



# WELLNESS WINDOW

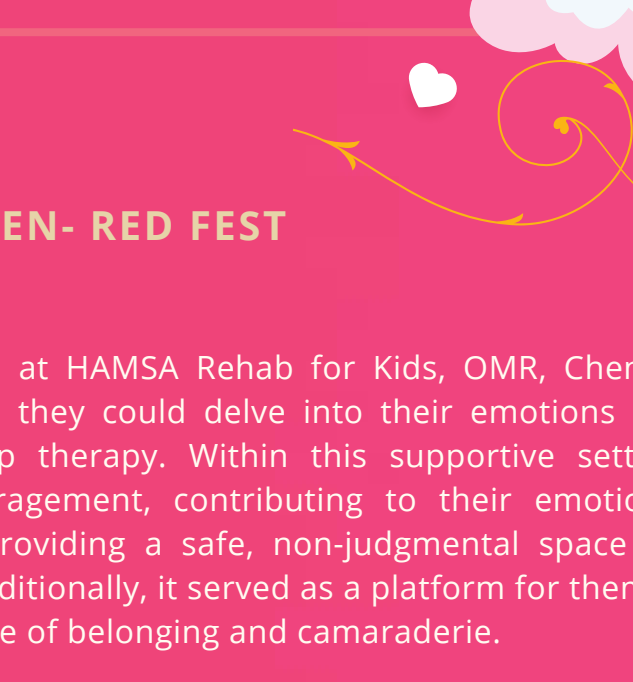
## WELCOME TO HAMSA REHAB E-NEWSLETTER

February is the month of Love, and Valentine's Day is a reminder of the multifaceted nature of love. Though it is traditionally associated with romantic gestures and affection, love extends far beyond intimate relationships. It spreads through every aspect of our lives, including our journey through recovery of any kind. And within the realm of recovery, Valentine's Day embodies a deeper significance – a celebration of self-love, resilience, and the unwavering commitment to physical and mental growth which is enhanced doublefold with the support of near and dear ones.

We strive for continued goal-oriented development and therefore frequent audits to check on quality is our priority. Our aim is excellence through Group therapy, discussions, community support, and much more. The blog by Ms Sandhiya, Occupational therapist will give insight on freedom through wheelchair and Ms Sumithra, Psychologist talks on concurring the negative emotions triggers in on some days.

HAMSA has always believed in a 360-degree holistic approach. That is why the GETfit 360 weight loss program and Spine 360 Back and Neck Pain program have yielded great results for the attendees. The clinical outcomes of the people coming for therapy post-injury or surgery are commendable. The unwavering guidance of the therapists through their expertise and the 24/7 compassion and care of the nurses is no less than any Valentine's celebration.

With love and solidarity,

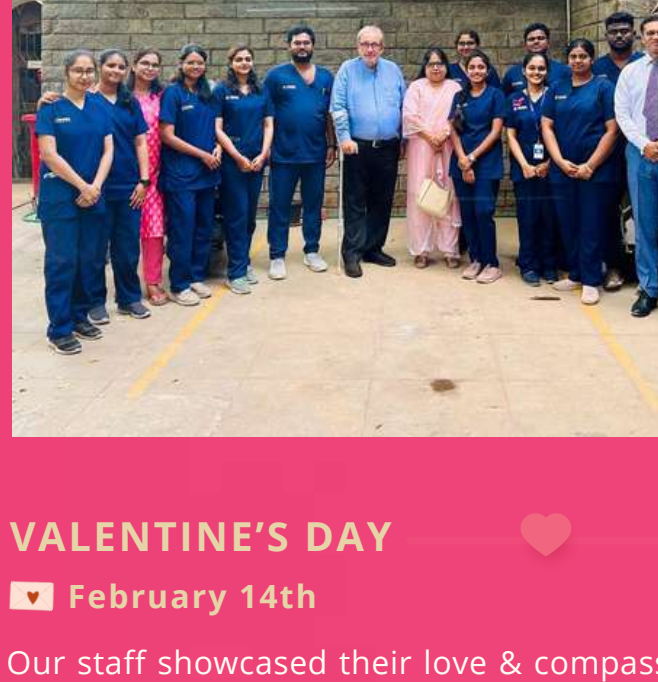


## EVENTS HIGHLIGHTS

### GROUP THERAPY FOR CHILDREN- RED FEST

February 10th

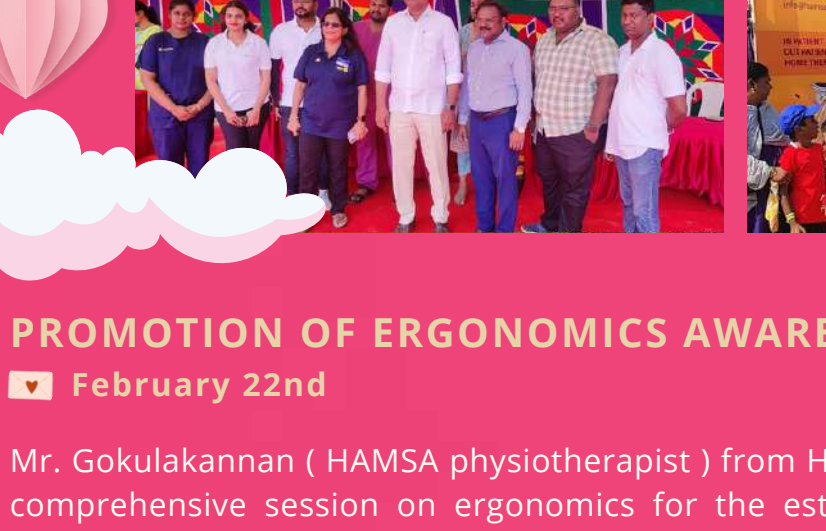
A compassionate gathering for children at HAMSA Rehab for Kids, OMR, Chennai offered a nurturing environment where they could delve into their emotions and enhance their resilience through group therapy. Within this supportive setting, children discovered solace and encouragement, contributing to their emotional development. The session prioritized providing a safe, non-judgmental space for children to express themselves freely. Additionally, it served as a platform for them to connect with their peers, fostering a sense of belonging and camaraderie.



### INSIGHTFUL HIGH TEA ON DYSLEXIA

February 13th

An insightful discussion & experience were shared on dyslexia by Mr. Edward Fenech, a renowned expert in the field and a Rotarian from Rotary Club La Valette Malta, followed by high tea.



### VALENTINE'S DAY

February 14th

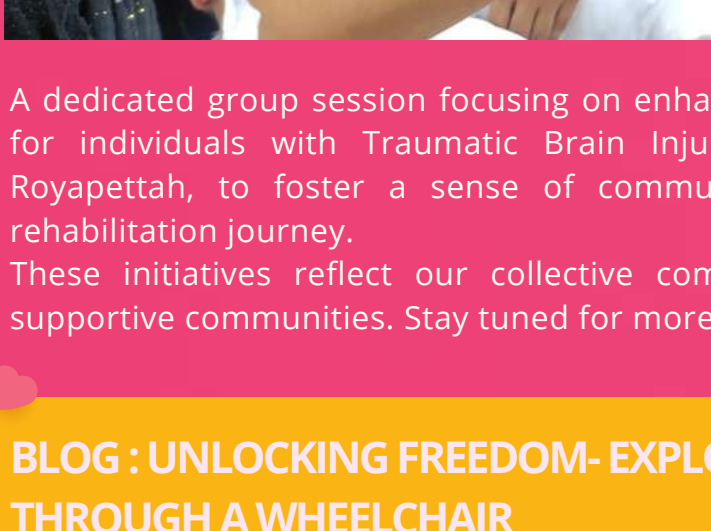
Our staff showcased their love & compassion for the people on the rehabilitation path at HAMSA Rehab by wishing them and giving roses on the eve of Valentine's Day.



### PARALYMPIC AT YMCA FOR KIDS

February 17th

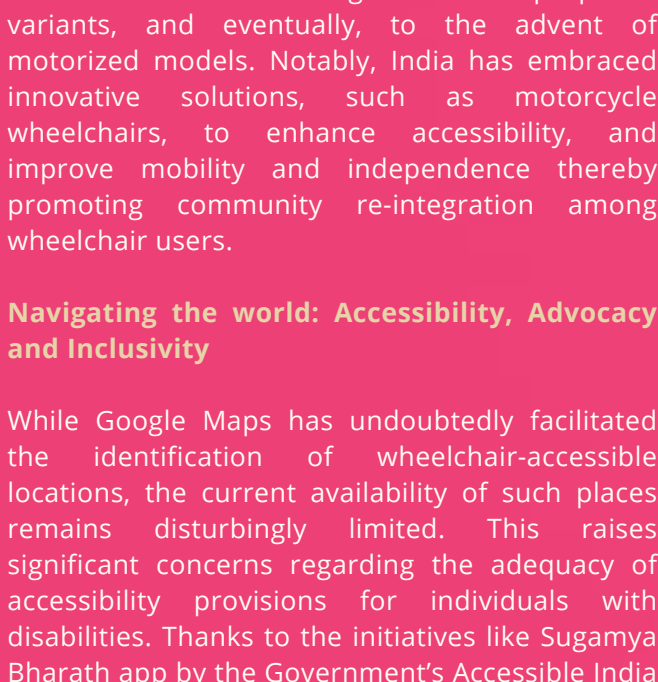
HAMSA Rehab Chennai provided support through physiotherapy and exercise for 1500 children at the paraspots meet conducted by Rotary at YMCA Grounds.



### PROMOTION OF ERGONOMICS AWARENESS

February 22nd

Mr. Gokulakannan ( HAMSA physiotherapist ) from HAMSA Rehab, Trichy conducted a comprehensive session on ergonomics for the esteemed staff of the Income Tax Department in Trichy aiming to prevent Back & Neck Pain & to optimize workplace well-being and productivity through ergonomic practices.



### SUPPORTING TBI PATIENTS THROUGH GROUP SESSIONS

February 24th



A dedicated group session focusing on enhancing communication and motor skills for individuals with Traumatic Brain Injury (TBI) was conducted at Chennai Royapettah, to foster a sense of community and progress in their road to rehabilitation journey. These initiatives reflect our collective commitment to nurturing inclusive and supportive communities. Stay tuned for more inspiring endeavors!

## BLOG : UNLOCKING FREEDOM- EXPLORING THE WORLD THROUGH A WHEELCHAIR

### Designing for inclusion: the evolution of wheelchair technology

The historical lineage of wheelchair technology traces back to the 5th century BC with depictions found in Chinese inscriptions and Greek vases. Notably, the advent of the first self-propelled wheelchair occurred in 1655, credited to Stephen Farflier, a German watchmaker afflicted with paraplegia.

Since its inception, wheelchair technology has undergone significant advancements, transitioning from passive propulsion mechanisms to the emergence of self-propelled variants, and eventually, to the advent of motorized models. Notably, India has embraced innovative solutions, such as motorcycle wheelchairs, to enhance accessibility, and improve mobility and independence thereby promoting community re-integration among wheelchair users.

### Navigating the world: Accessibility, Advocacy and Inclusivity

While Google Maps has undoubtedly facilitated the identification of wheelchair-accessible locations, the current availability of such places remains disturbingly limited. This raises significant concerns regarding the adequacy of accessibility provisions for individuals with disabilities. Thanks to the initiatives like Sugamya Bharath app by the Government's Accessible India Campaign or RamyMyCity by a private organization, the accessibility of wheelchair is on the rise, in India. Yet, there is still quite a distance to propel toward achieving a barrier-free environment.

### Beyond Boundaries: Adventures in Adaptive Sports

India has secured an impressive tally of 111 medals in the Asian Para Games 2023. As anticipation builds, our para-athletes are preparing for the summer Paralympics set to be held in Paris, France commencing on August 28, 2024.

### The wheelchair chronicles: HAMSA Stories of Triumph

At, HAMSA our mission has always emphasized fostering independence and mobility, particularly in the realm of wheelchair use. Today, I would like to share the inspiring journey of an individual with Spinal cord injury (SCI) who experienced empowerment through our rehabilitation program. During his 6 weeks stay at HAMSA Rehab he underwent a remarkable transformation from the initial struggle of being unable to get up from the bed to mastering the art of sitting and transferring to a wheelchair under expert supervision. With determination, he has learned to navigate the wheelchair with ease, conquering both smooth surfaces and rough terrains. With the newfound confidence he has now been discharged and I'm happy to share that he has joined back in his work.

I am delighted to present the story of yet another individual with Spinal Cord Injury (SCI) who independently sought therapy at our center, utilizing a motorized wheelchair to travel in the Chennai metro. This remarkable journey underscores the significance of community reintegration and the pivotal role it plays in the rehabilitation process.

As we near the end of this blog, I would like to recall the words of Late Major Hari Pal Singh Ahluwalia, a mountaineer, author, and activist who sustained spinal cord injury and left an incredible mark on the realms of adventure, disability, and rehabilitation. He once remarked, "As I look back at life, it is most... Life is all about conquering the other summit- the summit of the mind".

Advocacy is a collective endeavor, and even the smallest contribution from individuals paves the way for significant change. Let us commit to creating a barrier-free environment, one push at a time, and thereby unlock the freedom for all.

### Tips for wheelchair users:

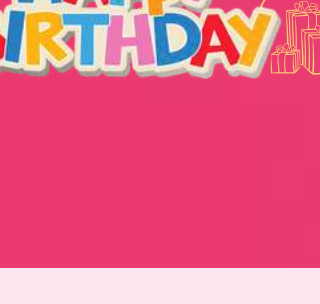
- 1. Customized Wheelchair Fit:** Prioritize a wheelchair tailored to your body to promote posture and prevent complications.
- 2. Regular Positioning:** Incorporate frequent weight shifting and pressure-relieving techniques to prevent pressure sores.
- 3. Maintain Good Posture:** Sit upright to reduce strain on muscles and the spine, fostering long-term well-being.
- 4. Regular Exercise Routine:** Strengthen upper limb and back muscles, and maintain shoulder flexibility through targeted exercises.
- 5. Skin Health Maintenance:** Regularly inspect for pressure sore signs and opt for comfortable clothing to minimize friction.
- 6. Wheelchair Maintenance:** Routinely check for damage or wear and tear, ensuring optimal performance and safety.
- 7. Safe Transfer Practices:** Utilize proper transfer aids and techniques to minimize the risk of falls or injuries.

### Resources for wheelchair users:

- Scheme of assistance to disabled persons for purchase/ fitting of aids/ appliances (ADIP SCHEME): provides assistive devices like wheelchairs to persons with disability (PwDs). The ADIP scheme consists of two components. The first component is administered directly by the Ministry of Social Justice and Empowerment (MSJE) and is implemented in collaboration with government bodies and non-governmental organizations (NGOs). The second component operates as a cost-sharing initiative, with the MSJE contributing 60% of the funding and the Ministry of Human Resource Development providing the remaining 40%. This aspect of the scheme is dedicated to supplying aids and appliances to children and schools.

- Artificial Limbs Manufacturing Corporation of India ALIMCO, is a government of India-owned Central Public Sector Enterprise which manufactures wheelchairs, including wheelchairs.  
 - The WHO Wheelchair service training package with manuals and videos is available online in English.  
 - Sugamya Bharath App. An initiative of the Accessible India Campaign. It not only has provisions for complaints and feedback but also provides guidelines on various sectors like building environment, ICT, and Transport Systems for promoting a barrier-free environment.

Sandhiya. P  
Occupational therapist



## VALENTINE'S DAY BLUES LOVES YOU

"VALENTINE'S DAY CAN BE TOUGH ON YOUR MENTAL HEALTH, WHETHER YOU'RE IN A RELATIONSHIP, OR NOT."

Historically, much of the advertising targeted Valentine's Day has been specifically targeted towards men. This day has been painted by marketers as a day in which men in particular should go out of their way to purchase opulent, flashy gifts, for their partners. All of this creates a disproportionate amount of emotional stress in men.

Valentine's Day blues are a real psychological phenomenon and a form of situational depression that occurs in the weeks following February 14th.

Societal norms dictate that individuals should express their love through grand gestures and extravagant displays of affection.

This pressure can intensify feelings of inadequacy for those who are unable to meet these expectations or find themselves without a romantic partner or tokens of affection. Studies show that

30- 40-year-olds likely feel social pressures to develop relationships that match specific expectations and long-term commitment. Celebrations provide evidence of such commitment. By contrast not receiving Valentine's Day gifts indicates failure.

- #### How to handle emotional turmoil and blues
- Treating oneself with kindness and understanding difficult times improves mental well-being.
  - Self-talk and replace unrealistic negative thoughts about love life with a more balanced perspective.
  - Self-care, relax, and practice to be mindful.
  - Appreciate positive aspects in your relationship life
  - Plan social activities focusing on shared interests and positive interactions to reinforce the sense of belonging.
  - Perform random acts of kindness contributing to others' life such as visiting old age homes, and orphanages.

If Valentine's Day tends to trigger negative emotions, plan activities or distractions in advance. Movie night with friends, solo adventure, etc, having a plan can alleviate the anticipation of negative feelings.

Many couples find that their relationship grows stronger after a spinal cord injury. Some develop a deeper appreciation for each other and a greater sense of intimacy and connection. With the right support, it is possible to overcome challenges in a relationship.

Sumithra M  
Psychologist



## FEBRUARY Birthday BASH

Wishing Happy Birthdays to Our Fantastic February Folks!



LJI SANTHOSH  
Audiology & Speech Pathology Consultant



Sasikummar S  
Marketing Manager



Thamarai Selvi  
Staff Nurse



Ganesh Murthy  
Ward Assistant Male



Prithika V  
Physiotherapist



Vasanthi Vignesh  
Patient Care Assistant



Iniyam V  
Physiotherapist



Creativity - Ms Shwetha, Designer  
Content - Mrs Sumithra, Psychologist  
Blog - Santhiya. P, Occupational therapist  
Mrs Sumithra, Psychologist