

WELLNESS WINDOW

WELCOME TO THE E-NEWSLETTER OF HAMSA REHAB!



It took more than 15 years of observation, training and planning to build HAMSAs Rehab, which is the first dedicated centre for spine and brain rehabilitation in the heart of the city at Royapettah, Chennai, the city which has a population of about 10 million and is the health capital of India.

HAMSA has experienced significant growth from 2019 to 2023, expanding to multiple branches in Chennai, Trichy, and Vellore. Currently, with 5 branches and over 75 beds, HAMSA provides inpatient, outpatient, and day care services.

This growth has been possible due to teamwork, dedication, meticulous execution of plans, and a clear vision. The backbone of HAMSA has always been its therapists and nurses, and we are grateful to all past and present staff members who have contributed to our growth.

THIS MONTHLY E-NEWSLETTER MARKS THE BEGINNING OF A NEW PHASE, AIMING TO UNITE OUR STAFF, PATIENTS, AND DOCTORS.

IN THIS ISSUE, WE WILL TAKE A SNEEK PEAK AT 2023!



MUSIC THERAPY IN ALL HAMSA BRANCHES

>>> February

We believe in holistic treatment and as a part of it we conduct regular music therapy sessions across all its branches. Music therapy is known to benefit individuals with various disorders, contributing to their overall well-being and recovery.

NATIONAL AUTISM CONFERENCE

>>> April

A national conference was organized focusing on Autism and intervention strategies. About 200 delegates participated sharing expertise and ideas.

We also engage in activities to raise awareness about Autism, which include hand painting and other activities for kids.



HAMSA DAY CELEBRATION

>>> June

Hamsa Day is celebrated on 6th June every year, with team-building activities, fostering camaraderie among staff members.



Hamsa's paediatric rehabilitation center celebrated its second anniversary with a team meeting and special activities for kids, including a storytelling session by actor Janaki Sabesh.

HAMSA REHAB FOR KIDS ANNIVERSARY

August <<<



>>> October

VELLORE LAUNCH

Hamsa launched a new facility in Vellore, expanding its reach and services to a new location.

WORLD STROKE DAY

>>> October

Cycle rally was conducted with nearly 70 staff and participants at OMR extending from Thiruvanmiyur police station to Akkarai, Chennai to create awareness on stroke identification, early diagnosis, and prevention.

Following the rally Stroke risk assessments for the general population, identifying individuals at risk and providing them with guidance on stroke prevention and early intervention were done at Thiruvanmiyur Beach which was utilized by more than 50 common public.



HAMSA ANNUAL MEETING

>>> December

We had our annual meeting for two days, focusing on business discussions to reflect on the achievements and challenges of the past year. The meeting provided a platform for strategic planning and goal setting for the upcoming year, emphasizing collaboration and innovation. Staffs of all the branches attended this meeting.



CHRISTMAS CELEBRATION

>>> December

HAMSA Rehab for Kids celebrated Christmas with kids by conducting activities and displaying hand works and paintings by children.



In addition to the annual meeting, Hamsa also celebrated Christmas, bringing together Hamsa staff members in a festive spirit. The celebration acknowledged the hard work and dedication of the team throughout the year.

MARINA BEACH OUTING

>>> December

Hamsa organized an outing for patients to Marina Beach Ramp, offering them a day of recreational activities aimed at improving mental well-being and fostering a sense of community among patients.



As we look ahead to 2024, we are committed to further enhancing our services and expanding our reach to continue providing the highest quality care to our patients. Stay tuned for updates on our upcoming initiatives and projects as we embark on this new chapter together.