

WELLNESS WINDOW

WELCOME TO HAMSA REHAB E-NEWSLETTER

From breaking barriers to shaping history, women continue to inspire and lead in all facets of life. In the spirit of Women's Day, we take pride in presenting this special edition of our E-newsletter. More than 50% of the staff at HAMSA are women and are making waves in whichever fields they are in. They balance work and home beautifully, apart from having a life of their own, spending time on fitness, social life, family and friends.

Today, we find that most people are very health-conscious. Fitness is the most important factor in life and everything else comes later, considering "Health is wealth". The worst affected are the women post pregnancy and the blog written by Mr. Divagar beautifully highlights how to keep fit, marking the Obesity day which was on 3rd March. Ms Liji Santhosh gives a detailed insight on Prelinguistic skills in children through her blog.

Three cheers to all the women out there. Let's keep rocking.

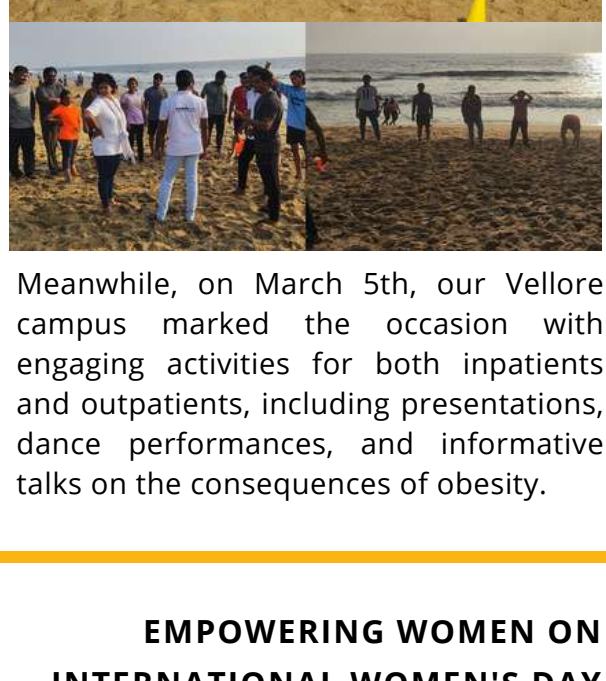


EVENTS HIGHLIGHTS

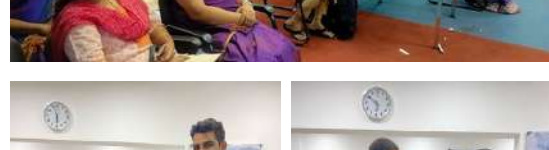
WORLD OBESITY DAY CELEBRATIONS IN CHENNAI AND VELLORE

»»» March 3rd & 5th, 2024

On March 3rd, we celebrated World Obesity Day at Akkarai Beach in Chennai with a morning fitness boot camp attended by therapists and fitness enthusiasts. The program included warm-up exercises, circuit training, and games, followed by medals and refreshments for all participants.



Meanwhile, on March 5th, our Vellore campus marked the occasion with engaging activities for both inpatients and outpatients, including presentations, dance performances, and informative talks on the consequences of obesity.



EMPOWERING WOMEN ON INTERNATIONAL WOMEN'S DAY

»»» March 8th, 2024

In collaboration with ICAI, Kauvery Hospital hosted a special event for International Women's Day in Chennai. Ms Vedavalli, Physiotherapist, addressed nearly 50 women, sharing insights on core strengthening and confidence-building exercises. The demonstration of the exercises left participants feeling empowered and satisfied.



In Trichy, Women's Day was celebrated by honoring the dedicated women workers of HAMSA with appreciation and engaging games.

GREEN PLANET GROUP THERAPY SESSION

»»» March 9th, 2024

At HAMSA for Kids, OMR, a group therapy session themed around "Green Planet" was held. Sixteen children dressed in green participated in activities aimed at enhancing social and cognitive skills, including sensory play, storytelling, and fitness sessions.



ENGAGING MEMORY CLUB SESSION AT ROYAPETTAH MEMORY CLUB

»»» MARCH 14TH, 2024

The Royapettah Memory Club hosted a heartfelt session focusing on reminiscing and cherishing memories. Participants engaged in various activities aimed at stimulating long-term memory and interpersonal connections, creating moments of joy and reflection.



DIALYSIS AWARENESS DAY TALK IN TRICHY

»»» March 19th, 2024

In observance of Dialysis Awareness Day, a special talk was delivered in Trichy by Mr. Rajamanickam, Physiotherapist focusing on physical well-being and home advice for post-renal transplant patients. The session aimed to raise awareness about dialysis and its implications for patients' health.



FREE HEARING SCREENING CAMP FOR WORLD HEARING DAY

»»» March 22nd, 2024

A free hearing screening camp was conducted in Chennai from March 4th to 15th, primarily benefiting the geriatric population. The initiative aimed to create awareness about the importance of hearing health and provide appropriate management for hearing issues.

BLOG: PRELINGUISTIC SKILLS IN CHILDREN

Prelinguistic skills form the foundation for talking and understanding language. They are a set of skills that children use to communicate without using words. Prelinguistic skills are critical for children's language development and overall communication abilities. Prelinguistic skills refer to the foundational abilities and behaviours that infants and toddlers exhibit before they begin to use words and form sentences.

The basic pre-linguistic skills are as follows -

Eye contact, which is a very important pre-linguistic skill. Babies start to make eye contact around 6 - 8 weeks. It helps babies recognize faces and voices. It also helps to understand things around them.

Responding: Babies also start responding to facial expressions and voices by smiling at you or cooing. Laughing and squeals emerge around 3 - 4 months of age. This indicates that babies begin to understand that their reactions mean something.

Purposeful noises: Babies begin to make purposeful noises around 4 months. They have established the understanding that if they make a particular sound, their caregiver will smile at them.

Turn taking: This develops when the parents make a sound or smile at the child. Then they wait for the child to respond. Eventually, the parent and the babies start to take turns with actions and sounds.

Imitation: Babies start to imitate sounds or actions around 6 months of age. For example, you may say 'ma ma'. The baby also repeats 'ma ma'. They also start copying your actions like clapping.

Joint attention: Joint attention means interacting with the same object. It means the child first looks at the object, then at the caregiver and again at the object. For example, both of you are looking at the teddy bear. The child first looks at the teddy bear. He/she will then look at the caregiver and back at the teddy. It is the unsaid version of 'do you see what I see'. It emerges around 9 months of age.

In summary, prelinguistic skills play a crucial role in children's overall development, laying the foundation for language acquisition, social interaction, cognitive growth, and expressive communication. Encouraging and supporting the development of these skills in infants and toddlers can have long-lasting positive effects on their communication abilities and overall well-being.

Reasons why prelinguistic skills are important:

Foundation for Language Development:

They provide the necessary groundwork upon which language acquisition and communication skills are built.

Social Interaction: Prelinguistic skills are crucial for social interaction developing relationships and forming attachments with caregivers and peers.

Understanding Communication: By observing and participating in prelinguistic communication exchanges, infants begin to understand the basics of communication.

Expressive Communication: Prelinguistic skills allow infants to express themselves through babbling, cooing, pointing, and using gestures. Infants can convey their thoughts, feelings, and intentions even before they can articulate words.

Cognitive Development: Engaging in prelinguistic communication activities stimulates cognitive development.

Early Identification of Developmental Delays: Early intervention for such delays can significantly improve outcomes and help children develop strong communication skills.

Preparation for Language Acquisition: As children become more proficient in prelinguistic communication, they become better equipped to learn and use spoken language effectively.

Red flags to watch for concerning prelinguistic skills:

- Limited Vocalizations
- Lack of Eye Contact
- Difficulty with Joint Attention
- Limited Gestures
- Delayed or Absent Babbling
- Limited Responsiveness to Sounds
- Limited Social Smiling
- Lack of Interest in Communication
- Regression in Prelinguistic Skills
- Limited Imitation of Sounds or Gestures



Ms Liji Santhosh,
Senior Speech-Language Pathologist,
Hamsa for Kids, OMR.

POSTPARTUM OBESITY: TIPS TO PREVENT POST-PREGNANCY OBESITY

Post-partum obesity, also known as postpartum obesity, is a condition where a woman retains excess weight after giving birth. Pregnancy and obesity can vary from person to person. It's essential to address post-pregnancy obesity because it can have significant health implications for both the mother and the child.

Here are some common reasons why postpartum obesity may occur:

This can occur due to various factors, including hormonal changes, genetic predispositions, emotional eating, medical conditions, medications, diet and nutrition, and physical activity levels.

Hormonal: During pregnancy, hormonal fluctuations occur to support fetal development and prepare the body for childbirth and lactation. After giving birth, these hormonal changes can affect metabolism, hunger cues, and fat storage, potentially leading to weight gain.

Physical Changes: Pregnancy and childbirth cause significant physical changes in a woman's body, including changes in muscle tone, abdominal separation (diastasis recti), and pelvic floor weakness. These changes can impact physical activity levels and contribute to weight gain.

Genetics: Genetic factors can play a role in how a woman's body responds to pregnancy and postpartum changes. Some individuals may be more predisposed to retaining weight or gaining weight easily after pregnancy due to genetic influences.

Medical Conditions: Certain medical conditions, such as thyroid disorders or polycystic ovary syndrome (PCOS), can affect metabolism and contribute to weight gain post-pregnancy.

Diet and Nutrition: Post-pregnancy dietary choices can impact weight management. Consuming excessive calories, relying on processed foods, or lacking balanced nutrition can contribute to weight gain.

Physical activity levels: Reduced physical activity levels due to recovery from childbirth, caregiving responsibilities, or a lack of time for exercise can lead to weight gain or hinder weight loss efforts.

9 Tips to prevent obesity

1. Healthy Eating Habits:

Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

Avoid excessive calorie intake, but ensure you're consuming enough nutrients.

2. Regular Physical Activity:

Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling.

Include strength training exercises to build muscle mass, which can help boost metabolism.

3. Manage Stress:

Find healthy ways to do so, such as practicing relaxation techniques, mindfulness, yoga, or talking to a counselor or therapist.

4. Adequate Sleep:

Aim for 7-9 hours of quality sleep per night. Lack of sleep can disrupt hormones related to hunger, leading to increased cravings and overeating.

5. Stay Hydrated:

Drink plenty of water throughout the day to stay hydrated and support overall health.

6. Gradual weight loss:

Aim for gradual weight loss after giving birth, typically around 1-2 pounds per week. Extreme or rapid weight loss methods are not recommended, especially if you're breastfeeding, as they can affect milk supply and overall health.

7. Support and Accountability:

Seek support from your partner, family, or friends to help you stay motivated and accountable for your health and fitness goals.

Consider joining postnatal fitness classes or support groups to connect with other mothers and share experiences.

8. Consult with Healthcare Providers:

Always consult with your healthcare provider before starting any new exercise or diet plan, especially postpartum.

They can provide personalized recommendations based on your medical history, needs, and goals.

9. Stay Consistent:

Long-term success relies heavily on consistency. Stick to healthy eating and exercise habits consistently, rather than relying on short-term or extreme measures.



9 Tips to prevent obesity

Divagar R
Exercise physiologist



MARCH Birthday BASH

Wishing Happy Birthdays to Our Fantastic March Folks!



Gunaseeli Menaga A
Executive



Arun S
Occupational Therapist



Pradeepa S
Speech & Swallowing Therapist



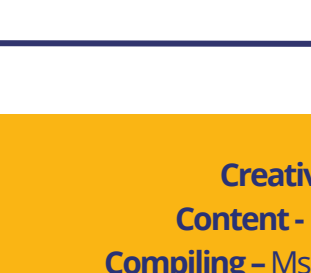
Aruljothi G
Physiotherapist



Elshi Jenifur A
Speech Therapist and Counsellor



Mangayarkarasi M
Senior Patient Care Assistant



Krishnaveni S
Ward Assistant Female



Arunprasath P
Ward Assistant Male

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 Content - Mrs. Sumithra, Psychologist
 Compiling - Ms. Jayashree, Junior Executive
 Blog - Ms. Liji Santhosh, Senior Speech-Language Pathologist
 Divagar R, Exercise physiologist