



**AMRITA INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE**

**AIMS Ponekkara P.O. Kochi-41**

**DEPARTMENT OF PHYSICAL MEDICINE AND  
REHABILITATION**

**PG TEACHING SCHEDULE FOR THE MONTH JANUARY 2026**

**THEORY (TIME: 3:00 PM - 4:00 PM)**

<b>DATE</b>	<b>TOPIC</b>	<b>FACULTY</b>
1/1/2026	USG class	Dr. Ravi
3/1/2026	Back pain	Dr. Ravi
10/1/2026	Neural therapy	Dr. Roshin
17/1/2026	Intro to PMR	Dr. Ravi

**SEMINAR (TIME: 11.00 AM - 12.00 PM)**  
**ATTENDEES: ALL FACULTY AND PGs**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTER</b>	<b>FACULTY</b>
5/1/2026	Geriatric rehab	Dr. Deeptajeet	Dr. Ravi
12/1/2026	Bio feed back	Dr. Nandana	Dr. Ravi
19/1/2026	Normal human Gait	Dr. Lins	Dr. Ravi
28/1/2026	Osteoarthritis	Dr. Rajamithra	Dr. Anand

**CASE PRESENTATION (TIME: 2.00 PM - 3.00 PM)**  
**(ATTENDEES: ALL FACULTY AND PGs)**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTER</b>	<b>FACULTY</b>
7/1/2026	Spinal cord injury I	Dr. Lins	Dr. Anand
08/1/2026	Stroke	Dr. Nandana	Dr. Ravi
22/1/2026	Spinal cord Injury II	Dr. Deeptajeet	Dr. Anand
27/1/2026	Severe Traumatic Brain Injury	Dr. Deeptajeet	Dr. Ravi

**GROUP DISCUSSION (TIME: 12.00 PM – 1.00 PM)**  
**ATTENDEES: ALL FACULTY AND PGs**

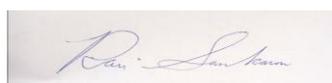
<b>DATE</b>	<b>TOPIC</b>	<b>FACULTY</b>
1/1/2026	USG class wrist	Dr. Anand
8/1/2026	NCS-median nerve, ulnar nerve - sensory	Dr. Anand
15/1/2026	USG elbow	Dr. Anand
29/1/2026	CVA, TBI patients discussion	Dr. Ravi

**JOURNAL CLUB (TIME: 10.00 AM - 11.00 AM)**  
**ATTENDEES: ALL FACULTY AND**

<b>DATE</b>	<b>TOPIC</b>	<b>PRESENTER</b>	<b>FACULTY</b>
2/1/2026	Sharma GK, Patil A, Kaur P, Rajesh S, Drakonaki E, Botchu R. Comparison of efficacy of ultrasound-guided platelet rich plasma injection versus dry needling in lateral epicondylitis-a randomised controlled trial. J Ultrasound. 2024 Jun;27(2):315-321.	Dr. Rajamithra	Dr. Ravi
9/1/2026	Peng MS, Wang R, Wang YZ, et al. Efficacy of Therapeutic Aquatic Exercise vs Physical Therapy Modalities for Patients With Chronic Low Back Pain: A Randomized Clinical Trial. JAMA Netw Open. 2022 Jan 4;5(1):e2142069.	Dr. Deeptajeet	Dr. Ravi
14/1/2026	Yim LW, Wan OYK, Wong D, et al. Vaginal Laser Treatment on Stress Urinary Incontinence: A Randomized Controlled Trial. Int Urogynecol J. 2025 Nov;36(11):2217-2227.	Dr. Nandana	Dr. Ravi
23/1/2026	Awad LN, Kudzia P, Revi DA, Ellis TD, Walsh CJ. Walking faster and farther with a soft robotic exosuit: Implications for post-stroke gait assistance and rehabilitation. IEEE Open J Eng Med Biol. 2020;1:108-115.	Dr. Lins	Dr. Ravi

**PROCEDURES**

<b>MONTH</b>	<b>TOTAL PROCEDURES</b>
January	4664



**DR. RAVI SANKARAN**  
**HOD**  
**PHYSICAL MEDICINE AND REHABILITATION**  
**AIMS, KOCHI.**