



Celebrating
40 Glorious Years
of Dedicated
Effort For Pain
Free India

40 YEARS
OF ISSP
ESTD. 1984

www.issp-pain.org

ISSP NEWSLETTER

VOLUME: 35 | ISSUE: 02

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Important Dates

Exit Examination Of IAPM Fellowship
on 7th January 2024

38th National Conference of Indian Society for
Study of Pain,
ISSPCON 2024 at Pune
2nd to 4th February, 2024,
Preconference workshops on 1st February.

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IAPM Governing Council



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From the Secretariat



Dr. Pravesh Kanthed
Hon. Secretary, ISSP

Dear friends

Season's greetings from the ISSP Secretariat
It gives us immense pleasure to release the November issue of ISSP Newsletter.

The Secretariat is into our 2nd year of office and with the help, cooperation and blessings from all of you, our journey has been satisfying and fruitful so far. We would like to thank all of you from the bottom of our hearts for supporting and guiding us.

We would like to thank our President, Dr Muralidhar Joshi, for all the support and proactive guidance that has helped us a lot in our journey this year. His unwavering support and administrative skills are second to none and that translates into smooth functioning of the Secretariat and the society. We are lucky to have him at the helm of affairs.

As we turned 40 this 9th July, we celebrated that with great enthusiasm and vigor. We are thankful to our city branches and state chapters for celebrating this by doing various activities like CME's, public awareness talks/ exhibitions and social media outreach.

The Secretariat had designed creatives for all members to use after putting their own credentials against them to be used in their social media handles. We are pleased to see that all the members made this a huge success and due to this, there is a huge impact in the society and that people have now started to recognize Pain Medicine as a super-specialty and we, the Pain Physicians as the custodian of this specialty.

Our motto should be to spread so much awareness regarding our specialty of Pain Medicine, that we as Pain Physicians, should become the DOORKEEPERS TO SPINE AND PAIN related diseases.

From the Secretariat

We had our MTM of ISSP and IAPM GC at Pune on 19th & 20th of August.

We also conducted our exit exam at Bharti Vidhyapeeth, Pune on 19th of August. We would like to congratulate Dr. Varshali Keniya for the smooth conduct of the exam. The Organizing committee of ISSPCON also deserves appreciation for the arrangements made for the GC meeting.

Our IAPM fellowship program is doing fine and we now have 13 accredited centers' for IAPM fellowship, with total of 15 seats. The Dean IAPM, Dr Gautam Das and Registrar, Dr Debjyoti Dutta are leaving no stone unturned to take IAPM to newer heights. The entry exam for the year 2024 was held online on 1st October. This time 28 students appeared for the entry exam. The next exit exam is scheduled on 7th January 2024 at Indore.



Dr. Hitesh Patel
Treasurer, ISSP

The Editor in chief of the Indian Journal of Pain, Dr Samarjit Dey and his team is doing a wonderful job and will be releasing guidelines submitted by SIG's on Neuromodulation and Cancer pain. We are also hopeful of getting SCOPUS indexation in near future.

The 38th ISSPCON will be held at Pune which will be organized by Society for Study of Pain, Pune, under the Organizing Chairmanship of Dr. Uttam Sidhaye and Secretary Dr. Varshali Keniya. We urge all members to register in record numbers for our annual event (<https://painsocietypune.com/issp-con-2024/>) and meet our fellow members and friends during the event.

The Secretariat urges all the State chapters and City branches to conduct GBM of their society and submit their audited returns by the end of December every year for record purpose. We are still awaiting reply from few branches.

There are still some branches who have not registered themselves with the registrar of societies in their respective states. The Secretariat urges them to do this at the earliest.

From the Secretariat

We had designed a public awareness campaign regarding Pain Medicine and we are happy to inform that we are regularly uploading patient awareness videos on our You Tube channel regarding the same. The same can be viewed and downloaded through <https://www.youtube.com/@indiansocietyforstudyofpai6492> We request all our members to spread the word about these videos and share with their patients and make them viral.

We have also translated our consent form for Pain Procedures in various regional languages. You can download them from our website <http://www.issp-pain.org/official-documents/> and use them in your clinical practice. We are thankful to various city branch Presidents and Secretaries who helped us with the translation.

Secretariat will communicate from time to time with you regarding the future activities and updates. Kindly visit our website (www.issp-pain.org) & follow our page on Facebook/ LinkedIn/ Twitter for any update on ISSP and IAPM.

For any help/query/suggestion, we can be reached through this number +91-888-999-8301 or through e-mail, issphq@gmail.com

Together, we can achieve a lot for our specialty of PAIN MEDICINE.

Jai Hind
Long live ISSP

Dr. Pravesh Kanthed
Hon. Secretary, ISSP

Dr. Hitesh Patel
Hon. Treasurer, ISSP

President's Message



Dear Friends

Dear ISSP Members,

Once again, we congratulate all of you on 40th year of formation of Indian Society for Study of Pain. We had good number of activities and initiatives as part of the occasion. We would like to thank all of you for supporting and guiding us over the last 40 years. With support from everyone, we are able to take ISSP to new heights not only within our country but also across the globe. We are delighted to share with you the new accomplishments in 2023.

This year the 'Global year for Integrative pain care' from International Association for Study of Pain (IASP) is being celebrated widely across the country by various state/city branches and of course individual members. On July 9th 2023 many individuals and chapters celebrated ISSP Foundation Day across the nation. The success story continues. It's a great occasion as IASP enters 50 year of its formation.

We thank our Hon Secretary Dr Pravesh Kanthed & Treasurer Dr Hitesh Patel for excellent management of ISSP secretariat. The Editor in chief of Indian Journal of Pain, Dr Samarjit Dey is doing a great job in ensuring continuation of print version of journal with quality articles, we are grateful to him. IAPM is doing a great job under the leadership of Dean Dr Gautam Das & Registrar Dr Debjyoti Dutta. We had the exit exam at Pune in August 2023. It was very well conducted.

We are grateful to all the members of the Governing Council for their enthusiasm and for their readiness to carry forward the new initiatives. We had the Mid Term Meeting at Pune in August 2023. Their valuable inputs have been of immense help for the activities of ISSP in general and ISSP Conferences and meetings in particular.

...President's Message

The ISSPCON 2024 is scheduled at Pune, Maharashtra. They have one of the finest organising team, I am sure it will be a great show. Don't miss a chance to enjoy a great scientific feast, hurry up and register today!

We wish everyone stay safe and stay healthy.

Long Live ISSP
With Regards & Best Wishes,

Dr. Muralidhar Joshi
Hon. President, ISSP

ISSP UPDATES

This year's 1st newsletter was released in May. This was special as we are celebrating 40 yrs of our existence. We included a history of ISSP since the time of formation in 1984 and went down the memory lane and covered contributions from our Past Presidents.

We had applied for TM for IAPM. There was an objection, which was replied through our attorney. We will be granted the TM and same can be used after that.

New members added

01-01-2023 to 18-08-2023- 147 members added.

LM – 144

ALM- 3 PT

one overseas Member – Dr. DAVIS C THOMAS (Membership No. 2873)

15 TAYLORS RUN

TINTON FALLS, NJ 07712

USA. BDS, DDS, MSD, MSc Med , MSc

NEW CITY BRANCHES ADDED –

1) Raipur Society for Study of Pain. Hon Secretary was invited in the installation ceremony of RSSP on 7th May 2023. Dr. Pratibha Shah was nominated as President and Dr. Bablesh Mahawar as Hon. Secretary. A multi-specialty CME was also conducted which was a huge success.

2) Gurugram Society for Study of Pain – Dr. Ashu Jain was nominated as President and Dr. Aanchal Sharma as Hon. Secretary.

Hon. Secretary attended the annual state conference, WBSSPCON at Kolkata on 18th & 19th of March 2023. It was a wonderfully organized conference and I could meet Dr Subrata Goswami, our LTA award recipient for one last time.

Meeting with Governor of Assam –

During the same visit for WBSSPCON, Hon. Secretary met Gov. of Assam at Raj bhawan at Guwahati on 18th of March and discussed with him regarding the need to establish Pain Medicine as a super specialty of Anesthesiology under institutions governed by NMC. He guided us to coordinate with local MP Mr Shankar Lalwani from Indore to organize a meeting with MoHFW, Mr Mansukh Mandaviya to present our claim. He also assured of all the help regarding the same. The Hon. Secretary met with Mr Shankar Lalwani and he assured that he will organize a meeting with MoHFW and that we should be ready a presentation regarding the same. We are in touch with them and hope for a positive outcome.

...ISSP UPDATES

NMC UPDATE

Cover you launch webinar was done on ISSP Foundation Day on 9th July 2023. The video recording of the webinar is available on ISSP's You Tube channel for reference.

Renewal of registration. All the paper work with relevant document submission and fee payment is done. Our advocate has filed all the documents and we are awaiting our renewal letter from the Registrar's end.

Foundation day celebration were done with great pomp and show across India by various state/ city branches. We have asked them to submit a report of their activities and the branch with best activities will separately get an award at ISSPCON Pune.

AYUSHMAN UPDATE

We had met Director HPQA, ABDHM, Dr Shankar Prinja twice during last year in May and November. We had presented our case to him and he suggested 2-pronged strategy to go ahead with it.

- 1) To add specialty name "Pain Medicine" in already existing list of Interventional procedures.
- 2) To list procedures not already added in the existing list, under "Pain Medicine".

His tenure as Director got over in March 2023. Upon enquiry with him, he assured us that in principle they had agreed to add Pain Medicine as a specialty in already existing list of procedures and it was sanctioned and forwarded to the concerned Dept. to be put on website. Unfortunately, this wasn't implemented by their new team and upon inquiry with him, he suggested to start fresh and submit our documents and claim to Ayushman authorities again. We had approached the new Director, Dr. Akshay Jain. Dr Pankaj Surange, Past Secretary was authorized to meet him in person. He had a very good meeting with him and presented all the documents in support of our application.

He assured that he will take up the matter with relevant teams and that name of our specialty will be added with the list of existing specialties who are entitled to do interventional procedures.

WEBSITE USER INTERFACE UPDATED

The UI of our website has been updated and pages of patient education are ready. You can visit these pages where videos regarding patient education in Pain are uploaded in our You Tube channel. We will put all our patient education initiatives in the form of videos, PPT's and handouts on that landing page (<https://www.issp-pain.org/videos/>). We request all our members to download these videos and handouts and share on their SM handles/profiles for the benefit of our patients in general and for the marketing of our society/specialty in particular.

...ISSP UPDATES

Our constitution amended till AGBM 2022 and approved at AGBM 2023 has been updated and put on website.

Membership software changes. ISSP certificate & ID Card are now sent in welcome mail itself. (More over any member can log in to his/her account & download by themselves).

Hon. Secretary, Dr Pravesh Kanthed was invited at the annual scientific meeting (ASM) of Malaysian Society of Interventional Pain Practitioners (MSIPP) from 1st - 3rd Sep 2023 at Kuala Lumpur, Malaysia. An MOU was also signed between the two societies to allow for the mutual pursuit of Interventional Pain Management related goals, like co-sharing/hosting of conferences, training fellowships and research & publications.



Hon. Secretary,
Dr Pravesh Kanthed
was invited at the
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Malaysian Society of
Interventional Pain
Practitioners (MSIPP)

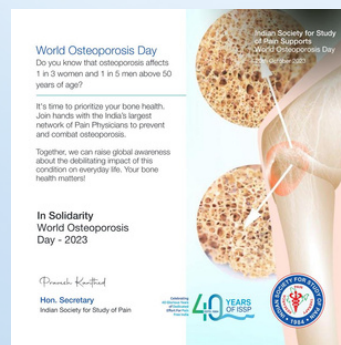
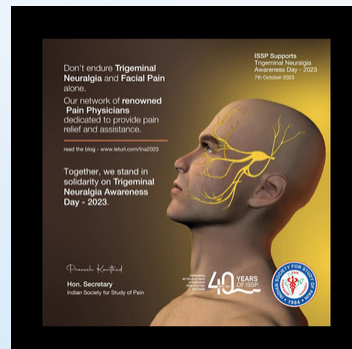


...ISSP UPDATES

We had started an outreach program in the form of social media creatives on days of our interest-

- 9th July – ISSP foundation day
- 7th Oct – World Trigeminal Neuralgia Awareness Day
- 11th Oct – Global Day against Pain
- 16th Oct – World Spine Day
- 20th Oct – World Osteoporosis Day

The Secretariat had designed creatives for all members to use after putting their own credentials against them to be used in their social media handles. We are pleased to see that all the members made this a huge success and due to this, there is a huge impact in the society and that people have now started to recognise Pain Medicine as a super-specialty and we, the Pain Physicians as the custodian of this specialty.



IAPM Update – Dean's Message



Dear Esteemed Members of the Indian Society for Study of Pain and Fellows of the Indian Academy of Pain Medicine.

I trust this message finds you in good health and high spirits. As the Dean of the Indian Academy of Pain Medicine, it is an honor and a privilege to connect with all of you through this newsletter.

First and foremost, I extend my heartfelt gratitude to all the dedicated members who have supported IAPM in all its activities. IAPM is trying to bring uniformity in pain education through its fellowship program and exit examinations offering FIAPM qualifications. Our educational body has successfully provided its fellowship to 165 successful candidates who appeared in the exit/final examinations.

Since its inception, many pain clinics have shown interest in becoming IAPM-affiliated centers for fellowship programs, and now we have 13 IAPM centers for one-year fellowship courses. More and more candidates are also applying for residential programs, and more centers are showing interest in becoming an IAPM center, and these indicate the popularity of IAPM programs.

In the future, we have a plan to extend and offer IAPM fellowship exit exams for candidates outside India. We also have plans to bring guidelines and protocols for Indian pain practitioners and make FIAPM qualification desirable for all pain practitioners in India.

As we look forward to the future, let's embark on this journey together, united by our dedication to advancing pain medicine in India. Your involvement, expertise, and enthusiasm can make our academy a beacon of excellence.

Long live ISSP, long live IAPM.

Warm regards,
DR. GAUTAM DAS
Dean, Indian Academy of Pain Medicine

...IAPM UPDATES



Dear
ISSP Members

Greetings from the registrar of the Indian Academy of Pain Medicine. I hope this newsletter finds you in good health and spirits. I am writing to share with you some of the latest updates and achievements of our academy.

First of all, I would like to congratulate all the candidates who successfully cleared the FIAPM exit exam held on 15th Jan 2023 & 19th Aug 2023. I would like to extend my heartfelt congratulations to Dr Akanksha Bansal for winning the gold medal award. You have shown your outstanding performance and expertise in pain medicine. You have earned the right to receive the IAPM Fellowship certificate, which is a high honour for your abilities and knowledge in the field.

The IAPM convocation 2023 was a memorable event that celebrated the IAPM fellows who have completed the IAPM Fellowship Programme in pain medicine. The convocation took place on Friday, 3rd February 2023, at The Auditorium Hall of Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar.

Secondly, I would like to inform you that the next batch of the IAPM Fellowship Programme will commence from 1st January 2024. We are delighted to announce that we have added three new centres to our list of accredited institutions and increased the number of FIAPM fellowship seats by one in an existing centre. This brings the total number of available seats to 15 across 13 centres.

Thirdly, I am happy to inform that our IAPM fellows are continuing their learning through online classes regularly in addition to the regular classes taken by individual centres. I appreciate the efforts of Dr Prakash Deshmukh and all the other faculty members who are sharing their expertise.

Lastly, I would like to request you to share your feedback and suggestions on how to improve the IAPM and its activities. You can write to me at registrar.iapm@gmail.com. Your inputs are valuable and will help us to serve you better

Thank you for your attention and support. I look forward to hearing from you soon.

Sincerely,
DR. DEBJYOTI DUTTA
Registrar - Indian Academy of Pain Medicine

...IAPM UPDATES

IAPM Exit Examination Jan, 2024

The IAPM exam is scheduled for 7th January 2024. The last date to submit the application form is 10th December, 2023. The exam will take place at Sri Aurobindo Institute of Medical Sciences on the Ujjain State Highway, near the MR-10 Crossing, in Indore, Madhya Pradesh. The exam will consist of two parts: a written test and a practical and viva voce test. The written test will start at 8 am and last for two hours. It will have 100 MCQs. The practical and viva voce test will start at 11 am and end at 5 pm.

The details regarding the exam, including the eligibility criteria and application link is available on the ISSP website: [<https://www.issp-pain.org/latest-iapm-update/>].

IAPM Fellows for the Year 2023

Currently we have 13 fellows at the following centers, they will be appearing IAPM Exit Examination in January 2024.

Dr Radhika D	JSS Medical College Hospital, Mysore
Dr Sandeep Puppallwar	Epione-Centre for Pain Relief and Beyond, Hyderabad
Dr Gajanan Babu	Artemis hospital, Gurgaon
Dr Subha Hegde	Alliviate Pain Management Center, Bengaluru
Dr Pratibha Nagpure	Belle Vue Clinic, Kolkata
Dr Abdussamed PP	Cortex Spine and Pain Care, Kozhikode
Dr Rupali Bawage	K K Multi - Specialty Hospital & Painex Pain Management Centre, Pune
Dr Navin Kumar K	Epione -Centre for Pain Relief and Beyond, Hyderabad
Dr Urvashi Gangwal	Bhopal Spine and Pain relief centre, Bhopal
Dr Seema Yadav	Cheers Interventional Pain Management, Ahmedabad
Dr Ravi Kumar	Choithram Hospital and Research Centre, Indore

...IAPM UPDATES

IAPM online Classes 2023

IAPM is conducting online classes regularly in addition to the regular classes taken by individual centers. I appreciate the efforts of Dr. Prakash Deshmukh and all the other faculty members who are sharing their expertise.

IAPM Exit Examinations in 2023

The IAPM Exit examination was held twice in 2023, on 15th January at Indore and on 19th August at Pune. Out of the candidates who appeared for the exam, 15 passed in January and 12 passed in August. The names of the successful candidates are as follows.

EXAM –INDORE –JANUARY 2023

1. Dr. Ahmedi Fathima
2. Dr. Akanksha Bansal
3. Dr. Anshul Agrawal
4. Dr. Ashok Jadon
5. Dr. Chandermukhi Mathur
6. Dr. Dhruv Jain
7. Dr. Firoz Khan N
8. Dr. MedhaPhadke
9. Dr. Mohit Gupta
10. Dr. Prabhakar sathiah
11. Dr. Ragesh I R
12. Dr. RitujaTambe
13. Dr. Roshan M
14. Dr. Saka Dheeraj Kumar
15. Dr. Satish Kumar M N



IAPM Examiners, Examinee & Examination Committee Members, IAPM Exit Examination January 2023 at Sri Aurobindo Institute of Medical Sciences, Indore, Madhya Pradesh.

...IAPM UPDATES

EXAM –PUNE –AUGUST 2023

1. Dr. Chinmoy Roy
2. Dr. Farhana Ather
3. Dr. Gayatri Bangar
4. Dr. HiteshKumar Patel
5. Dr. MilonMitragotri
6. Dr. Prarik Shah
7. Dr. Priyanka Dev
8. Dr. RutviMody
9. Dr. Shri BalKrlshnaraoJagdambe
10. Dr. Sumit Kumar Khatri
11. Dr. Vikram Sonawane
12. Dr. Yogita Bhargude



IAPM Examiners, Examinee & Examination Committee Members, IAPM Exit Examination August 2023 at Bharati Hospital and Research Center, Pune

IAPM CONVOCATION 2023

On Friday, 3rd February 2023, the IAPM fellows who have successfully completed the pain medicine fellowship programme were honored at the IAPM convocation 2023. The event was held at The Auditorium Hall of Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar, and was a memorable occasion. 27 candidates were awarded FIAPM on this occasion who have passed I the Exit Examination in January & August 2023.



...IAPM UPDATES

GOLD MEDAL AWARD 2023

Dr. Akansha Bansal has received the prestigious Gold Medal for her outstanding academic performance among the IAPM fellows.

Dr Akansha Bansal,
GOLD MEDAL AWARDEE 2023



UPDATES REGARDING IAPM CENTERS

The list of accredited institutions for FIAPM fellowship has been expanded with the addition of three new centers. They are The Ashirvad Institute Dadar, Varma Union Hospital Pvt. Indore, and Vydehi Institute of Medical Sciences & Research Centre. Moreover, one existing center has increased its intake of FIAPM fellows by one seat. As a result, there are now 15 seats available across 13 centers for the fellowship program.

IAPM CENTERS FOR THE YEAR 2024

1. Artemis hospital, Gurgaon
2. The Ashirvad Institute, Dadar
3. Belle Vue Clinic, Kolkata
4. Bhopal Spine and Pain relief centre, Bhopal
5. Cheers Interventional Pain Management, Ahmedabad
6. Choithram Hospital and Research Centre, Indore
7. Cortex Spine and pain care, Kozhikode
8. Epione –centre for pain relief and beyond, Hyderabad
9. Jaslok Hospital, Mumbai
10. JSS Medical College Hospital, Mysore
11. K K multi –speciality hospital & Painex pain management centre, Pune
12. Varma Union Hospital Pvt, Indore
13. Vydehi Institute of Medical Science & Research Centre Bangalore

IAPM UPDATES



It is with great pleasure that I write the report of achievements and initiatives taken by IAPM – Indian Academy of Pain Medicine, the academic wing of ISSP.

The exit exam of IAPM was conducted at Sri Aurobindo Institute of Medical Sciences, Indore, Madhya Pradesh on 19th of August 2023. Dr. Pravesh Kanthed was the local coordinator for the exam.

16 candidates appeared for the exam and 15 cleared the exam successfully.

Details of the upcoming exam

EXIT Examination Of IAPM Fellowship

07th January 2024

The last date for application of Exit Exam is : 10th December, 2023



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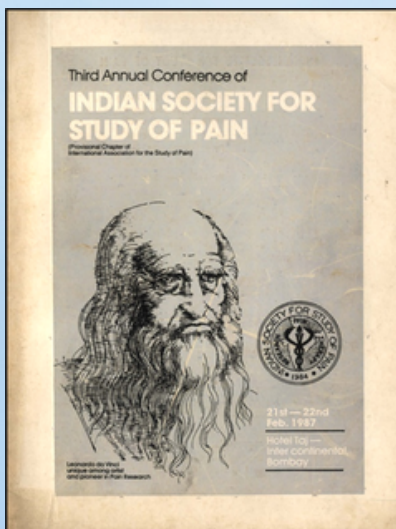
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INDIAN SOCIETY FOR STUDY OF PAIN



Celebrating
40 Glorious Years
of Dedicated
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40 YEARS
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ESTD. 1984



...40 YEARS OF JOURNEY

ISSP contribution in establishing Pain Medicine in India



Dr. D.K. Baheti
Past National President,
ISSP (1998 -1999)

I had good clinical practice at Bombay hospital but still I was restless as something was missing. It was "RECOGNITION" as a doctor. The social scenario was different from PGI, Chandigarh. As the saying goes "Necessity is Mother of Invention. And the journey of Pain begins.

In 1991 I worked as International Scholar at Pain Management Clinic at Cleveland Clinic Foundation under chairman Prof. Stanton Hicks. After my return I approached the chairman of Bombay Hospital to allow me to start the OPD for Pain Clinic. At the first instance he asked me Can Anesthetist do something else. It was a shock and an insult to me. However, when he learnt that I have visited Pain Management Clinic at Cleveland Clinic Foundation, USA. He agreed to Pain OPD. At the same time, he clarified that it be without any remuneration for five years. That was a state of affair of thinking of management of hospital then.

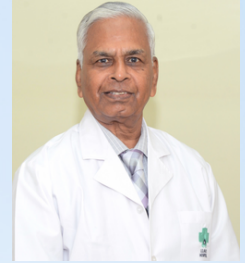
I started Pain OPD and doing cases. My first case was of Ca. Pancreas needed Coeliac Plexus block. At Cleveland as we all know foreigners are not allowed to touch the patient forget about performing of the block.

Here, again one more saying "God Helps Brave and First time lucky" procedure was successful. The patient had good pain relief and when the next day I went for follow up he along with family were incredibly grateful. That was my First instance of RECOGNITION as Pain Physician amongst medical fraternity of Bombay Hospital and journey began. As an anesthetist I rose to become Professor and HOD, Dept. of Anaesthesia, Bombay Hospital Institute of Medical Sciences.

Now as academican I learnt about Indian Society for Study of Pain (Maharashtra, branch) To my utter surprise the affairs of the ISSP were run by Physician and Cardiologist. I joined the society and rose to the post of President, ISSP (National)-2000-01 Due to lack of proper education and training, and to update myself I continued visiting pain centers and attending conferences worldwide.

...40 YEARS OF JOURNEY

ISSP contribution in establishing Pain Medicine in India



Dr. D.K. Baheti
Past National President,
ISSP (1998 -1999)

As the journey continued, I realized that there is lack of training and education in the field of Pain. I with the help of likeminded people formed the Pain Management Research Foundation-India and under its auspices we organized Six Global Update of Pain (2001-2015) every three years.

The team of Global Update of Pain has many "FIRSTS" to their credit such as conducting of Cadaver and Live Demonstration Workshops, Pain Awareness Program for Lay people, Pain Exhibition and conducting of live programs on State Television. Attending Global Update on Pain was not only Academic Feast but also learning of Pain Awareness for Lay people and how to conduct social programs. Till date many people cherish it.

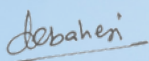
During this period, I noticed that there is a paucity of medical books in the teaching and training of Pain Management. Our team Myself, Drs. Sanjay Bakshi, Sanjeeva Gupta, R.P. Gehdoo edited Interventional Pain Management, Symptom Oriented Pain Management, Interventional Pain Management and Atlas Interventional Pain Management.

I continue pain practice and my passion of conducting the Pain Awareness Program for Lay people.

In this journey I gratefully acknowledge the help of my mentors to name a few such as Drs. Subhash Jain, Sanjay Bakshi, Sanjeeva Gupta, L. Manchikantti, without them I would not have been what I am today.

Finally, my heartfelt thanks and gratitude to my wife Sudha and my sons Hemant and Neeraj and grandchildren Aditya, Aryan, Phoebe and Sachin.

Long live ISSP.

A handwritten signature in dark ink, appearing to read "D.K. Baheti".

Dwarkadas K. Baheti
October 16, 2023

...40 YEARS OF JOURNEY

The ebb and flow of ISSP's journey over the decades resonate deeply, and as we stand on the brink of celebrating this grand milestone, I find myself reflecting on the transformative chapters, both of the society and of the wider field we passionately serve.



Dr. Y. K. Batra

Past National President, ISSP
(2012-2013)

JOURNEYING THROUGH ISSP'S EVOLUTION

From my initial days as an ardent member to the pivotal period of my presidency, ISSP has been more than just an organization; it's been a compass, a beacon of growth, and an embodiment of collective passion. The society's evolution mirrors the progress we've made in our domain.

THE QUANTUM LEAPS IN PAIN MEDICINE

Pain medicine, during our early days, was in its nascent stage. Fast forward to today, and it's a discipline that stands tall, backed by rigorous research, state-of-the-art methodologies, and a deeper understanding of patient needs. The field has witnessed transformations that once seemed monumental, if not impossible. Through dedicated research, we have unraveled the intricacies of pain, leading to more accurate diagnoses, effective treatments, and improved patient outcomes.

THE ADVENT AND PROLIFERATION OF PAIN FELLOWSHIPS

One of the most notable contributions of ISSP during was the emphasis on pain fellowships. Recognizing the need for specialized training in this evolving field, we pioneered fellowships that served as crucibles for budding professionals. These fellowships were more than mere training programs; they were breeding grounds for the next generation of leaders in pain medicine. Through rigorous curricula, hands-on experience, and mentorship from stalwarts, we've shaped the careers of countless professionals, ensuring that the future of pain medicine remains in capable hands.

PAIN CLINICS: BRINGING RELIEF CLOSER TO THE MASSES

Another significant milestone was the establishment and proliferation of pain clinics under the aegis of ISSP. With a vision to make pain management accessible clinics were strategically planned to initiate across various regions. The inception of these pain clinics was not merely about medical treatment; it was about holistic patient care, about understanding the multifaceted nature of pain and addressing it from a bio-psycho-social perspective.

These pain clinics became the very embodiment of our mission – to alleviate suffering and improve the quality of life for those grappling with chronic pain conditions. Equipped with the latest technology and staffed by dedicated professionals trained in the intricacies of pain medicine, these clinics emerged as sanctuaries for patients who had often journeyed through the maze of healthcare, seeking respite.

...40 YEARS OF JOURNEY

THE SYNERGY BETWEEN RESEARCH AND PRACTICE

As we ventured into newer territories with pain fellowships and clinics, it became apparent that the backbone of our advancements lay in research. Under the banner of ISSP, numerous studies were initiated, many of which have now become foundational references in pain medicine. The synergy between practical patient care in our clinics and groundbreaking research provided a dual momentum, pushing the boundaries of what was achievable in pain management.



Dr. Y. K. Batra
Past National President, ISSP
(2012-2013)

A LOOK TOWARDS THE FUTURE

While our achievements are numerous and laudable, it's the spirit of continuous learning and growth that defines ISSP. As the field of pain medicine continues to evolve, so will our strategies, methodologies, and initiatives. We are on the precipice of integrating even more advanced technologies, personalized medicine approaches, and possibly delving into realms like AI-assisted diagnostics and treatments.

As I pen down these reflections, my heart swells with pride – not just for what we have achieved, but for the relentless spirit of the ISSP community. The challenges were numerous, but they were met with resilience, innovation, and an unwavering commitment to our mission..

With profound gratitude and hope for the continued growth of ISSP,

Long live ISSP.

Y. K. Batra

Dr. Y. K. Batra
Past National President, ISSP (2012 - 2013)



...40 YEARS OF JOURNEY

PAIN IS INEVITABLE, SUFFERING IS OPTIONAL” – THE BUDDHA

My first exposure to pain management was in 1981, when I enrolled as a postgraduate student in the Department of Anaesthesiology at Safdarjung Hospital. I was assigned “Evaluation of Electro-acupuncture Analgesia in Acute and Chronic Pain” as my dissertation topic by my guide Dr Abhijit Bhattacharya. Every day between 2-4 pm in the Acupuncture Clinic I was subjected to both inquisition and astonishment.



Dr. Pradeep Jain

Director - Pain Medicine

Sir Ganga Ram Hospital

Past National President, ISSP

(2022-2023)

As a postgraduate student, I was tasked with new patient's history and then gradually started treating patients with chronic pain syndromes. That was my firsthand experience to how miserable can Chronic Pain make a patient feel and how it affects the quality of life of the patient. Through successful patient reviews, I understood the importance of optimal pain management. At times, Dr R.S. Saxena used to treat patients suffering from cancer pain with neurolytic blocks via blind technique. As I finished my senior residency in 1986 from Safdarjung Hospital I was already familiar with the nuances of Electro acupuncture and TENS to treat patients with pain.

When I joined Sir Ganga Ram Hospital in 1986, the Orthopedicians and Neurosurgeons were the primary physicians to manage patients with chronic low back pain. The institutional convention was to refer the patient to the Anaesthesia team for a Caudal epidural block as we had the technical expertise. The job was done by us without going through the clinical indications for the same. Also, we never had further follow-ups with the patient as we were not the primary treating physicians of the patient.

Training at Long Island Jewish Medical Centre in Pediatric Anaesthesia, in the year of 1991 was a turning point in my pain practice. Now routinely used pediatric caudal epidurals, PCA pumps for post-operative pain relief were Novel by the then-Indian Scenario. A wonderful opportunity and my desire to learn meant a fruitful training session. The icing on the cake was the additional opportunity to observe Dr. Subhash Jain perform interventional pain procedures under image intensifier guidance at Sloan Kettering Cancer Hospital.

In 1999, Dr. G.P. Dureja organized a Pain conference and a live procedural workshop at AIIMS, where image-guided interventional pain procedures were performed by renowned pain specialists from all over the world. Back then, learning material for interventional pain relief procedures was hard to come by in India. Those were the times of pre-internet era, where digital learning material was not available as it is now.

I remember purchasing a first-of-its-kind image-guided pain interventions book at an international conference on Pain that I attended in Sydney. I have realized that more hands-on training would benefit my clientele.

...40 YEARS OF JOURNEY

So, I proceeded to Dr Sundar Raj's Interventional Pain Relief Centre, Nepean Hospital, Sydney for a month and learnt the subtleties of Interventional Pain Medicine. Once back home, logistical difficulties in procuring the only available image intensifier were playing a spoilsport. The solution for this was to use intensifier-guided procedures either before the start or after the finish of the Operative list. To further refine my skills in image-guided pain procedures I again visited Nepean Hospital in 2005. This helped to boost my confidence and furthered my clinical practice.

I was the first Anaesthetist to be permitted an outpatient chamber at SGRH. I began Acute Pain Relief Unit at the hospital and was the sole Anaesthetist to provide Acute Pain Relief services for many years. The Mechanical Infusion by Baxter with which I started services was slowly replaced by Electronic PCAs by CADD. Looking at the benefit that patients received from the pain relief services, the hospital assigned three full time nursing officers dedicated to pain relief services. We successfully implemented an Anaesthetist Supervised Nurse based Acute Pain Service Model at our institute.

As the work in Acute and Chronic Pain services grew, we were allotted a dedicated pain procedure theater. From there, necessary equipment like an image intensifier, radio frequency machine, ozone, PRP, monitors, Anaesthesia machine, and ultrasound machine were added gradually. Looking back at the difficulties I have faced in training in Interventional Pain Medicine, I initiated observer ships and fellowships in pain management way back in 2004 at our institute. A staggering number of both domestic and international interventional pain specialists of 200 or more have been trained by our department till date.

Due to the strides made in the academics of Chronic Pain Medicine, I was made the first Registrar of the Indian Academy of Pain Medicine (IAPM) and approximately 180 pain medicine fellows have been conferred with the prestigious IAPM fellowship. Taking it a bit up the notch, I was elected the President of the Indian Society for the Study of Pain (ISSP National) in 2022. Under the aegis of the Indian College of Anaesthesiologists, the Institute of Anaesthesiology, Pain and Perioperative Medicine at Sir Ganga ram Hospital has launched the Indian Diploma in Regional Anaesthesia (IDRA), of which I am the chairman. The young physicians' excitement for ultrasound-guided operations is impressive, and it will go a long way towards solidifying the importance of ultrasound in Regional Anaesthesia. In April 2023, we were approved our first Fellow in Pain Medicine (FNB) by the National Board of Examinations.

Through my journey as a pain specialist, I have seen a lot of peaks and valleys. However, the work unresolved, the patients knocking on my door due to the sinister pain and the unending process of learning still keep me going. As Lord Mahavira once said, "It is better to win over self than to win over a million enemies", I strive to be a better version of myself every day. I have been fortunate that God almighty has given me the opportunity to treat the pain and alleviate suffering.

Dr. Pradeep Jain
Director - Pain Medicine
Sir Ganga Ram Hospital
Past National President, ISSP (2022-2023)

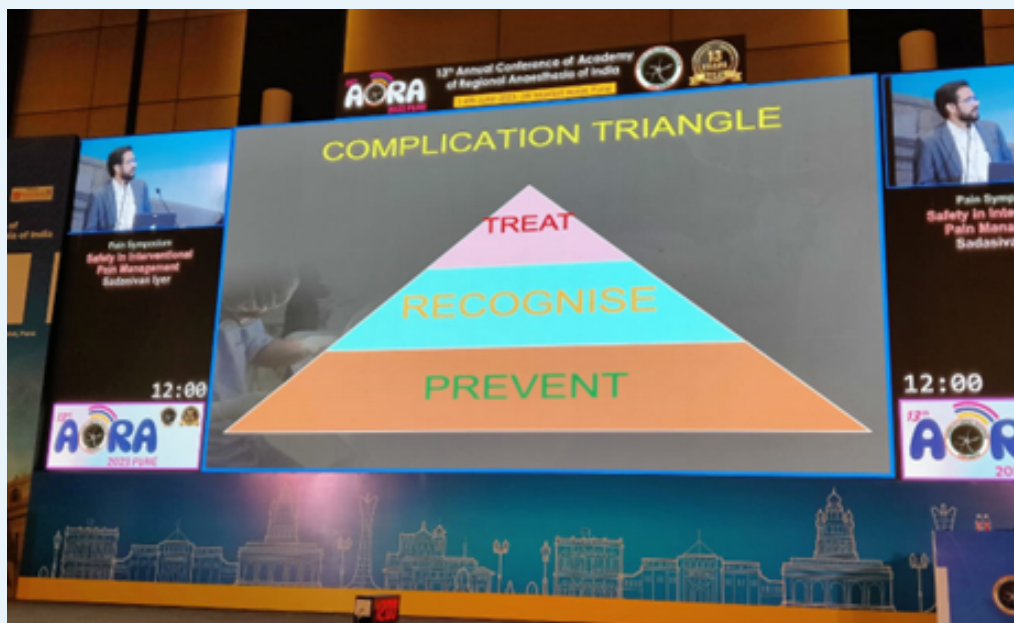
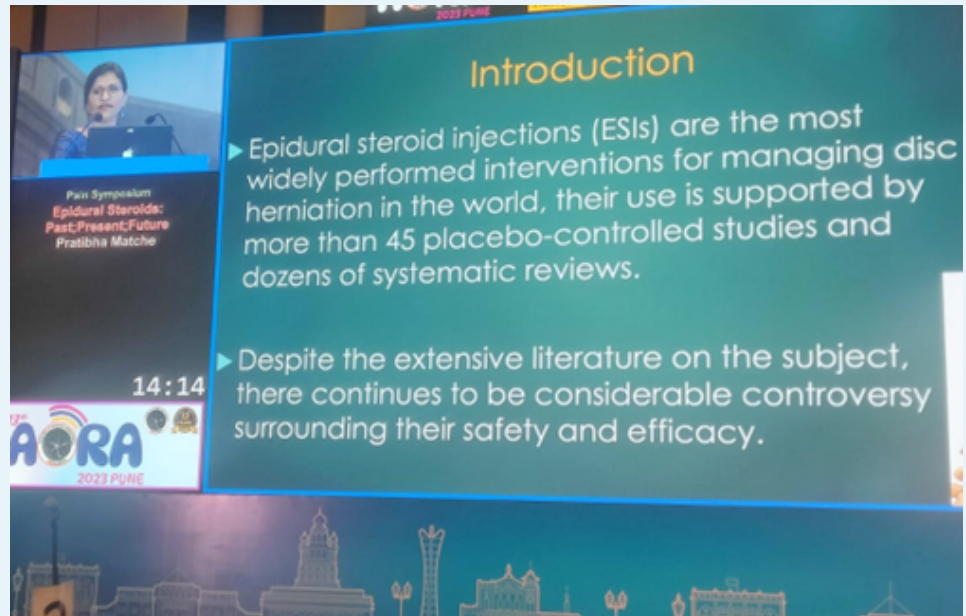
ISSP State Chapter Activities



... ISSP State Chapter Activities

Karnataka State Chapter

JUNE - 2023



Dr Pratibha Matche and Dr Sadasivan Iyer were invited as Faculty and delivered a talk on Epidural steroids- Past, present and future and Safety in Interventional Pain Procedures AORA 2023 in Pune

... ISSP State Chapter Activities

...Karnataka State Chapter

... JUNE 2023



Dr. Pratibha Matche conducted a Pain medicine career orientation course at JSS Hospital, Mysuru for the aspiring pain physicians in June 23



Dr Ashwini Deepak
Delivered lecture on
Fundamentals in
Chronic Pain with
different case scenarios
to Interns at
Basaveshwara Medical
College and Hospital
Chitradurga

... ISSP State Chapter Activities

...Karnataka State Chapter

JULY 2023



Dr Pratibha Matche was invited as Faculty for Hands on workshop on MSK Ultrasound and fluoroscopic guided interventions and regenerative therapies in July 2023 at Kolkata

SOCIETY FOR STUDY OF PAIN KARNATAKA

Invites you for Webinar on occasion of ISSP Foundation week

5th July 2023, Wednesday
Time: 7:00 pm - 8:00 pm

TOPICS
Scope of Pain Medicine in India
Pain Education and Awareness

SPEAKERS

Dr. Muralidhar Joshi
President
ISSP National

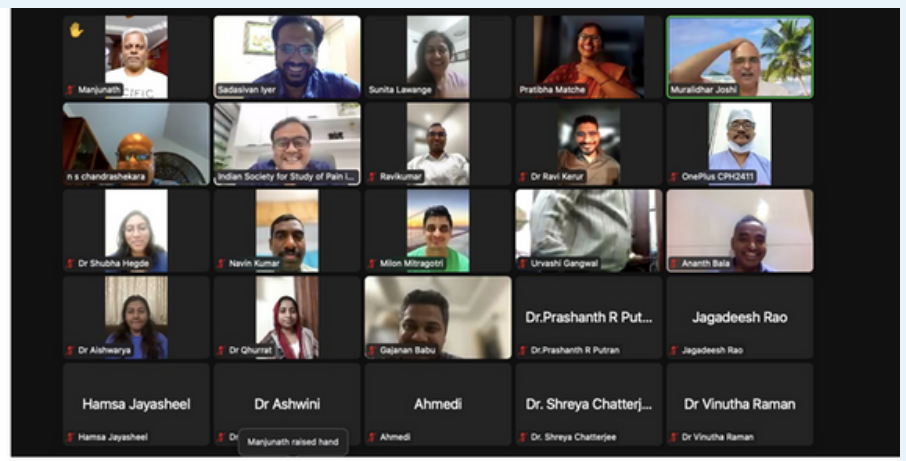
Dr. Praveesh Konthed
Hon. Secretary
ISSP National

MEETING LINK: <https://us02web.zoom.us/j/8798099462>
Meeting ID: 879 809 9462, Passcode: 475631

ON THE BEHALF OF ISSP KARNATAKA

Dr. Pratibha Matche
President

Dr. Sadasivon S Iyer
Hon. Secretary



ISSP Webinar series was started with webinar on
“Scope of Pain Medicine in India Pain Education and Awareness”

... ISSP State Chapter Activities

...Karnataka State Chapter

... JULY 2023



ISSP Karnataka in Association with IMA Chitradurga conducted a CME on chronic pain organized by Dr. Ashwini as awareness activity for doctors of different specialties. President- ISSP Karnataka Dr Pratibha Matche delivered a talk on “Pain medicine – an overview”



ISSP Foundation Week celebration at JSS Hospital, Mysuru

... ISSP State Chapter Activities

...Karnataka State Chapter

... JULY 2023



Dr. Pratibha Matche organized a "Quiz on chronic pain" for the post graduates of Department of Anesthesia on the occasion of ISSP Foundation Week



Dr. Ashwini Deepak Conducted quiz competition on basics in pain medicine for post graduate students to motivate them to take up pain medicine as a career option 😊 on the occasion of ISSP FOUNDATION MONTH

... ISSP State Chapter Activities

...Karnataka State Chapter

AUG 2023



ISSP Karnataka chapter with Pain and Palliative care unit, JSS hospital conducted Fluoroscopy and Ultrasound guided cadaveric workshop on chronic pain in department of Anatomy on 10th August 2023 as a part of preconference workshop of ISACON 2023. ISSP President Dr Pratibha Matche was the workshop Co Ordinator. Nearly 40 delegates attended the workshop with eminent faculty in the field of pain Medicine all over India. They had good hands on practice of the most commonly done pain interventions on soft embalmed cadavers.



... ISSP State Chapter Activities

...Karnataka State Chapter



Fluoroscopic and Ultrasound guided workshop on Chronic Pain as part of 38th Annual South Zone conference of Anesthesia.



Dr Ashwini Deepak Was invited at Rotary club, Chitradurga to talk on most common cancers in women n advances in Pain Medicine to fight cancer Pain , August 2023



Dr Swati Bhat, consultant pain management , Bengaluru was a Panelist in the reputable event Festival of health tech 2023 hosted by BW Healthcare world

... ISSP State Chapter Activities

...Karnataka State Chapter



Press coverage of the Pain Clinic in Bangalore Medical College and Victoria Hospital, Bengaluru, managed by Dr Satish Kumar M.N . Dr Sadasivan S Iyer speaks on awareness on pain management and importance of pain clinics in hospitals a



Dr Khaja Javed Khan gave a talk on Awareness in pain medicine in New Horizon Public School , Indiranagar , bengaluru



... ISSP State Chapter Activities

...Karnataka State Chapter

NONACADEMIC



Painting competition on the occasion of ISSP Foundation Week at JSS Hospital Mysore



Walkathon- for the awareness of chronic pain as the theme of World Anaesthesia Day 2023 by ISA Mysore

... ISSP State Chapter Activities

Kerala State Chapter



Dr MURALIKRISHNAN on
ISSP history and awareness



Dr. Vineetha Talk at Manipal
Neuro Meet



Dr. Tisha Ann Babu at
ISA-Kochi



Dr. Ragesh I R on Cancer Pain
management in Cochin
Association of Pain and
Palliation

ISSP Kerala Chapter celebrated ISSP foundation day with awareness talks in public media and among other medical fraternity.

... ISSP State Chapter Activities

West Bengal State Chapter

ACTIVITIES OF WEST BENGAL SOCIETY FOR THE STUDY OF PAIN (STATE BRANCH OF ISSP) FROM APRIL TO OCTOBER 2023

In the month of May we had a very good programme on Trigeminal Neuralgia along with our new committee installation. The committee was elected in the WBSSP annual conference in March, 2023. The CME was really exceptional as the programme was patient oriented. The patient Mrs Sayani Banerjee was invited to describe in her own words about her journey from severe neuropathic pain to pain free life. Patient was referred by radiation oncology department after doing stereotactic radiotherapy but without relief. Then radiofrequency ablation of trigeminal ganglion was done by Dr. Debanjali Ray and ultimately there was 85% pain relief. It was followed by the new committee installation programme and official handover. The whole programme was held on 13th May in Apollo Multi specialty Hospital in the presence of chief guest dr. Surinder Singh Bhatia, Director of Medical Service of Apollo Hospital, Kolkata and members of WBSSP. The speakers were Dr. Debanjali Ray, Secretary, WBSSP, Dr. Sayan Pal, Radiation Oncologist, Apollo Hospital, Kolkata and other experts in the field of pain like – Dr. Subrata Ray and Dr. Amna Goswami.



... ISSP State Chapter Activities

...West Bengal State Chapter



This year we faced a disaster by the demise of the Pioneer of Pain in West Bengal as well as India. We are very unfortunate to the death of our Sir Dr. Subrata Goswami on 5th July due to chronic debilitating Motor Neurone Disease. It was really very difficult to handle the situation both emotionally and professionally. But Sir was always in favour of activities and advancement in Pain, so keeping that in our mind and spirit we continued our activities. Our next activity was in the month of July which was related to the of 40 ISSP foundation day celebration. The venue was Medica Super Specialty Hospital and the discussion was based on shoulder pain. There was live demonstration of USG on shoulder joint by Dr. Gautam Das and Dr. Chinmoy Roy. The speakers were Dr. Gautam Das, Dr. Debjyoti Dutta, Dr. Chinmoy Roy, Dr. Sushpa Das, Dr. Abhirup Nayak. Dr. Arghya Mukherjee, Dr. Piyali Basak. Dr. Manish De. Three patients with chronic shoulder pain also described their experience and about their treatment in that hospital.

... ISSP State Chapter Activities

...West Bengal State Chapter



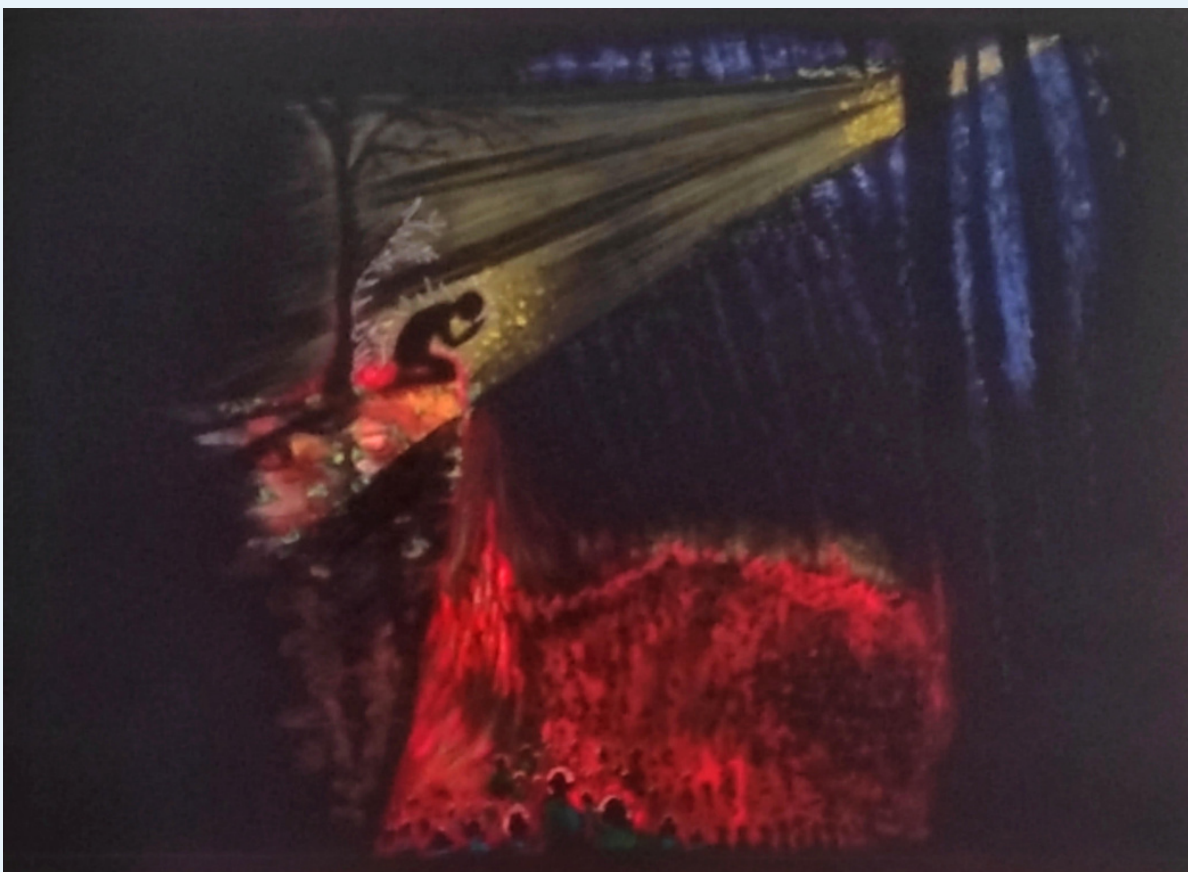
In the month of August we had field work regarding pain awareness and health check-up. We arranged a pain camp in the Jute Mill of Bhadreswar (very big Jute Mill in Hooghly District of West Bengal) in collaboration with Rotary Club of Chandannagar on 27th August, 2023 in the Jute mill premises. The number of patients were 80 and we successfully ruled out higher prevalence of low back pain in the jute mill worker due to their occupational posture. It was a really successful health camp. We also educated the labours about how the low back pain can be prevented by back strengthening exercises and application of proper posture while working. The participants were Dr. Debanjali Ray, Dr. Bablu Sardar, Dr. Manglik Das, Dr. Rituparna Das, Dr. Biswajit Mondal.

... ISSP State Chapter Activities

...West Bengal State Chapter



Experience the artistic brilliance of Dr. Anirban Pal, a valued member ISSP



ISSP City Branch Activities

Aligarh City Branch

Aligarh City branch of ISSP, organised a CME on Ankylosing Spondylitis- diagnostic dilemma and management update at hotel lemon tree, Aligarh on 7th May.

The keynote speaker of the CME was Dr. Prasan Deep Rath, Consultant Rheumatologist, and Director, Rheumatology Department, Max Hospitals, Saket, New Delhi.

Dr. Rath shared his experiences in the diagnosis and management of Ankylosing spondylitis which is a disease of young adults, being more common in males than females. The patients usually presented with axial back pain and morning stiffness. Inability to diagnose this disease well in time could lead to permanent disability in the patients. He has also enlightened the audience with the newer more effective therapeutic agents available in the management of this disease.

The secretary, Aligarh City branch of ISSP, Dr Hammad Usmani welcome the participants of CME, which is being attended in large numbers by pain physicians, rheumatologists, faculty members and residents of department of Medicine, Orthopaedics, Anaesthesiology along with several private practitioners of Aligarh.

The Dean, faculty of Medicine, J.N. Medical College, Prof Veena Maheswari presented a memento to Dr Rath.

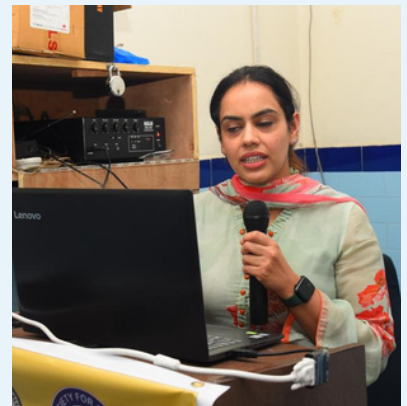
Dr. Hammad Usmani
Secretary, Aligarh City Branch of ISSP.



ISSP City Branch Activities

Amritsar City Branch

Scientific Programme of the CME on Pain Awareness held at SGRDIMSAR, Amritsar on 18-November 2023. There were approximately 100 delegates attended the CME which included Doctors, Nurses and other paramedical staff of other clinical departments.



ISSP City Branch Activities

Aurangabad City Branch

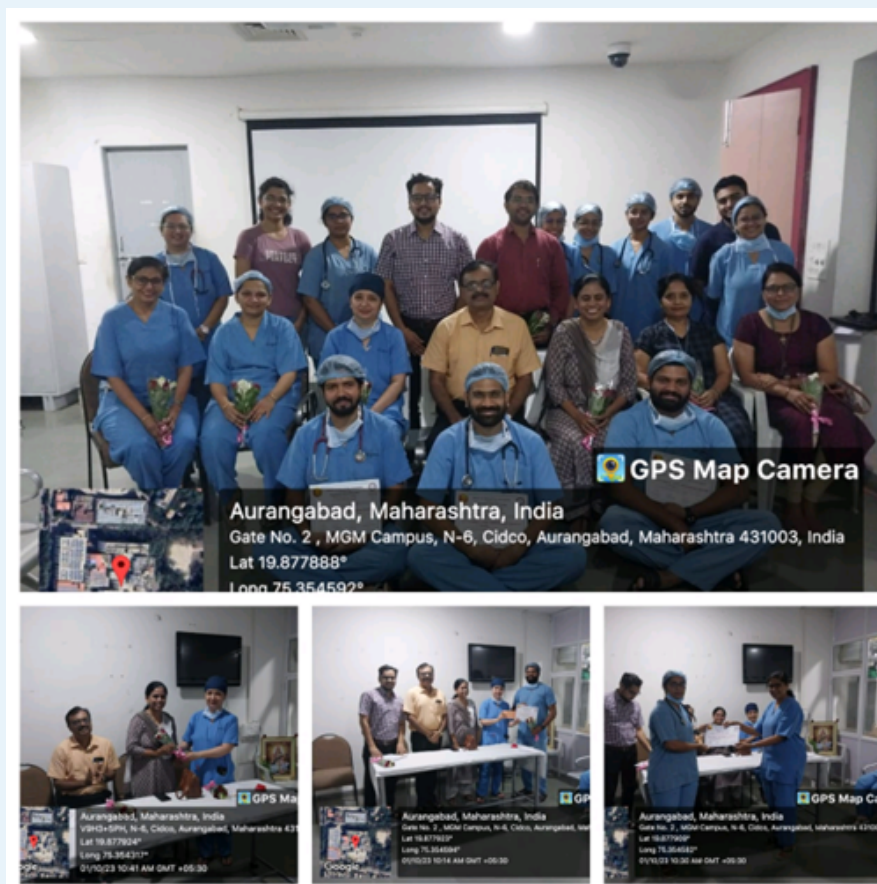
ESSAY WRITING COMPETITION

Society for study of pain Aurangabad in Association with Department of Anaesthesiology MGM Medical College Aurangabad conducted "National level Essay Writing Competition" for anaesthesiology postgraduate students.

The event was conducted with virtual platform on the occasion of September: Pain awareness month.

Topic of essay writing competition was "Pain medicine as a Superspeciality of Anaesthesiology. There were many participants from all across country.

Prizes were given to winners and certificates distributed to all the participants.



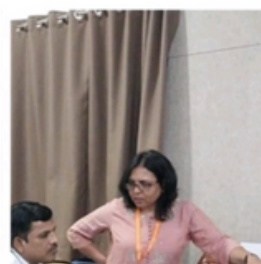
ISSP City Branch Activities

...Aurangabad City Branch

INAUGURAL REPORT

Society for Study of Pain Aurangabad in association with MGM Medical College conducted hands on workshop URAP 2023 (Ultrasonography for Regional Anaesthesia & Pain) at Dyotan Hall on 30th April 2023. It was first of its kind workshop in marathwada region where 45 delegates learned skills of handling ultrasound from 14 faculties came from all across India. It was followed by inaugural & installation ceremony of Society for Study of Pain Aurangabad, city branch of Indian Society for study of Pain (ISSP) by the auspicious hands of Dr. Sunita Lawange, President elect, ISSP & Dr. Dhruv Bibra, Co- Director, Delhi Pain Management Centre, Delhi (First Pain Clinic in India) in august presence of Dr.Rajendra Bohra, Dean MGM, Dr. Balaji Asegaonkar, President elect, ISA & Dr. Shewale, IMA treasurer.

Dr.sunita Lawange, chief guest for the event elaborated about establishment of ISSP & its various activities. Dr.Dhruv Bibra guided about Pain Medicine as a speciality of modern medicine. Newly established office bearers were felicitated with life membership certificates, medals & memento. Secretary Dr.Amol Pandav expressed vote of thanks. Activity was followed by refreshment & snacks.



ISSP City Branch Activities

...Aurangabad City Branch

ISSP FOUNDATION DAY (9th JULY) ACTIVITY 2023

Society for Study of Pain Aurangabad (SSPA) in association with Department of Anaesthesiology MGM medical college Aurangabad on the occasion of ISSP Foundation Day (9th July) conducted career guidance lecture for Anaesthesiology postgraduates.

Dr. Supriya Kulkarni, HOD, Anaesthesiology, Hedgewar Hospital & Vice President of SSPA delivered a talk on "Career guidance in Pain Medicine" highlighting huge opportunity in this field of modern medicine specially for fresh postgraduates. In her lucid talk she said " Pain Medicine is not just a discipline of modern day medicine but a well established superspeciality branch with various academic courses in India & abroad.

SSPA president, Dr. Arvind Rajgure expressed need of more and more such activities to spread word of awareness. Dr. Pramod Bhale, Professor in Anaesthesiology & Pain Medicine & Dr. Vasanti Kelkar, Professor in Anaesthesiology guided attendees about academic courses in Pain Medicine. Dr. Amol Pandav, secretary, SSPA & Dr. Jyeshtharaj Patangankar, treasurer, SSPA took efforts for conductance of the event. The activity was well appreciated by the audience followed by keen discussion among the young anaesthesiologist.



ISSP City Branch Activities

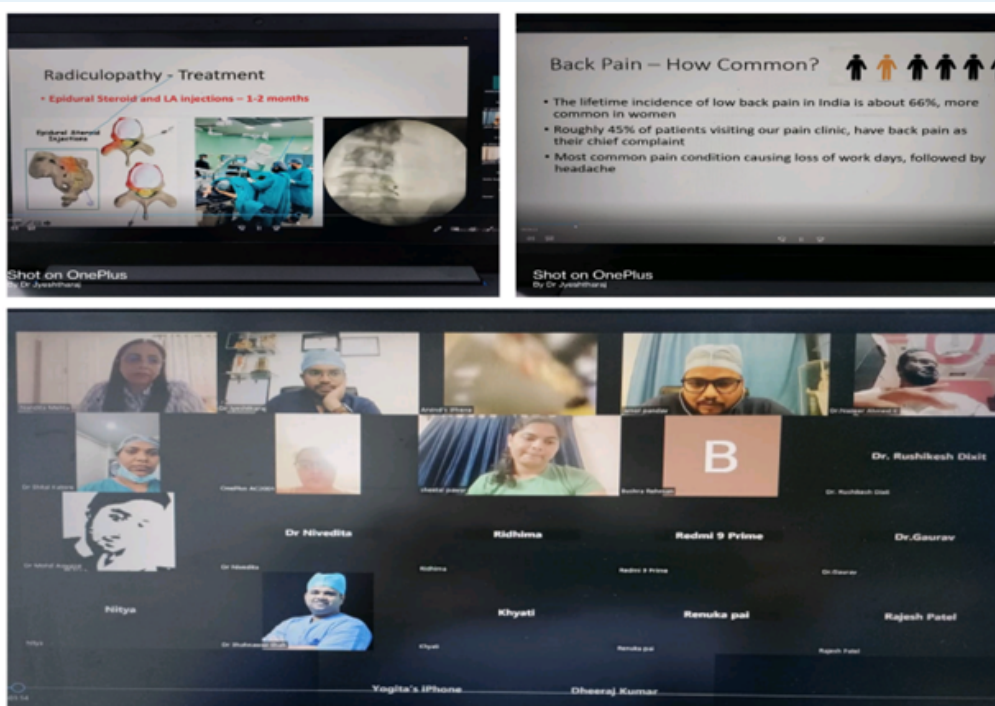
...Aurangabad City Branch

MONTHLY WEBINAR: AUGUST 2023

Society for Study of Pain Aurangabad, SSPA, city branch of Indian Society for Study of Pain ISSP successfully conducted a webinar (Topic : Low Backpain) on 29th August 2023.

Dr. Nivedita Page, eminent pain physician & director of Painex Pain Management Clinic, Pune shared her thoughts on Assessment of Low Back Pain diagnosis.

Pain Management expert, Dr. Nandita Mehta discussed in detail about Advanced Pain Management Modalities for nonresponsive Low Back Pain. It was followed by thorough discussion on the said topic with enthusiastic participation from audience. Society president Dr. Rajgure highlighted importance of correct diagnosis of a condition causing backpain. SSPA GC member, Professor Dr. Pramod Bhale in his concluding speech thanked both the speakers, organisers as well as audience and expressed need of more such activities to create awareness about Pain Medicine as a emerging discipline of modern day medicine. SSPA secretary Dr. Amol Pandav, treasurer Dr. Jyeshtharaj Patangankar & all office bearers Dr. Sachin Chavan, Dr. Shital Pawar, Dr. Rushikesh Dixit took efforts for the successful conduct of the webinar.



... ISSP City Branch Activities

Indore City Branch

ISSP foundation day was celebrated on 8/7/23 at Hotel Crown palace.

The guest speakers were Dr Nitin Sharma who enlightened us on Science behind Meditation and also taught us Relaxation techniques.

Dr. Archana Verma Associate Professor of Neurology at MY Hospitals Indore. She gave a very interesting lecture on Approach to Headaches and made such a difficult topic easy to understand.

Last but not least our young Pain physician Dr. Ravi Kumar gave an elaborate description of Trigeminal Neuralgia. The meet was followed by cake cutting by all members of the society and then it concluded with Cocktails and Dinner. The meet was sponsored by Sunpharma



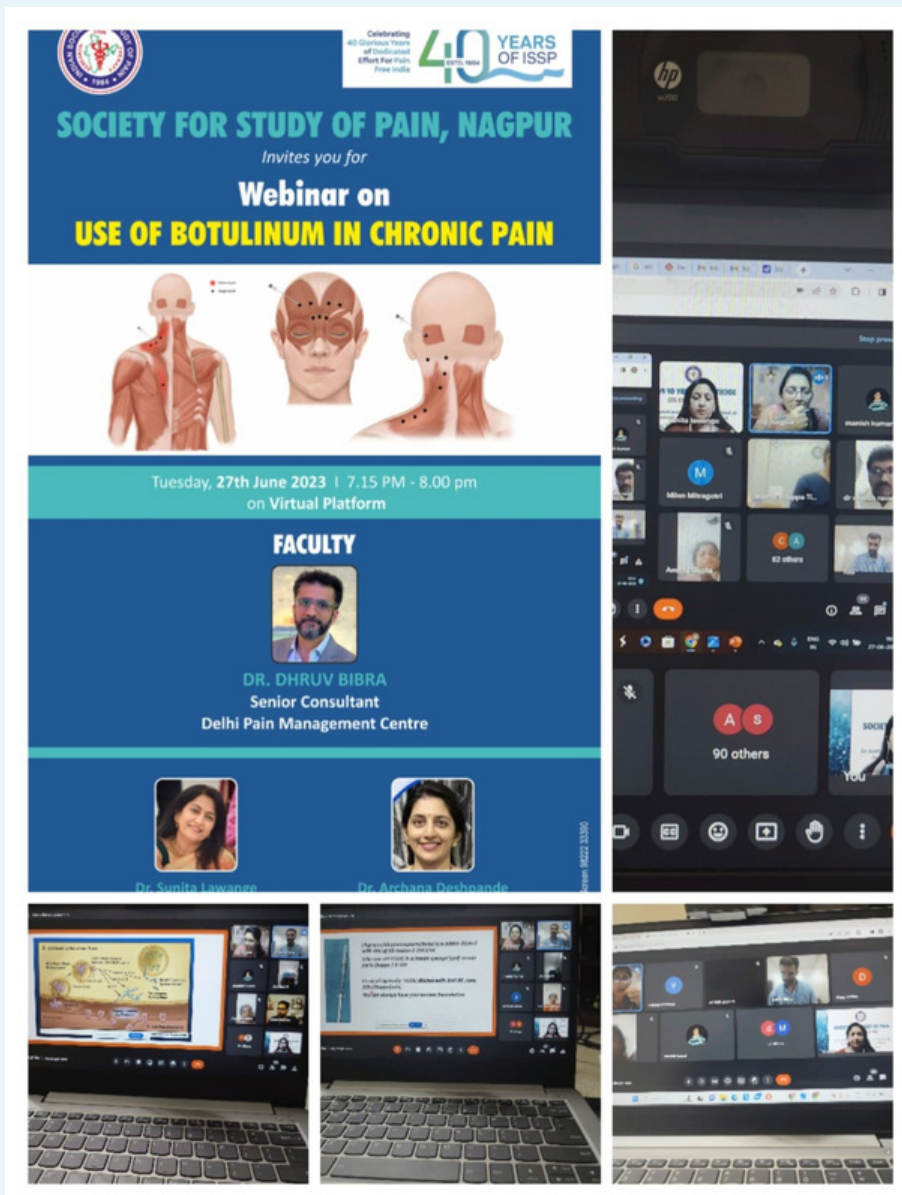
... ISSP City Branch Activities

Nagpur City Branch

WEBINAR ON BOTOX

SSP nagpur organised a Webinar on Botox on 27th June 23

Dr Dhruv Bibra ,Cofounder and Co director of Delhi Pain Management Centre was the esteemed speaker. More than 95 clinicians attended and took part in the discussion followed after the lecture.



... ISSP City Branch Activities

...Nagpur City Branch

On the 39th foundation day of Indian Society For Study Of Pain today, here's what you need to know about **chronic pain**, its causes & treatment

DON'T SUFFER, CHRONIC PAIN IS PREVENTABLE

SOME BASICS

- Pain has been affecting human life for ages
- 80% of patients visiting doctors

complain of pain

- Raising awareness about chronic pain management and prevention is crucial

WHAT IS CHRONIC PAIN

- It is not just a symptom, but a disease in itself
- Any pain lasting for three months or beyond the expected healing period is chronic
- It significantly impacts social, functional and emotional well-being
- It leads to economic and social consequences like job loss, absenteeism, depression

IT IS AN EPIDEMIC

- Sedentary lifestyle, stress, increased life expectancy and unhealthy eating habits result in chronic pain
- Ignoring and not treating pain at an early stage can lead to its progression
- Many people unaware of interventions and pain clinics available for early treatment

COMMON CONDITIONS

Low back pain, neck pain, shoulder and knee pain, headaches, myofascial pain, cancer pain, neuropathic pain (for example trigeminal neuralgia, post-herpetic neuralgia)

MANAGE IT WITH YOGA

- Yoga controls and calms the mind, improving flexibility and muscle movement
- Reduces stress and promotes overall well-being
- Combine breathing, flexibility and muscle exercises for long-term relief

ADVANCED TREATMENTS

- Cooled radiofrequency ablation, regenerative medicine (like platelet-rich plasma injections), and neuromodulation methods give long-term relief
- Radiofrequency ablation targets pain-signalling nerves
- Spinal cord stimulators, epidural ports, and intrathecal drug delivery systems are reserved for intractable pain

WORK FROM HOME AND CHRONIC PAIN

- Improper spinal alignment due to extended sitting or standing can cause neck problems, also called 'tech neck'
- Physical therapy, dry needling, yoga and relaxation therapy can alleviate pain

Long-lasting unbearable pain affects physical, emotional and mental well-being. Prevention can be achieved through a healthy lifestyle and a positive attitude

DR SUNITA LAWANGE | PRESIDENT OF SOCIETY FOR THE STUDY OF PAIN, NAGPUR

Text: Chaitanya Deshpande, Illustration: Rammurti Nerlay

MEDIA ARTICLE ON THE OCCASION OF PAIN FOUNDATION DAY 9/7/23



JOURNAL CLUB STARTED ON THE OCCASION OF FOUNDATION WEEK

QUIZ ORGANIZED AT GMC ON THE OCCASION OF FOUNDATION WEEK

... ISSP City Branch Activities

...Nagpur City Branch

A PAIN CAMP AT DMMC ON THE OCCASION OF
FOUNDATION WEEK FOUNDATION DAY
12/7/2023



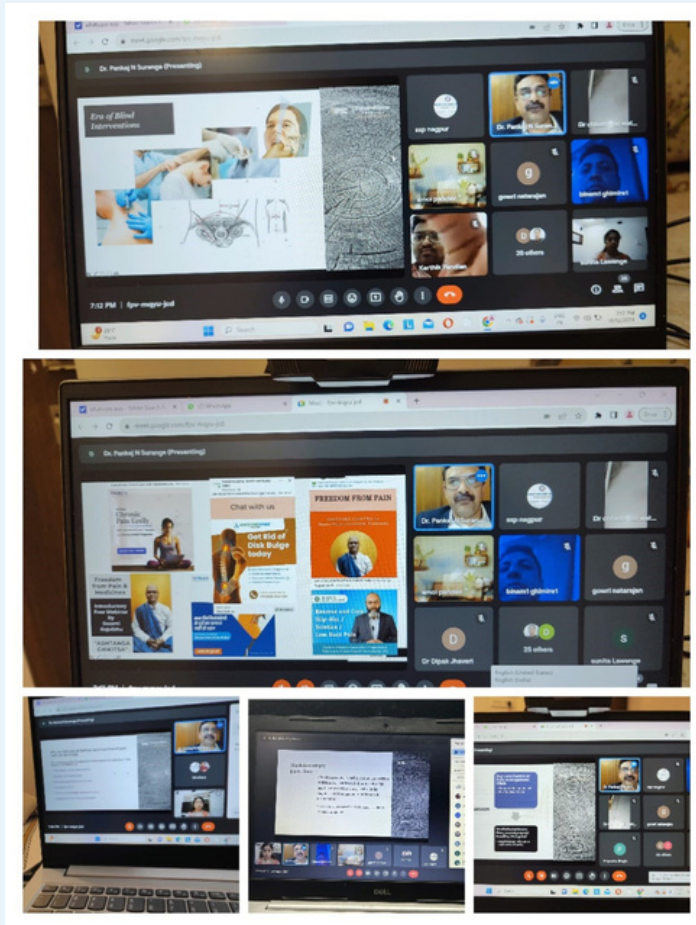
PAIN AWARENESS TALK 29/9/23

A talk was conducted in association with Dept of Anaesthesia and Pain Medicine DMMC Nagpur on 29-9-2023 . Dr Sunita Lawange In charge Pain Clinic DMMC and Dr Kiran Vyawahare AP, Dept of Anaesthesia and Pain Medicine DMMC were the speakers. More than 40 medical students and faculty attended the talk and interacted actively with speakers.

Pain Awareness Month

... ISSP City Branch Activities

...Nagpur City Branch



WEBINAR ON PAIN PRACTICES

A webinar on 'Redefining Pain Practices ' was organised by Society for Study of Pain Nagpur on 12 oct 23.

We were privileged to have renowned Pain Physician Dr Pankaj Surange CEO IPSC Delhi as our speaker.

He elaborated on various aspects of Pain Practices in India like Qualification, Infrastructure, NMC guidelines, Registration, Admission etc

More than 35 clinicians attended and interacted with Dr. Surange



Nagpur IMA and General Practitioner
conference 23

28-10-23

...ISSP City Branch Activities

Pune City Branch

Society For Study Of Pain Activities For Year 2023 July To 2023 November

काळ

कर्करोग रुग्णांमध्ये गरज
वेदना व्यवस्थापनाची : डॉ. पागे

पुणे, ता. १८ : “कर्कीराज्याच्या रुग्णांमध्ये वेदना व्यवस्थापनेची गरज निर्माण झाली आहे. त्यानुसार रुग्णांचे कापणे सुसह्य करणे आता शक्य झाले आहे. यामुळे रुग्ण आरोग्य सुधारित व्हाऊन घरातून जखमवृत्ती करणे याला प्राधान्य देण्याची वेळ आता आली आहे,” असे मेडिकल विलरिफमधील मणकातनू तसेच वेदना व्यवस्थापनतज्ज्ञ डॉ. निवेदिता पाणे यांनी सांगितले.

कर्करोगाच्या रुग्णांची संख्या झपाट्याने वाढत आहे. औषधोपचाराकरीबरच त्यांच्या वेदनांचे व्यवस्थापन ही आता एक मोठी गरज झाली आहे. या पार्श्वभूमिवर डॉ. पाणे महाराज्या, “कर्करोगाशी लढणाऱ्या रुग्णांमध्ये सकरात्मकता निर्माण करणे महत्वाचे असते. रुग्ण आधीच अत्यंत

खडतर परिस्थितीत तोंड देत असतो. अशा वेळी त्यांना वेदनांचे अधिकचे ओझे जाणवायला नको. प्रत्येक रुग्णाला वेदनांसारखी सुटका मिळवण्याचा आग्रह आहे. योग्य वैद्यकीय कौशल्य, सहनशुभीची भावना आणि जागरूकता याद्वारे रुग्णांच्या त्रिस्तरीय आघातासारखी वेदना व्यवस्थापन करणे शक्य असते. त्यासाठी 'आघात आणि समर्थ' उपक्रम राबवित आहोत."

वेदना व्यवस्थापनतज्ज्ञ डॉ. कशिनाथ बांगर म्हणाले, "कर्करोगामुळे केवळ शारीरिक आयुष्यानेच येताल असे नाही तर त्यासोबतीने प्रचंड वेदनाही येतात. रुग्णाच्या जीवनाच्या गुणवत्ता वाढवण्यासाठी रुग्णांना परिपूर्ण जीवन जगण्यासाठी सध्या बऱ्याच उपचारांचे हेच आयुष्य घेणे आहे."

कर्करोगग्रस्तांसाठी सर्वसमावेशक
वेदनाशामक धोरणांची नितांत गरज

[illegible]

रुग्णांची संख्या वाढण्याची शक्यता

उपक्रम सक्षम वातावरण निर्माण करेल

[illegible]

वेदनांपासून सटका मिळवण्याचा अधिकार

પેન્સિયા કિર્ચીનકોવોલ મળકાસાસ તામેય વેટન વ્યાપકમળકાસાસ ડૉ. નિર્જિટ ઓ મળકાસા, વેટન-મુકા કર્મોત્તર ય ચક્રમળકોતે આસોતે અતમે ધેવે દે કર્મોત્તરો સિદ્ધ લાડા દેડા આસોતેય સમ્પાન્ન સમ્પાન્નક વચસા દાસતમે હેચ અલે. કર્મોત્તરકાસ રમ્પા અધીચ અતમે સુદસ પર્ણિતમળકાસ વેટ દેડા અમ્પાત. અસોતેડા તમેય વેટનકેડે અધીચતે અલે મળકાસાસ નકો. પ્રત્યેક મળકાસો વેટનકેડમુસ મળકાસા મળકાસાસ અધીચ અલે. પાસા અતમે પ્રત્યેક મળકાસાસ

NEWSPAPER ARTICLE
IN SAKAL :
DR NIVEDITA PAGE

AWARENESS ARTICLE ON MENOPAUSE AND PAIN MANAGEMENT

पेनेक्स की दर्द मुक्त कैसर पहल
देश में लगातार बढ़ रहे मरीज

● (पू.) (सं). भारत में कैसर के मामले 2022 में 14.6 लाख से अधिक बढ़े हैं। 2015 में 15.7 लाख के आसपास था। इसी प्रकार 2022 में प्रमोशन की आवश्यकता के मामले में सभी अधिकारियों को बढ़ा है। यह एक नेप्तेसम फैसला है। नेप्तेसम प्रमोशन का मतलब है, उसका मतलब है कि जिसका काम उठाता है, जो कैसर रोजगारों की पीढ़ी को कम करने के लिए नवीन समाधानों का प्रयोग करता है। यह व्यवस्था दुर्लभ नित्यारण प्राप्तियों की सख्त आवश्यकता को देखते हुए करता है। नेप्तेसम प्रमोशन के तत्कालांतर में दुर्लभ-कम कैसर प्राप्त एक ऐसे अभियान की कल्पना करती है जहां दुर्लभ का साथ आ कैसर रोजगारों के जीवन पर छाया नहीं होगा, यह मायाविकी उत्कृष्ट नेप्तेसम फैसला है और प्रमोशन द्वारा कैसर के जटिल प्रश्न पर चल रहे लेखों की पीढ़ी को कम करने और उन्हें आसानी मिलने की दृष्टि प्रमोशन से पैदा होता है। देश भर में कैसर का निवारण बढ़ा रहे हैं। प्रमोशन, पब्लिकको और स्वास्थ्य देखभाल प्रणालियों के लिए गैर-पुर्तगाली का कारण बन रहा है।

डॉ. निवेदिता घागे
स्पाइन & जॉइंट विशेषज्ञ

स्त्रीः

[illegible]

या लेखाला अत्यंत वेदना आणि लज्जादायी
उत्तरांची शक्तीही येऊ. त्यासाठी येथील
आणि वेदना पोषकातील संबंध समजून घेणे
अत्यंत कठीण आहे. येथीलपासच येत येत
'इन्टेलिगेंट'चा शास्त्रीयत पर होण्याची आले
जे विकसित, मायकुवोलेन्टेल आणि
या लक्षात घेऊन प्रणालीतही आणि
शास्त्रीयक प्रणालीतही परिणाम करू शकतो
शास्त्रीयक प्रणालीतही करू शकतो. शास्त्रीयक प्रणालीतही

मेनोपॉज आणि वेदनांचे व्यवस्थापन



कुलद विदेशीकरणवादी अभिप्राय अति
निम्नस्तरावस्थेसह 'जीआरपी' वेप
ही मुद्रादेखीलकडी उपयुक्त ठरले, तर केवळ
वेपच कमी करतल्याकडी नसे, तर जीआरपी
एकूण मुद्रावला सुधारकालासह बदलत
'कुलद आरपक' मुद्राच बदलतल्या
राष्ट्राधिकारपत्राच्या वेपवाडीदेखील
उपयुक्त ठरले

वाढलेल्या इलेक्ट्रॉन : भाषणेन आणि ए
 सोवियत युद्धा या साध्या आणि आधुनिक प्रथा
 उपस्थानाने दीर्घकालीन योद्धा सल्लागार,
 हार्मोन रिप्लेसमेंट थेरपी (एचआरटी)
 : ही थेरपी मेकेनोडायनामिक साधनांमधून

પણ કામી હોતે. ખજાણાને અધિકારોએકેમિયે
મેળવાન હીન અણિ સંપ્રિયાત ન પ્રેમકર
પ્રેમકા પાછાને. વાચ દૈનિકન ઝીવનપત્રોને
પરિણામ હોતક સમકાલે. મેનેજમેન્ટનેવર
સાચાંસાચાને સમીક્ષા સાચાકાન વેદન
સમજાવેકેમી એક ભાગને. 'સાતદુશ્મી' એ
'સાપટિકા'. સાપટિકા ભાગને માંડો ન વે
માનવનુ સમજાવકા હરિવે દુષ્કાને. 'સાચા
સાચી કિયા તિવનકાવરન' સાચાં સાપટિક
હી 'સાતદુશ્મી' આને.

मैथीलीय/साधकिका : टांगरामसिंह-
सुविद्युत इन्फेक्शनसह रूढिअधिका-
रिअधिन उपपत्ति हे रूढिअधिन, उन्मु-
खपत्ति, विपत्ति, विपत्ति, विपत्ति, विपत्ति

‘फर्मासोलेजिजिल’ उपचार, जसे की सौदाभाषक-जालियुक्त घेरावे (सीकेटी) विप्रादी तंत्र आणि अस्मदुर्गमवादेखील येवना व्यवस्थित कारणासाठी आणि एकंदर आपोच सुधारणासाठी उपयुक्त

ज्याप्यायम आणि शेवटी : ज्याप्याम आणि हाद्रीक येथी 'मयकुलोकेलेवेल' आदीय सुधाप्यायम आणि रनेनियुवेरी संबंधित साधेपुढी कमी करप्यायम मयल करु शकतात. यजन इयलप्याये ज्याप्याम, जसे की यालये आणि साकलीये प्रिथप्याम, हाद्रीये यमल राजप्यायम आणि ऑटिओयेयेविताय

ધોષા કમ્યારા મથત કલ રાજા, વાળ્યોત્તીન રાજાકિ. એવેયે સુવન્ય સર્વોપચાર લેવેલુપચાર અર્થિ સંધિવાન અર્થિ રાજા લેવેલ કમ્યારા મથત કલ રાજા.

જીવનચરિત્રસાદી મહત્ત્વ : જીવનચરિત્ર લેવેલ વાળ્યોત્તીન સેવેનકે દામનન દોષાન લેવેલ વાળ્યોત્તીન કાલ્પન્ય પ્રત્યયે માર્ગ અમુ રાજાકી. સંલિખન અર્થિ જીવનચરિત્ર-

'તે પુનઃ આરોગ્યકર્ત્રે અસ્તર પાલન્યમ્' હતાવેયે ખનત દીકનન લેવેલપચાર મથત રાજા રાજા અર્થિ અર્થિદોષેવેલપચાર ધોષા કમ્યારા હોયે. વાળ્યોત્તીન પુરુષન દાખવે અર્થિ અર્થિ સ્વપાત્ર કમ્યારા જુદા રાજાકી.

રાજાકીકેવે લેવ અર્થિ રાજા આરોગ્ય સમર્થતા ધોષા કમ્યારા મથત રાજા રાજા.

કેવેલોત્તીન લેવેલેયે સમર્થતા, ધોષા સર્વોપચાર લેવેલ અર્થિ રાજા રાજા.

જીવનચરિત્ર અર્થાત્તે અર્થિ આરોગ્યકર્ત્રે સમર્થતે અર્થાત્ત આરોગ્યકર્તા જીવન જન્મ રાજાકી.

आरोग्यम् धनसंपदा

- विषय -

**विना शस्त्रक्रिया
गुडघेदुखीवर
उपचार**

रविवार २० ऑगस्ट २०२३
वेळ : दु. ३. २० मि.

डॉ. निवेदिता पागे

डॉ. काशिनाथ बांगर

AWARENESS PROGRAM ON NEWS
CHANNEL : DR NIVEDITA PAGE &
DR KASHINATH BANGAR

...ISSP City Branch Activities

...Pune City Branch



DR UTTAM SIDHAYE: 8TH JULY 2023

Pain awareness session on 91.1 FM for ISSP foundation day activity

Dr Varsha Kurhade:
31st July 2023
Newspaper article on
nonsurgical pain
management in Sakal with
special mention of ISSP &
SSPP



DR SANJOG MEKEWAR:

8TH JULY 2023

Delivered Awareness talk for
doctors and paramedical staff
at Sainath Hospital Pune:
attended by 25 people as ISSP
Foundation day activity.

...ISSP City Branch Activities

...Pune City Branch



DR MEDHA PHADAKE :
8TH JULY 2023

Lecture for senior citizens
at Pune: attended by 110
people (online + offline
mode)

AORA – 2023 PUNE - HYBRID WORKSHOP ON ACUTE AND CHRONIC PAIN IN AORA NATIONAL CONFERENCE 2023

Dr varshali Keniya, Dr Varsha Kurhade, Dr Kashinath Bangar, Dr Sanjog Mekewar and Dr Archana Nankar were invited as a faculty for USG guided workshop on chronic pain management.



...ISSP City Branch Activities

...Pune City Branch

DEPARTMENT OF ANAESTHESIA & PAIN MEDICINE AT BVP & MEDICAL COLLEGE CONDUCTED WORKSHOP IN JULY - 2023

Dr Madhuri Lokapur, Dr varshali Keniya, Dr Varsha Kurhade, Dr Kashinath Bangar, Dr Asha Barge, Dr Kirti Pawar, Dr Shweta Puntambekar, Dr Sanjog Mekewar and Dr Archana Nankar were invited as a faculty for USG guided workshop & Fluoro Guided Cadaveric CHRONIC pain interventions workshop on chronic pain management

Dept. of Anaesthesia & Pain Medicine
Bharati Vidyapeeth (DTU) Medical College, Pune
In association with
Society for Study of Pain, Pune (SSPP)
presents

PAIN EXAM REVIEW COURSE

29TH JULY 2023
USG MSK scanning
8 am to 4 pm
Venue: Bharati Hospital, Dhankawadi, Pune

30TH JULY 2023
Fluoroscopic Cadaveric workshop
8 am to 4 pm
Venue: Autopsy room, Bharati Vidyapeeth (DTU) Medical College, Dhankawadi, Pune

Highlights

- Limited number of delegates with maximum time for Hands-on.
- Didactic lectures, table viva on instruments, drugs, case scenarios.
- Needling practice in cadavers under fluoroscopy.
- USG hands-on scanning on live volunteer.
- Practical tips for exam
- Eminent Faculty

Fees - INR 15,000 per person for 2 days
INR 10,000 per person for any 1 day

Limited registration <https://forms.gle/YHh4ILQNSTEi4UJ6>

For any queries contact –
Dr. Ambarcen Momin 7045133607



DR MADHURI LOKAPUR : 20TH JULY 2023

Conducted Pain awareness program at Jehangir Hospital, Pune

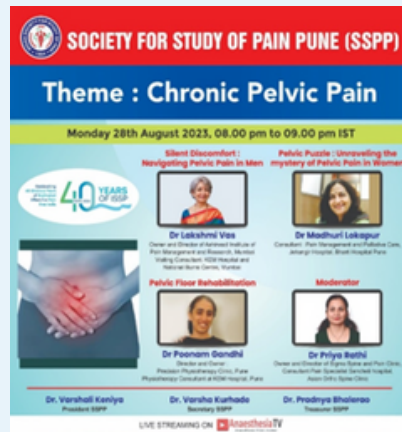
DR KAILASH WAGHMARE: 16TH JULY 2023

Conducted awareness session for surgeons on postsurgical pain.



...ISSP City Branch Activities

...Pune City Branch



SSPP MONTHLY
ACADEMIC MEET
(WEBINAR) FROM JULY TO
OCTOBER 2023

Attended by Pain practitioners
across the globe on live streamed on
Anaesthesia TV & SSPP you tube
channel, FB live



ISACON SOUTH ZONE 2023 MYSURU

Dr Varshali Keniya And Dr Varsha Kurhade
Were Invited As A Faculty For Fluroscopic
And Usg Guided Cadaveric Workshop In
Chronic Pain Management

16 october 2023 :
Dr Kailash Waghmare

Delivered lecture on Biopsychosocial model
of pain at Latur in CME on chronic pain
arranged by ISA Latur.



...ISSP City Branch Activities

...Pune City Branch



16 OCT 2023 : DR VARSHA
KURHADE

Felicitated by SAPC (Society of
Anaesthesiologist Pimpri
Chinchwad) for contribution as
pain specialist.



DR MEDHA PHADKE : 16 AUG
2023, 6 SEPT 2023,

Delivered lecture on chronic
pain management for senior
citizens



DR MEDHA PHADKE :
Podcast about chronic pain management
14th August 2023

...ISSP City Branch Activities

...Pune City Branch



Dr Vasudha Jadhav :
Awareness About Pain
Management For Ima
Members At Vita Medical
Association In September 2023
On Pain Awareness Day

Dr Hemant Kshirsagar :
invited as a speaker for Pain
management in Trigeminal
Neuralgia at SCOCON (ENT)
conference



**AIM – P CONFERENCE BANGALORE
OCTOBER - 2023**

DR Madhuri Lokapur , Dr Vasudha
Jadhav & Dr asha Barge were invited as
a chairperson for Conference

...ISSP City Branch Activities

Raipur City Branch

Society for the study of Pain, Raipur(SSPR) Installation

Installation ceremony of the Society for the Study of Pain Raipur was a momentous occasion, held with great enthusiasm and fervour. The inauguration and installation ceremony was conducted on 7th May, 2023 in gracious presence of Hon. secretary ISSP Dr. Pravesh Kanthed.

The ceremony started with the Welcome address by Dr. (Prof.) Pratibha Jain Shah followed by talk on the introduction to the world of Pain Medicine by Dr. Pravesh Kanthed followed by CME on two panel discussions on facial and low back pain by Dr. Bables Mahawar and Dr. Santosh Tharwani bringing together the local medical community to participate in the discussion. The event, held with great enthusiasm and a sense of purpose, marked a significant step in advancing the understanding and management of pain in the region. Eminent medical professionals and specialists in the field of pain management along with neurophysician and orthopaedicians gathered to establish the society and its objectives.

The ceremony included the induction of the society's leaders and office bearers who pledged their dedication to the cause of alleviating pain and promoting pain medicine as an essential discipline in healthcare. Society President Dr. (Prof.) Pratibha Jain Shah, Vice president Dr. Ashok Sonkar, secretary Dr. Bables Mahawar and all office bearers Dr.(prof.) Jaya Lalwani, Dr Pankaj Omar, Dr Yugal, Dr Chhatrapal watti, Dr vinod Lalwani, Dr Santosh Sonkar took efforts for the successful conduct of the meeting. It was a pivotal moment in the journey towards improving the quality of life for individuals dealing with pain in Raipur and underlined the commitment of the medical community to this pressing issue.



...ISSP City Branch Activities

..Raipur City Branch

Clinical Meet on 14th October, 2023 on Cancer Pain Management.

Society for the Study of Pain Raipur (SSPR), the city branch of the Indian Society for the Study of Pain (ISSP), recently hosted an informative and interactive clinical meet on Cancer Pain Management on October 14th, 2023. During the meeting, Dr Pratiksha provided an in-depth discussion on advanced pain management techniques for cancer pain patients who do not respond to traditional treatments followed by another case presentation on Pain Management in Rectal Carcinoma by Dr. Ahana Bose .

The event was marked by an engaging discussion on the topic, with enthusiastic participation from the audience. Dr. (Prof) Patibha Jain Shah, the President of SSPR, conveyed her gratitude to both the speakers, the organizers, and the audience during her concluding remarks. She emphasized the importance of organizing more such activities to raise awareness about Pain Medicine.

The successful execution of the meeting was made possible through the dedicated efforts of various individuals, including the Vice President of the Society Dr. Ashok Sonkar, the Secretary Dr. Bablesh Mahawar, and Dr (Prof) Jayalalwani. Additionally, the invaluable contributions of Anesthesia postgraduate students of JLM Medical College were acknowledged and appreciated.



POEM BY A PATIENT

Dear Sir,

I am sharing a poem written by my patient- a qualified nurse on Pain. (Written by: Ms Ruthie Paul...a childhood cancer survivor; suffering residual effects from the radiation therapy given at age 10 years during her developmental growing years.) Please publish this in our newsletter if you feel it can promote pain awareness.

She is a case of a childhood Hodgkin's Lymphoma; survivor with post treatment sequelae of radiation induced vertebral hypoplasia of right C5,6,7 vertebrae, tethering of apical pleura to right apex and severe atrophy of right sided neck and shoulder musculature making it difficult for patient to lie supine, severe bouts of coughing on neck extension, reduced strength of right upper limb due to Radiation induced post ganglionic brachial plexopathy with severe Right upper limb neuropathic pain.

Thanking You,
Dr Kritika Doshi

To my friend- Dolor

Today is a special day my dear friend!!
Wow!!!!!!
30 years ki friendship!!

You are my oldest friend..... we've known each other since I was 10!!

Happy happy friendship day, my closest friend - Pain!

Pain- my friend, you're known by different names to different people- pain, Dolour, dolor, Dolore, pijn- but one thing's for sure, you're a feeling everyone has experienced, across all languages.



Look at you now..still going strong!
We've been together a long time.....long enough to turn a foe (you!) into a friend!



We're like a married couple or like Vikram Betaal..or both
I know I'm getting all soft and reminiscing..but yes, I know you today like I know myself. You know, the "you in me, I in you" spiel.

We've grown together- I've grown older and you have grown fourfold deeper!

This relationship is special, more so because you're invisible to the world.. Not to me, though.

POEM BY A PATIENT

To me you started as a nobody, but grew deeper- as I grew. You grew in places I couldn't even touch or reach to remove you!!

Then came the phase where you were a foe. I did all in my power to get rid of you. Being a trained medical professional, I chose -voluntarily- to go to quacks too.
The thing is, being invisible, the world views me differently.

I look happy, I look whole. You're not visible "on" me. Sometimes I wish you were visible so that my life would get simpler. Atleast, I wouldn't be told by certain well known experts in the field that it's "all @##@#".

This world has no place or patience for people like me.....Very few want to talk about you, pain, or understand me in light of you. It's very difficult to make others understand or accept me like this. You've to be seen to be heard!! That's something I learnt the hard way. You may be the fifth vital sign in hospitals accross the world, but "T & C" apply.

You'd be a VIP (Vitally Important Pain) if I had some complex sounding disease or something to go along.

So seeing as we are going to be stuck together for the foreseeable future, I decided to stop fighting you and embrace you. I accepted you, and accepted that the drugs can do only so much, and my loved ones can only care so much.

So, with you in tow, I look above, from where my help comes.

You know that, you've seen my tears and my limitations. Like I said, you know me more than any human. You know how limited I can get, and how I'd really like to shut shop but this still small voice inside keeps egging me to go on.

At the end of the day, it's just you and me baby!

So happy friendship day to you..it's not the world's friendship day because, to the world, you're invisible. So let's raise a toast to our special friendship day. Just us! Pain, my friend for life! A day just for you and me for the rest of my life!

Notification for the Awards

- **Life Time Achievement Award:** This is awarded for the ISSP Life member who has done yeoman service to community, ISSP society and exemplary performance on academic, research & pain relief front. For more information please [click here](#)
- **ISSP Oration:** Will be delivered by eminent ISSP members who have contributed immensely to growth of society. Governing Council will select the Orator during Annual National Conference of ISSP. The selection will be announced during AGBM
- **Key Note Address:** Will be delivered by the President of ISSP on second day of conference following ISSP Oration.
- **Ashok Saxena Awards:** Award from Prof. Ashok Saxena & family regarding Two Best Research Papers on Chronic Neuropathic Pain presented during Annual ISSP Conference. Please [Click Here](#)
- **Annacharya Lokapur Foundation Awards:** Award from Lokapur Foundation regarding two best research papers on Basic Sciences & Clinical Research presented during Annual ISSP Conference. Please [Click Here](#)
- **Best State Branch & Best City Branch Award:** The Best 'City' branch & Best 'State' Chapter will be selected as per the decision of the Governing Council according to the format published and will be awarded with a citation and memento. All recognized city branches and state units could compete for this award. For more information. Please [click here](#)
- **Pain management awareness award:** By Pain management research foundation. Please [Click Here](#)
- **Dr PN Jain IAPM Gold Medal Award:** For the Candidate who score highest in FIAPM Exit Exam.
- **Bidding for ISSPCON 2026:** For City Branches / State Chapter interested in organizing /hosting ISSPCON 2026. Please [Click Here](#)

ELECTION NOTIFICATION FOR THE YEAR 2023-2024

President Elect - 1 Post

Tenure - 1 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 10 years
 - He/She Should have served one full term as GC member
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member

Vice President - 1 Post

Tenure - 1 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 10 years
 - He/She Should have served one full term as GC member
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member

IAPM DEAN - 1 Post

Tenure - 2 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 10 years
 - He/She Should have served one full term as GC member
 - He/She Should have 5 publications on pain in indexed journals
 - He/She Should have attended at least three AGBM's out of last 5
 - He/She Should be an IASP member
 - He/She Should be FIAPM qualified

Please note: The desired criteria - Teaching experience

...ELECTION NOTIFICATION FOR THE YEAR 2023-2024

Governing Council Members (ISSP) **3 Posts** Tenure - 3 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 5 years
 - He/She Should have attended at least two AGBM's out of last 3
 - He/She Should be an IASP member

Governing Council Member (ISSP) **1 Post** Tenure - 2 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 5 years.
 - He/She Should have attended at least two AGBM's out of last 3.
 - He/She Should be an IASP member

Note: First two positions will be selected for 3 year tenure and next one for 2 year tenure

Governing Council Members (IAPM) **2 Posts** Tenure - 3 Year

- Eligibility:
- He/She Should be a life member of ISSP for last 5 years
 - He/She Should have attended at least two AGBM's out of last 3
 - He/She Should be an IASP member
 - He/She Should have 2 publications on pain in indexed journals
 - He/She Should be FIAPM qualified

NOMINATION FORM FOR 2024 ELECTION OF OFFICE BEARERS

Online Nomination Form



Download Offline Nomination Form



Applications should reach Secretariat Office by: 30th December 2023

IAPM EXAM UPDATES

EXIT EXAMINATION OF IAPM FELLOWSHIP

Date for Exit Exam :	7 th January, 2024, Sunday
Last Date of form submission	10 th December 2023, Saturday
Time	8 am to 5 pm , Written exam: 8 am to 10 am , Written exam will comprise of 100 MCQs in 120 minutes (2 hrs), Practical and Viva voce: 11 am to 5 pm
Venue	Sri Aurobindo Institute of Medical Sciences Indore, Madhya Pradesh
Venue Coordinator	Dr. Pravesh Kanthed

Note: IAPM Exit Exam will include USG Guided procedures from Jan 2024.
[For More Details Click Here](#)

Application Form for Training Observership

APPLICATION FORM

Full Name: Dr / Mr / Mrs
 {Surname} {Name} {Middle name}

Sex: ☐ Male ☐ Female Age:Years Date of Birth :

Qualification (University & Year of Passing): :

ISSP Life Membership Number:

Present Appointment :

Name of Institute :

Address For Correspondence:

Pin : State: Phone:

Email Id: Mobile:

Conference Attended ISSPCON

2019 ☐ Yes ☐ No 2022 ☐ Yes ☐ No 2023 ☐ Yes ☐ No

Research Papers, Publications & Presentation in Pain
(If needed, please use additional paper)

I hereby declare that the information submitted is correct. I will abide by the selection criteria and rules of selection committee.

Date:.....

Signature of Applicant



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ESTD. 1984

www.issp-pain.org

Application Form for Membership

INDIAN SOCIETY FOR THE STUDY OF PAIN

INDIAN CHAPTER OF INTERNATIONAL ASSOCIATION FOR THE STUDY OF
PAIN Reg. No.: U.P./470/84-85
LIFE MEMBERSHIP FORM

Full Name: Dr / Mr / Mrs
(in block letters) (Surname) (Name) (Middle Name)

Sex: Male / female **Age:** years, **Date of Birth** **Blood group:**

Qualification (University & Year of passing)

Specialization: **Registration No.:**

Designation:

Special Interest in field of pain: Pain Relief

Permanent Address:

Pin..... State..... Phone.....

Correspondence Address :

Pin..... State..... Phone.....

E-mail ID: **Mobile No:**

I agree to abide by the rules & regulation of Indian Society for The Study of Pain.

I wish to join INDIAN SOCIETY FOR THE STUDY OF PAIN as life member/Associate Member and
enclose Cheque / D.D./ online

No. drawn on Date..... Bank for
Rs.....



... Application Forms for Membership

(Drawn in favor of Indian Society for The Study of Pain) towards subscription for the life Membership.

Date:

Signature of Applicant

1. Sponsor's SignatureISSP LM No
Name

2. Sponsor's SignatureISSP LM No
Name.....

Life Membership Fees: Within India Rs. 6018 /- (including 18% GST & Rs 100 for Id Card)
Outside India US\$ 250/-

Associate Membership Fees: Within India Rs. 4130 /- (incl. 18% GST & Rs 100 for Id Card)
Outside India US\$ 150/-

Or

APPLY ONLINE

<https://www.issp-pain.org/membership/apply-online/>

Form For I-Card & Change of Address

Form for I Card & Change of Address

If so, please complete this form in **BLOCK LETTERS** and send to:

- (1) ISSP Secretariat for correction in records.
- (2) Use this form for sending information for I card. Send 2 passport size photos and Rs 200/- (by cheque or DD or online transaction) . **Get your I - Cards prepared**, as it will be compulsory during ISSPCON
- (3) Cheque / DD / Online in favour of " Indian Society for the study of pain" payable at Indore

Name: Dr / Mr / Ms / Mrs

ISSP Life Membership number.....Blood Group.....

Date of Birth

Old Address

New Address

City..... Pin.....

State.....

Phone : (Resi).....

(Off).....

(Mob).....

Email

ID.....

Signature.....Date

Bank Details

A/c No. : 90682010114209

Holder Name: INDIAN SOCIETY FOR THE STUDY OF PAIN

IFSC Code : CNRB0002074

Bank : Canara Bank

Branch : Palasia point, Indore – 452001

Send to:

Dr Pravesh Kanthed,

Meru Spine and Pain Centre

203-204, Manglam Pearl, 633-B, New Palasia

Indore (MP) -452001

By Phone:

+91 888-999-8301



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www.issp-pain.org

ISSPCON 2024

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38TH

NATIONAL CONFERENCE OF INDIAN SOCIETY FOR STUDY OF PAIN

ISSP20
CON24 PUNE

EXPLORE... ENRICH... EMPOWER

organised by
SOCIETY FOR STUDY OF PAIN, PUNE (SSPP)

2nd | 3rd | 4th FEB. 2024 @ PUNE

ISSPCON 2024 TEAM



Dr Uttam Sidhaye
Org. Chairman



Dr Varshali Keniya
Org. Secretary



Dr Pradnya Bhalerao
Hon. Treasurer



Dr Madhuri Lokapur
Scientific Chairperson

CONFERENCE REGISTRATION CHARGES

FEES INCLUSIVE OF GST

	UPTO 31/5/23	UPTO 31/10/23	UPTO 31/12/23	UPTO 20/1/24	20/1/24 ONWARDS ON SPOT
Natl. Delegates : ISSP Members	12000/-	14000/-	16000/-	18000/-	20000/-
Natl. Delegates Non Members	13000/-	15000/-	17000/-	19000/-	21000/-
PG Students / Fellows	9000/-	10500/-	12000/-	13500/-	15000/-
Accompanying persons Natl.	15340/-	15340/-	15340/-	15340/-	
Inter'l Delegates	250 US \$ Equivalent	300 US \$ Equivalent	350 US \$ Equivalent	400 US \$ Equivalent	450 US \$
Accompanying person International	250 US \$ Equivalent	250 US \$ Equivalent	250 US \$ Equivalent	250 US \$ Equivalent	

STEP 1

BANK DETAILS

OR

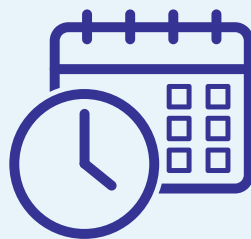
SCAN THE QR CODE
FOR PAYMENT

A/C Name : Society for Study
of Pain Pune
Bank Name : ICICI
A/C No : 624005024940
IFSC : ICIC0006240
Swift Code : ICICINBBNRI
Branch : Bhandarkar Road



STEP 2

Click here to fill in
Details & Complete
your Registration
[http:// bit.
ly/3HnPui9](http://bit.ly/3HnPui9)



02-04
FEBRUARY

Pre-conference Workshop on 1 st February 2024

ISSPCON 2024

40 YEARS OF ISSP

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INDIAN SOCIETY FOR
STUDY OF PAIN

ISSP2024 PUNE

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SOCIETY FOR STUDY OF PAIN, PUNE (SSPP)



WORKSHOP

GUIDING EXCELLENCE : A WORKSHOP ON USG GUIDED INTERVENTIONS.

: HIGHLIGHTS :

- 1) Thoughtfully Chosen Advanced Pain Interventions
- 2) Expert Faculty Across The Globe
- 3) Understand The Mechanics And Logistics
- 4) Practice Till You Are Satisfied
- 5) Tips And Tricks To Steepen Learning Curve

: WORKSHOP COORDINATOR :

DR VIVEK K DESHMUKH : +91 94044 66818

DATE : 1ST FEBRUARY 2024

@ Deenanath Mangeshkar Hospital, Erandwana, Pune

FEES : Rs. 8,000/-

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WORKSHOP

ULTRASOUND GUIDED DRY NEEDLING

: HIGHLIGHTS :

- 1) Insights From Experienced Faculty
- 2) Cadaveric Demonstration of Muscle Anatomy
- 3) Master Ultrasound Imaging of Muscles
- 4) Scientific Discovery Behind Dry Needling for Neuromuscular Pain !
- 5) Innovative Neuromyopathy Concepts for Management of Complex Pain Conditions

: WORKSHOP COORDINATOR :

DR PRIYA RATHI : +91 91688 77943

DATE : 1ST FEBRUARY 2024

@ : Anatomy Hall, Bharti Vidyapeeth Deemed University Medical College, Pune

FEES : RS 8000/-

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WORKSHOP

SPINE : A JOURNEY INTO ADVANCED INTERVENTIONS

: HIGHLIGHTS :

- 1) Mastering Advanced Pain Interventions
- 2) Eminent Faculty With Vast Experience
- 3) Understand The Mechanics And Principles
- 4) Hands-On Practice
- 5) Tips & Tricks For Troubleshooting
- 6) Grand Opportunity to Upgrade Your Skills
- 7) Enter The New League of Pain Physicians

: WORKSHOP COORDINATOR :

DR SANJOG MEKEWAR : +91 83699 35290

DATE : 1ST FEBRUARY 2024

@ : Anatomy Hall, Bharti Vidyapeeth Deemed University Medical College, Pune

FEES : Rs. 25,000/-

HANDS ON WORKSHOPS

**FLUOROMASTERY :
ELEVATING
INTERVENTIONAL
FLUOROSCOPY SKILLS
(FLUOROSCOPY
CADAVERIC WORKSHOP)**

**NEURONIRVANA :
NERVE ABLATION
TECHNIQUES
WORKSHOP
(ADVANCED NERVE
ABLATIVE TECHNIQUES)**

**PRICKING FOR RELIEF :
MASTERING DRY
NEEDLING
(ULTRASOUND GUIDED
DRY NEEDLING)**

**FLUOROSCOPIC :
A JOURNEY INTO
ADVANCED
INTERVENTIONS
(ADVANCED
INTERVENTIONAL
FLUOROSCOPY CADAVERIC
WORKSHOP)**

**GUIDING EXCELLENCE :
A WORKSHOP ON
USG-GUIDED
INTERVENTIONS
(ULTRASOUND GUIDED
CHRONIC PAIN
INTERVENTIONS)**

**HURRY !
HURRY !
HURRY !**

**LAST FEW DAYS
TO REGISTER
@ EARLY BIRD**

**FEES TILL
31ST OCT.
2023**

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2 | 3 | 4 FEB 2024 @ PUNE

CONT. : Dr Varshali Keniya : +91 8237740259
drvarshali.keniya@gmail.com

painsocietypune.com
isspcon2024pune@gmail.com

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WORKSHOP

**RADIOFREQUENCY ABLATION :
ALL ABOUT RADIOFREQUENCY
ABLATION AT ONE PLACE**

: HIGHLIGHTS :

- 1) Learn About Conventional, Pulse, Cooled RF Techniques And Cryoablation in Different Areas
- 2) Expert & knowledgeable faculty.
- 3) Understand The Mechanics
- 4) Practice Till You Are Satisfied
- 5) Tips and Tricks to Avoid Complications

: WORKSHOP COORDINATOR :

DR KASHINATH BANGAR : +91 98502 83482

DATE : 1ST FEBRUARY 2024

@ : Anatomy Hall, Bharti Vidyapeeth Deemed University Medical College, Pune

FEES : Rs. 6000/-

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PUNE (SSPP)

WORKSHOP

**FLUOROMASTERY :
ELEVATING INTERVENTIONAL
FLUOROSCOPY SKILLS !**

: HIGHLIGHTS :

- 1) Needling Practice on Cadavers in Small Groups
- 2) Eminent and Learned Faculty
- 3) Coverage of all Basic Fluoroscopic Interventions
- 4) Focused Interaction with Doubt Clearing
- 5) Practical Tips and Tricks

: WORKSHOP COORDINATOR :

DR SHWETA PUNTAMBEKAR : +91 9820857160

DATE : 1ST FEBRUARY 2024

@ : Anatomy Hall, Bharti Vidyapeeth Deemed University Medical College, Pune

FEES : Rs. 8000/-

ISSPCON 2024

Transforming Knowledge Into Practice

Dear Friends,
Greetings from Pune, Maharashtra.

We, the Organizing Team ISACON 2024, would like to welcome each one of you to the 38 ANNUAL CONFERENCE OF ISSP

ISSPCON 2024.....Explore. Enrich. Empower

2nd – 5th Feb 2024
Hotel Hyatt Regency, Viman Nagar, Pune.

It is an exciting time for our Pune Chapter as we host this mega event. We promise & pledge our ongoing commitment of investing more in academics. Through this platform, we will bring inspired faculty from all over the World to share their experiences, expertise & unique content with us, to ensure our fraternity remains at the cutting edge & relevant throughout our professional journey..

Our goal for this conference is to foster an environment of collaboration, knowledge-sharing, and innovation. Through engaging discussions, insightful presentations, and meaningful interactions, we aim to push the boundaries of pain research and treatment.

The meticulously curated program promises a rich tapestry of cutting-edge presentations, dynamic discussions, and hands-on workshops, all orchestrated to provide you with an unparalleled learning experience.

- ✳ NATIONAL AND INTERNATIONAL FACULTY- MEET THE EXPERTS
- ✳ Live Fluoroscopy WORKSHOPS
- ✳ QUIZ COMPETITION- CHALLENGE YOUR NEURONS
- ✳ Enhance your skills – Meticulously planned hands on workshops on
 - Cadaveric Fluoroscopy Interventions
 - USG guided interventions,
 - Advance SPINE ENDOSCOPY
 - DRY NEEDLING workshop
 - Nerve Ablative Techniques
- ✳ Lectures - Recent Developments in Pain medicine
- ✳ Interactive Panel discussion - Brainstorming
- ✳ Video sessions - How can you do it !!
- ✳ Learn from Masters - Unique master classes
- ✳ Practice oriented themes

Pune, Oxford of the East, is at its best in February. Also acknowledged as the Cultural Capital of Maharashtra, we are about 180 kms from Mumbai and only 200 Kms from Shirdi, above Sai Baba.

We request you to save these dates on your calendar, register at the earliest and encourage you to seize this opportunity to forge connections, exchange ideas, and foster collaborations that will reverberate far beyond these conference walls.

Together, let us make this conference a memorable and impactful experience. Our personal respect and thanks goes out to all of you.

With warm regards,
DR UTTAM SIDHAYE
ORGANISING CHAIRMAN

DR VARSHALI KENIYA
Organising Secretary

Obituaries



DR. SUBRATA GOSWAMI

We extend our deepest condolences for the passing of our beloved Dr. Subrata Goswami on 5th of July 2023. He was our Past Vice-President and served our society and specialty in many ways.

Moreover, he is the recipient of Life time achievement award in upcoming ISSPCON 2024 at Pune. It is unfortunate that we could not witness him receiving the award. It is undeniable that his guidance, wisdom, and sacrifice have had a profound impact on all the Pain Physicians, specially of West Bengal, as well as the lives of countless others.

Everyone who had the privilege of knowing him as a Pain Physician will remember his dedication and contribution for the subject. He was instrumental in starting the first State Medical Council recognized one year fellowship programme on Pain Management in ESI Hospital Sealdah, West Bengal. He was also instrumental in liaising with government authorities of West Bengal for inclusion of Pain procedures in Swastha Saathi scheme, the scheme equivalent of Ayushman Bharat in WB. It is now one of the most renowned institute of teaching and training of Pain Physicians.

Losing such a respected figure is a tremendous loss, not only for ISSP but for the academic community as a whole.

His legacy as a mentor will continue to live on through his teachings and inspiration. May his soul find solace in the cherished memories and may his spirit continue to guide us on our journey.

Obituaries



Dr. Subhash Jain

Dr Subhash Jain, an eminent Pain Physician passed away on 17th of Nov. 2023. Dr Subhash Jain was among the top international physicians who served to entire world treating patients suffering from chronic pain. He did MBBS from Jaipur, then shifted to USA for practising there.

He started working as Pain Physician in the top most cancer hospital, memorial Sloan Kettering cancer center, New York, USA. He educated & trained hundreds of Pain Physicians in his 50 yrs pain practice.

He is considered a doyen of cancer pain, written books n mastered Interventional Pain Practice. H delivered hundreds of plenary lectures in top pain fora. He used to visit India for delivering lectures n training Indians. He was truly an Indian despite living in USA since 60 yrs. He always helped Indian students and patients. He was from Sirohi Dist. of Rajasthan and donated generously for the medical services there and serving poor. ISSP offers its condolences to the bereaved family and friends.



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Effort For Pain
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ESTD. 1984

www.issp-pain.org

Contact Us

We welcome any questions, suggestions you might have.
Please send us your feedback:

By Email:

issphq@gmail.com

By Post:

Dr Pravesh Kanthed

Meru Spine and Pain Centre 203-204, Manglam Pearl
633-B, New Palasia, Indore (MP) -452001

By Phone Number:

+91 888-999-8301

By Website

www.issp-pain.org

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