



## JO LEE MAGAZINE AND ITS 21 WORLD VOTING MEMBERS OF ADESTE PRESENT WITH PRIDE THE 8TH ANNUAL ADESTE GOLD MEDAL LAUREATE 2012

### *Dr. Sanjay Kumar Shailendra {Pt}*

BY JO LEE MAGAZINE

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When we look at the world through the eyes of Unsung Heroes we see undreamed of possibilities. More and more we appreciate the incredible number of 2012 nominations submitted from around the world in the five ADESTE categories: Humanities, Social Justice, Arts, Technology and Medicine. The nominees of The ADESTE Gold Medal remind us of how many wonderful people are doing amazing things from corner to corner in this chaotic world. Also, we are reminded that the most important aspect, the heart, of ADESTE, is to discover “the 40 and under” Unsung Heroes who “outperform” in a globe of billions.

In a corner of Bihar, one of India’s poorest states, 31-year-old Sanjay Kumar Shailendra, a Doctor of Physiotherapy pursuing further neurological studies, is helping people afflicted with polio paralysis walk again. Essentially lifting them

off the ground and, in the process, providing new hope for patients and their families.

From the moment Sanjay began his physiotherapy practice in 2000, he dreamed of launching Hope Charitable Trust (HCT) to help meet the needs of the local population. In 2005, staffed with four volunteers, Sanjay’s vision was realized. Paralyzed polio patients in 17 outlying villages, accessed only by motorcycles over muddy roads, would be treated – free of charge!

Sanjay’s unique theory designed to help polio survivors regain mobility was so simple it was genius. He and his team create plaster casts for the affected limbs. Each week, the patient returns to the makeshift clinic where the plaster is cut, then stretched via the placement of wooden wedges that help straighten contracted muscles. The process takes four to eight weeks

after which a crutch is provided to help support the limb while the patient develops the necessary muscle strength to walk on his/her own.

“This makes me happy. And it doesn’t stop there! I plan to specialize in neurological physiotherapy where I can help most cases caused by neurological dysfunctions,” said Sanjay. “And then, I will establish a homeopathy clinic and rehabilitation center – a hospital for poor and needy disabled people where they can come, with dignity, to get ongoing help.”

JO LEE Magazine applauds, congratulates and reveres Sanjay for his compassion for his countrymen and the world at large.

Opposite: Dr. Sanjay Kumar Shailendra (PT) helping one of several children walk again.