



श्रीचित्रातिरुनालआयुर्विज्ञानऔरप्रौद्योगिकीसंस्थान, तिरुवनन्तपुरम – 695 011, केरल, भारत

**SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES AND  
TECHNOLOGY (SCTIMST)**

THIRUVANANTHAPURAM – 695 011, KERALA, INDIA

(An Institute of National Importance under DST ; Government of India)

(भारतसरकारकेअधीनएकराष्ट्रीयमहत्वकासंस्थान)

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Motto: “Anyone with a Brain can have a seizure and anyone with a brain can help those with Epilepsy”

INTERNATIONAL PURPLE DAY 2022 was organized by R Madhavan Nayar Centre for Comprehensive Epilepsy Care (RMNC), under Dept of Neurology SCTIMST on 25<sup>th</sup> and 26<sup>th</sup> of March 2022 with various programs for patients, care givers, medical community and for the public with an aim to raise public awareness and curb the fear & stigma attached to epilepsy .

The R. Madhavan Nayar Centre for Comprehensive Epilepsy Care (RMNC) is the largest centre in India and South Asia catering to the diagnosis, comprehensive treatment including surgery for epilepsy, awareness and overall welfare of patients

with epilepsy. This centre aims at facilitating and augmenting epilepsy care through a comprehensive care approach backed by sound academic and technological foundations.

Professor Dr. Ashalatha Radhakrishnan, who is the In-charge of RMNC in SCTIMST inaugurated and made introductory remarks for the event. She mentioned that “It’s not so far away from any individual. We probably all know somebody who lives with epilepsy or who’s had a seizure. Anyone with a Brain can have a seizure and anyone with a brain can help those with Epilepsy”. Nine-year-old Cassidy Megan, from Canada, decided to help raise awareness about those suffering from epilepsy and also to make sure that no one affected with epilepsy feels alone. She named the idea after the colour of lavender, which is the internationally recognised flower for epilepsy, and in this way, Purple Day was born. March 26, people from across the world are invited to wear purple and host events in various countries in support of epilepsy awareness, It is celebrated in over 100 countries across the world. Epilepsy Action campaigns raise awareness and funds to help everyone affected by the condition highlighted by Medical Social Worker Sri Sisir Raj while addressing patients and care givers.

“What we want to do is encourage people to learn the signs and symptoms of a seizure , how to manage and how can we guide someone” suggested by *Dr Ramshekhar N Menon , Additional Professor , RMNC, SCTIMST while doing his awareness speech session.*

It’s an invisible condition that has a lot of myths attached to it. Purple day awareness programs will educate the patients and their families to increase their knowledge about managing epilepsy. It is the day that provides a chance for everyone in a year to focus on how important it is to understand epilepsy, said by speakers on multi language patient education webinars hosted by RMNC.

Associate Professor Dr Ajith Cherian, Assistant Professor Dr Hari Krishnan , Dr Jithu Jose, Dr Harini Pavuluri (Post doctoral fellows in epilepsy) participated and guided the audience via webinars.

Students and staff of SCTIMST participated in 'Poster competition' related with 'World Purple Day'. Administrative Medical Officer Dr Manju Nair R, evaluated the posters and declared the winners.

Under 'Ayush wellness yoga clinic' in SCTIMST, Smt.Radhika, Yoga trainer demonstrated various relaxation methods in yoga for the benefit of patients, care givers and staff. She explained the effect of controlled breathing, meditation, and gentle yoga postures aid to reduce stress, a well-recognized trigger of epilepsy seizures.

Purple day team @ SCTIMST consists of Neurologists, Neurotechnologists, Speech therapists, Psychologists, Nursing officers , Medical Social workers, Medical illustration office, Aysuh wellness yoga clinic , Patients with Epilepsy , Care givers, Students and Public relations office.

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