

# WELLNESS WINDOW

## Welcome to Hamsa Rehab E-Newsletter

There is a debate raging in our Country over work. On one hand, we have the industry icons urging young Indians to work 70 hours a week. On the other hand, the untimely death of an overworked 26-year-old IT employee has caused a national outrage.

Work more, multitask, build up your career, earn more, save more, have a luxurious life, competitive exams, be it a CA, engineer, doctor, IT, investment banker, salesperson, managers, all professionals including home makers and of course even school going children are not spared. Everything leads to mental and physical stress. Work life balance has become a myth. Even when we get some time left, it is consumed by meaningless scrolling on social media, again causing FOMO and fatigue.

What is the way out of this? Try saying no to work, delegate tasks at the office and at home. Set clear boundaries, prioritize self-care, learn to say no, take breaks, identify triggers, practise mindfulness, exercise regularly, connect with family and friends, manage time well and a lot more.

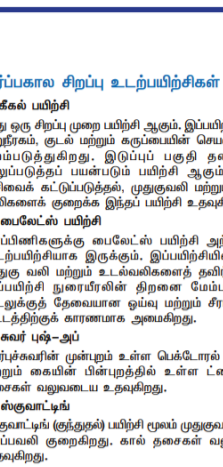
Small changes add up, it takes time and patience and it is a continuous process. But first and foremost, seek support from mental health professionals. Break stress before it breaks you. It is also a curable disease like any other and timely professional assistance can magnificently change not only your life but also those surrounding you. When there is a way out, when there is a solution available, why not use it?

**For professional psychological counselling / therapeutic assistance at HAMSA, don't hesitate to call 9555404040 and we will help you.**

My, how can I forget our Indian stress busters, our festivals which bring happiness and joy. While we celebrate Navratri in October, let us get rid of all negatives from our lives and let only positivity and happiness stay.

Do read our 2 blogs by Dr Bineesh and Ms Lizia.

Wishing Happy Birthday to all our lovely September borns.



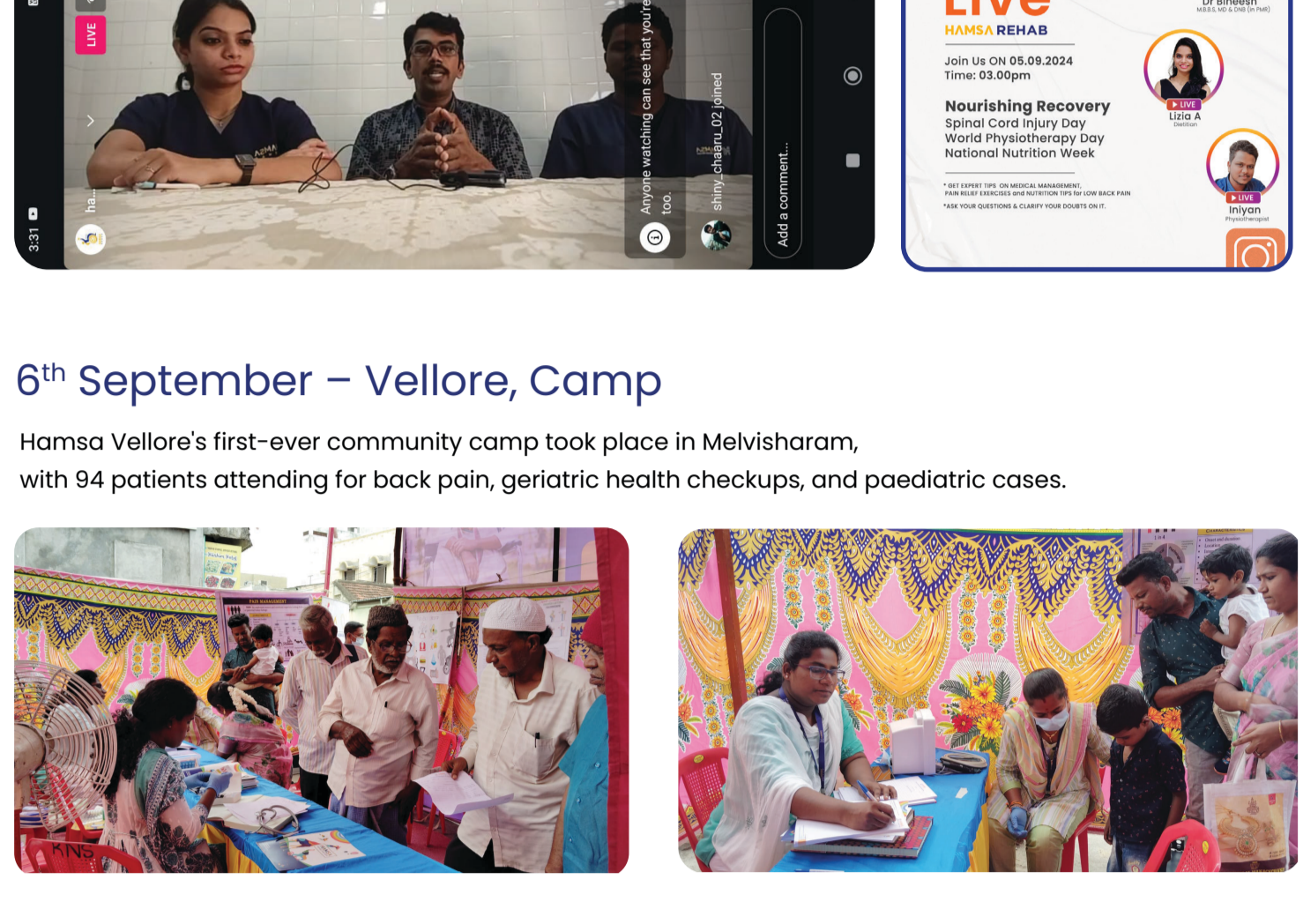
*Geetha S. Kumar*  
**Geetha S Kumar**  
GM - Administration

## EVENT HIGHLIGHTS

### HAMSA Rehab

#### 1st September – Chennai

Staff training workshop with team building activities and more group learning.



#### 1st September – Trichy, A special article on "Pregnancy and special exercises"

written by Physiotherapist Mr. Gokulakannan published in Kauvery magazine.



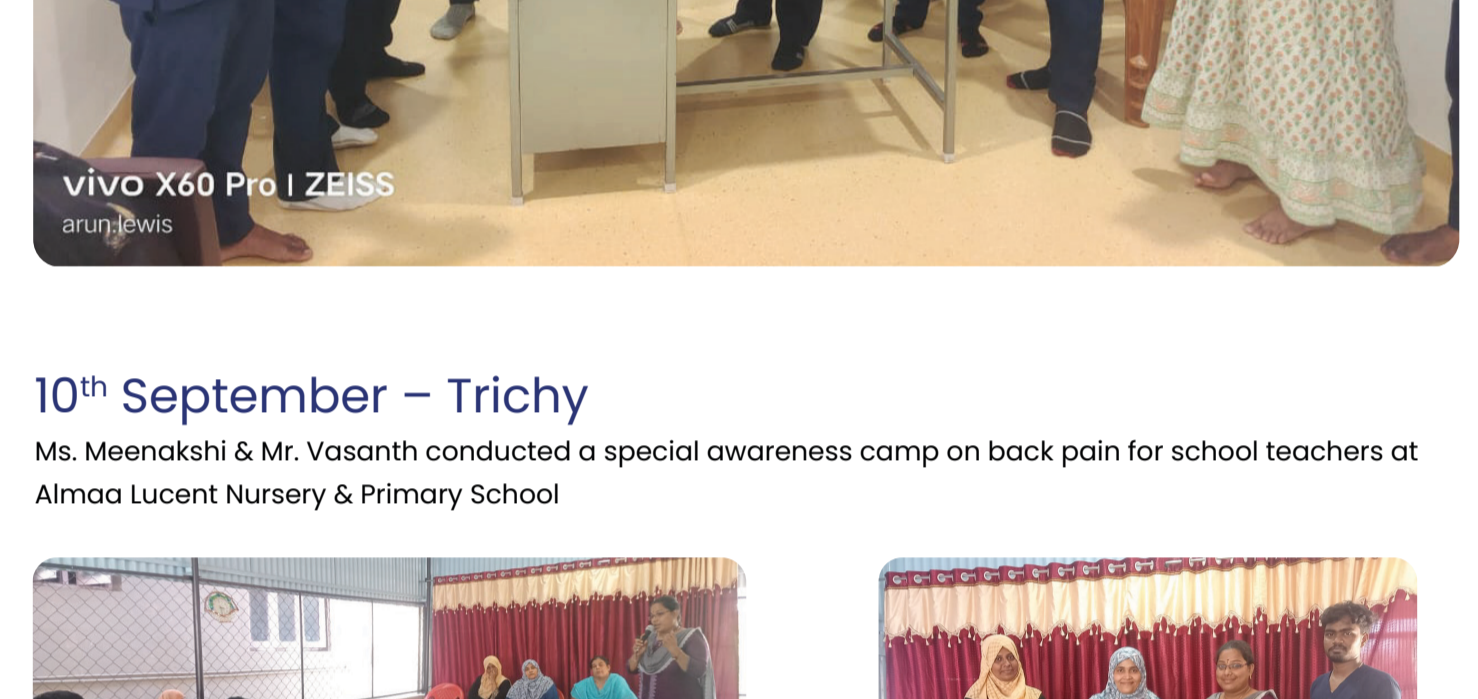
#### 5th September – Chennai, Insta Live

Dr Bineesh, Ms Lizia and Mr Inian went live on Instagram to celebrate the World Spinal Cord Injury Day, World Physiotherapy Day and National Nutrition Week.



#### 6th September – Vellore, Camp

Hamsa Vellore's first-ever community camp took place in Melvisharam, with 94 patients attending for back pain, geriatric health checkups, and paediatric cases.



#### 7th September – All centres, Vinayaka chaturthi celebration



#### 7th September – Chennai, World nutrition week

Breakfast was provided for all the patients at Royapettah center on the occasion of national nutritional week



#### 8th September – Physiotherapy day – Chennai

Medical partner in Chennai Runs 2024, Offered physiotherapy support to all participants.



#### 9th September – Trichy, Physiotherapy day cake cutting celebration



#### 10th September – Trichy

Ms. Meenakshi & Mr. Vasanth conducted a special awareness camp on back pain for school teachers at Almaa Lucent Nursery & Primary School



#### 12th September – Trichy

Mr. Rajamanikam & Mr. Sheik conducted a seminar for the As Salam Islamic college for world physiotherapy week



#### 13th September – Trichy

Low back pain awareness program – out patients department Kauvery hospital, Cantonment.



#### 13th September – Trichy

Low back pain awareness program – OP Kauvery Tennur branch by Ms. Subiksha – Physiotherapist.



#### 13th September – Trichy

Low back pain awareness program – Kauvery cantonment by Mr. Gokulakannan & Mr. Kaviyarasan.



#### 16th September – All centres, Onam celebration

Royapettah



Valasaravakkam



Trichy



#### 16th September – Chennai

OMR – Early Intervention article in OMR Neighbourhood newspaper



#### Early Intervention: A life changing pre-school readiness program for children with Developmental Delays

While all children grow and develop in unique ways, some children experience delays in their development. The main purpose of EI is prevention of impact and magnitude of developmental delays and disabilities. It refers to the services and support provided to infants and young children who have such delays. It includes a range of therapeutic, developmental and educational strategies tailored to each child's needs. In the field of early intervention, it is important to identify factors or variables which adversely affect the development of the child. Different types of specialists work with kids and their families based on the child's needs. EI focuses on areas such as motor development, cognition and communication, social & emotional skills and self help skills.

Importance of Early Intervention:

1. The early years are crucial for brain development. Early intervention helps harness the brain's plasticity, enabling better development in areas like cognition, language, and motor skills.
2. Children receiving early intervention are more likely to develop stronger communication and emotional regulation skills, helping them to interact better with others.
3. It enhances the child's readiness for school, both academically and socially, reducing the gap between children with developmental delays and their typically developing peers.
4. EI provides families with resources, education, and coping strategies, empowering them to better support their child's growth and development.
5. Without intervention, delays may worsen over time. Intervening early can address issues before they escalate, reducing the need for more intensive services later.
6. When children can't express themselves, they are more likely to exhibit problematic behaviors. EI can help decrease these stressful situations and teach children to use positive behaviors to meet their needs.
7. Kids provided early intervention services with a specialized team involving a Developmental pediatrician, psychologists, speech therapists, occupational therapists and special educators. It comprises of a holistic approach targeting speech delays, gross and fine motor skills, sensory skills, pre-writing skills, feeding skills, Activities of Daily Living (ADL), social & emotional skills, cognitive & behavioral aspects and academics. Children from 2 to 5 years are the primary focus. The ultimate goal in intervention is to enhance normal development and independent functioning of the child.

#### 18th September – Chennai

Online webinar on "Environmental modifications to improve functional independence in Stroke & SCI" by Dr. Muralikrishnan, Director & Therapy Head of SPANDHAN Life Skills Enhancement Centre, Chennai



**LIVE WEBINAR**

### Environmental Modifications to improve Functional Independence in Stroke & SCI

SEP 18 | WED 2024 | 1.30 PM

**DR. MURALIKRISHNAN**  
(Scholar) M.O.Th Neuro, FAOT-NDD, WST(Halliwick), C/HWT, C/IASTM  
Director & Therapy Head at SPANDHAN Life Skills Enhancement Centre, Chennai

**JOIN US NOW**

\*zoom link in description

#### 18th September – Trichy

Yoga class for the security team in Cantonment & Kauvery Heart City.



#### 21st September – Chennai

Medical partner in Spine Recharge & Kauvery Spine Institute launch.



## 21<sup>st</sup> September – Chennai

Group therapy program for children on the theme Onam.



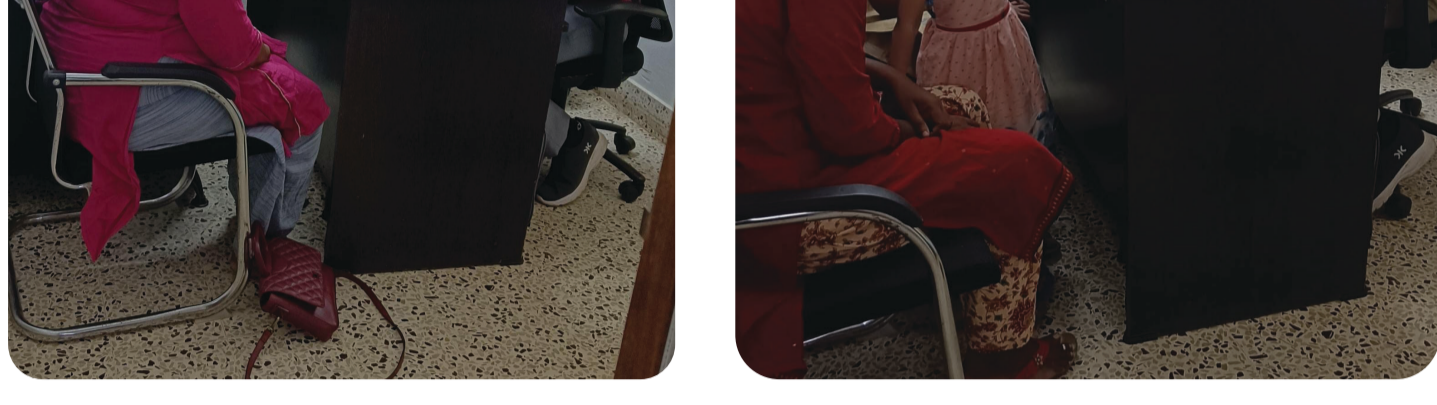
## 22nd September-Trichy

Medical partner in Maca Kauvery marathon – Offered physiotherapy support to all participants.



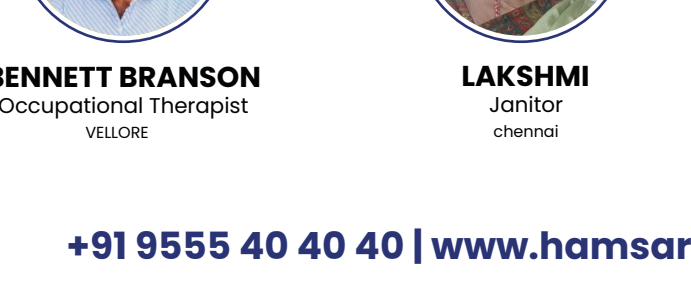
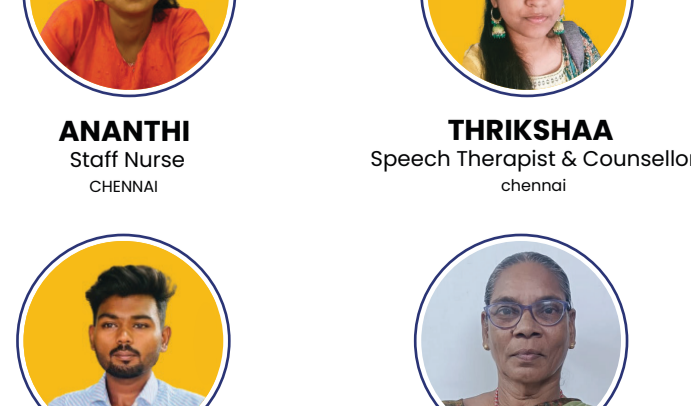
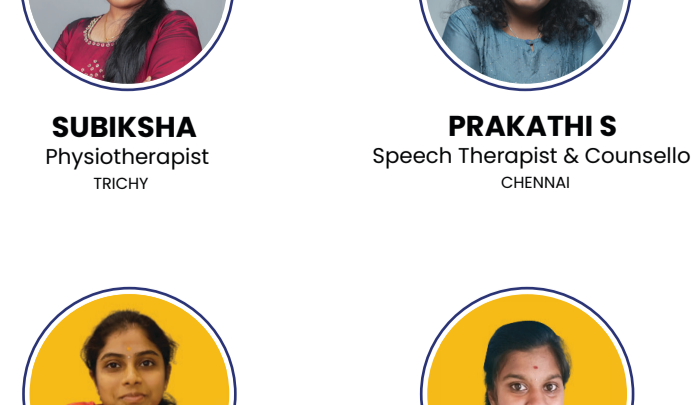
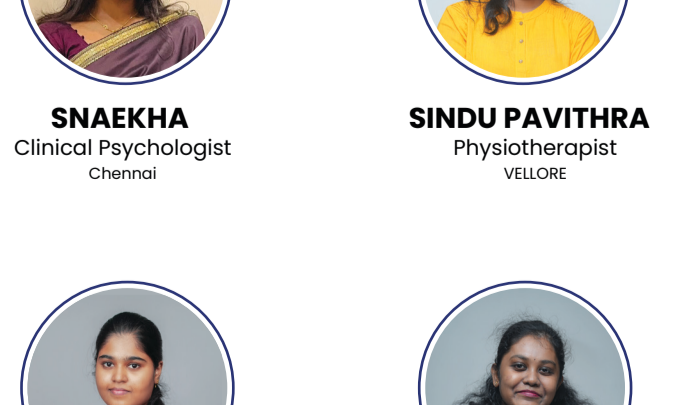
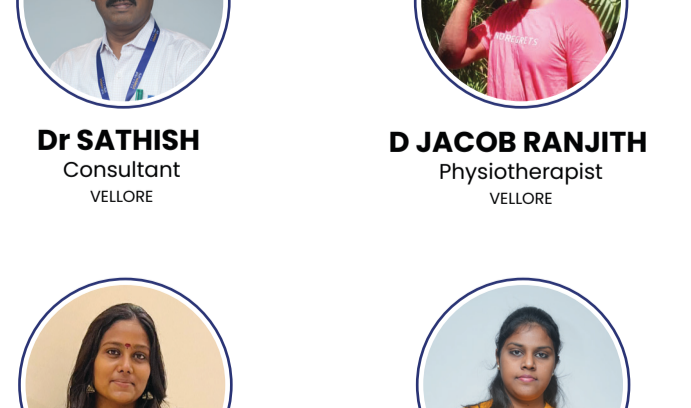
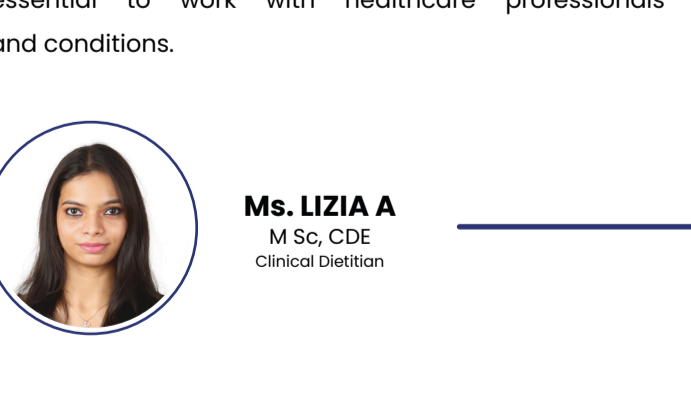
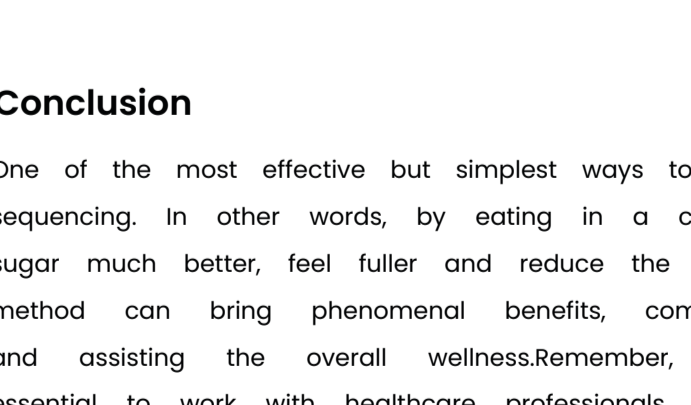
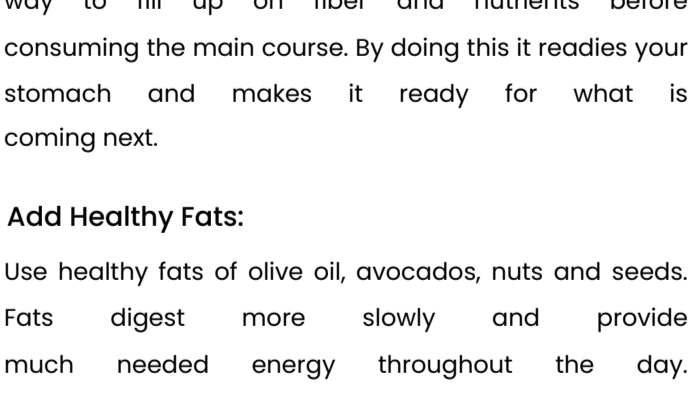
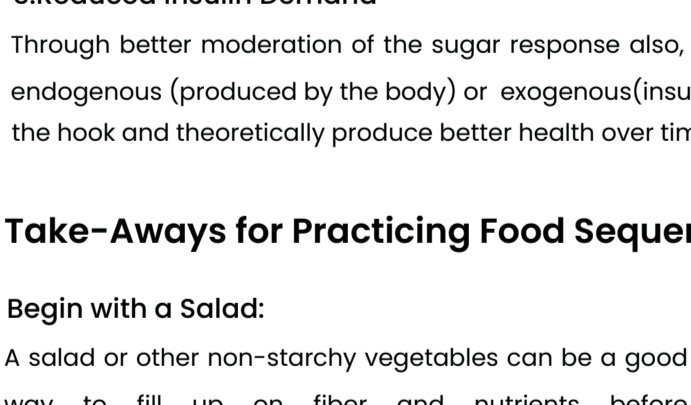
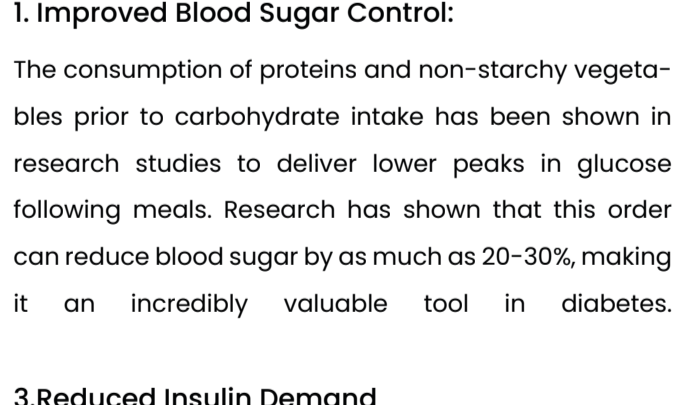
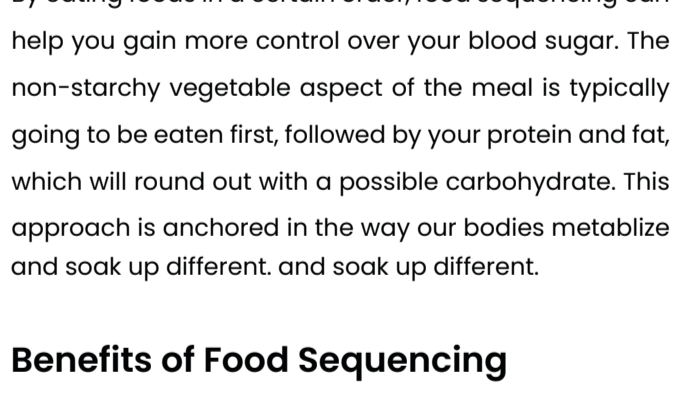
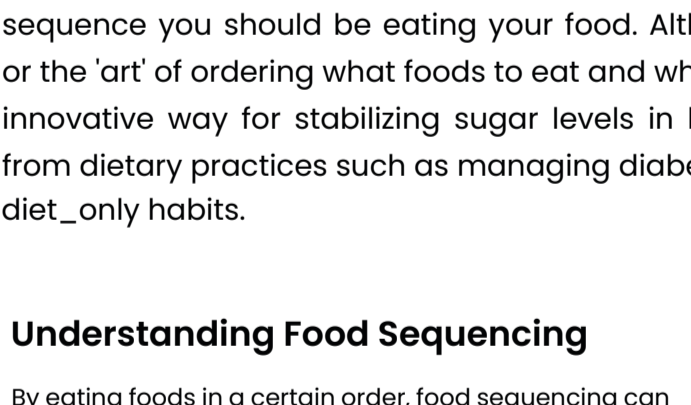
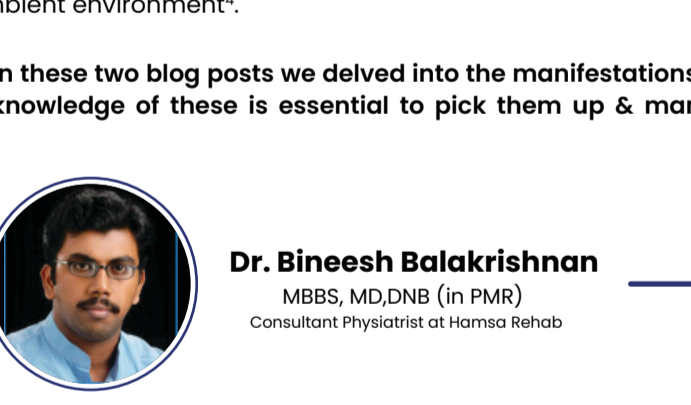
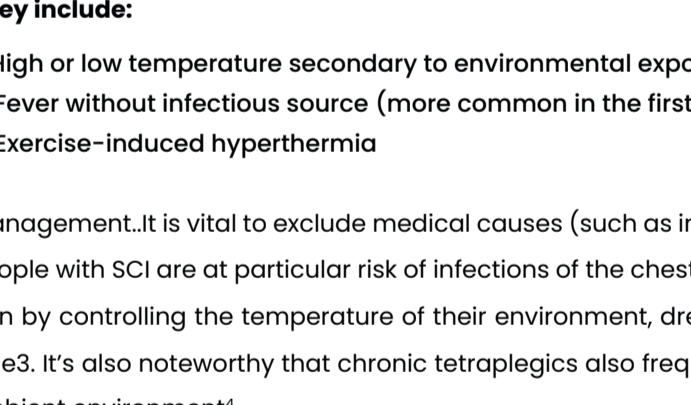
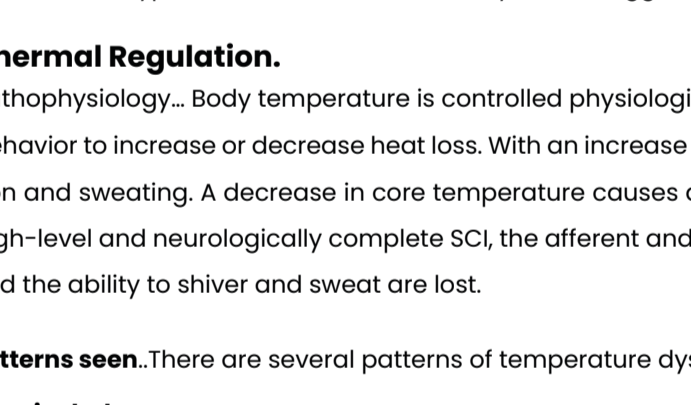
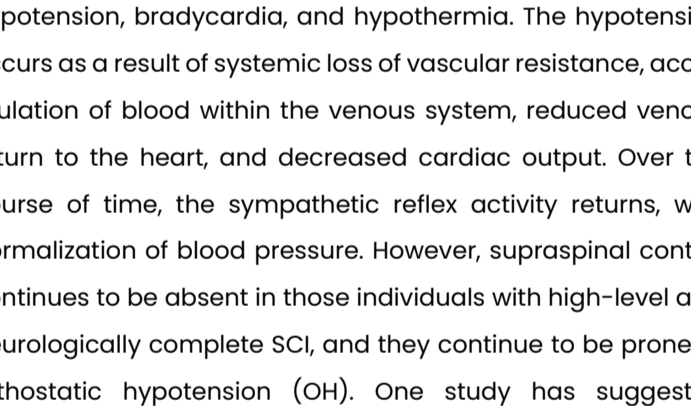
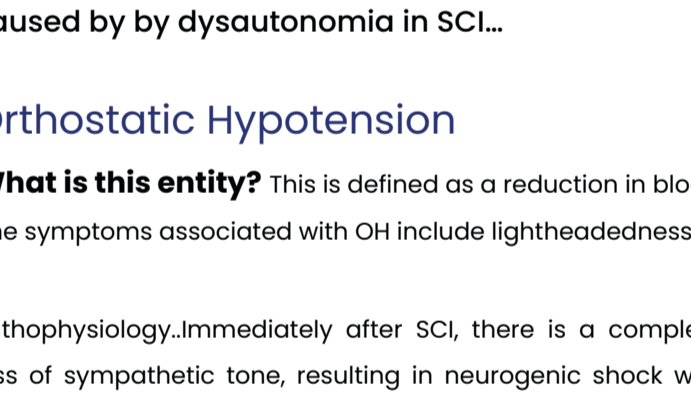
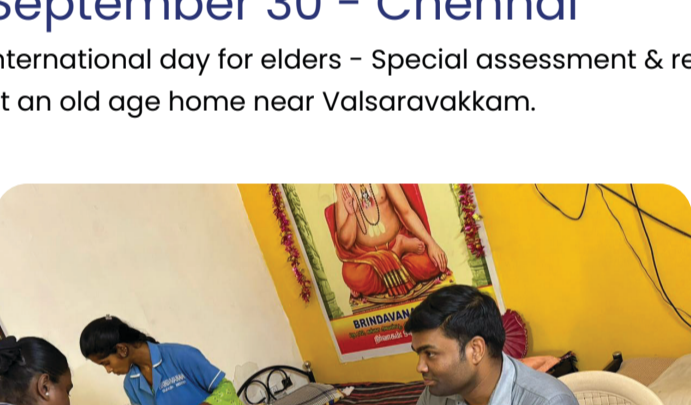
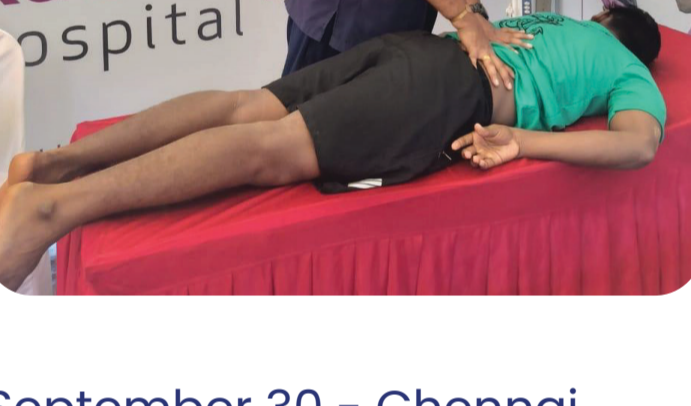
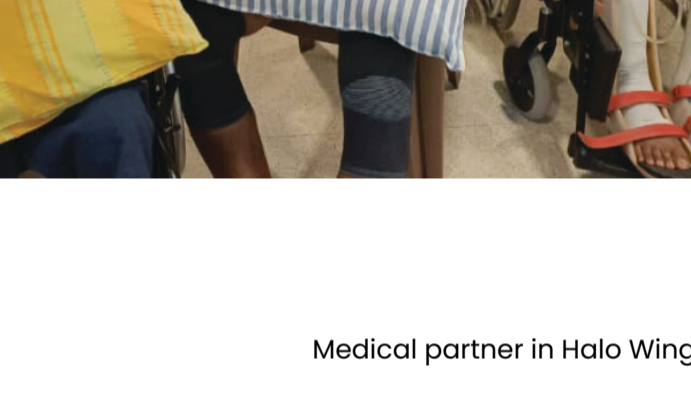
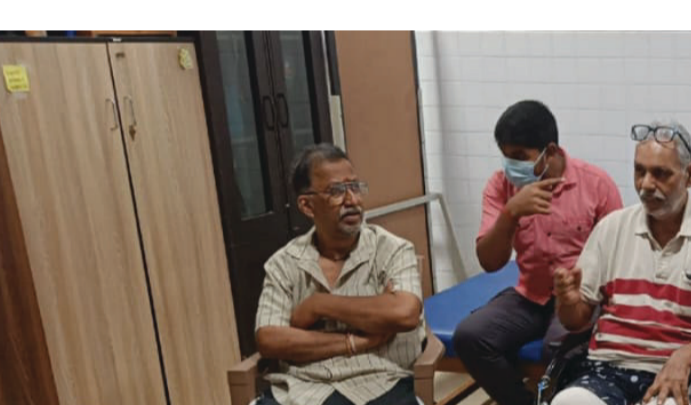
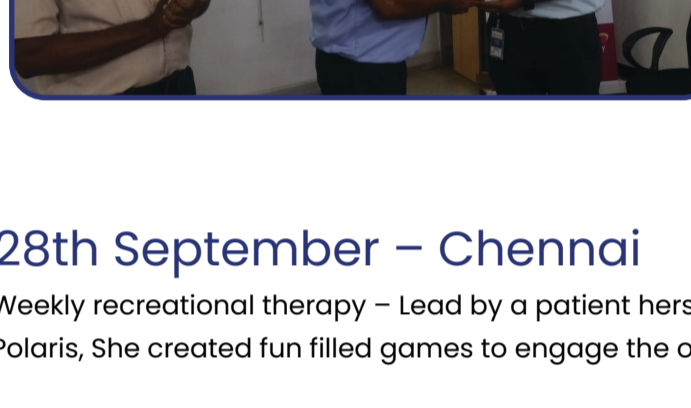
## 23<sup>rd</sup> September – Trichy

Dr. Bruno delivered a special lecture on the occasion of World Physiotherapy Day organized by Indian Association of physiotherapy (IAP)



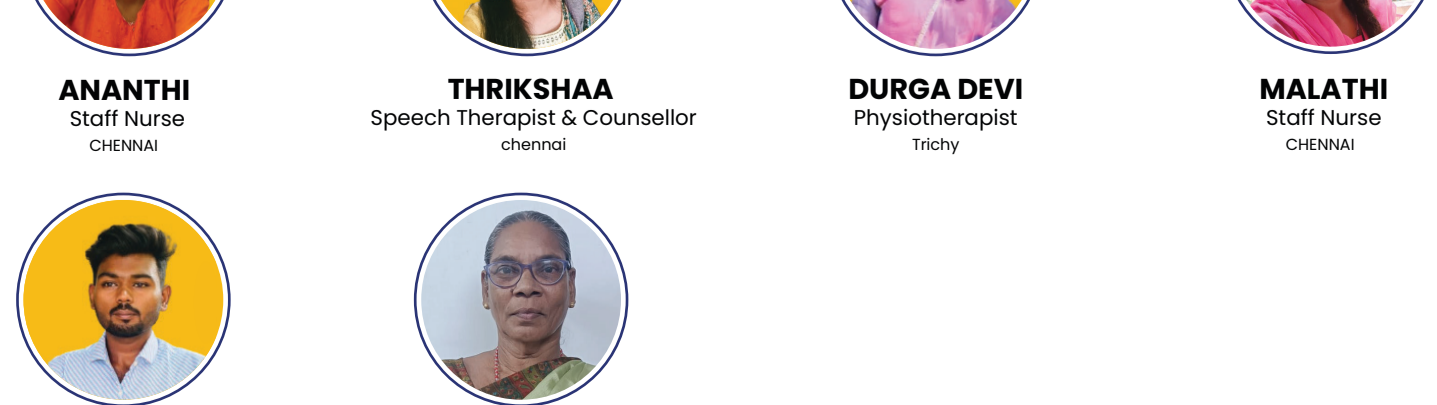
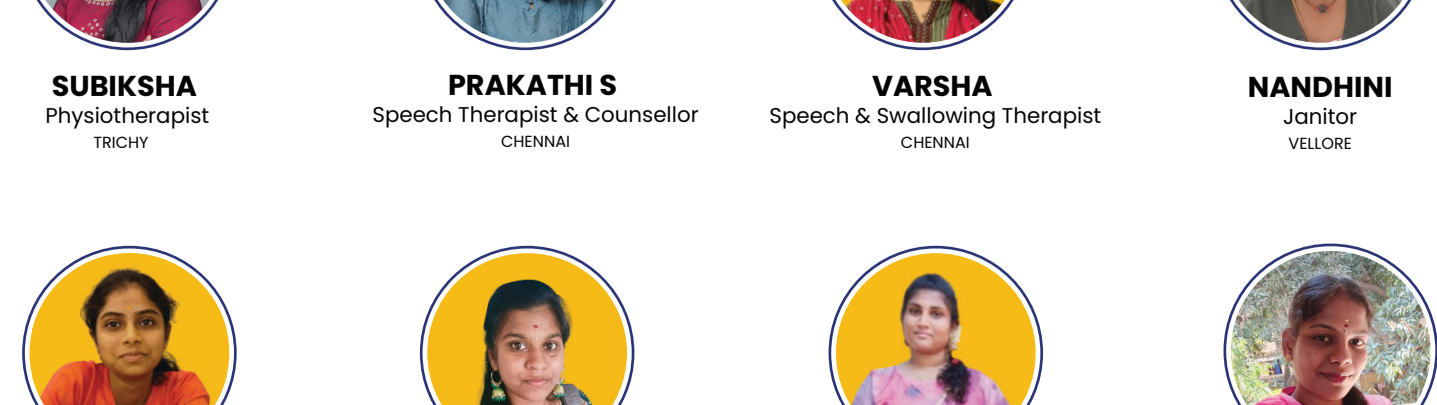
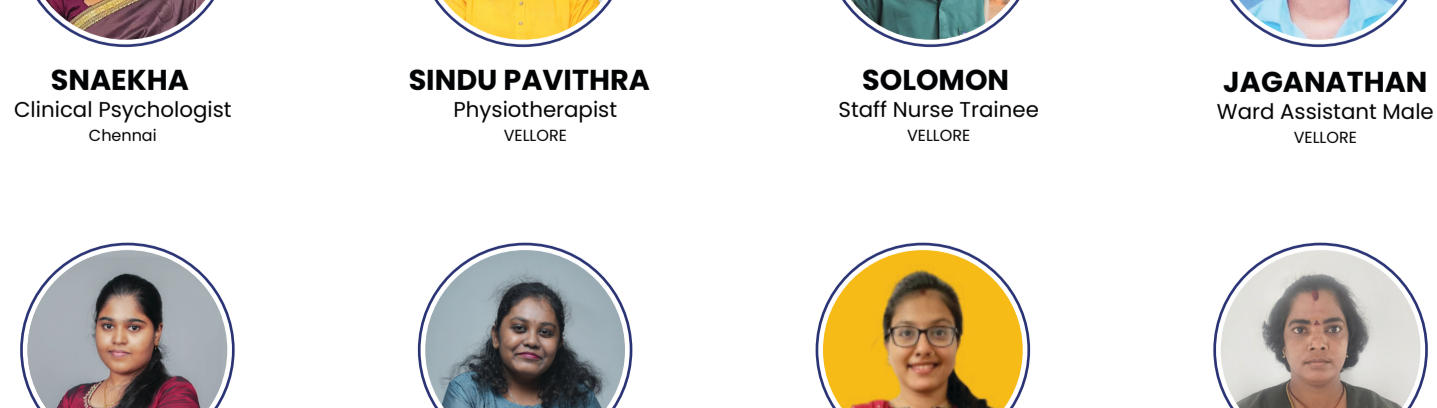
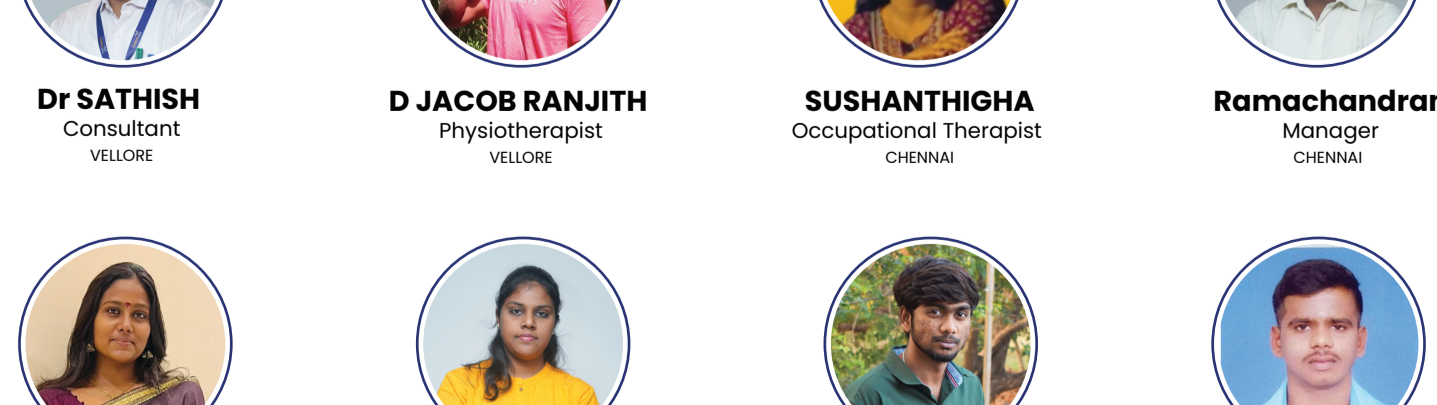
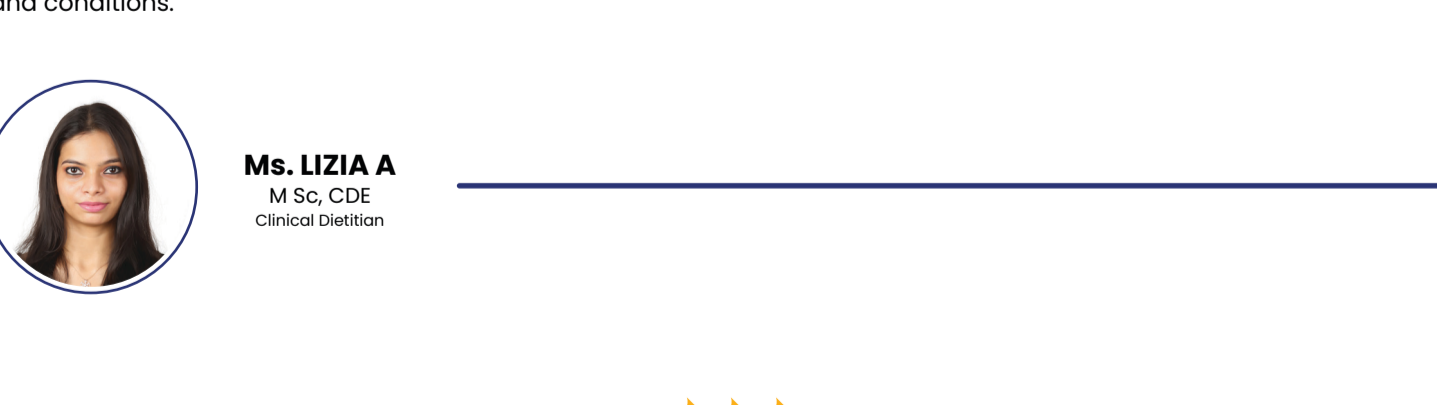
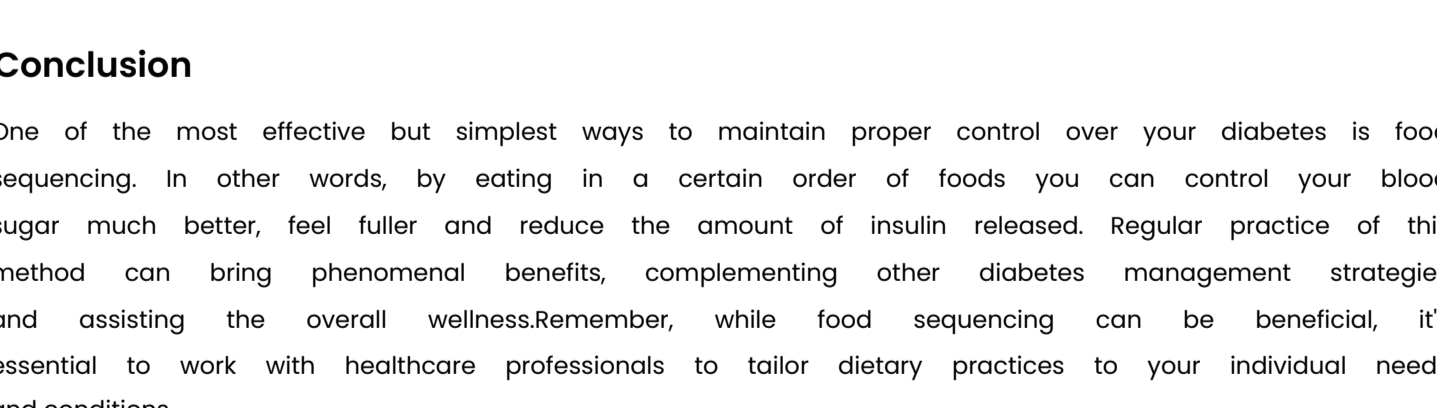
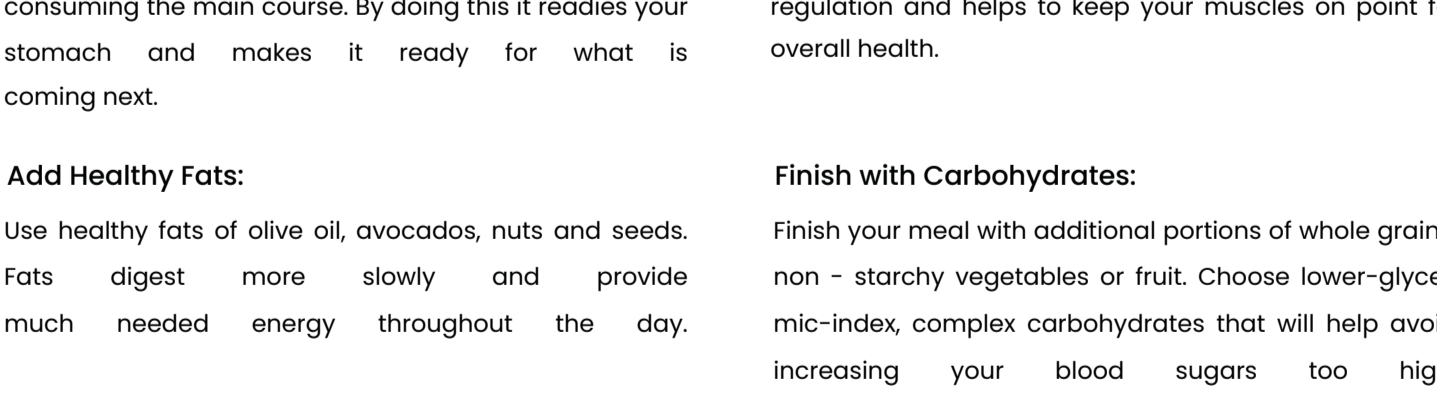
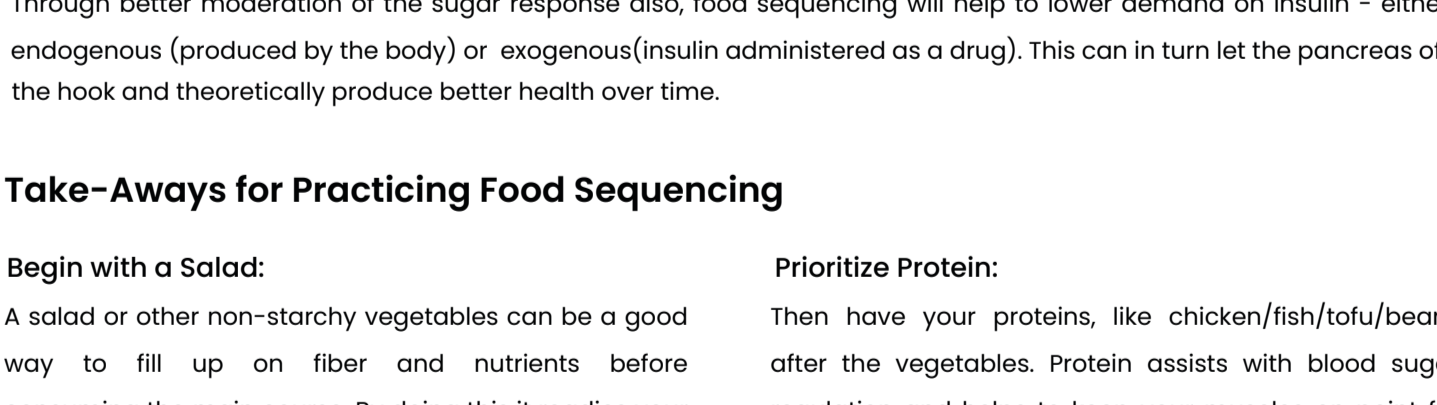
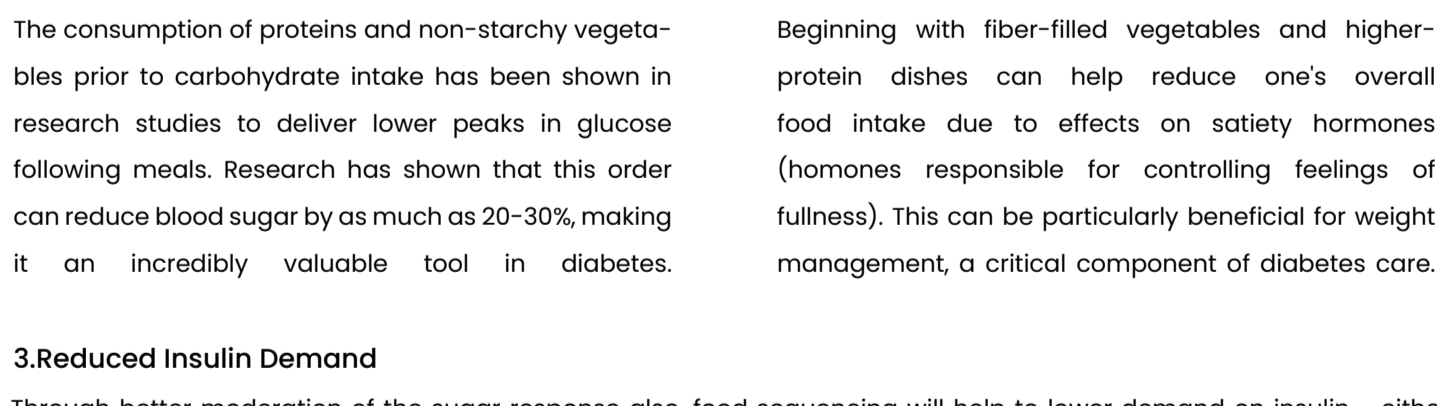
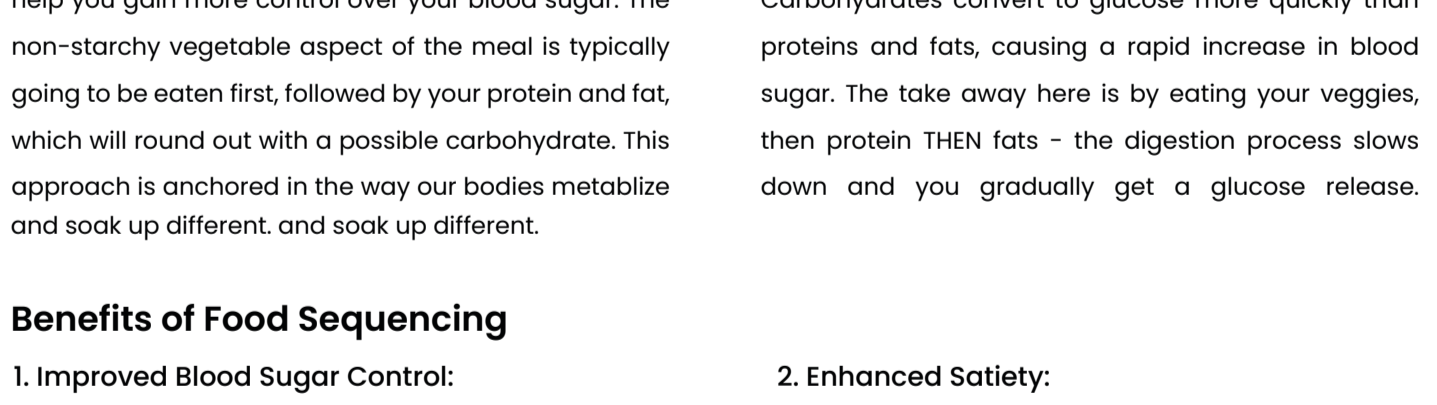
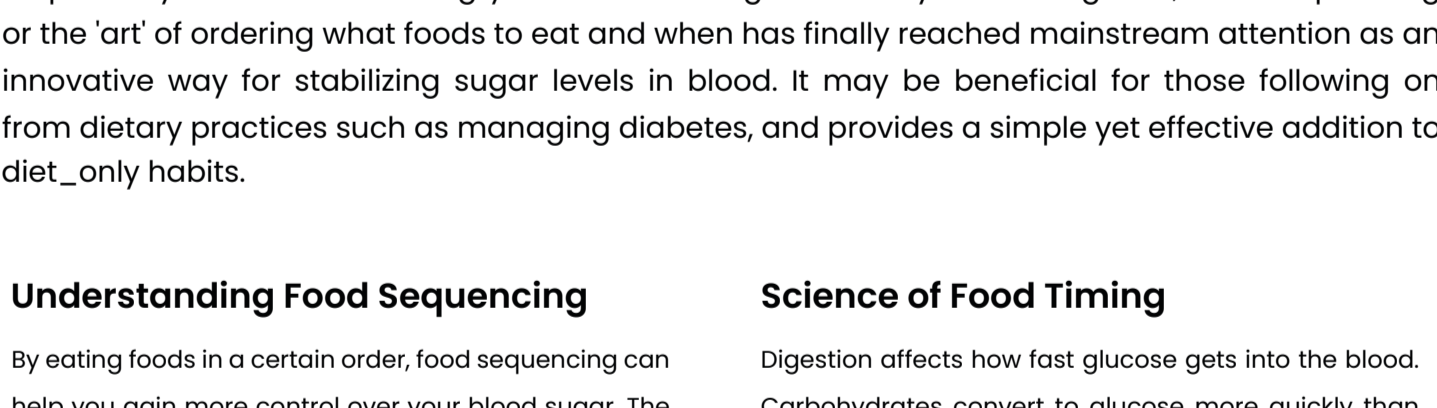
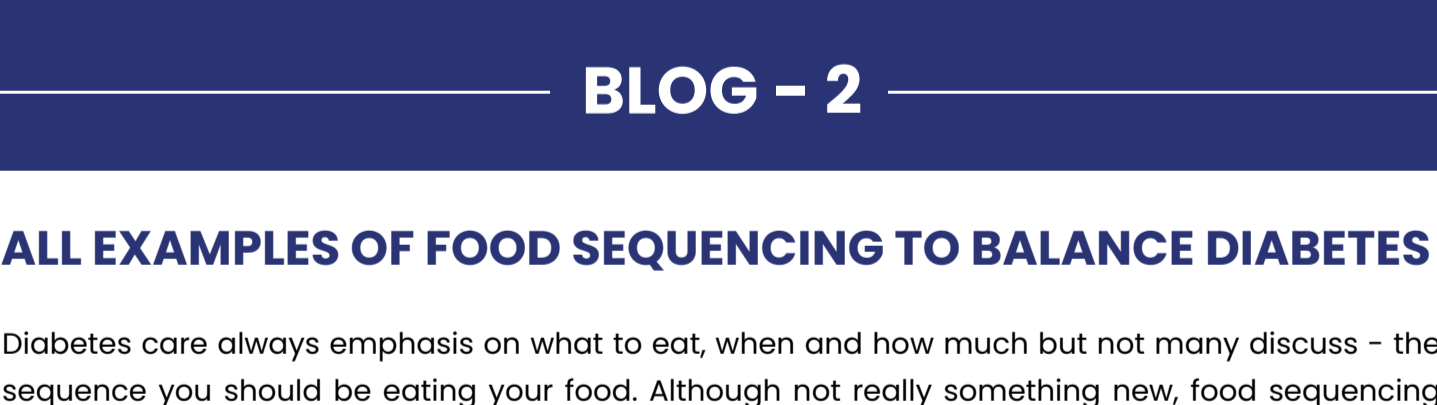
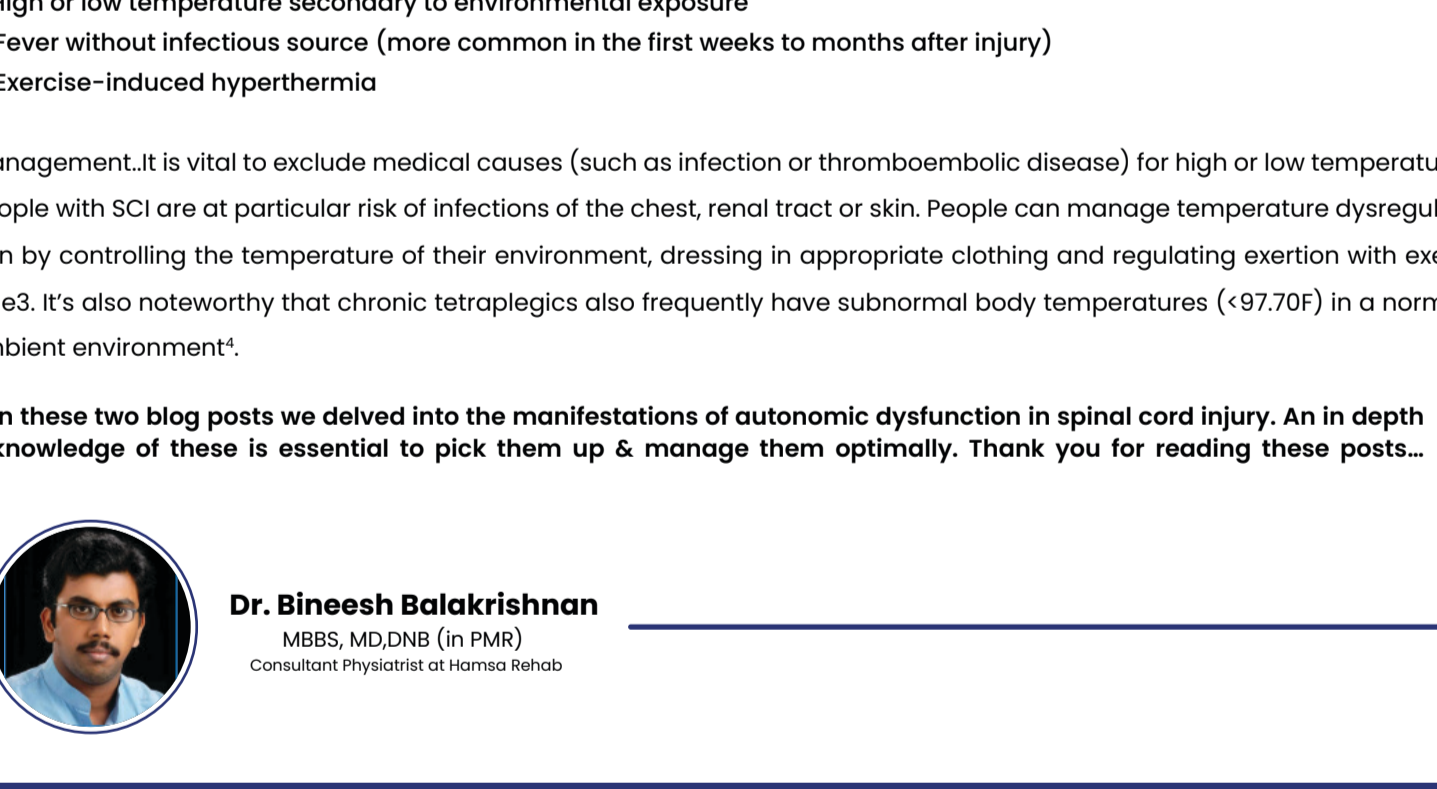
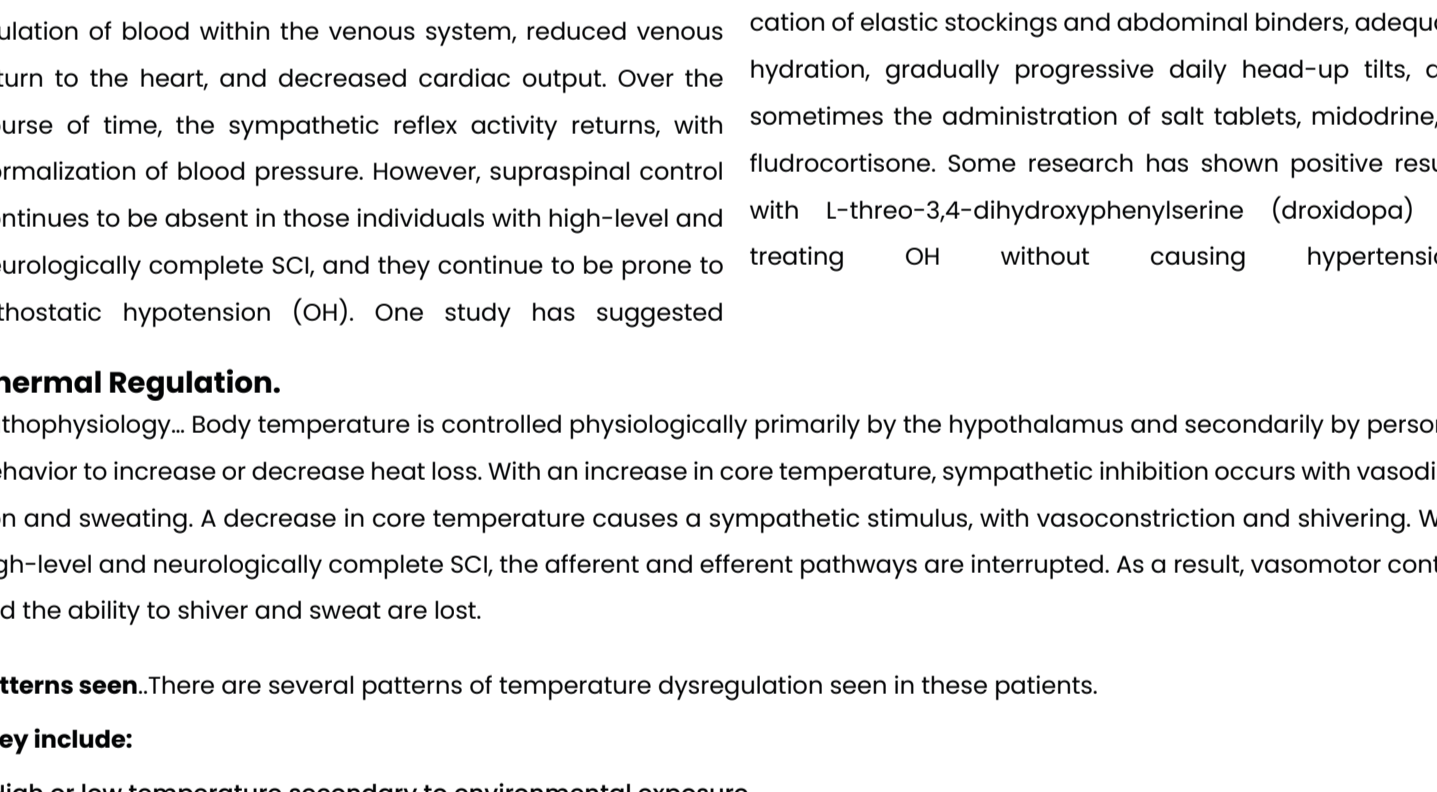
## 23<sup>rd</sup> September–28<sup>th</sup> September – Chennai

Free consultation and Physiotherapy, Royapettah



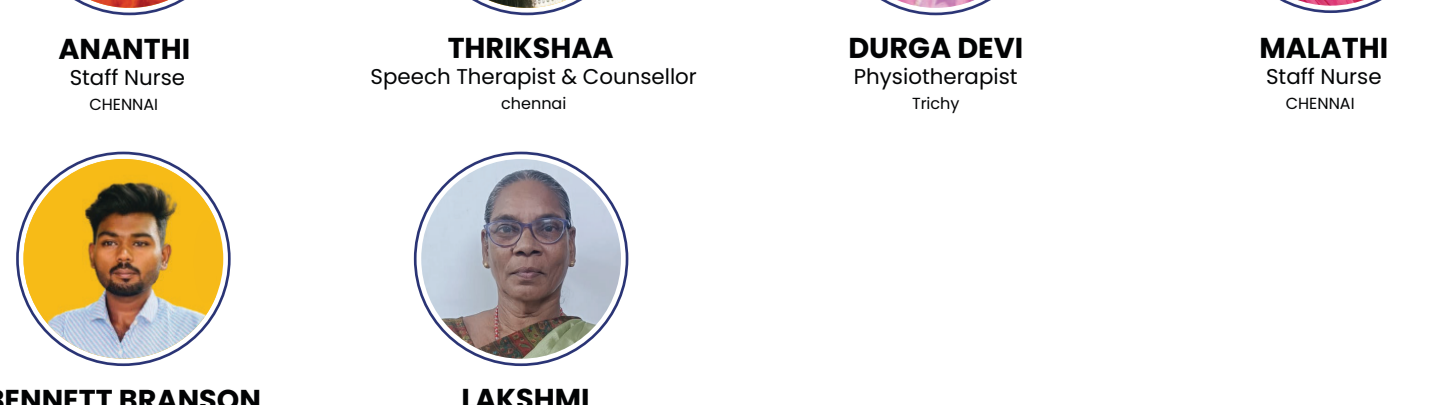
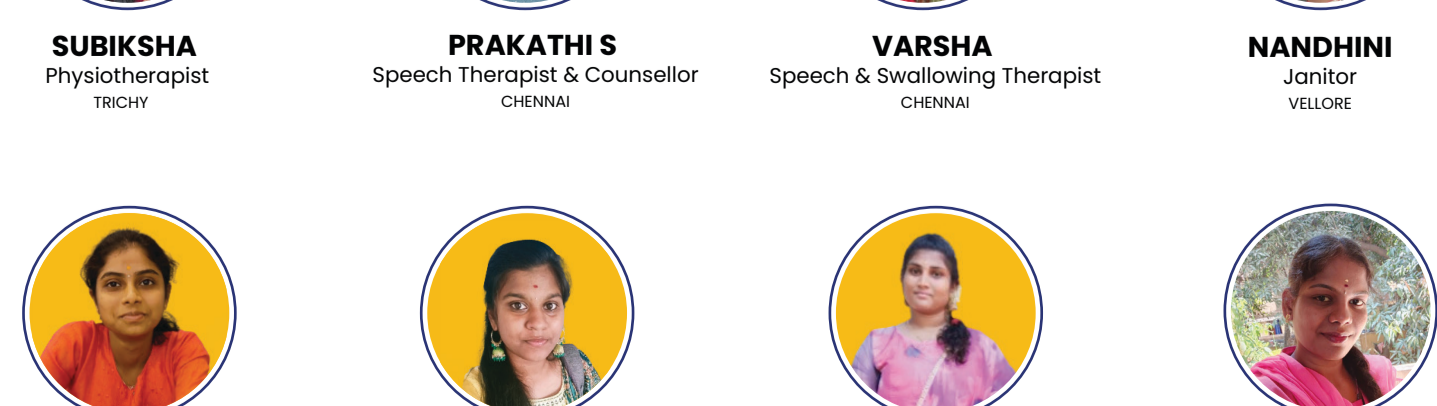
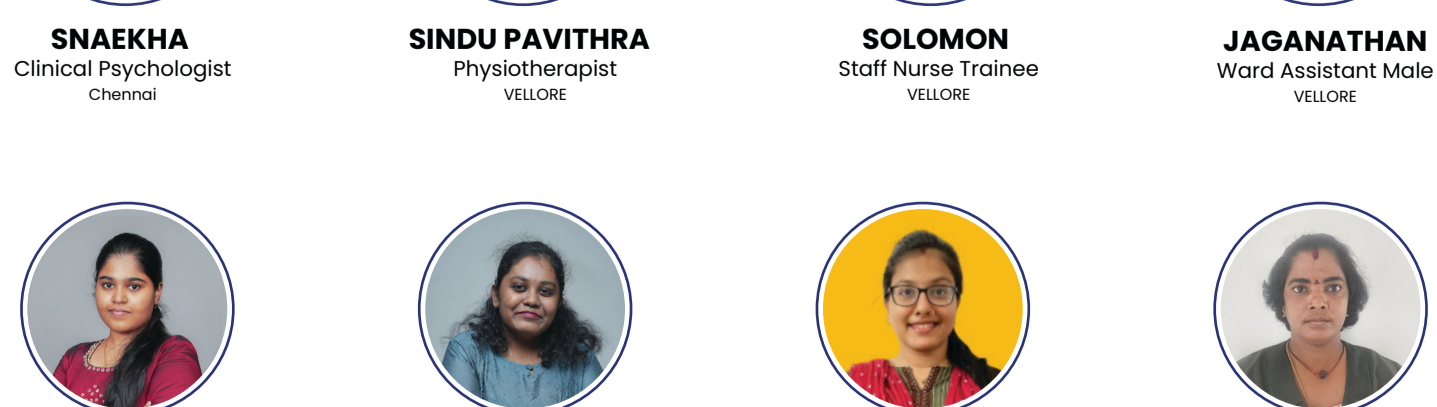
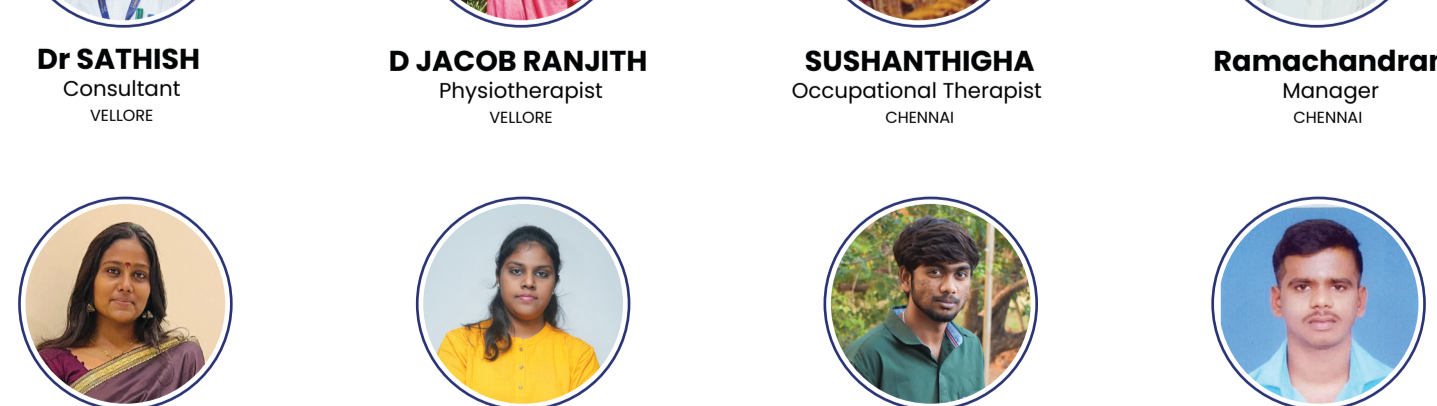
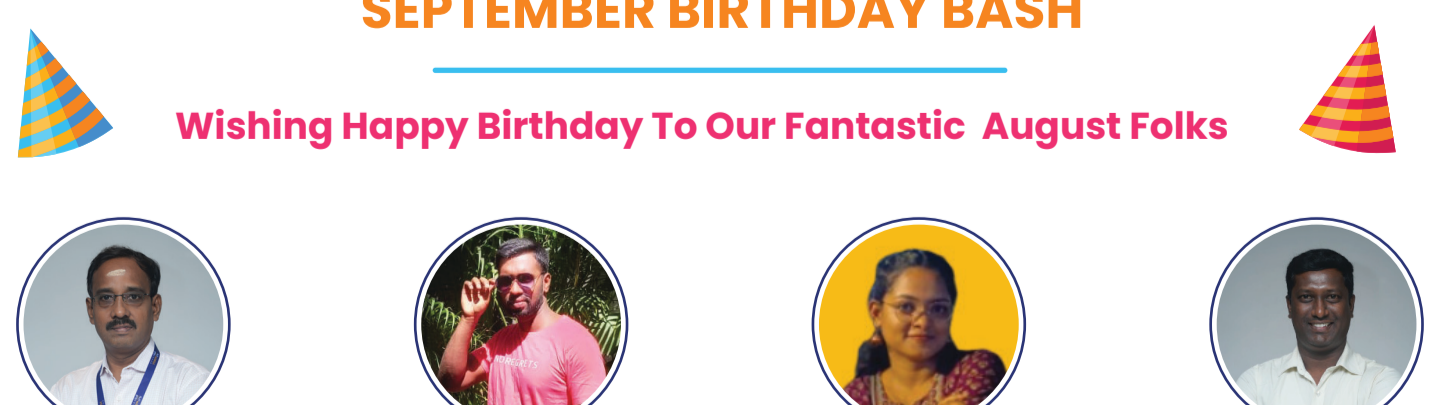
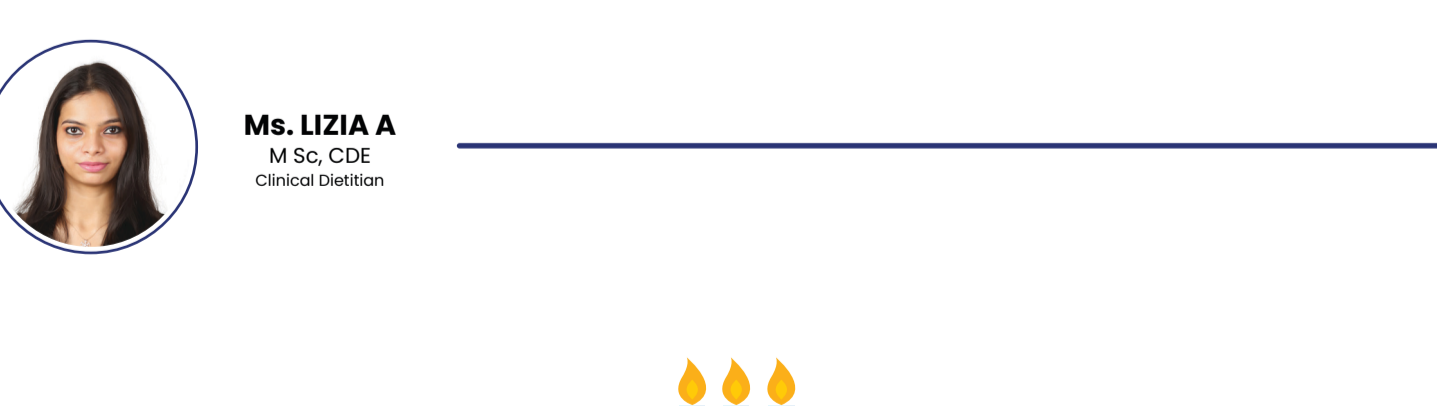
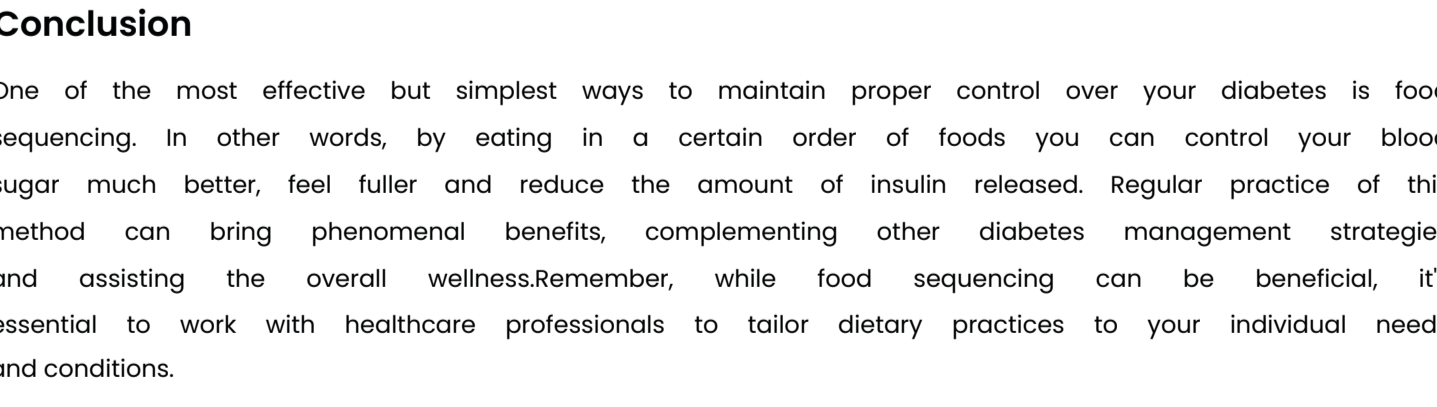
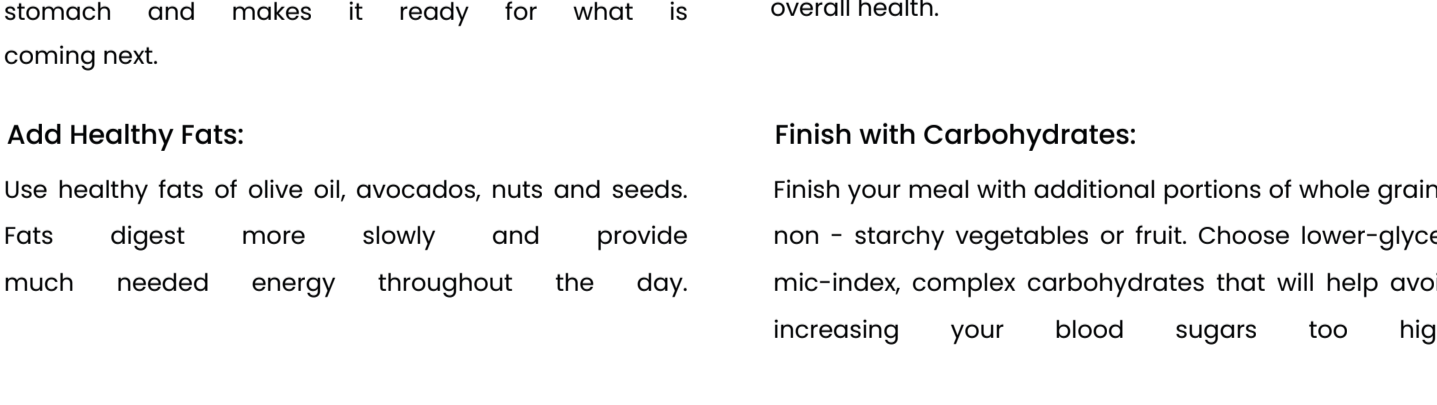
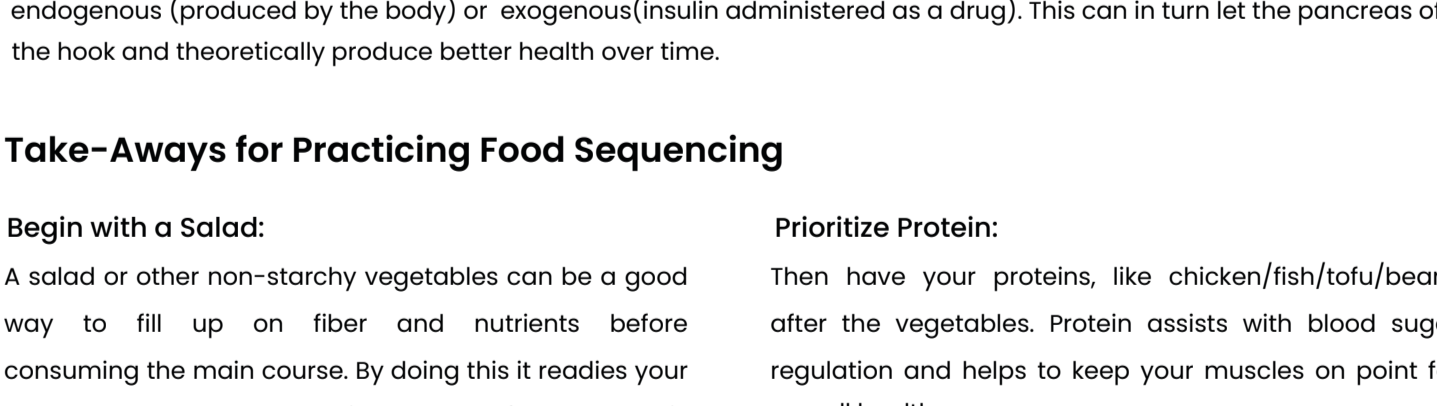
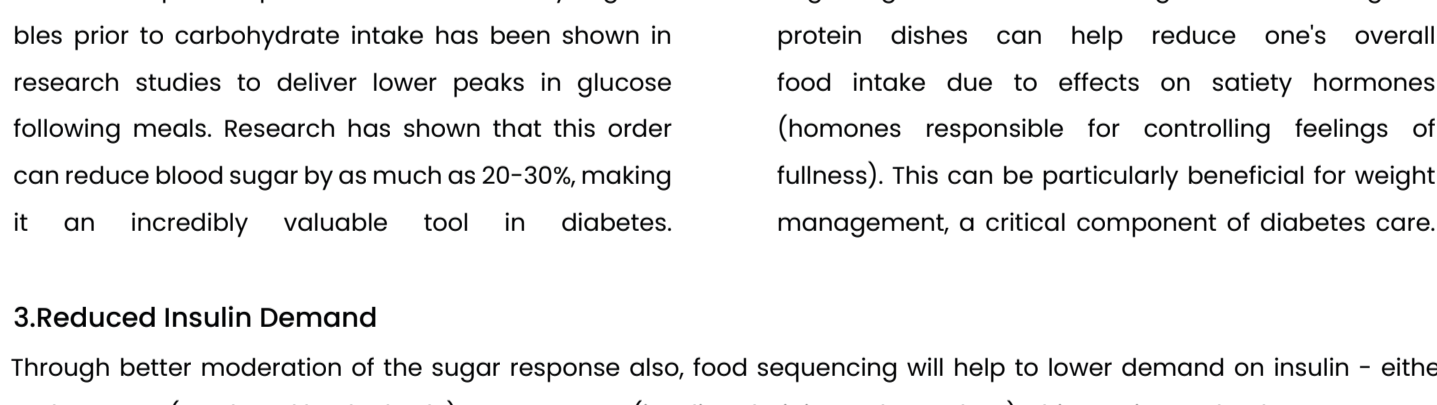
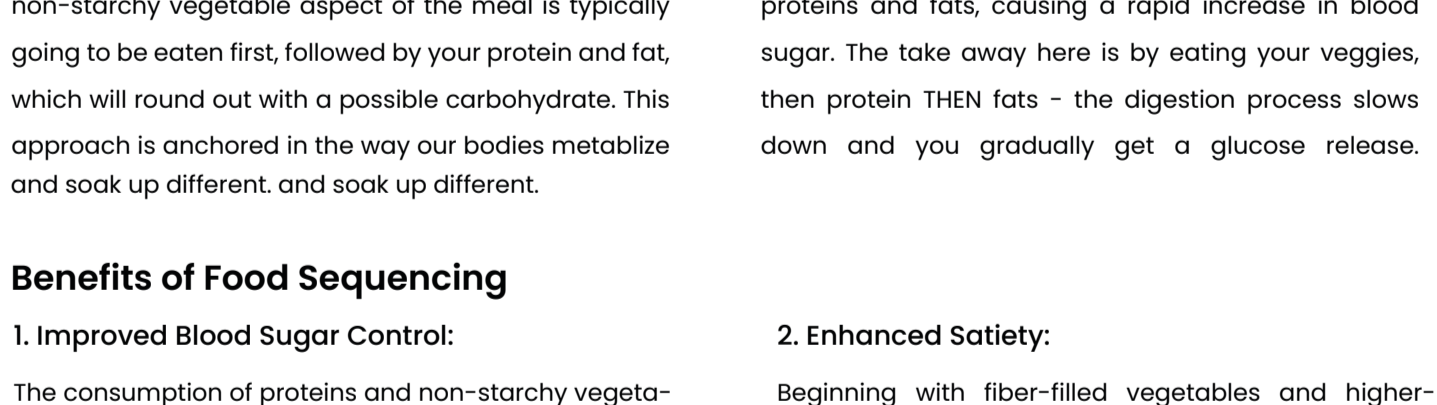
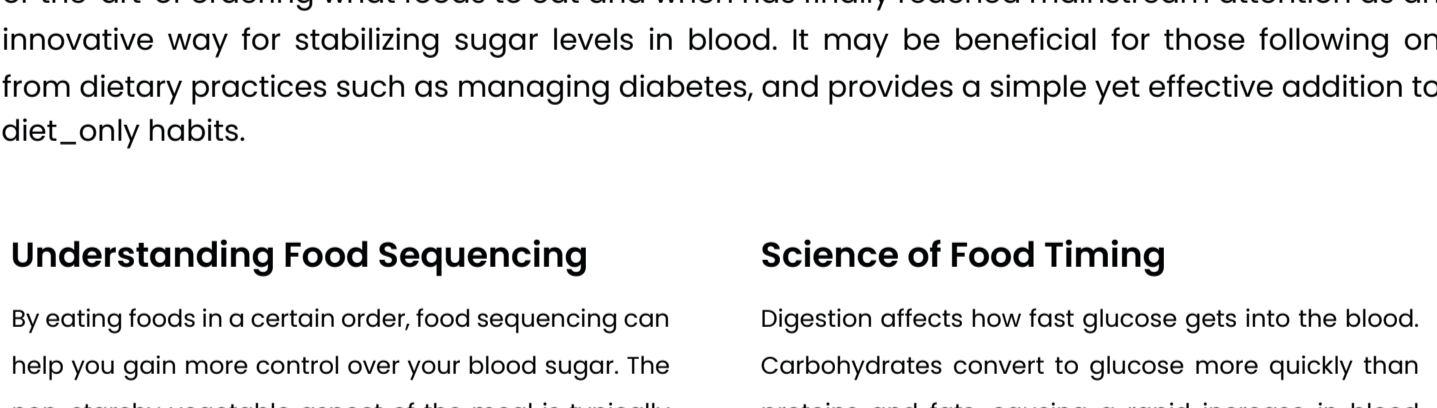
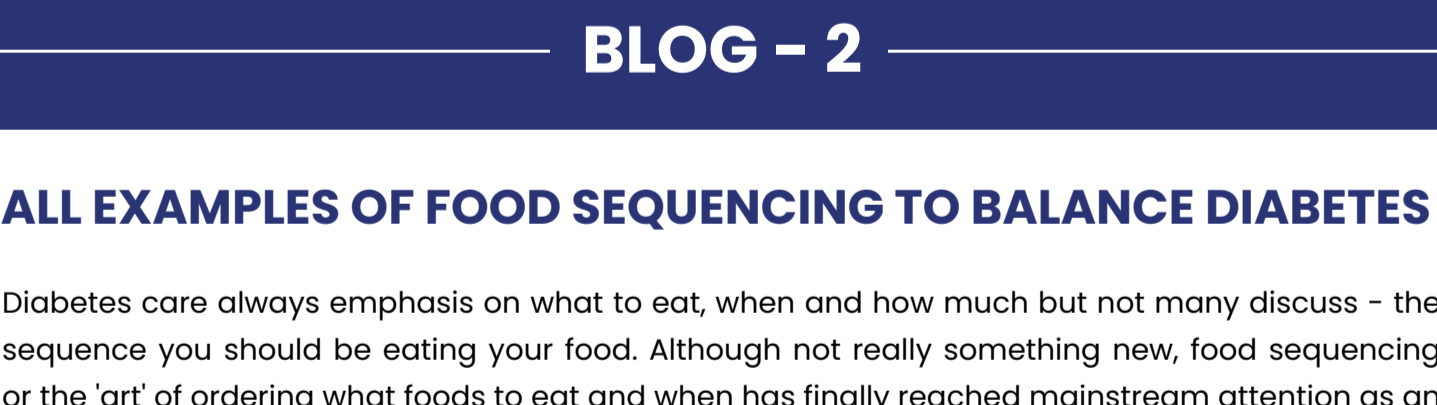
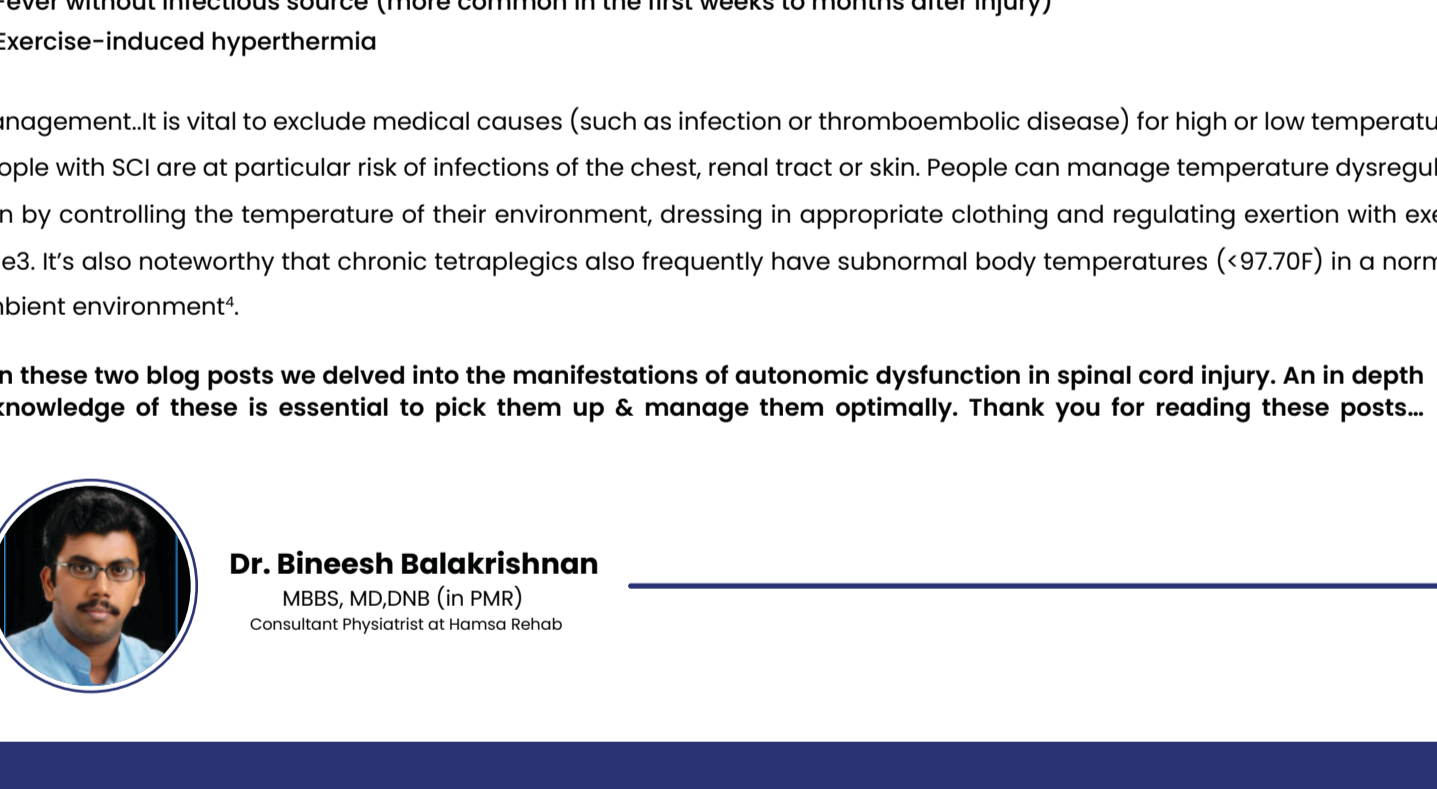
## 28<sup>th</sup> September – Trichy

Free screening camp at Athma Special School – participated by more than 40 children.



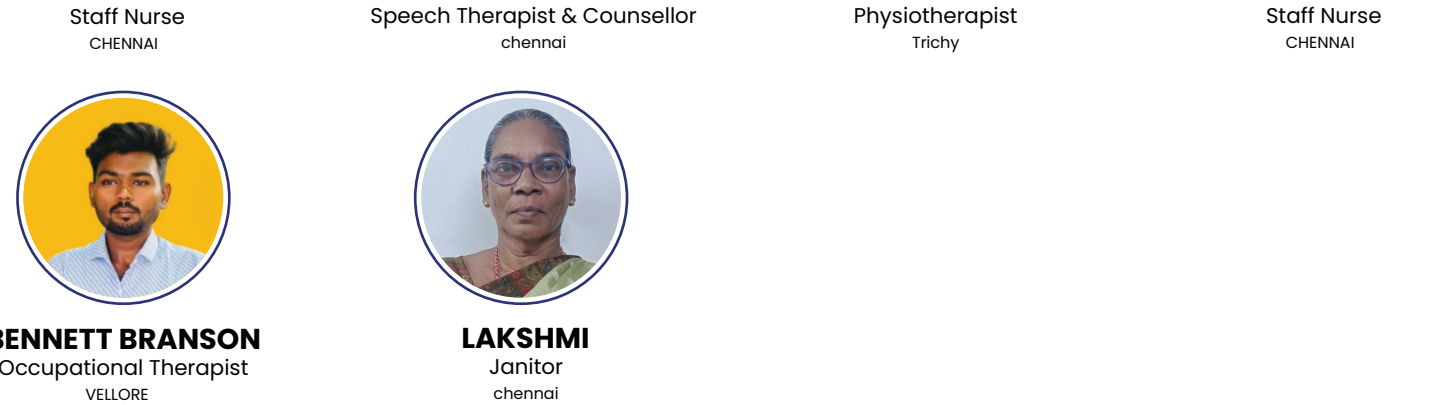
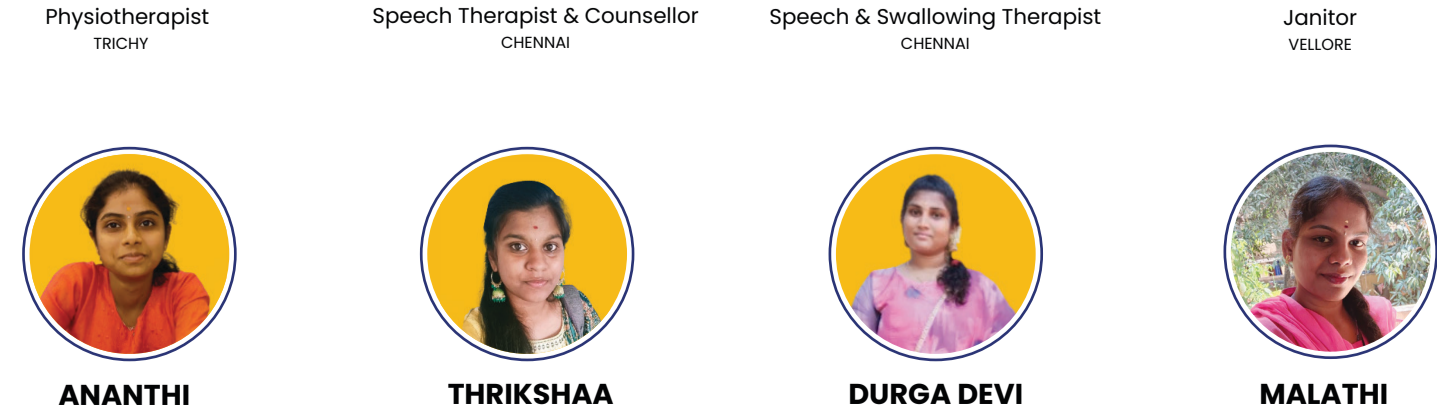
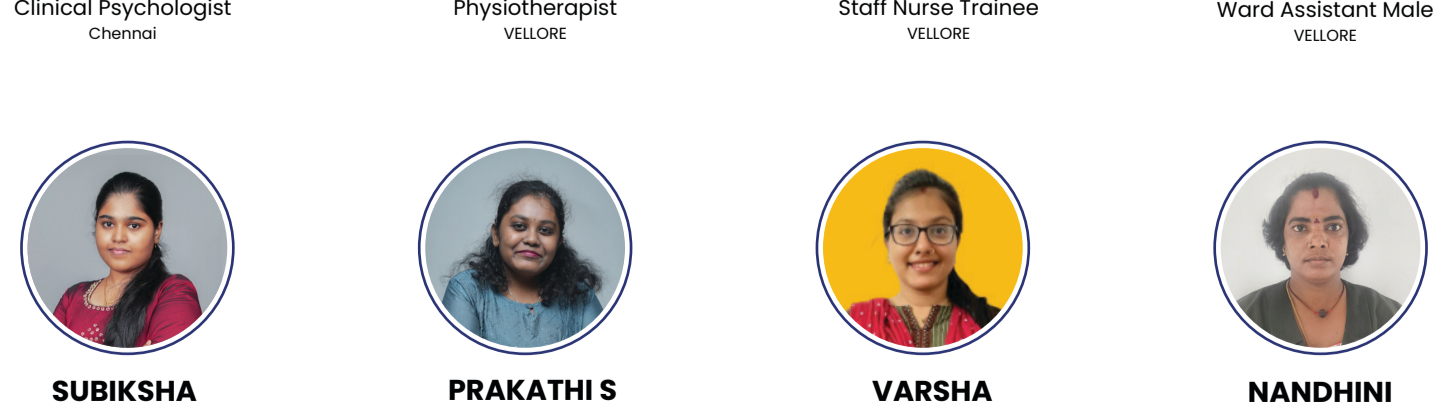
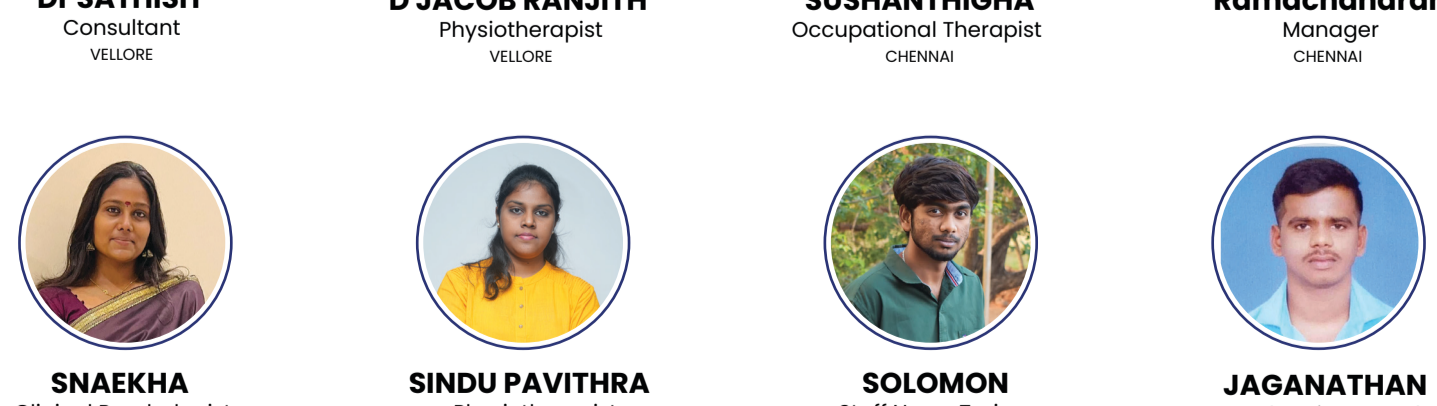
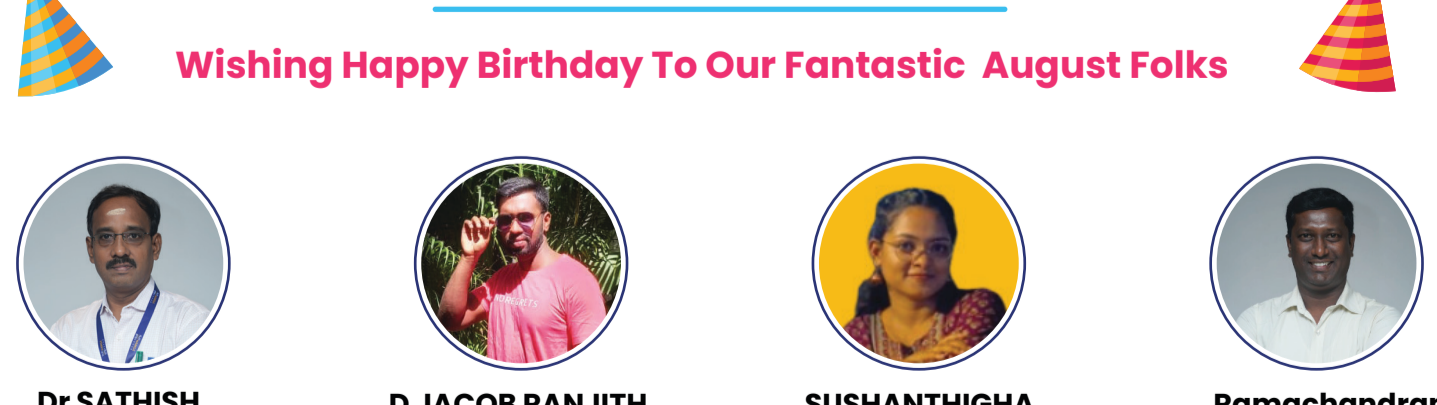
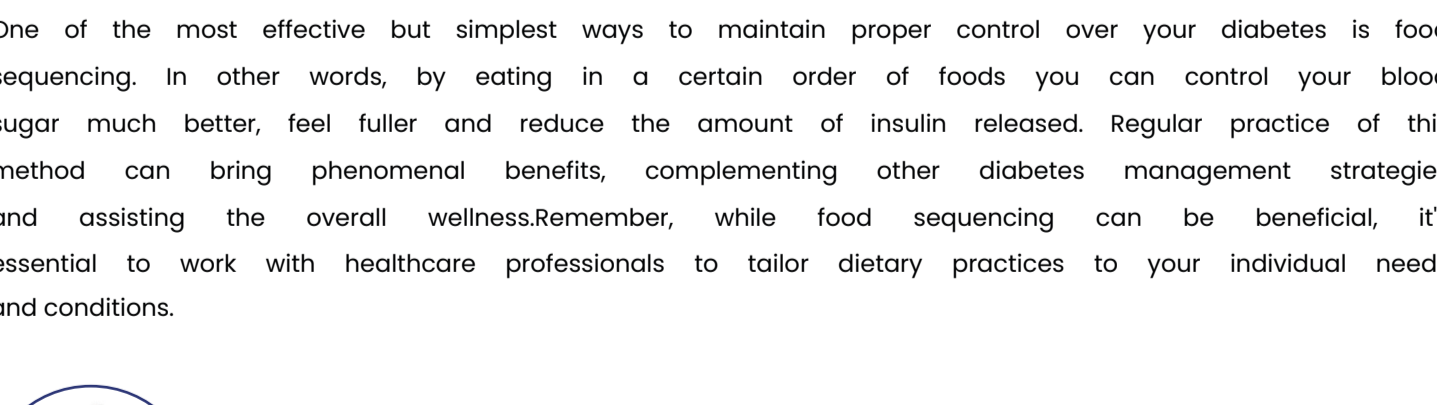
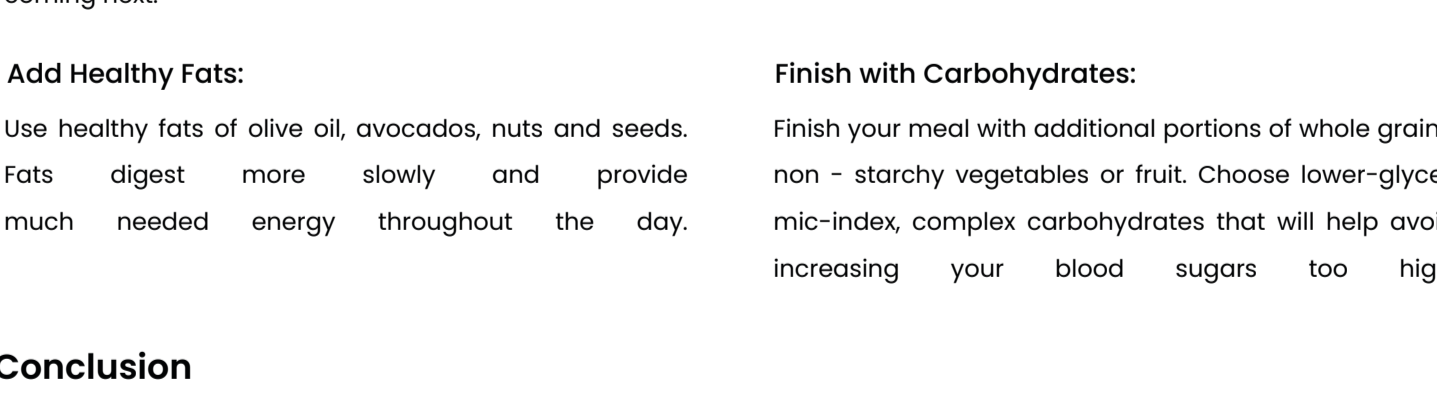
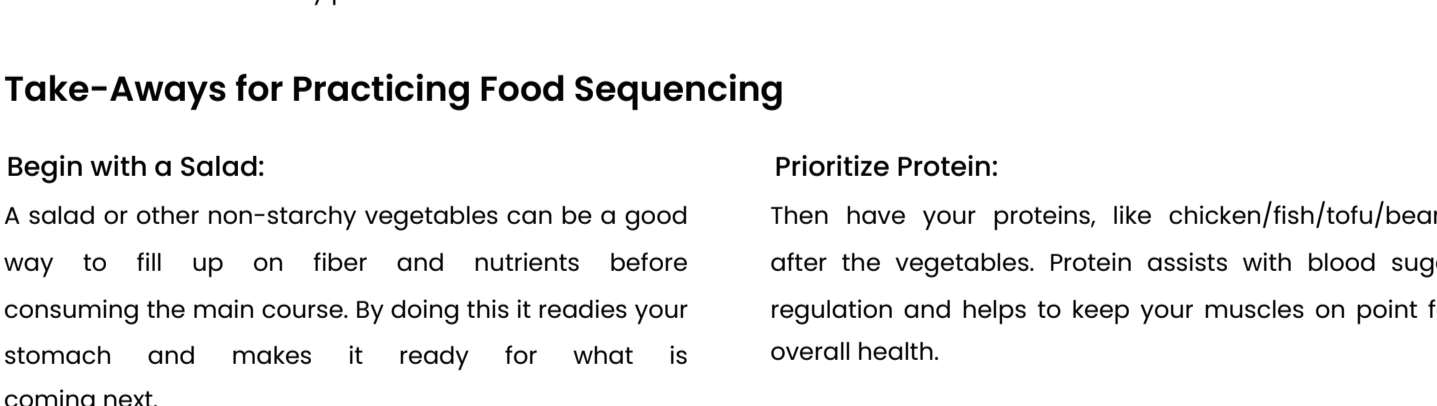
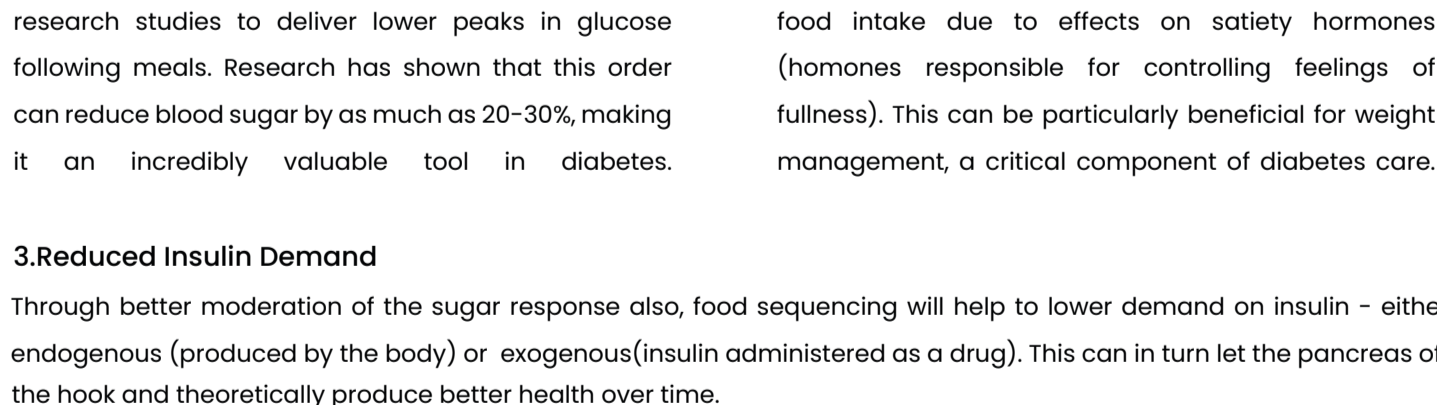
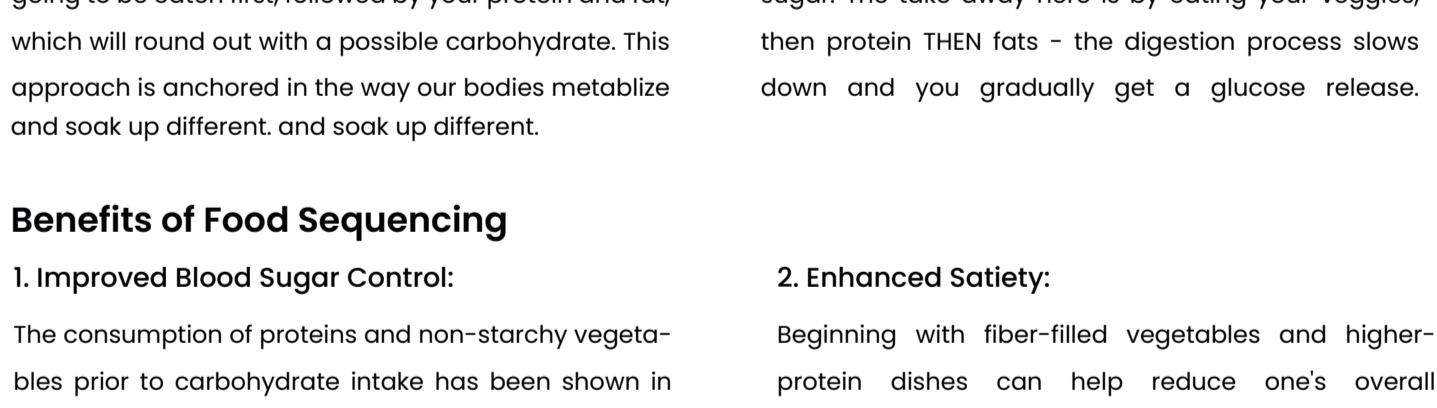
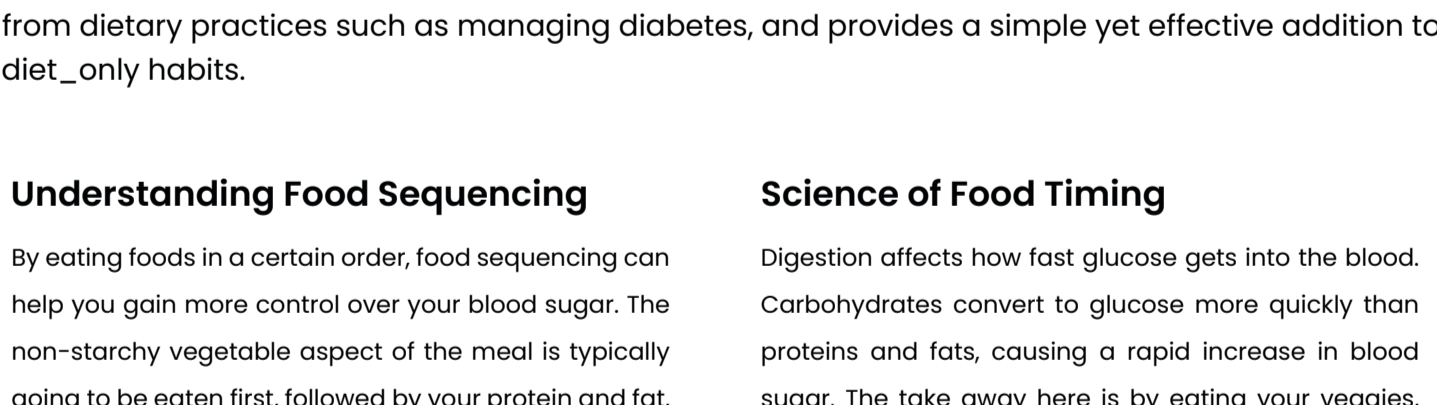
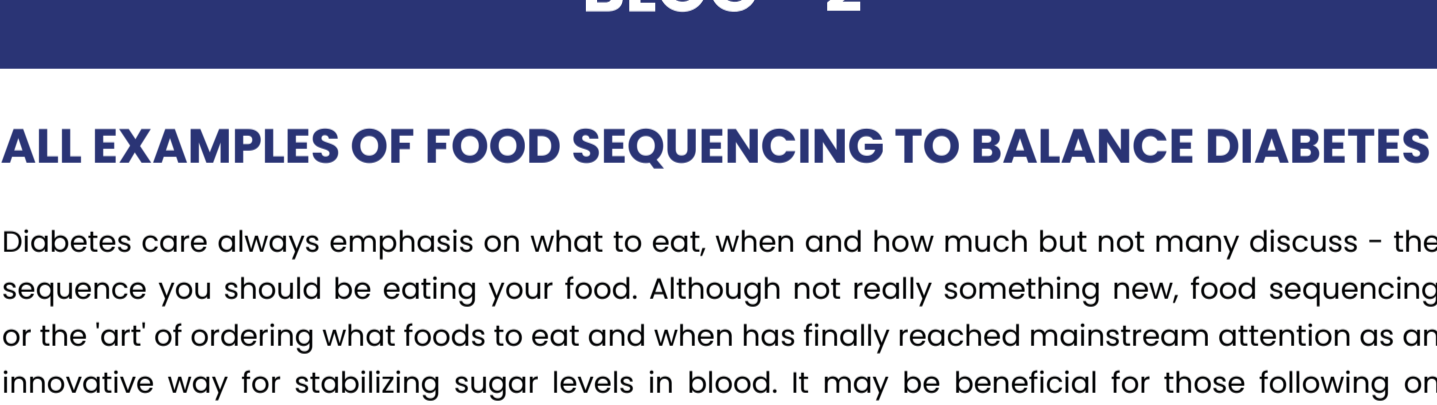
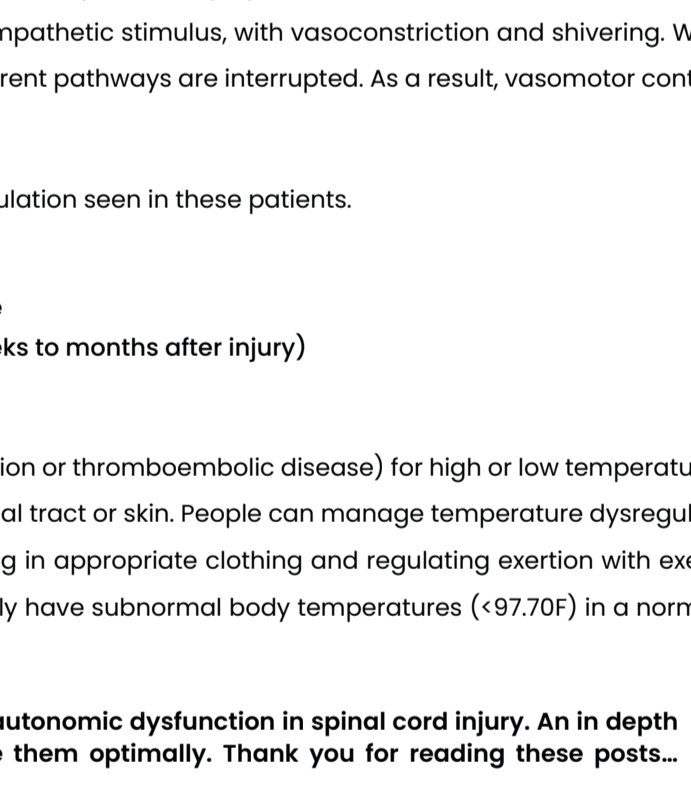
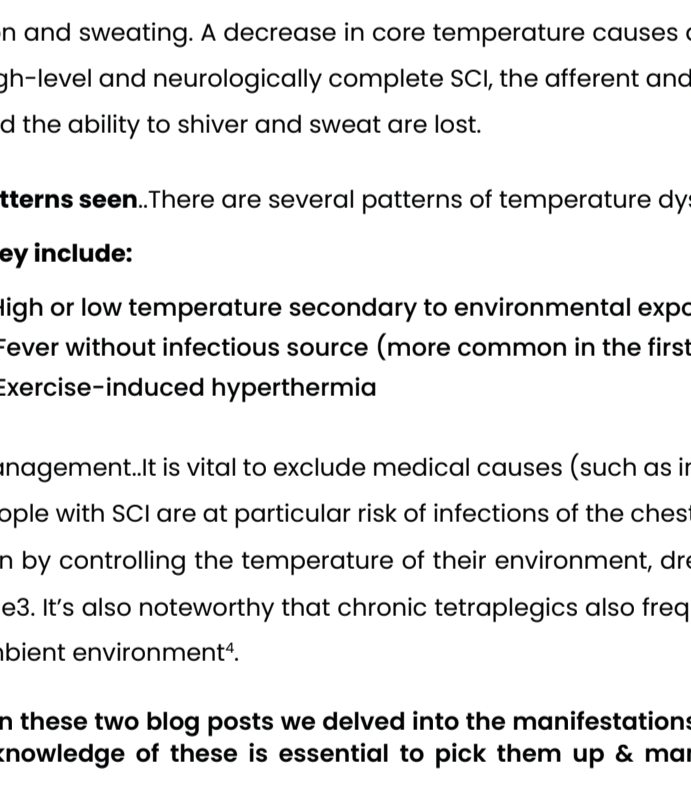
## 28<sup>th</sup> September – Chennai

Weekly recreational therapy – Lead by a patient herself with her previous experience as an employee at Polaris, She created fun filled games to engage the other patients.



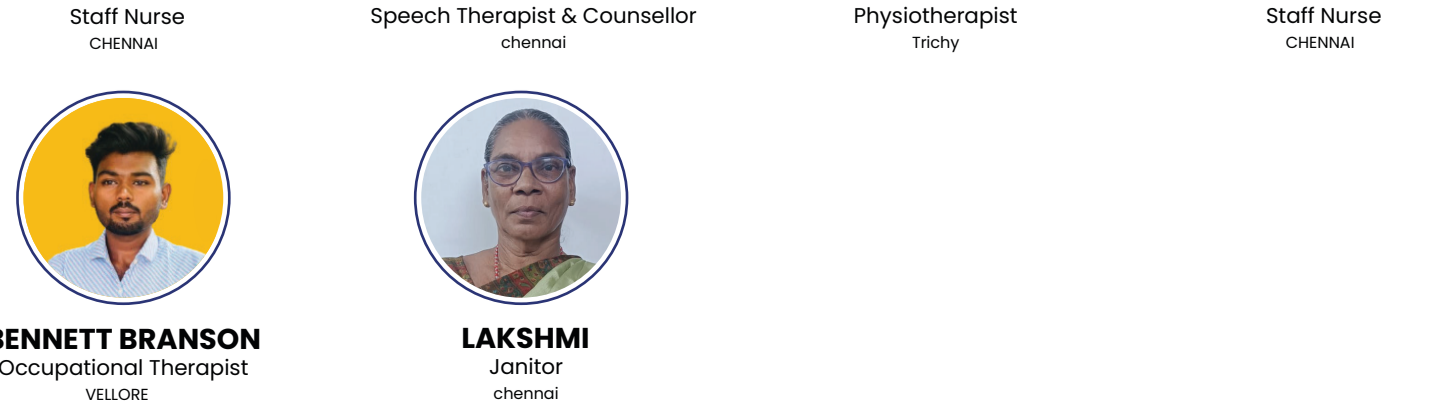
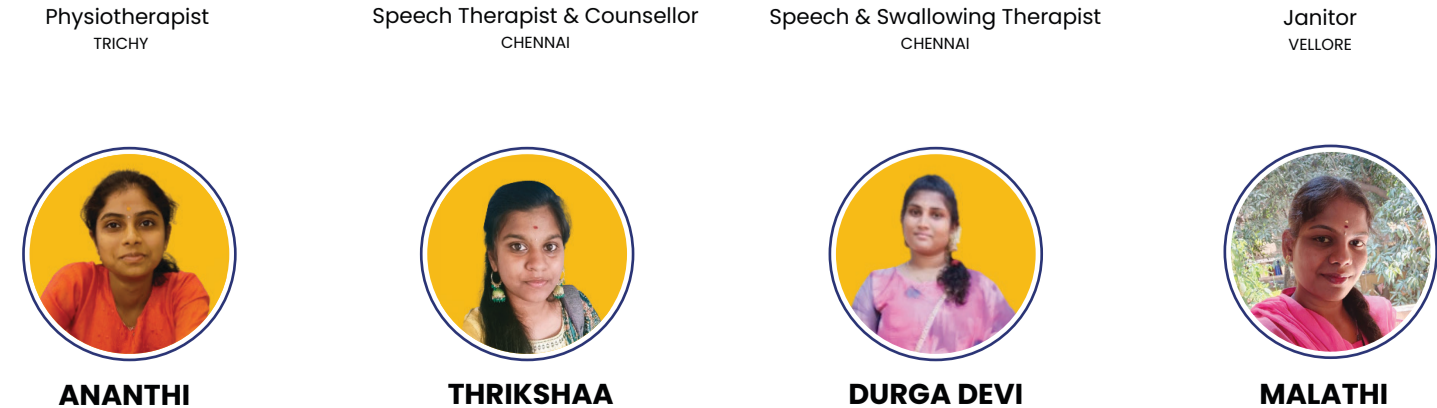
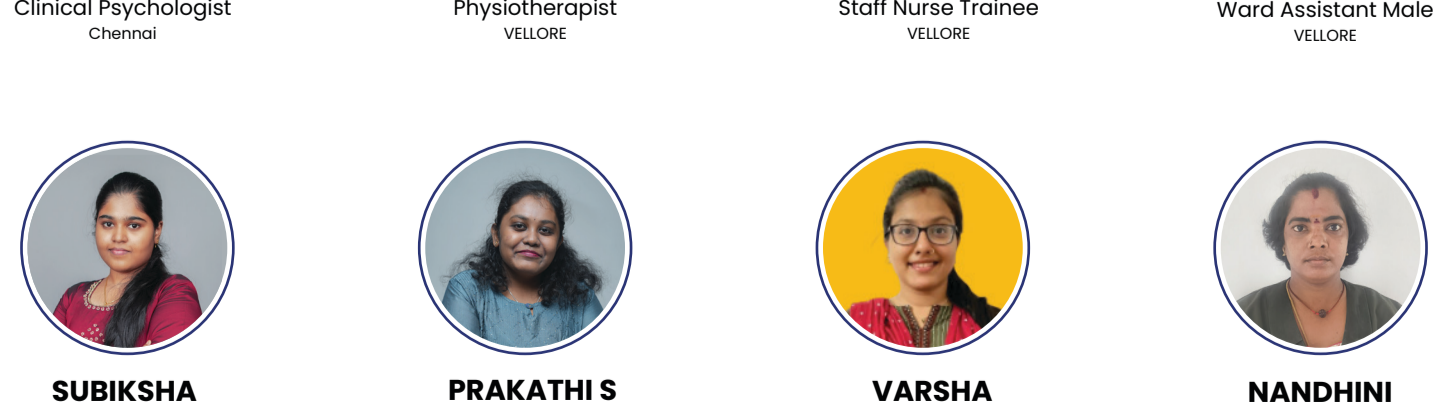
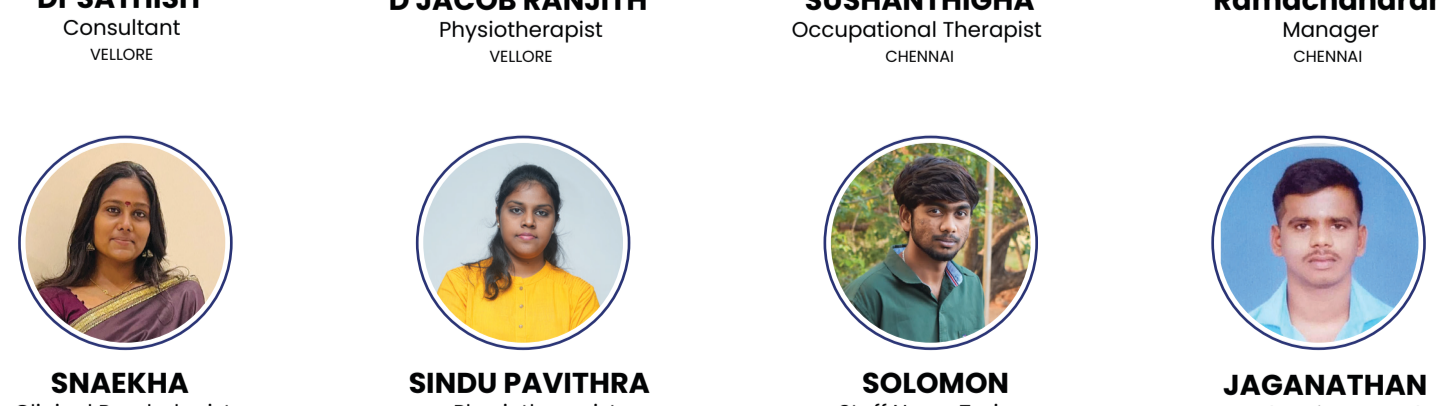
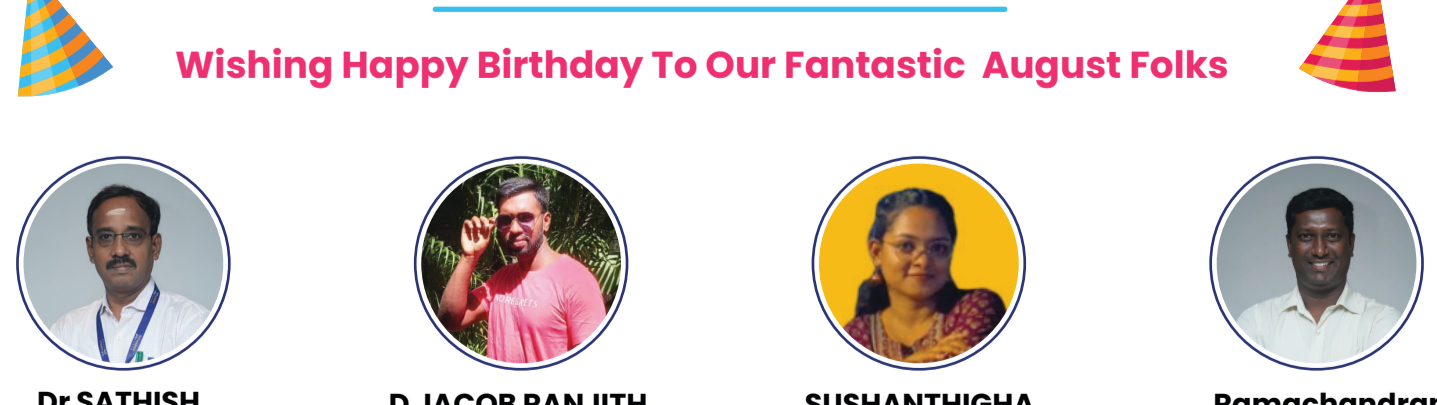
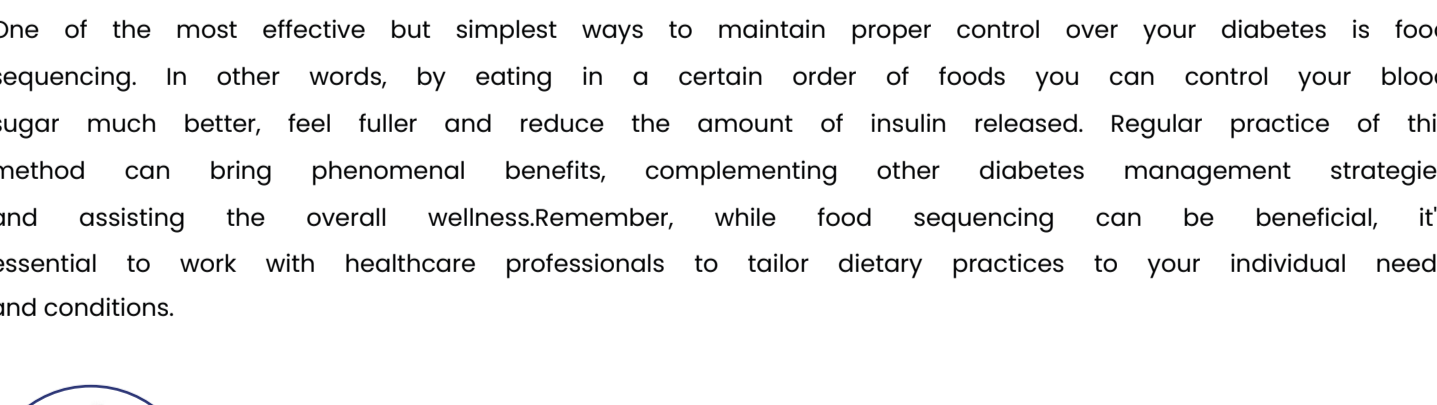
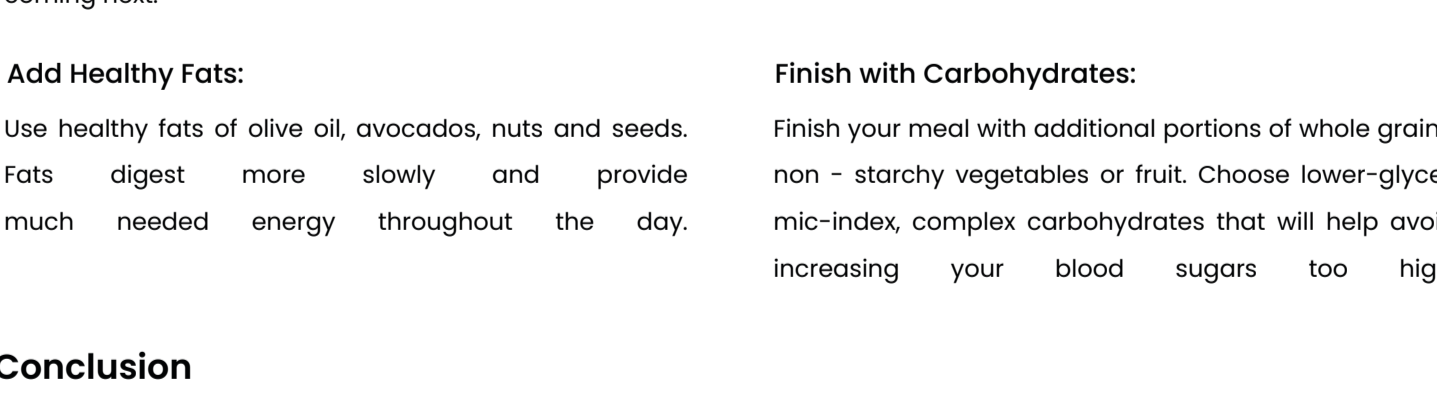
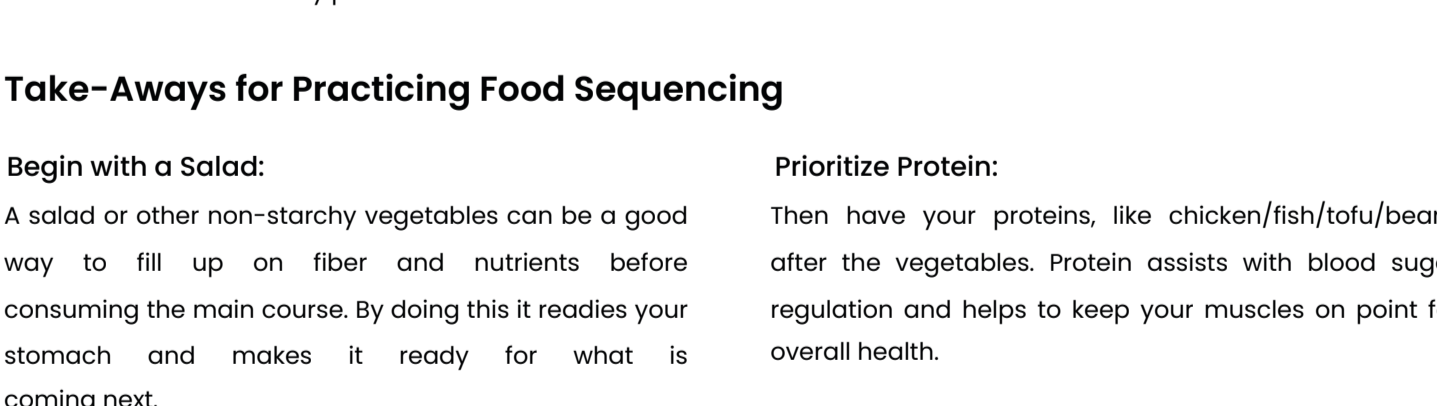
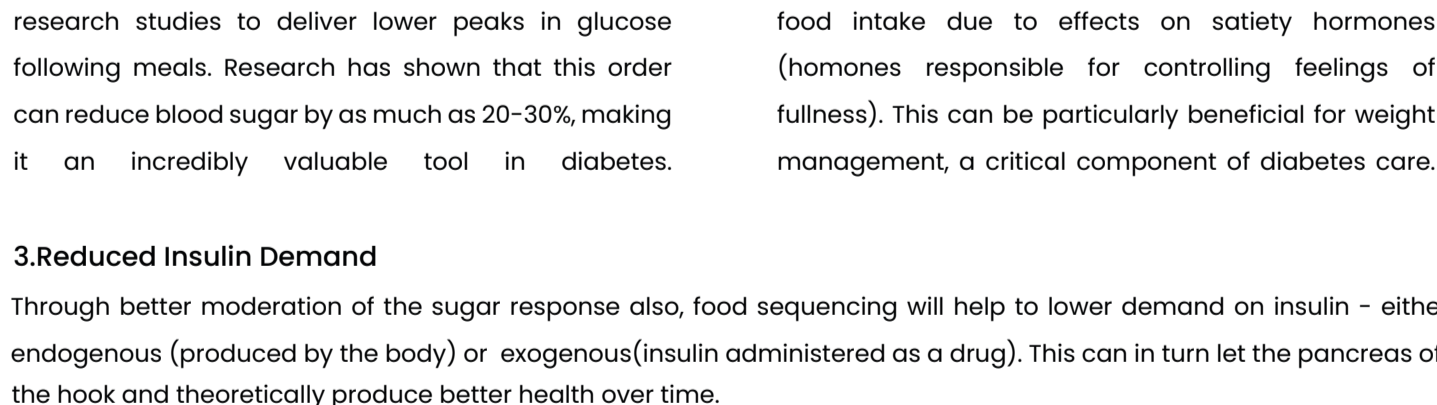
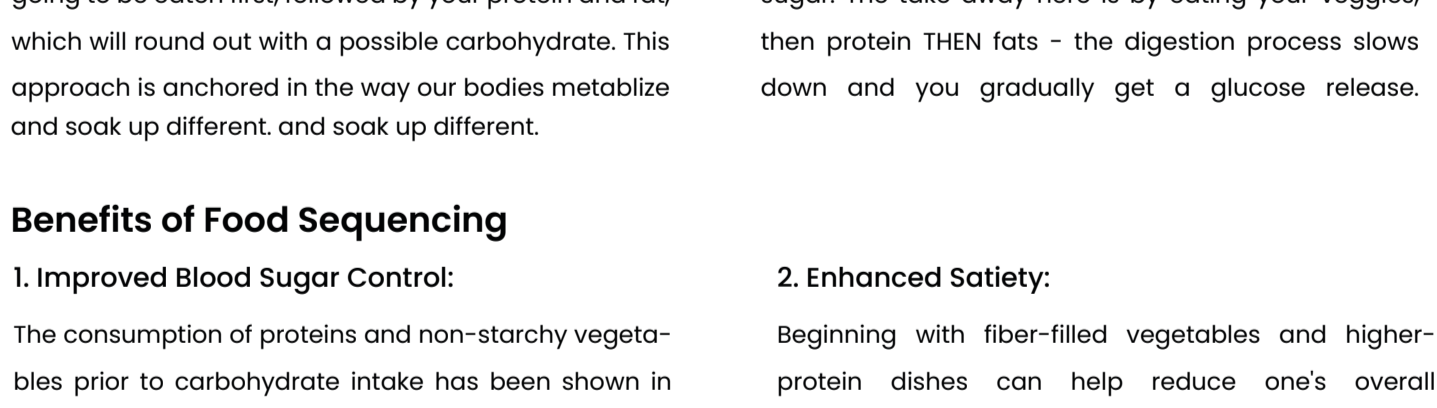
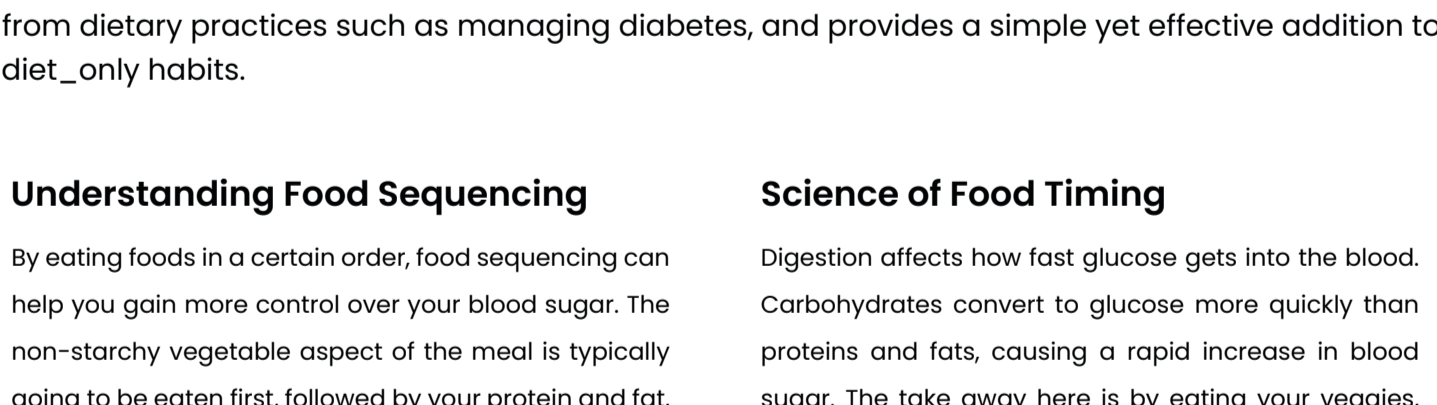
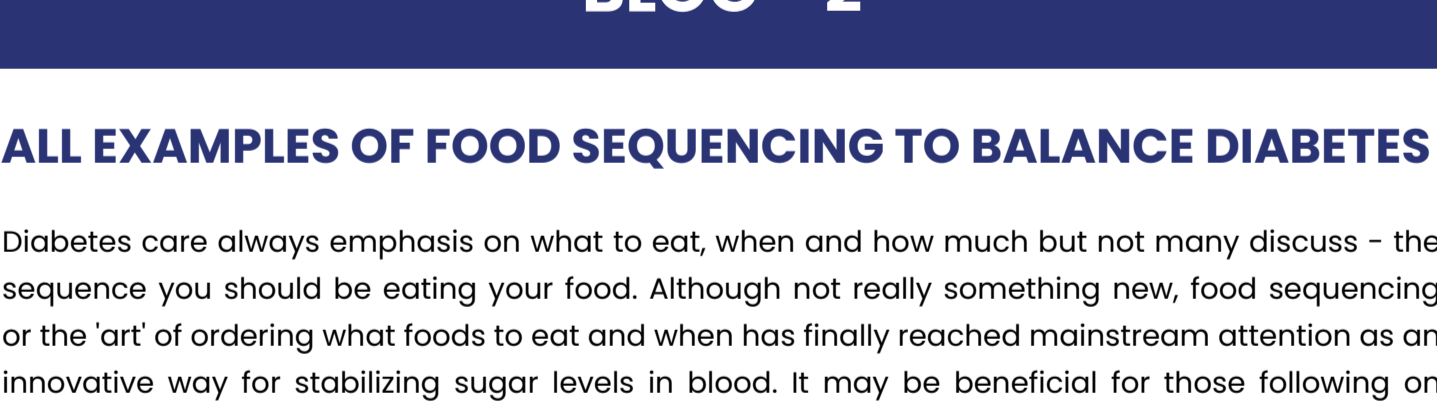
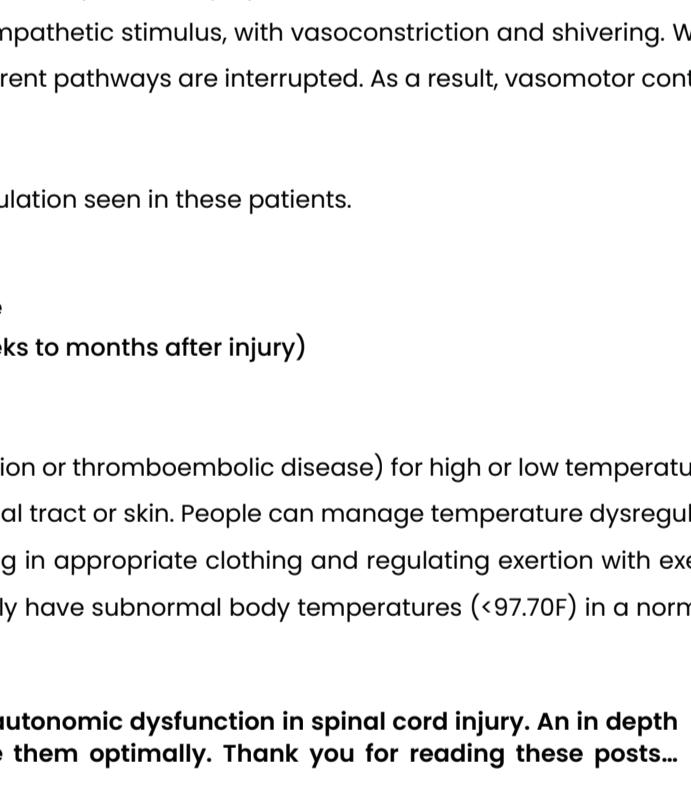
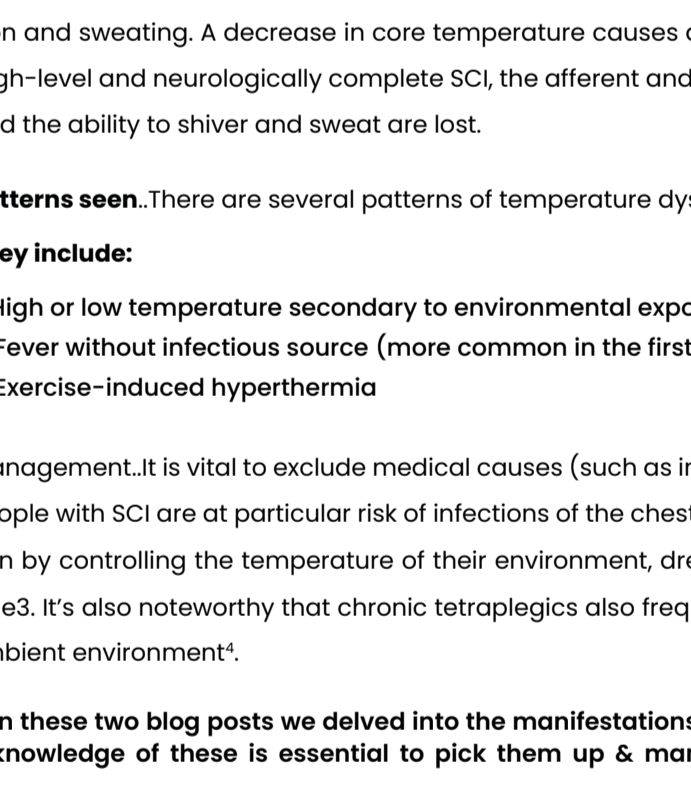
## 28<sup>th</sup> September – Trichy

Ergonomics awareness camp at Bunge – E. Pudhur – participated by 32 corporate staff.



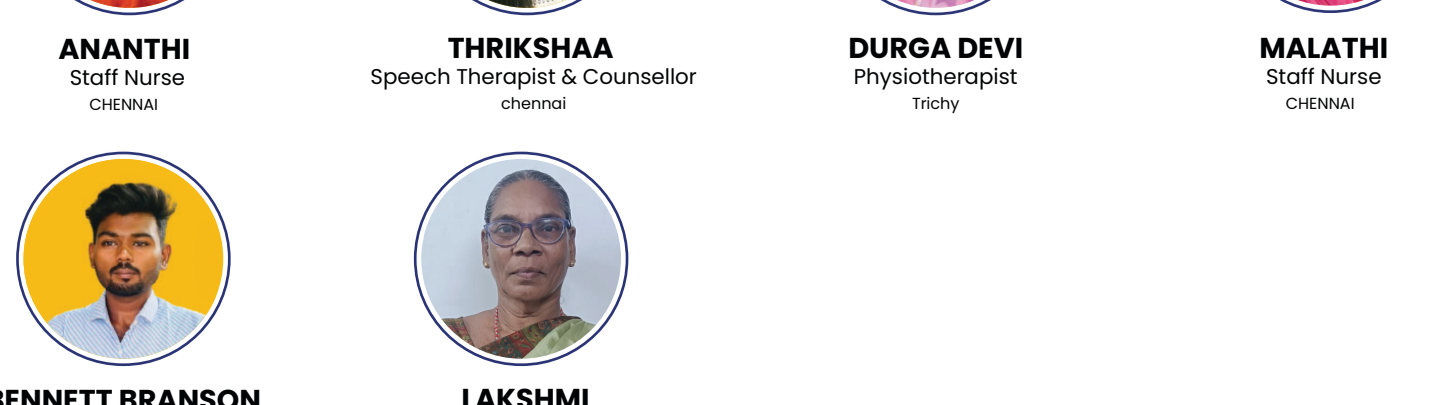
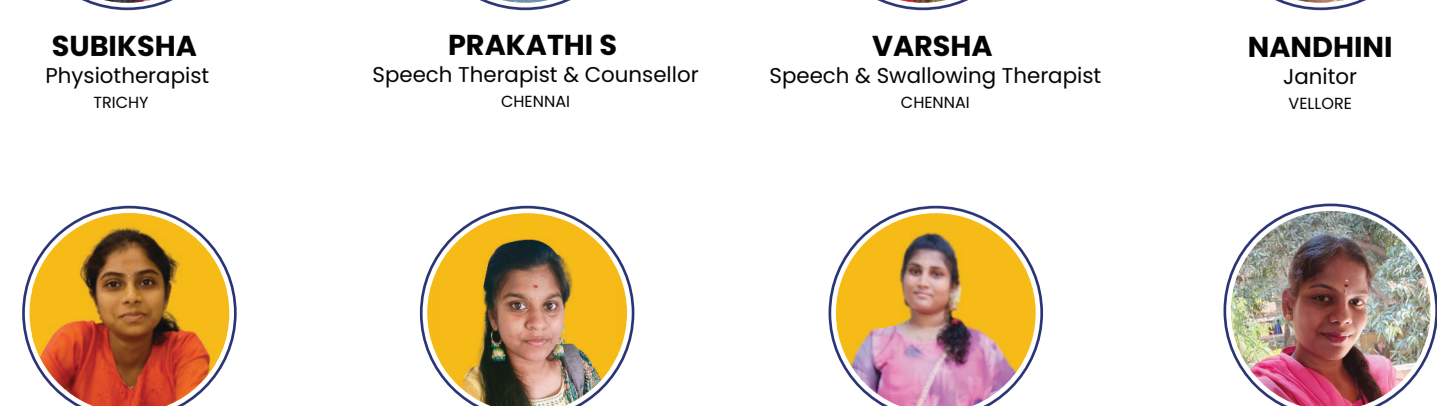
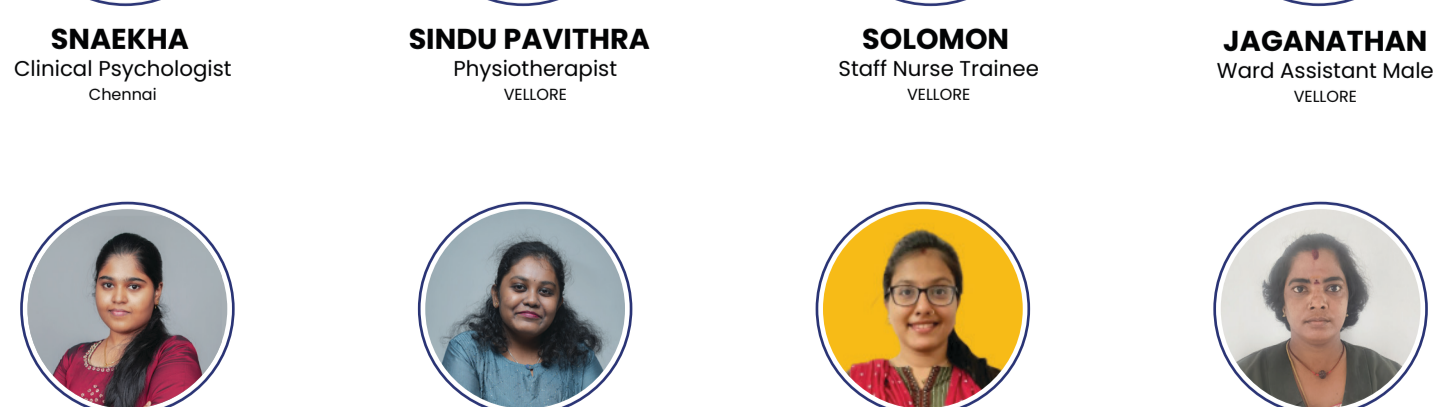
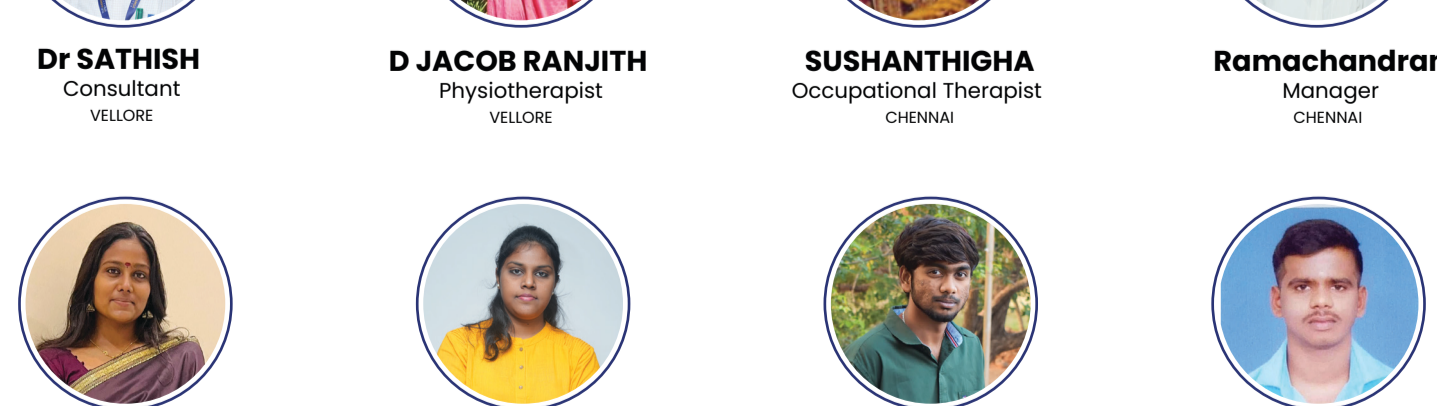
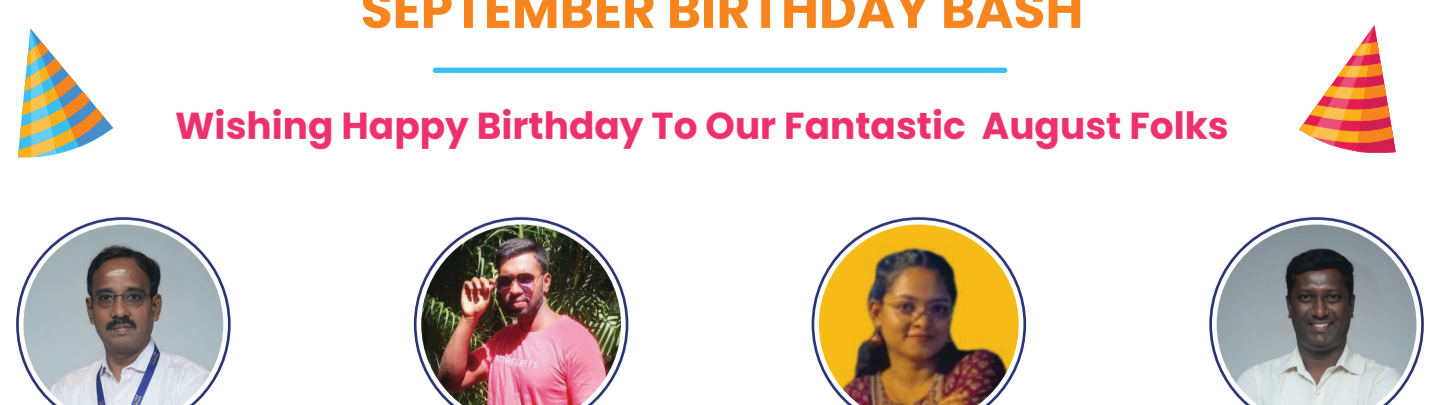
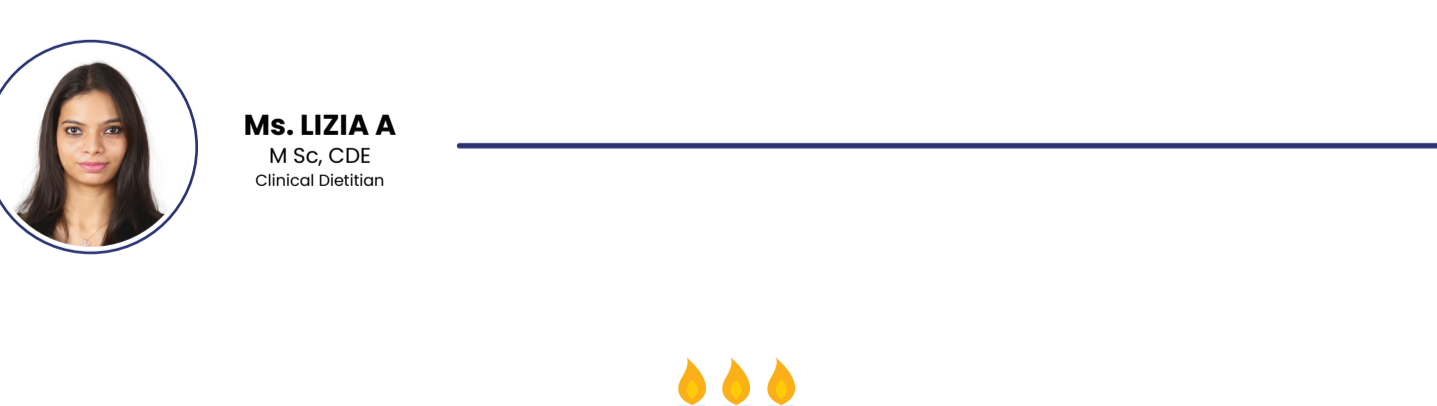
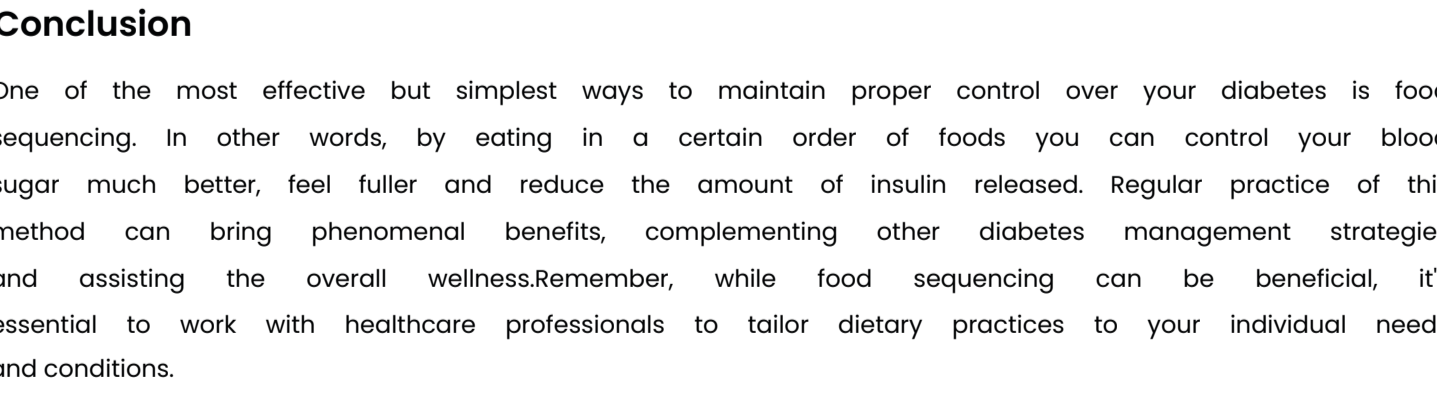
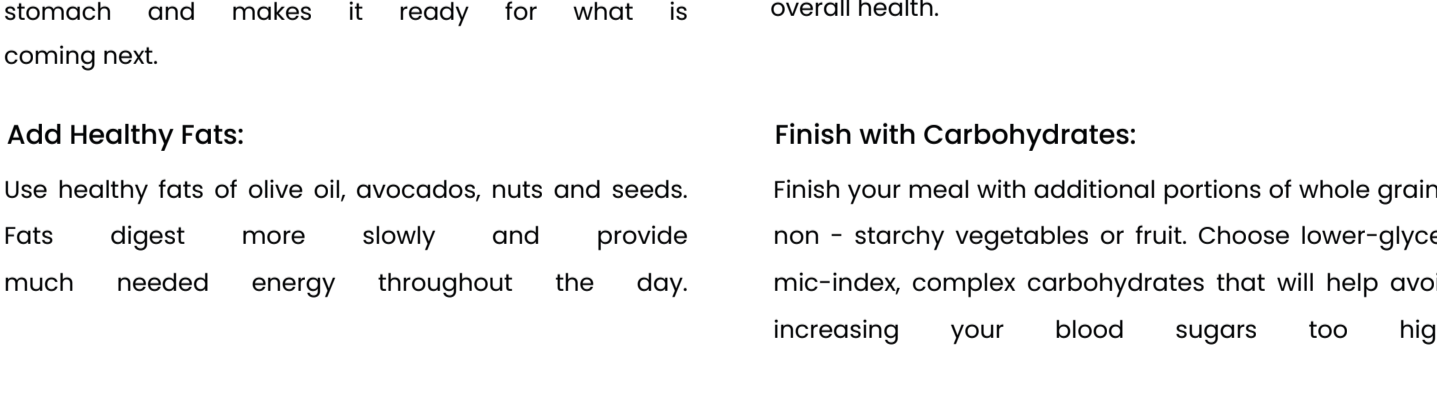
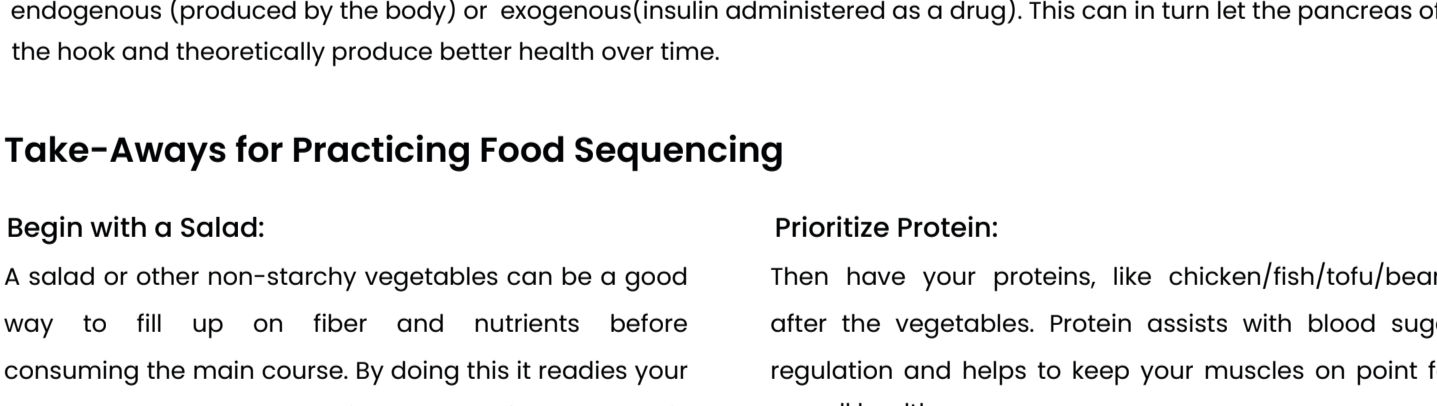
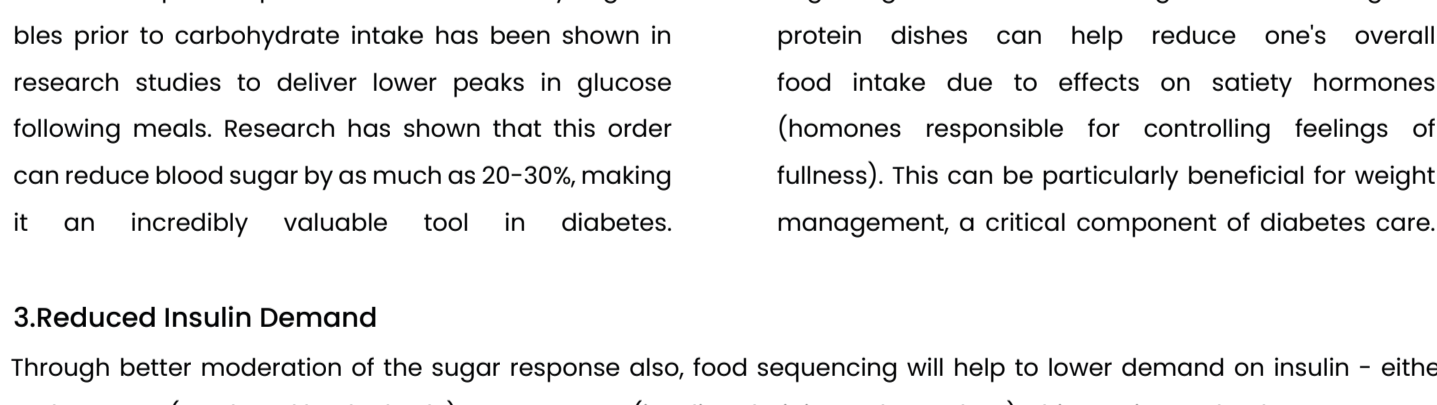
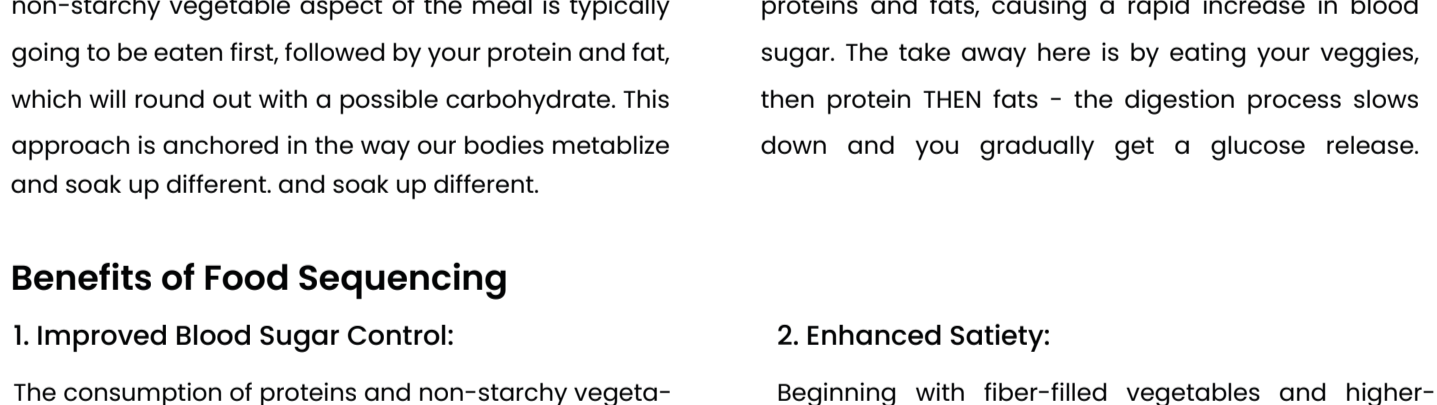
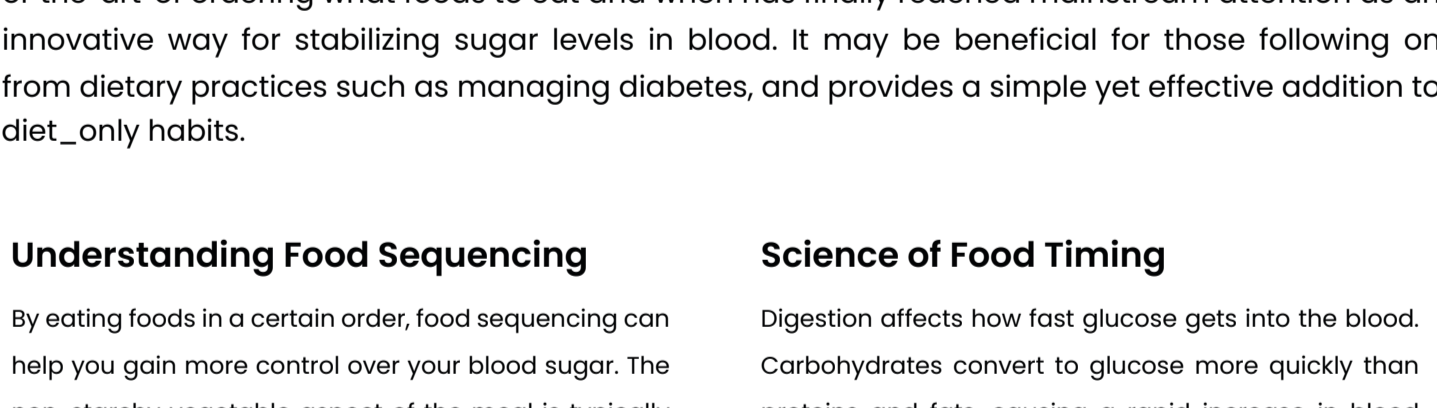
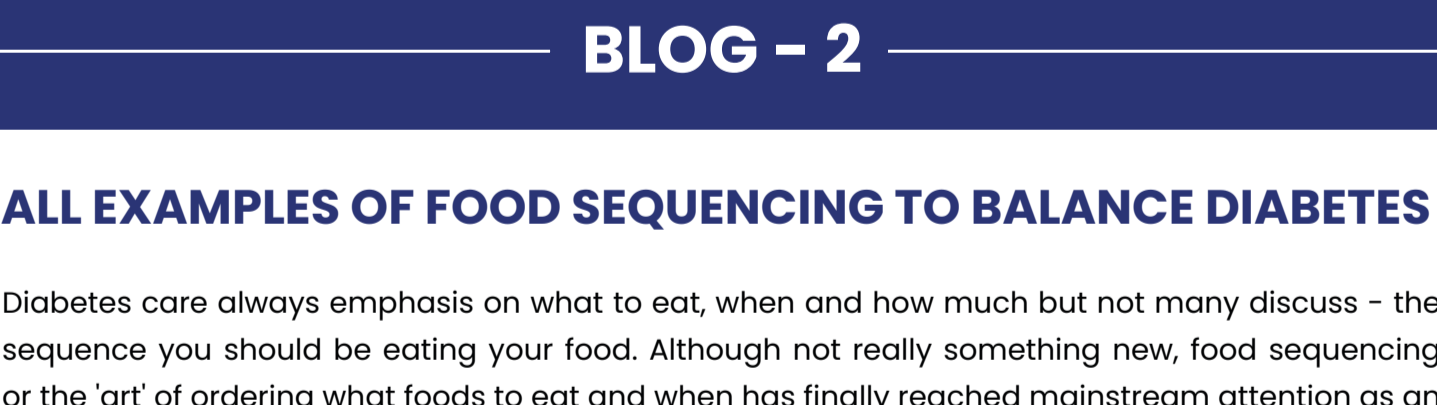
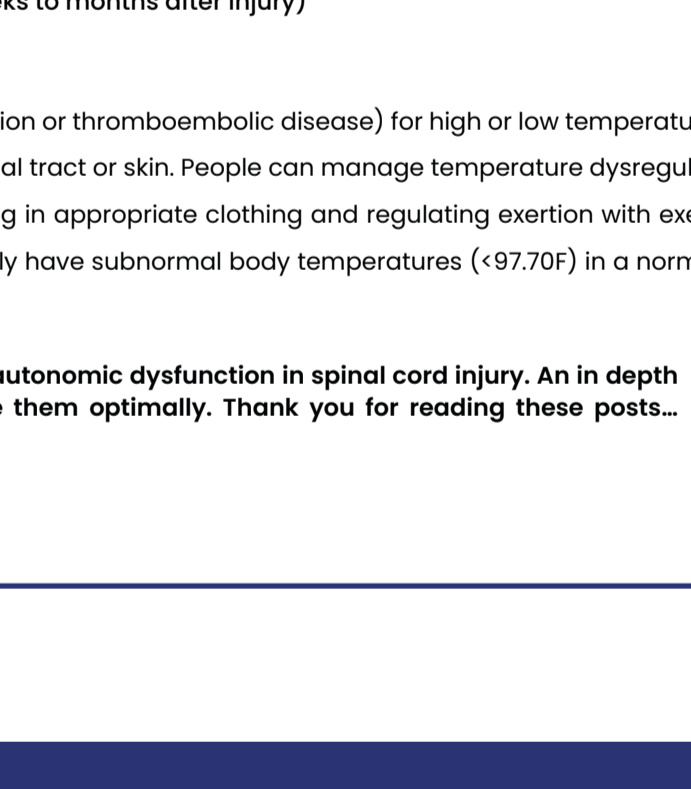
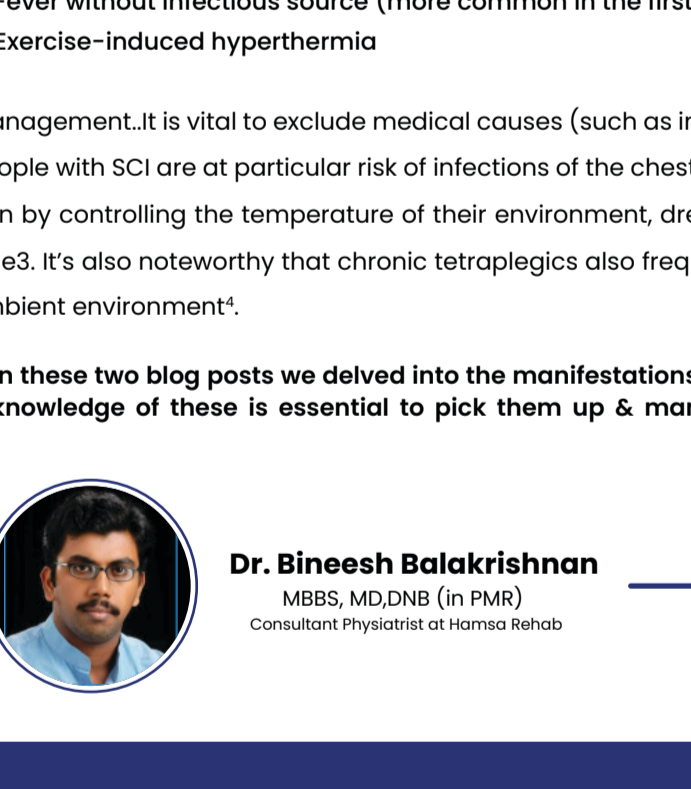
## 29<sup>th</sup> September – Chennai

Medical partner in Halo Wings 2024, Offered physiotherapy support to all participants.



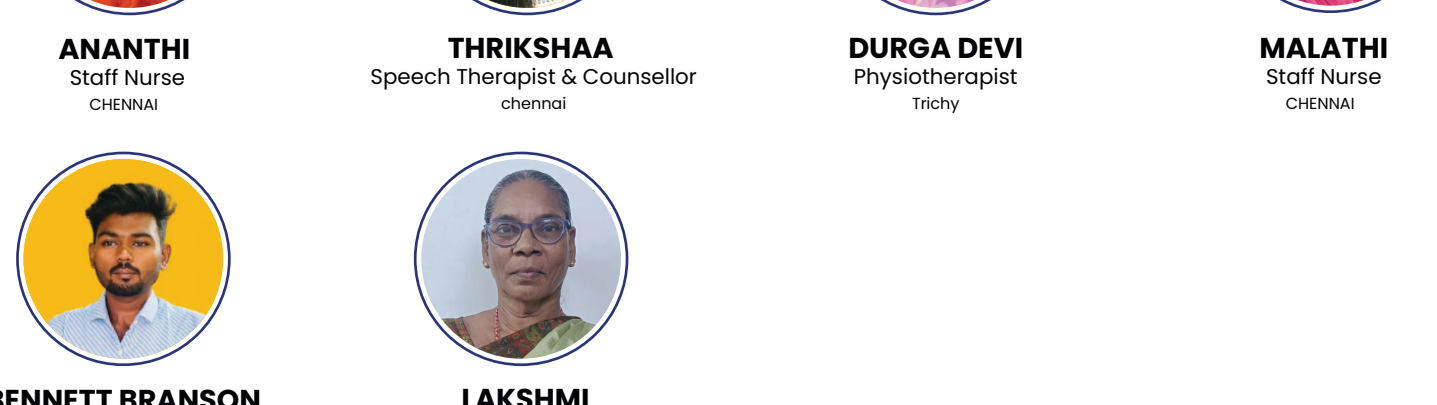
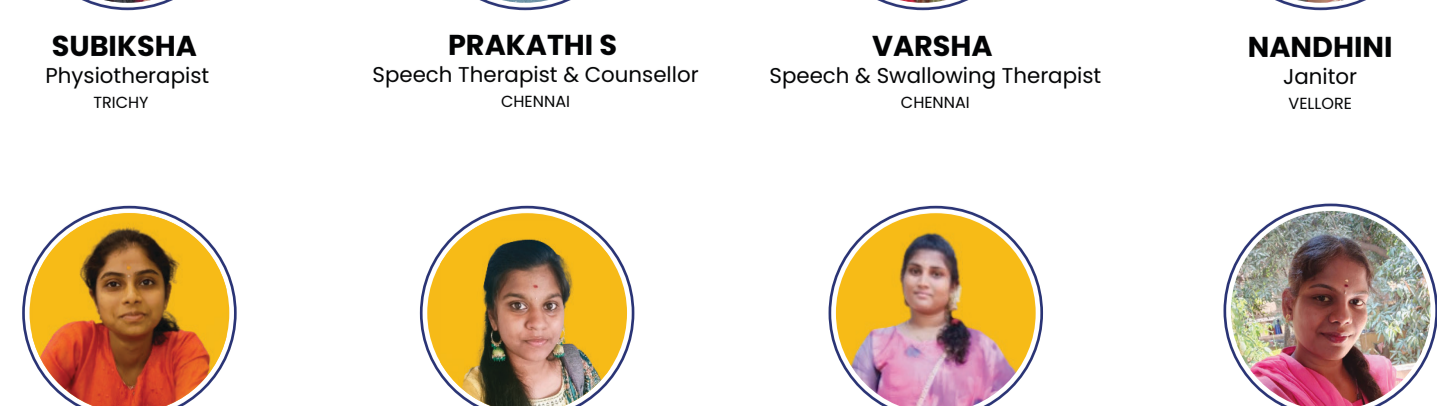
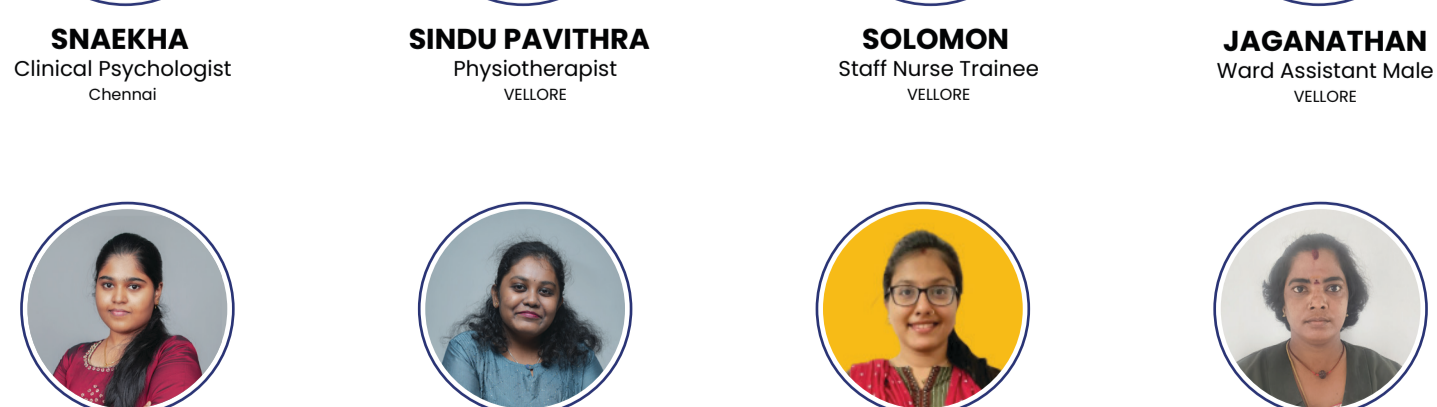
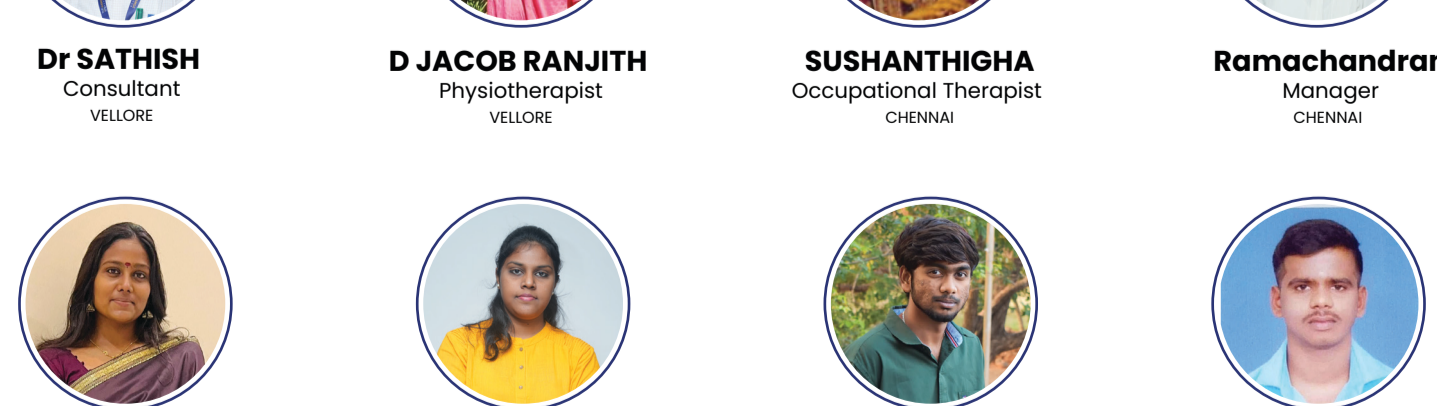
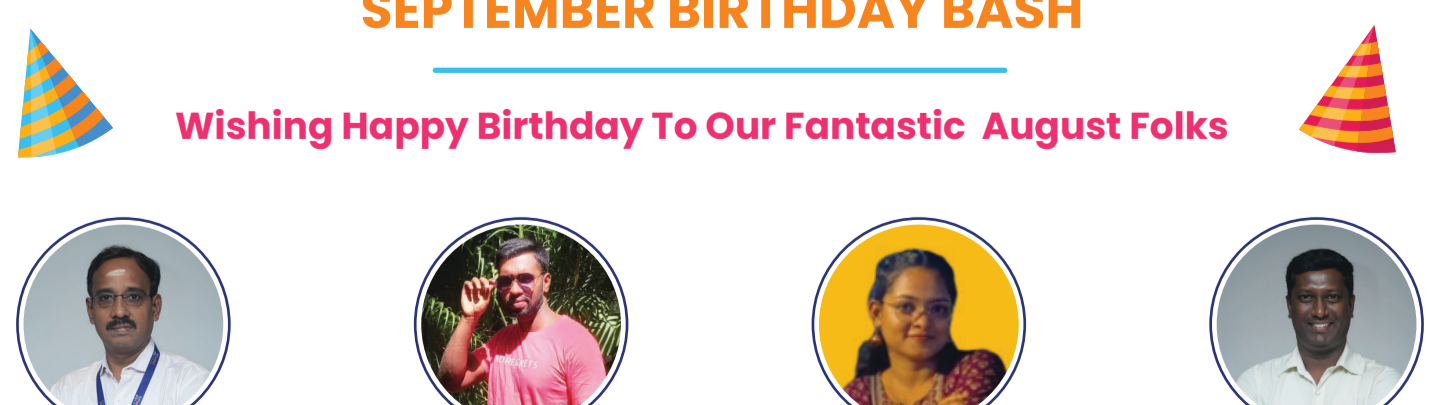
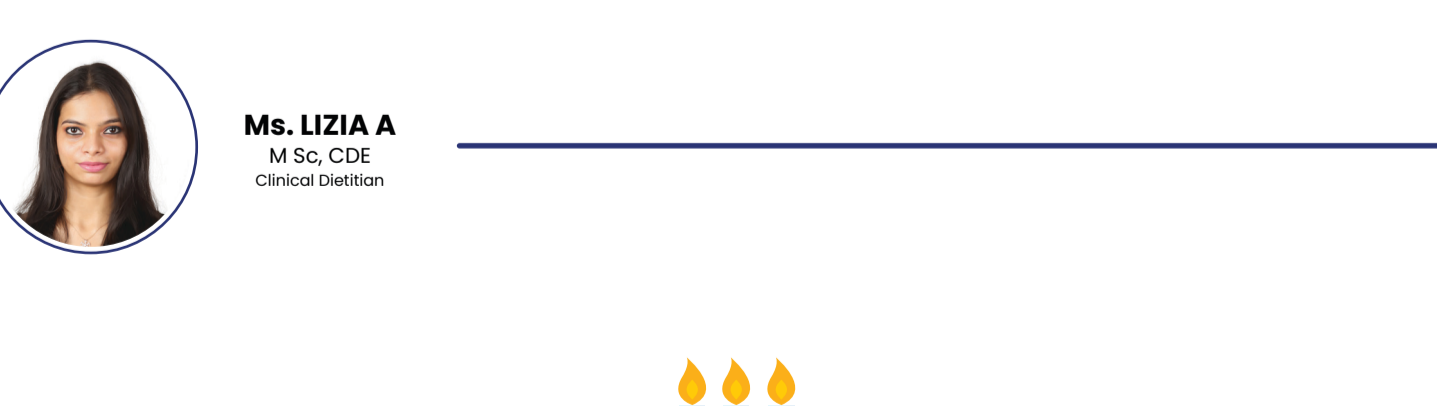
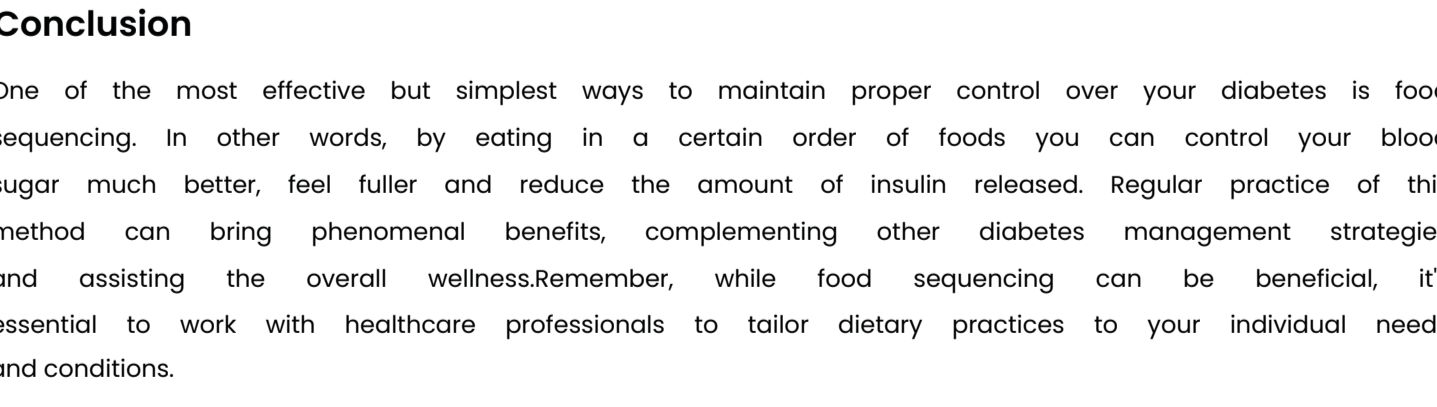
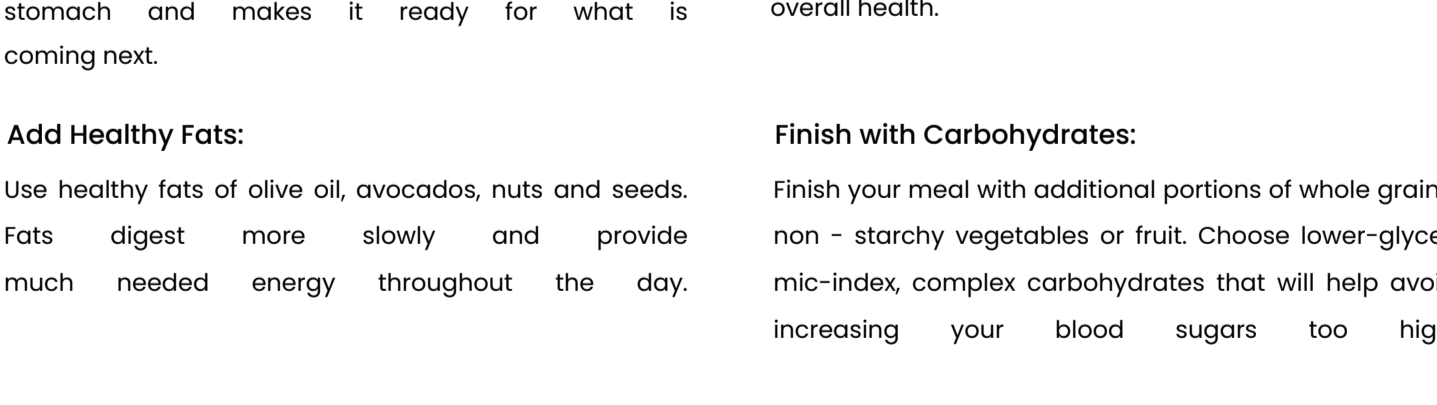
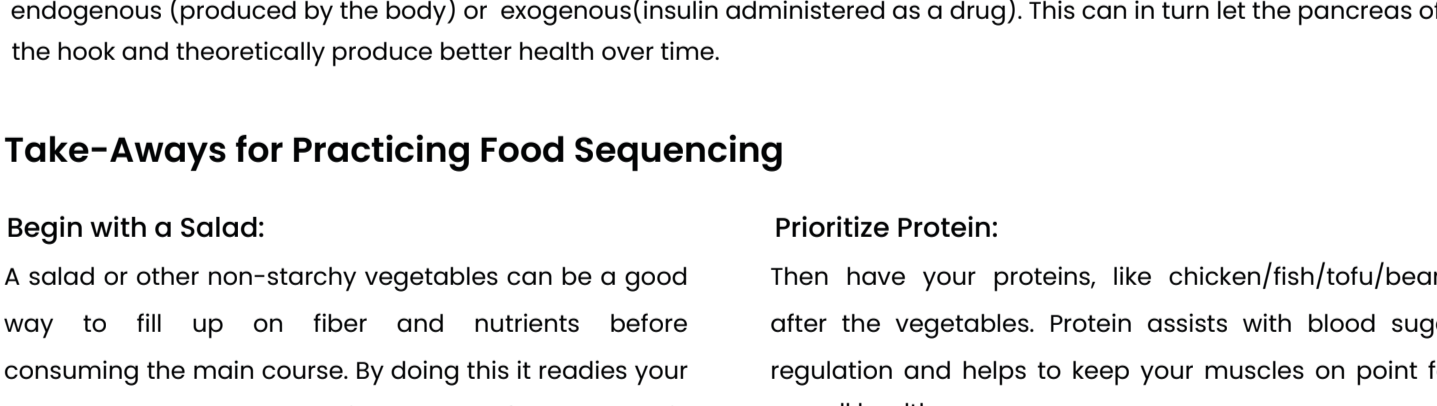
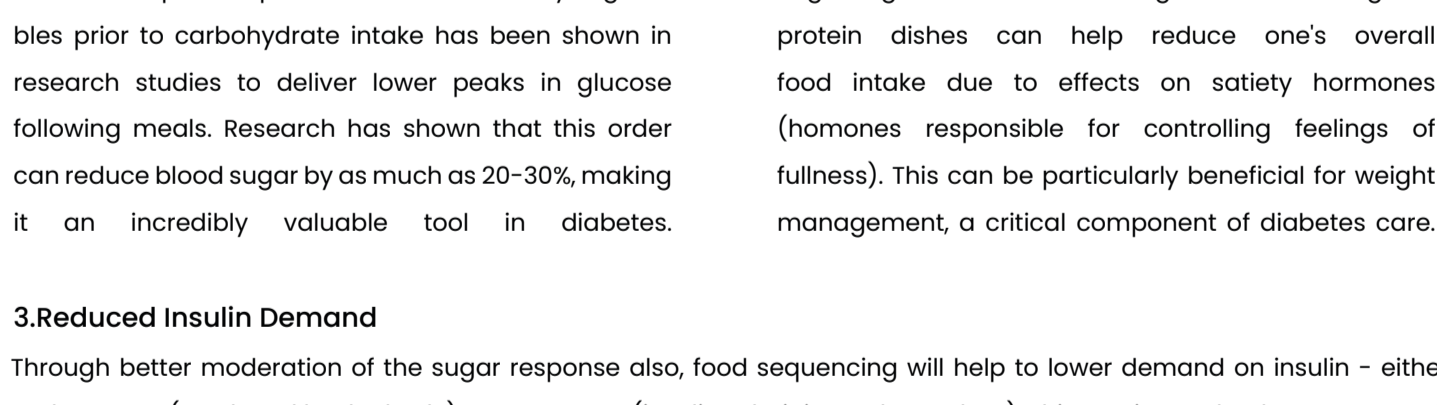
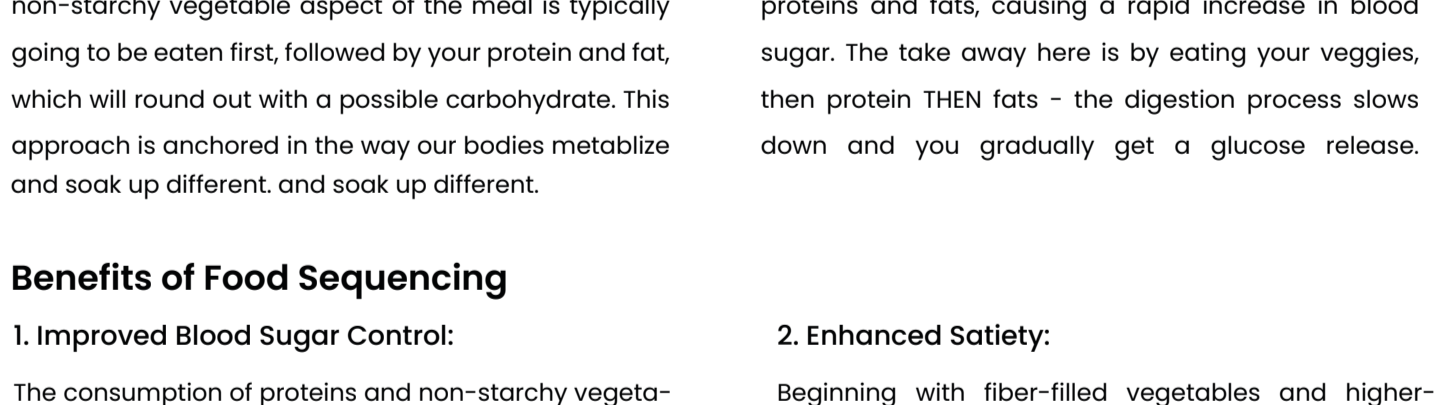
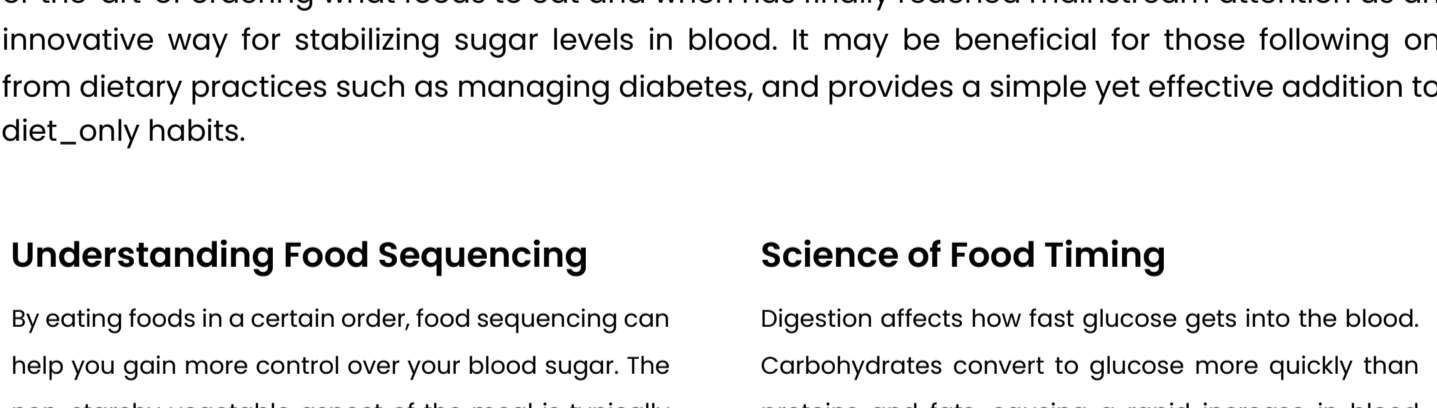
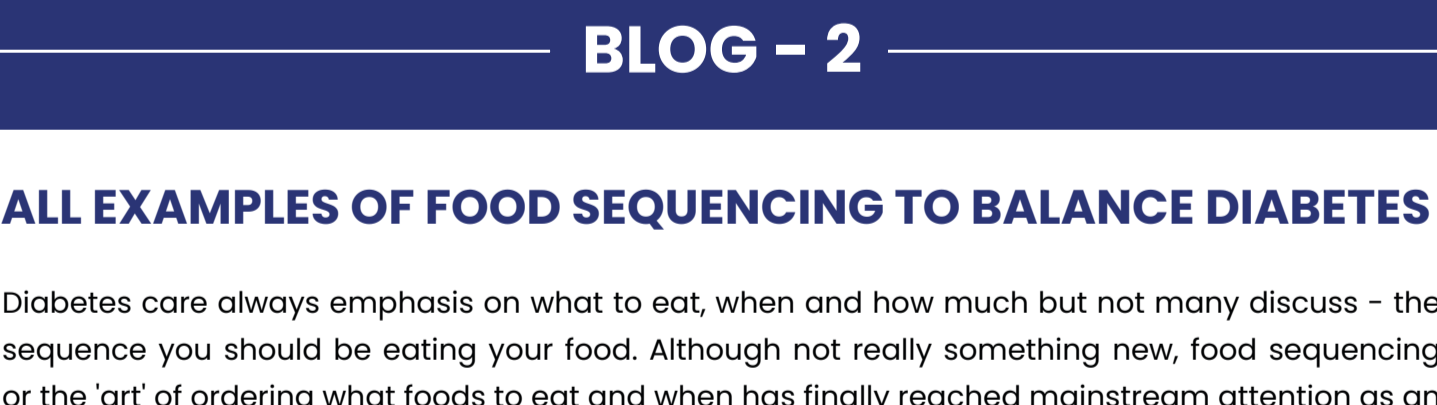
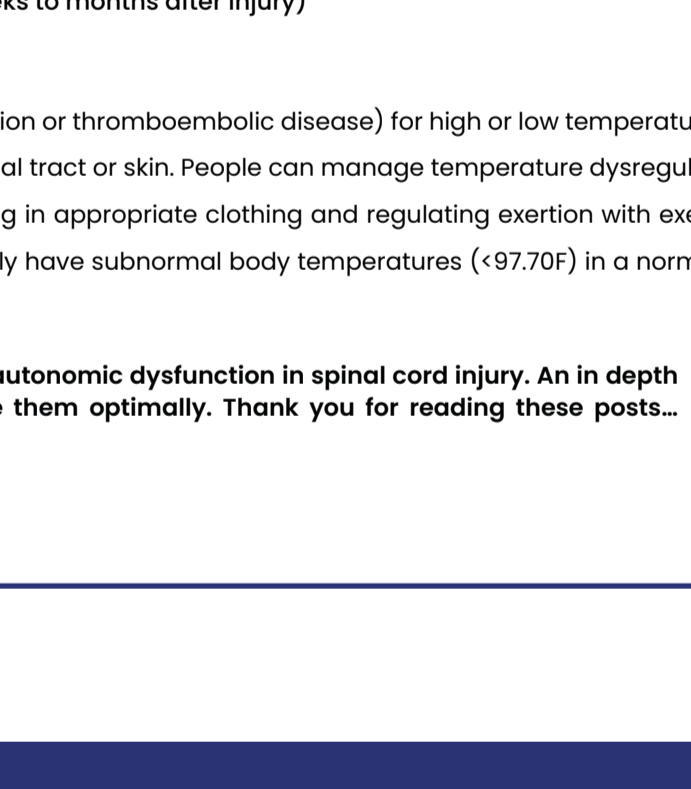
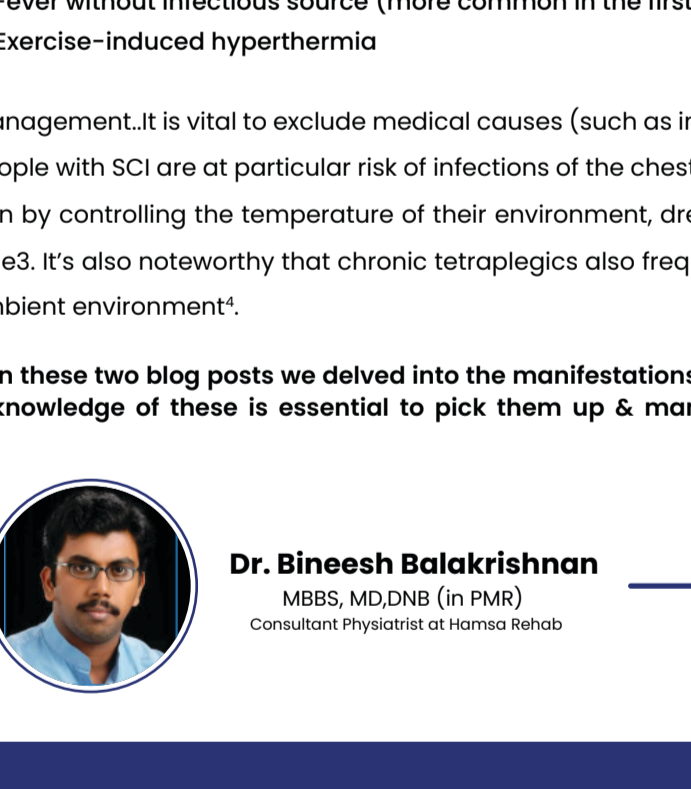
## September 30 – Chennai

International day for elders – Special assessment & recreational activities was done for more than 50 people at an old age home near Valsaravakkam.



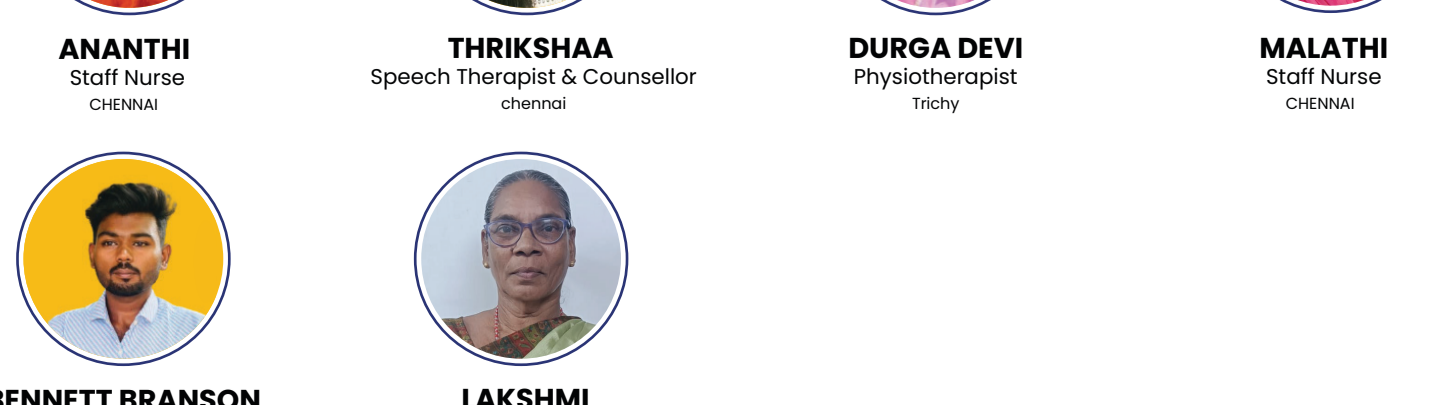
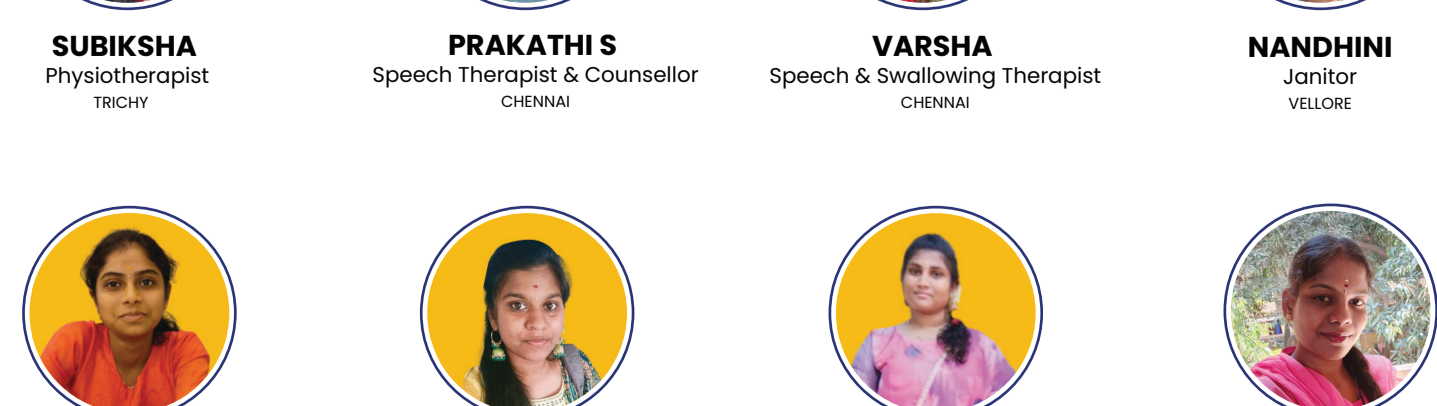
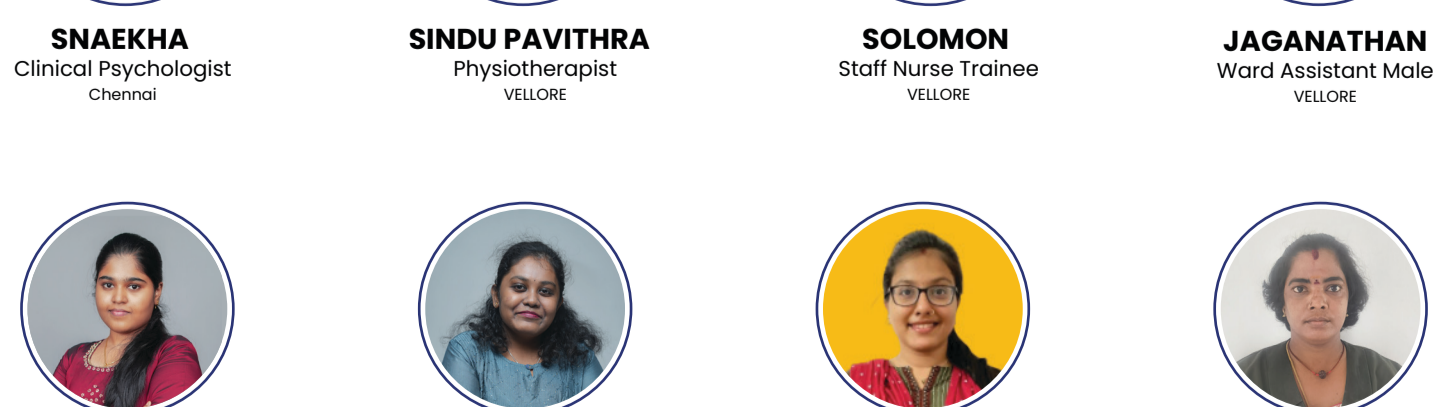
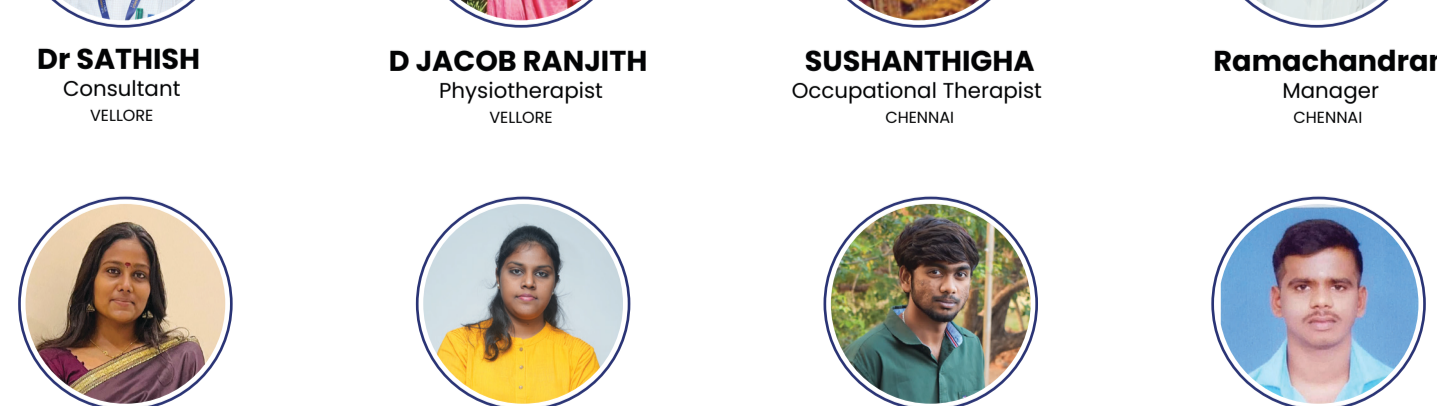
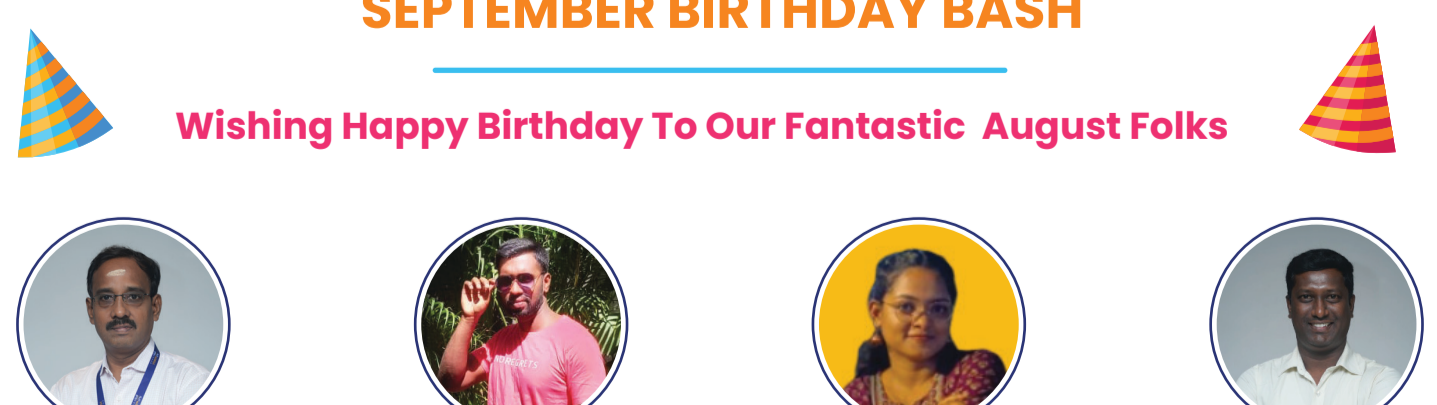
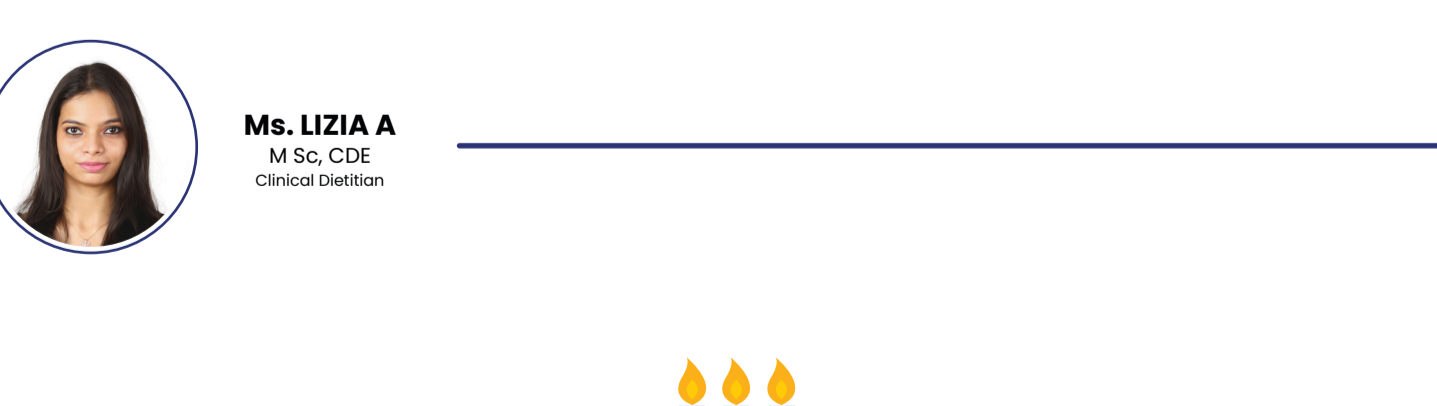
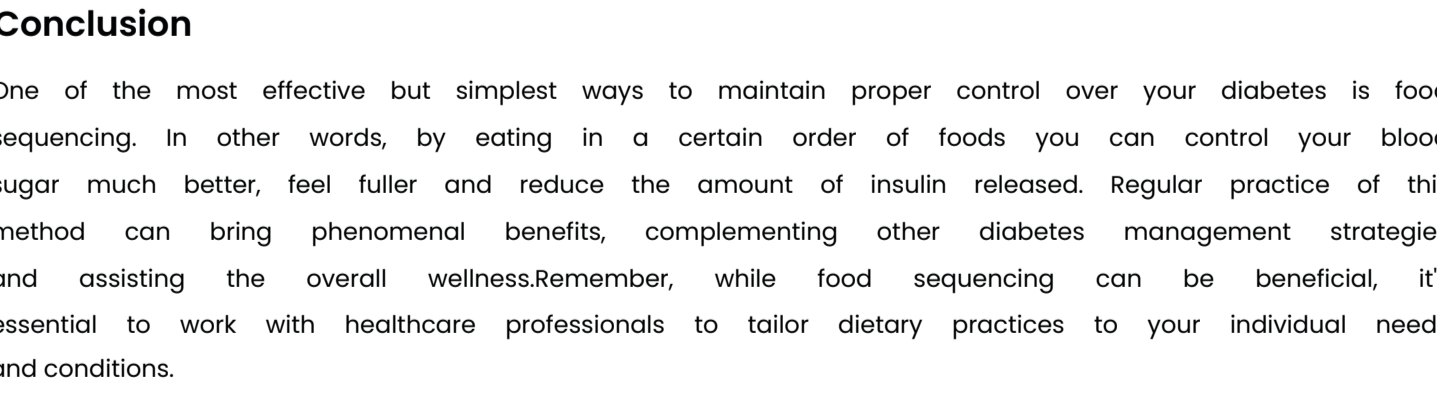
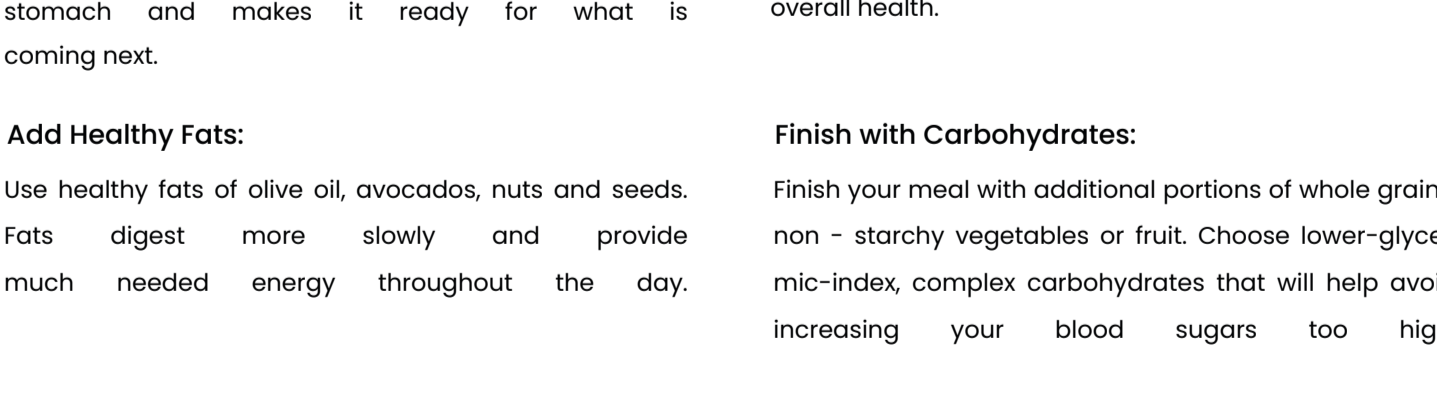
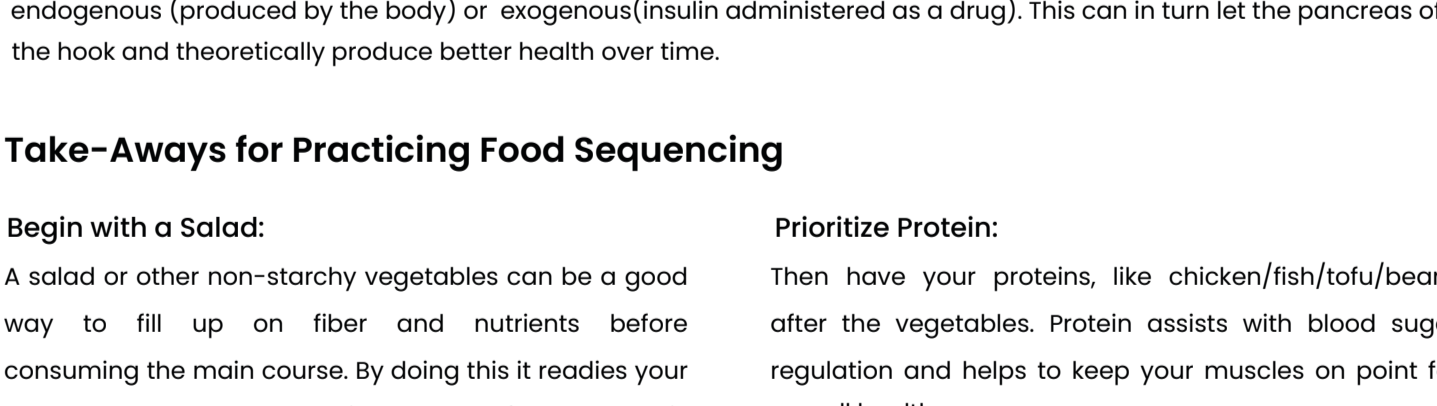
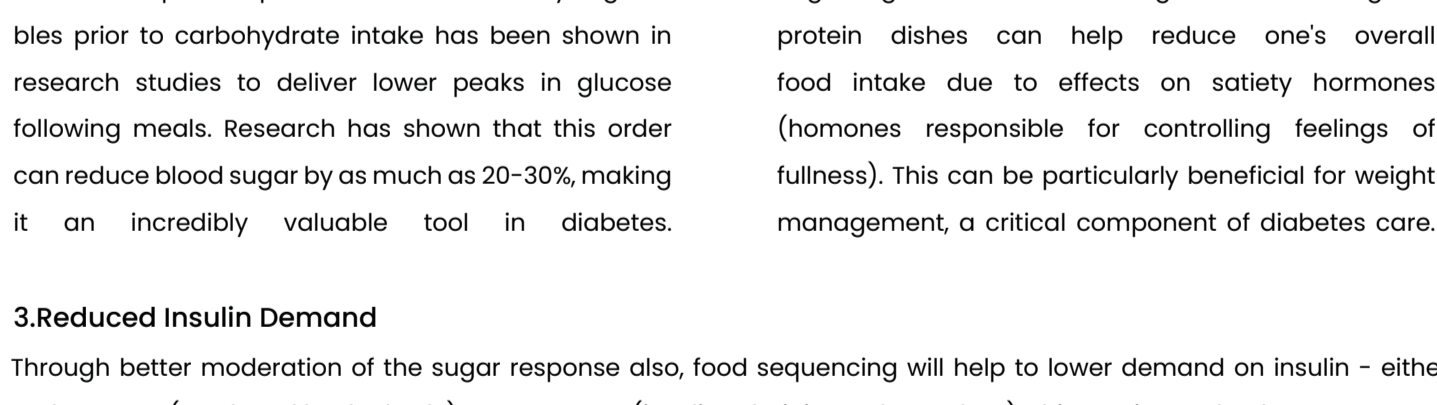
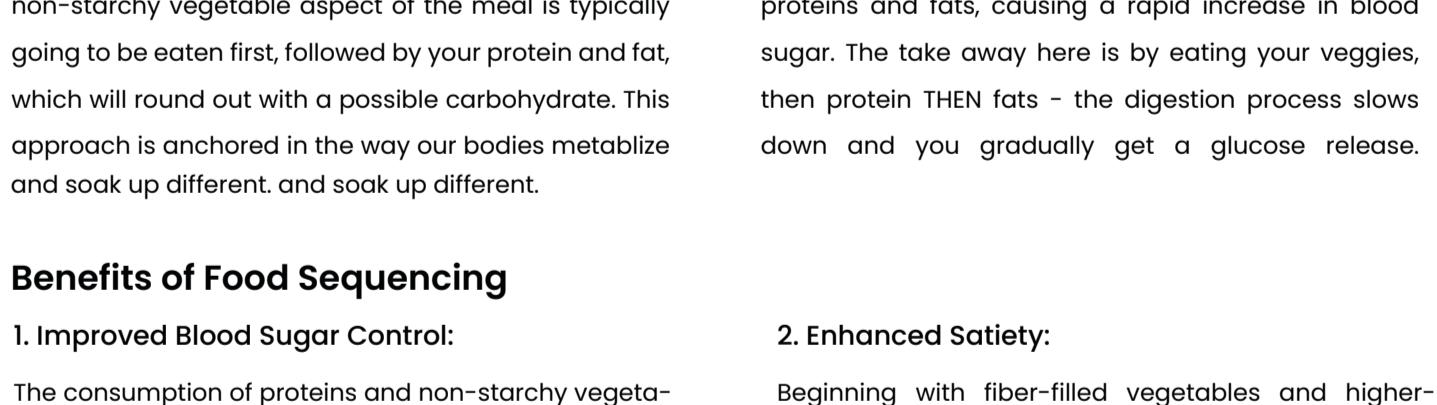
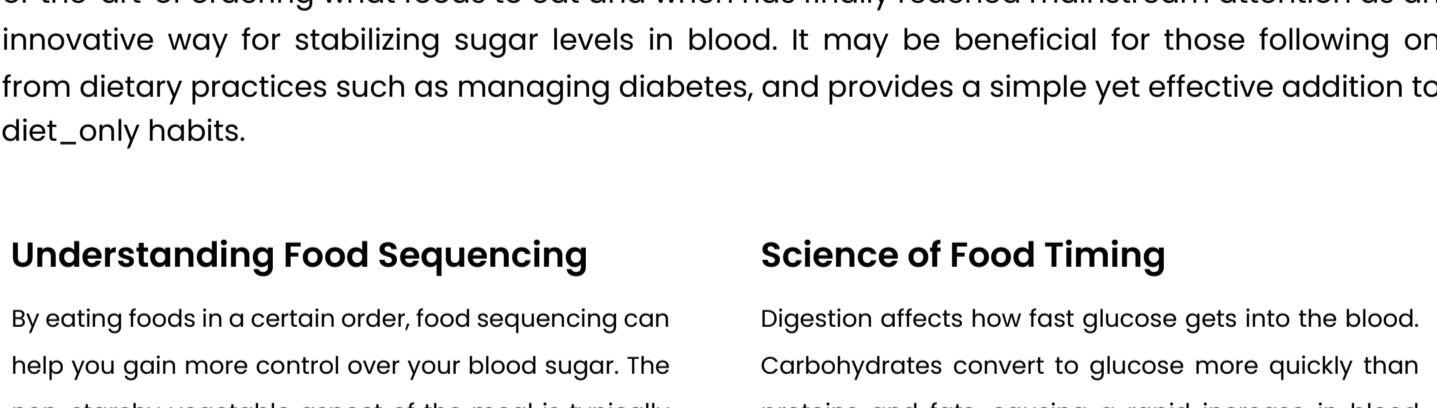
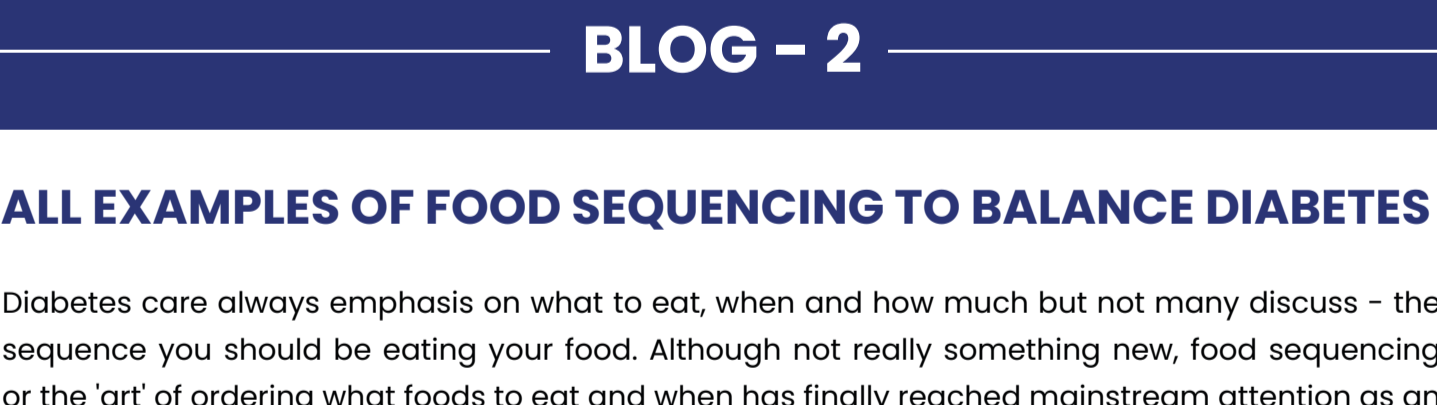
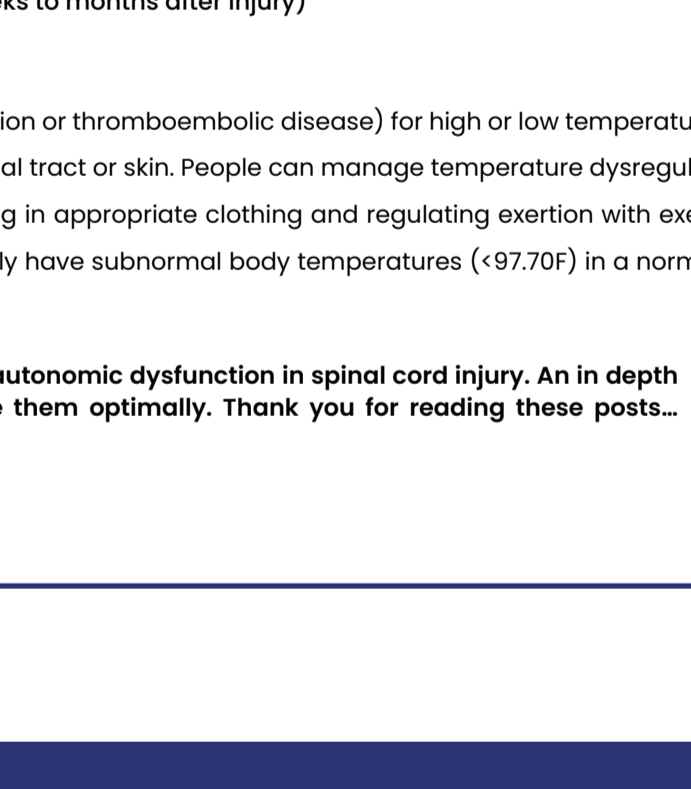
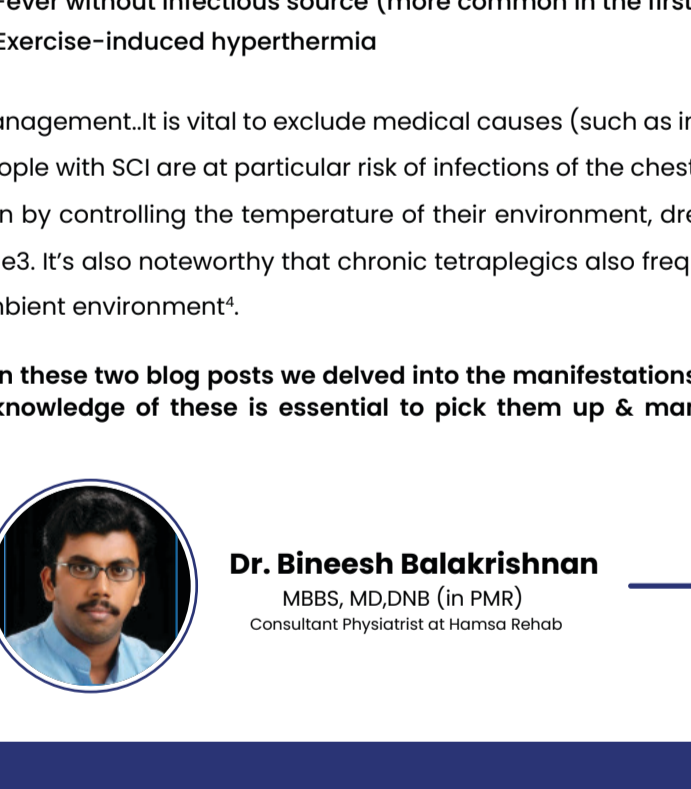
## September 30 – Chennai

International day for elders – Special assessment & recreational activities was done for more than 50 people at an old age home near Valsaravakkam.



## September 30 – Chennai

International day for elders – Special assessment & recreational activities was done for more than 50 people at an old age home near Valsaravakkam.



## September 30 – Chennai

International day for elders – Special assessment & recreational activities was done for more than 50 people at an old age home near Valsaravakkam.

