist) participated and satisfied the queries of epileptic patients. On this occasion prizes were given to patients who answered the awareness questions correctly. All the patients and attendants were provided with free food.



Epilepsy Awareness camp & Sehat ki baat & question & Answer session at Ratannagar, Dist churu by Prof. Dr.R.K.Sureka and others.



Patients and their attendants attending the awareness campaign and “Sehat Ki Baat”.

## INTERNATIONAL EPILEPSY DAY CELEBRATIONS EDUCATIONAL AWARENESS PROGRAMS - EPILEPSY



The International Epilepsy Day [IED] celebrations involved educational awareness activities at the following institutions. As a life member of Indian Epilepsy Association, I was invited to deliver these educational awareness lectures. A brief report is as below along with photographs.

### 1. Viswa Sai College of Nursing, Rajiv Gandhi University of Health Sciences, Bengaluru:

This awareness program was held on Friday, 14th February 2025, between 2.00 pm to 4.00 pm. There were around 80 participants with fresher students of BSc 1st year Nursing as well as the teaching faculty. The session was made highly interactive along with power point presentation titled "**The Role of nursing staff in the management of patients with epilepsy**".

Presentation of this topic included objectives of celebrating the IED, basic definitions of epilepsy/seizure, its incidence/prevalence, causes, diagnostic tools used, the anti-seizure medications used as well as the treatment options, monitoring of PWE, precautions to be taken and an overview of management, including the first aid during emergencies relevant to nursing care. In particular some details about – febrile seizures and status epilepticus were covered along with necessary nursing care, their preparedness during hospitalization in an emergency unit. Since majority of the students as freshers were un-aware of the condition its manifestations and diagnostic tools like – EEG, CT-Scan, MRI etc. an overview of these was included in the presentation. Entire audience found this basic information very useful. A few students coming from remote parts of India accepted confirmed the myths/misconceptions that people believed in - like evil spirit as cause of epilepsy; smelling onion/leather as a first aid measure; giving keys in hand/holding spoon between the teeth to abort the attack! Few of the students were of the opinion that epilepsy is primarily seen in adults and were surprised to know that it can occur in any age group - the infants, children, adults and old age. Majority did not know the causes of epilepsy like – head injury, uncooked pork, infections, birth injuries in infants, tumors in elderly etc. These along with types and pathogenesis were explained using video clips for better understanding.

The presentation also covered the Dos' & Donts' of epilepsy, the precautions to be taken by PWE to safe guard, including activities that are restricted such as - climbing, swimming, cooking, driving etc. The role of a nurse in educating family/care takers along with its importance to compliment the advice by the clinicians in particular was emphasized.

The famous persons who achieved their goals and came up in life despite suffering from epilepsy were quoted and images were projected.

The talk was concluded with summary of activities of members of Epilepsy Association to drive away the myths and misconceptions associated with epilepsy. Audience was informed about the quarterly publication of Epilepsy India newsletter and were encouraged to join as the members.

Interestingly, at the end students were able to answer few simple questions during Q/A session that were covered during the talk.

## 2. Chandramma Dayananda Sagar Institute of Medical Sciences & Research, Bengaluru:

This awareness lecture delivered on Wednesday 19th February 2025, at CDSIMER, a prestigious medical institution in Bengaluru, primarily addressed the – medical graduates, postgraduates as well as medical faculty, engaged in medical teaching and research. There were more than 100 attendees. The presentation titled “**An overview of my successful and exciting 'roller coaster' journey in the field of EPILEPSY: Sharing experiences**” over 1.30 hrs, covered the contents using a series of pictures. The presentation was intended to focus on updating and motivating the young medical graduates/postgraduates and faculty to get interested to work in the field of epilepsy. Presentation included how one can start with a simple basic research question to generate a hypothesis and go further to carry out series of projects. involving animal studies initially and then the observational human studies, to take it forward. Personal experiences involving - medication prescription audits at the pharmacy level for anti-seizure medications, the extent and pattern of polytherapy/polypharmacy, potential for interactions involving studies in humans, the pattern and extent of ADRs to ASMs, and the pharmaco-epidemiological surveys, the pharmaco-economics, the QOL, medication adherence studies and the follow up studies in women with epilepsy, follow up studies with newer ASMs etc. The findings and challenges of all these relevant to 'epilepsy as a prototype' were shared. Additionally, innovative methods adopted in teaching/training were also presented. Benefits of research, conference presentations, journal publications as well as community oriented educational awareness activities over the last couple of decades were covered briefly. Lastly, areas of research in epilepsy that need to be explored were highlighted. The activities of IEA were emphasized. The presentation was very well appreciated.

**THE PICTURES BELOW ARE TAKEN DURING  
THE AWARENESS PROGRAMS AT THE ABOVE REFERRED VENUES**

## 3. Indian Epilepsy Association, Bengaluru Chapter:

The event was conducted on Saturday, 1st March, 2025 between 4.30pm to 7.30pm. It started with inauguration by lighting the lamp. There were around 60 participants including Nursing students, from Mallige Nursing College, as approved by the Chairman – Dr. A. C. Sreeram, along with couple of newly registered members for the chapter as well as persons with epilepsy, their care takers as speakers





which was a unique feature of this program. I spoke on reason for and significance of celebrating International Epilepsy Day. Celebrating epilepsy day has been a trend from the time of inception of Bengaluru Chapter.

The presentation emphasized the objective of the program to bring “epilepsy out of the shadows”. The common myths/misconceptions and stigma associated with epilepsy that need to be erased from the minds of public was stressed. An overview of basic definitions of seizures and epilepsy, briefly the pathophysiology, the causes, types and treatment of epilepsy with antiseizure medications [ASMs] was covered using power-point slides and animations where necessary. The breakthrough in the availability of large number of ASMs was highlighted to update the audience that treatment with medications has improved over the decades and hence optimal control of epilepsy in various types of epilepsies, as well as the different age groups is no longer a dilemma for clinicians to treat PWE. The program was concluded with a note of gratitude to and in memory of **Prof. K.S. Mani, the founder father of Epilepsy Association** who consistently focused on improving life of PWE. The unmet needs of PWE and their care takers as the theme of 2025, was covered by other speakers. Anchors for the program were perfectly selected. The entire program was organized by honorary secretary Mr. Chandra Shekar A. and treasurer, Mr. K. C. Janardhan, IEA – BLR-Chapter, who also were speakers at this program to share their psychosocial challenges and experiences which they are facing with epilepsy. Ms. Sri Vidya Mohan, a member of the chapter spoke on her one-on - one experiences and the emotional trauma one has to undergo while, dealing with person having epilepsy.

The panel discussion with Q/A formed a part of this program with participation from all the speakers. The widening role of nursing staff to assist and complimenting the clinicians in educating PWE and the care takers along with the Dos' & Donts' of epilepsy during an episode were highlighted.



# LUCKNOW CHAPTER ACTIVITIES

Contributed by: Dr, Atul Agarwal

Epilepsy Awareness Lecture & interactive program was organized at School of Pharmacy, BBD University, Lucknow. Dr Atul Agarwal addressed the gathering of students and teachers of School of Pharmacy. Prof S K Saraf, Director of Institute gave the welcome address and emphasized the need of such educative programs. Many mis concepts and superstitions are associated with Epilepsy. Pharmacists are very important link between Doctors and patients. What is Epilepsy, its causes, First aid and importance of regular medication were discussed. Many questions



were asked to participants to make it interesting. Emphasis was on many issues of Epilepsy- It's not contagious disease, majority of seizures are well controlled on regular medication and a person affected by Epilepsy can lead a near normal life with minor restrictions. Dr Rajeev Gupta, Dean proposed the vote of thanks. Dr Agarwal was honoured by a Bouquet of flowers and Memento by Mr Ravi Khare, Controller of Examinations. Dr Agarwal was taken to whole campus, labs and library to show the impressive facilities available at the institution. Mr D S Dubey of JSM Biotech played the important role in arranging the event.



# INDORE CHAPTER ACTIVITIES

Contributed by: Dr . V.V Nadkarni  
Secretary IEVAS

**10th Feb 2025**

## International Epilepsy Day celebrated on the second Monday of February

International Epilepsy Day was celebrated by the members of Indore Epilepsy Visheshagya Association Samiti Indore Chapter of Indian Epilepsy Association (IEVAS) at Geeta Bhawan Hospital on 10th February 2025.

Saraswati Vandana followed by lighting of the lamp ceremony Initiated the Inauguration at Gita Bhawan Mandir.



Dr. V. V. Nadkarni Secretary IEVAS, welcome the Trustees of Gita Bhawan Trust who have helped the Association in organizing epilepsy camps, in the past 30 years,



Mr. Ram Airen Chairman Gita Bhawan Hospital Inaugurated the function and spoke on commitment and service for needy epilepsy patients , who are deprived of epilepsy treatment due to financial constraint, He said IEVAS has co-ordinate epilepsy camps in the past and successfully created public awareness on epilepsy in the society which has helped to lessen the stigma surrounding the epilepsy. The Trust is committed for fulfilling the goals removing myths related to this dreaded disease. Today's camp include a unique program on "Laughter Yoga" demonstration by "Manpasand Group" for the benefit of epilepsy patients.

Dr. V.G Dakwale (Neuro Surgeon) President of the association welcomed the Trustees of Gita Bhawan Trust who have been supporting our epilepsy camps . With their constant support we could achieve our mission successfully . He emphasized that ASD medicines is the primary treatment for epilepsy management . Refractory Epilepsy occurs in 30% of patients who may need epilepsy surgery for seizures control. surgery is indicated in refractory epilepsy patients This facility is available at Medanta Super Specialty Hospital Indore in the past seven years.

Dr VV Nadkarni (Consultant Neurologist ) secretary of IEVAS welcome the patients .This was annual awareness raising initiative to remove social stigma in epilepsy patients . she said that patients epilepsy control program is ongoing and today three patients will participate by speaking on "My Epilepsy Journey".

Dr. Anagha Bhagwat (Pediatric Neurologist) Treasurer IEVAS in her talk referred to problems faced by children suffering from epilepsy, and gave a take home message to the mothers not to overprotect the child and support schooling, sports and other hobbies .



Dr Garima Airen who along with Manpasand Group performed Laughter Yoga on the stage.

Free medical checkup of patients and drug distribution to all the patients



## Purple Day – March 26, 2025

On the occasion of Purple Day, the Indian Epilepsy Association (IEVAS) Expert Committee, Indore Chapter, organized a Silent Walkathon. This walkathon took place from Regal Square to Jal Auditorium, Indore, at 8 AM. During the event, IEVAS members and other groups paid floral tributes to Mahatma Gandhi's statue.

Participants in the walkathon included IEVAS members, Neuro Club Indore, Lions International Indore, Vikrant University, nursing students from Sri Aurobindo Institute of Medical Sciences (SAIMS), students from Indore Management School, and staff from Apollo Hospital. At MG Square, purple helium balloons were released as a symbol of epilepsy awareness. Several groups participated in the rally carrying posters and placards to dispel myths about epilepsy.

After the walkathon, all participants attended a workshop at Geeta Bhavan Temple Satsang Hall. The event was inaugurated by Shri Ramvilas Rathi, Trustee of Geeta Bhavan Trust. Shri Ram Airen, Chairman of Geeta Bhavan Hospital, formally marked the occasion by cutting a purple cake.

IEVAS President, V.G. Dakwale, addressed the gathering, stating that seizures can be controlled in 70% of patients with continuous treatment. He also mentioned that some patients require epilepsy surgery, which is available in Indore.

Dr. V.V. Nadkarni explained that Purple Day is a global initiative, and IEVAS organized this walkathon to support the cause. She discussed the challenges faced by women with epilepsy.

Dr. Anagha Bhagwat (Pediatric Neurologist & Treasurer of IEVAS) provided insights into epilepsy-related issues in children and their solutions.

Dr. J.S. Kathpal emphasized that medical treatment is available, but many patients are unable to afford it due to high costs. He also highlighted that for the past 30 years, Gita Bhavan Trust has been providing financial assistance for medicines and tests for epilepsy patients.

The event concluded with a medical camp for epilepsy patients, where free medical check-ups and epilepsy medicines were distributed. Neelam Ranade and Dr. Kuraichia played a crucial role in distributing medicines.

"Purple Day celebrations featured purple lights at Regal Square and the garden on the eve of March 26th, which was a glorious sight."



# NAGPUR CHAPTER ACTIVITIES

**Contributed by: Sayali Kulkarni Maste**

Consultant Neuropsychologist  
CIIMS Hospital, Bajaj Nagar, Nagpur  
Mo.No.:9370699409

On the occasion of International Epilepsy Day, the Nagpur Epilepsy Association took the initiative to raise awareness and support for individuals with Epilepsy. As a part of this effort, we encouraged patients to share their experiences, challenges and fears, and triumphs.

Additionally, NEA in collaboration with Little Brain Center, Nagpur organized an "Epilepsy Awareness quiz" for the parents and relatives of patients to enhance their understanding of the condition and its management. The event was well received and contributed significantly to spreading knowledge and fostering a supportive community.

Here, we are attaching some inspiring "life stories" of individuals with Epilepsy, and the snippets of the "Epilepsy Quiz" Program.

# WEST BENGAL CHAPTER ACTIVITIES

Contributed by: Dr Debaleena Mukherjee  
GC member  
from West Bengal Chapter

International epilepsy day was observed at various places by the IEA, West Bengal Chapter on 10/2/24.

Prof Gautam Gangopadhyay, both a neurologist and a person with epilepsy, organized several epilepsy camps at Chandannagar, West Bengal, raising awareness and offering support to those affected by the condition. The camp had educational sessions on treatment, early diagnosis, and lifestyle changes, alongside his personal journey to inspire others. Free consultations and diagnostic screenings were provided to those lacking access to specialized care, while forming support groups for patients and caregivers to share experiences.

At Bangur Institute of Neurosciences, IPGME&R Kolkata, a sit and draw competition was organized for the children and adolescents suffering from epilepsy at the dedicated epilepsy clinic. Patients and caregivers were encouraged to share their experiences and fears.



The psychological burden of both patients and their care givers was discussed and myths were debunked. The goal was to empower individuals, reduce stigma, and show that with the right care, people with epilepsy can lead fulfilling lives, creating a space for learning, connection, and community.



# TRIVANDRUM CHAPTER ACTIVITIES

Contributed by: Dr. Jayachandran D  
Secretary IEA Trivandrum

## International Epilepsy Day February 10 2025

An Epilepsy awareness was conducted on 10-02-2025 in Holy Angels Convent Higher Secondary School Trivandrum involving 260 students by Dr Jayachandran D secretary IEA Trivandrum and Shri Suresh Kumar R Former President Epilepsy Self Help Group.



R Madhavan Nayar Centre for comprehensive Epilepsy Care SCTIMST has observe the day with an online public awareness talks in different languages. Program was led by Prof. Ashalatha Radhakrishnan Head Neurology Department and Epilepsy Center, Prof. George C Vilanilam Professor as Neurology and president IEA Trivandrum Chapter and Prof. Ramshekhar Menon Treasurer along with a team of Residents



# MUMBAI CHAPTER ACTIVITIES

Contributed by:

Dr Sangeeta Ravat - President / Dr Joy Desai - Vice-President  
Dr Jayanti Mani - Secretary / Dr Pradnya Gadgil - Jt Secretary / Pooja Mehta Nandi - Treasurer

## INTERNATIONAL EPILEPSY DAY CELEBRATION Samman Association

Every year, Samman Association, the Mumbai Chapter of Indian Epilepsy Association, has been organizing awareness activities to celebrate International Epilepsy Day.

Samman's 2025 agenda for the celebration was to destigmatize the condition by improving visibility, eliminating the stigma and involving the youth in awareness generation and sensitization.

To this effect, Samman did the respective activities.

### 1. Building a Stronger Epilepsy Community at Samman

Samman strongly believes that no person's life should be limited by the medical aspects of epilepsy. To celebrate their lives on International Epilepsy Day, we held a support group meeting on February 8, 2025. It was a fun-filled day spent discussing :

- The unmet needs of persons with Epilepsy
- How we as Epilepsy Warriors can contribute towards the cause of Epilepsy Awareness.
- We had one of our members singing
- We had a zumba workshop for all the participants.
- Finally we had some lovely snacks to end the fabulous afternoon spent together.



### 2. Dance to Defeat Epilepsy Stigma

#EndEpilepsyStigma was our motto for the fun filled dance session Samman organized on February 8, 2025 with our dance coaches and Samman members.

Movement is medicine: dancing for epilepsy awareness, and discovering the transformative power of movement is a brilliant way in breaking down barriers and building a more supportive community.

This dance workshop was our small effort to enforce physical movement (through fun) within our members and raising awareness at the same time. All of the steps taken during the dance workshop

were donated towards the Global 50 Million Steps campaign. Samman has been participating in the Global 50 Million Steps for Epilepsy Campaign since 2021. In 2025, we walked over 50 million steps (and counting), with the participation of over 250 participants.



### 3. Awareness on Social Media

This International Epilepsy Day, Samman's social media platforms were abuzz with engaging posts and passionate community.

As part of the #INeed campaign by the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE), we shared powerful graphics featuring messages from our very own epilepsy warriors. These inspiring messages highlighted the importance of support, acceptance, and inclusivity for people living with epilepsy.

In addition, we posted a series of compelling videos encouraging people to register for Mumbai's first-ever run for epilepsy awareness organised by Samman Association called the Jiyo Samman Se Run, happening this March.

### 4, 50mn steps : The Samman Chapter alone has clocked in 50mn steps for Epilepsy Awareness in the 50mn steps awareness campaign. We had a total of 160 members contributing to this campaign for a month.



## Explanation of Cover Picture

This is a portrait of a young Dr. N. H. Wadia when he returned from UK to start neurology in Mumbai. He was a core founding member of the IEA. Portrait done by Dr. Joy Desai current member of IEA & Editor Epilepsy India