01 NOVEMBER
2024

HAMSA
REHAB

ISSUE N.10
EMPOWERING HEALTH
WITH HAMSA REHAB

WELLNESS WINDOW

Welcome to Hamsa Rehab E-Newsletter

It is with immense pride and pleasure that we congratulate our Managing Director and Founder of HAMSA Rehab, Dr G Balamurali, MBBS, MRCS (Ed), MD (UK), FRCS (Surgical Neurology), Spine and Neurosurgeon, Kauvery Hospital, for receiving the Life time achievement award from the Spinal Cord Society for his excellent contribution towards care of persons with spinal injuries and devoting his life for the noble cause through HAMSA Spine and Brain Rehabilitation centre.

November marks National Family Caregivers Month, a time to acknowledge the selfless dedication of family members and caregivers who support loved ones navigating various health issues. At Hamsa Rehab, we recognize the vital role caregivers play in the recovery journey and thus have planned a program for Caregivers which will be launched on 13th November.

Our team is committed to providing comprehensive, compassionate care to individuals affected by spinal cord injuries, traumatic brain injuries, and other neurological conditions not only for adults but also conditions like cerebral palsy, developmental delay, autism, speech and language disorders etc for kids. At HAMSA Rehab for Kids, we focus on early intervention, for it builds on a critical developmental time for plasticity of developing systems and the result is amazing.

This month, we highlight the resilience and determination of our patients who have overcome incredible challenges. Their stories inspire us to continue pushing boundaries in rehabilitation. A few testimonials are pinned as token of appreciation.

The blogs by Ms Gayatri on “Wakeup call: prioritizing sleep for a healthier workplace” and “Occupational therapy for all” by Ms Sushantigha are deeply informative.

Happiest birthday to our October borns.

Editor

Geetha S. kumar

Geetha S Kumar

GM - Administration

EVENT HIGHLIGHTS

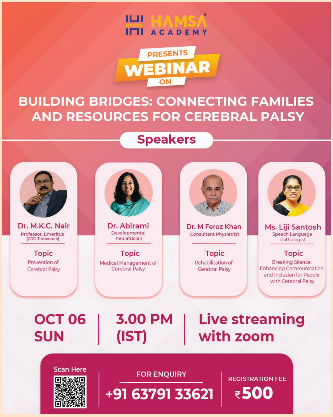
HAMSA Rehab

2nd October " World Smile Day " – Chennai

World Smile Day celebrations.

6th October " Cerbral Palsy Day "

Chennai



HAMSA ACADEMY

PRESENTS

WEBINAR

ON

BUILDING BRIDGES: CONNECTING FAMILIES AND RESOURCES FOR CEREBRAL PALSY

Speakers

Dr. M.K.C. Nair
Professor. Emeritus
(CDC, Trivandrum)
Topic
Prevention of Cerebral Palsy

Dr. Abirami
Developmental Pediatrician
Topic
Medical Management of Cerebral Palsy

Dr. M Feroz Khan
Consultant Physiatrist
Topic
Rehabilitation of Cerebral Palsy

Ms. Liji Santosh
Speech Language Pathologist
Topic
Breaking Silence: Enhancing Communication and Inclusion for People with Cerebral Palsy

OCT 06
SUN

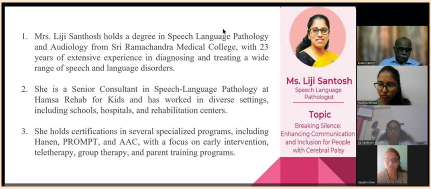
3.00 PM
(IST)

Live streaming
with zoom

Scan Here

FOR ENQUIRY
+91 63791 33621

REGISTRATION FEE
₹500

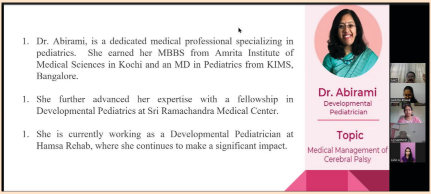


1. Mrs. Liji Santhosh holds a degree in Speech Language Pathology and Audiology from Sri Ramachandra Medical College, with 23 years of extensive experience in diagnosing and treating a wide range of speech and language disorders.
2. She is a Senior Consultant in Speech-Language Pathology at Hamsa Rehab for Kids and has worked in diverse settings, including schools, hospitals, and rehabilitation centers.
3. She holds certifications in several specialized programs, including Hanen, PROMPT, and AAC, with a focus on early intervention, teletherapy, group therapy, and parent training programs.

Ms. Liji Santosh
Speech Language Pathologist

Topic
Breaking Silence: Enhancing Communication and Inclusion for People with Cerebral Palsy

KHAN FEROZ
HAMSA REHAB
Liji Santhosh
Gayathri Devi



1. Dr. Abirami, is a dedicated medical professional specializing in pediatrics. She earned her MBBS from Amrita Institute of Medical Sciences in Kochi and an MD in Pediatrics from KIMS, Bangalore.
1. She further advanced her expertise with a fellowship in Developmental Pediatrics at Sri Ramachandra Medical Center.
1. She is currently working as a Developmental Pediatrician at Hamsa Rehab, where she continues to make a significant impact.

Dr. Abirami
Developmental Pediatrician

Topic
Medical Management of Cerebral Palsy

Webinar on "Building Bridges: connecting families and resources for cerebral palsy" focusing on prevention, medical management, rehabilitation & enhancing communication.

CEREBRAL PALSY

Cerebral palsy (CP) is a group of neurological disorders that affect movement and muscle tone. It's caused by damage to the brain during fetal development or in infancy. This damage can disrupt the brain's ability to control movement and maintain posture.

#.CP can manifest as stiffness, spasticity, or weakness in muscles.

#Individuals with CP may have difficulty maintaining balance or keeping their bodies upright.

#The condition can range from mild to severe, affecting individuals in different ways.

#The most common causes include stroke, brain hemorrhage, infections, or lack of oxygen to the brain during or shortly after birth.

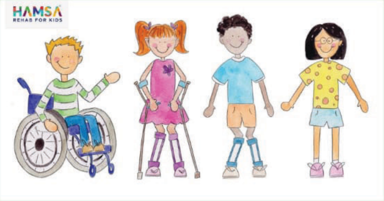
#Premature babies are at a higher risk of developing CP

##Physical, occupational, and speech therapy can help individuals with CP improve their motor skills, communication, and daily living activities.

##Braces, wheelchairs, and other assistive technologies can aid in mobility and independence.

##medications can help manage symptoms like spasticity or seizures.

**Early intervention, education, and support services can help individuals with CP reach their full potential.


HAMSA
REHAB FOR KIDS

Hamsa Rehab, 5, Royal Rd, Cantonment, Tiruchirappalli, Tamil Nadu
620001 ph:+91 63791 33621

Cerebral Palsy Awareness programme by Mr. Gokulakannan.

Trichy

Recreation Activities

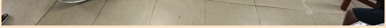
Recreational group sessions filled with fun, laughter, music, games etc... are conducted at every centres of Hamsa to make the inpatient unwind themselves socialize and get a feeling of a part of the community.

7th & 24th October

Trichy

19th October

Vellore



10th October – " World Mental Health Day "

your Brain
let it crack
HAMSA
AMSA
E & BRAIN REHAB

HAMSA
SPINE & BRAIN REHAB

R MARKET
HAMSA
REHAB
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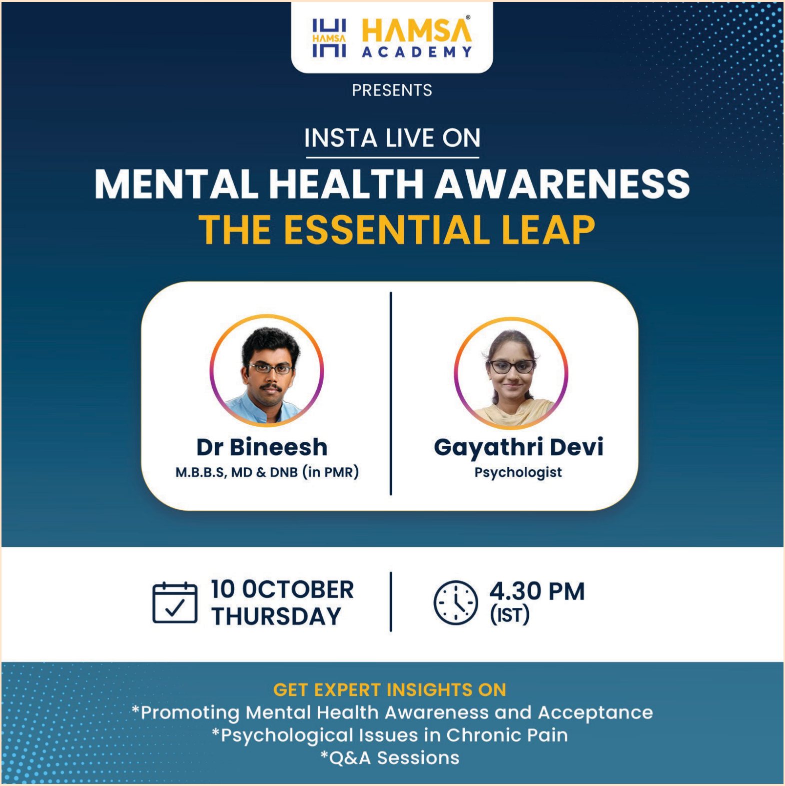
hamsa_rehab

நீங்கள் உங்கள்
மனதை வைத்து
எதயும் செய்யலாம்
BELIEVE in YOURSELF
You INSPIRE those around you

Spreading smile and positivity, randomly distributed “ chits of cheers” to all the people travelling on the road to create positive mental health.

Conducted mental health day awareness program at Kauvery cantonment hospital, Trichy.



HAMSA ACADEMY

PRESENTS

INSTA LIVE ON

MENTAL HEALTH AWARENESS
THE ESSENTIAL LEAP

Dr Bineesh
M.B.B.S, MD & DNB (in PMR)

Gayathri Devi
Psychologist

10 OCTOBER
THURSDAY

4.30 PM
(IST)

GET EXPERT INSIGHTS ON
*Promoting Mental Health Awareness and Acceptance
*Psychological Issues in Chronic Pain
*Q&A Sessions

Live webinar on the topic “Mental Health Awareness: The essential leap” by Dr. Bineesh and Gayatri Devi.

10th October “ World Audiology day “ – Trichy

On world Audiology day, conducted a Screening and awareness camp for Kauvery staffs.

10th October – Aayudha Pooja Celebration at all branches

OMR

Royapettah

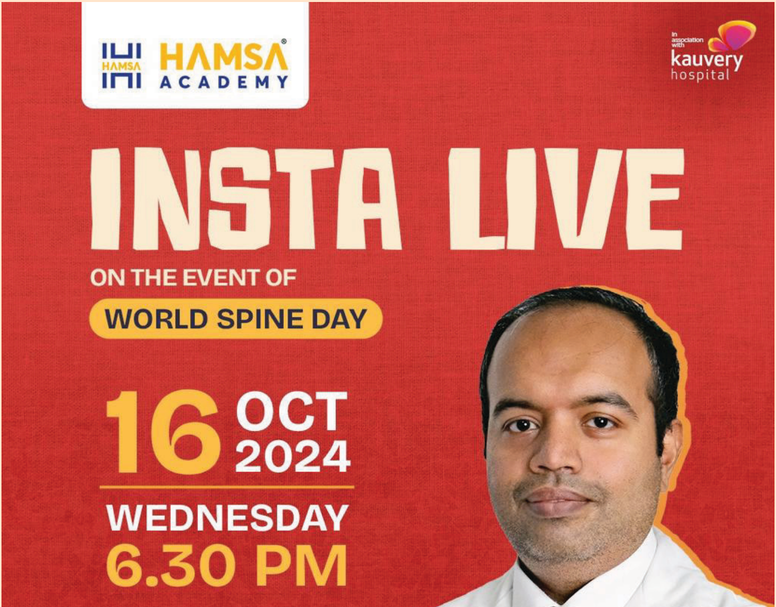
Trichy

Vellore

Valasaravakkam

16th October “ World Spine Day ” - Chennai

Insta live by Dr. Soma Sundar S (Spine and Orthopedic Surgeon, Kauvery Hospital) on the topic “Back to Basics: Resetting spine problems yourself”



HAMSA ACADEMY

In association with kauvery hospital

INSTA LIVE

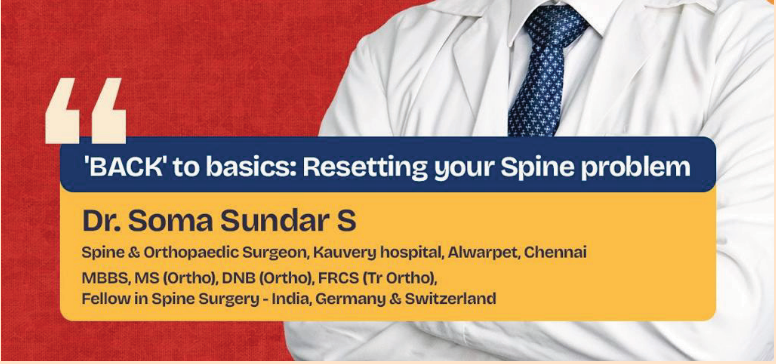
ON THE EVENT OF

WORLD SPINE DAY

16 OCT 2024

WEDNESDAY

6.30 PM



'BACK' to basics: Resetting your Spine problem

Dr. Soma Sundar S

Spine & Orthopaedic Surgeon, Kauvery hospital, Alwarpet, Chennai
MBBS, MS (Ortho), DNB (Ortho), FRCS (Tr Ortho),
Fellow in Spine Surgery - India, Germany & Switzerland

19th October - Vellore

1st year Anniversary Celebration.

VISITING HOU

19th October " Osteoporosis Day " - Valasaravakkam

Screening camp was conducted at Shivan Park, KK Nagar.

HAMSA
REHAB FOR KIDS
ONE STOP SOLUTION
CHILD DEVELOPMEN
Newborn Care | Vaccinati
Autism | ADHD | Stutterin
Behaviour Problems | Lea
TEAM
Developmental Paediatr
Speech Therapist
Occupational Therapist
Behaviour Therapist
Physiotherapist
Nutrition
Special Educator
+91 9555
OMR, Thor

24th October “Stuttering Day” - Trichy

World Stuttering Day awareness camp conducted at St. James Academy.

REHAB FOR KIDS
ONE STOP SOLUTION FOR CHILD DEVELOPMENTAL DELAYS
Autism | ADHD | Stuttering
Behaviour Problems | Cerebral Palsy
Learning Disability
TEAM
Developmental Paediatrician
Speech Therapist
Occupational Therapist
Behaviour Therapist
Physiotherapist
Nutrition
Special Educator
25
kauvery hospital

24th October “Workshop” - Chennai

Mental Health seminar at Saveetha Engineering College, Chennai, on the topic “Real Talk - Navigating the blues” By Ms Sumithra & Ms Vishnu Durga.

MagiConnect
HAMSA REHAB
COMPREHENSIVE AND AFFORDABLE REHABILITATION
2024.10.24 13:17

24th October “ Induction Program ” - Trichy

Induction program was conducted on motivation and importance on field of physiotherapy for First year students at Thanalakshmi Srinivasan University, Trichy.

25th October " ISSICON 2024 " - Delhi

Dr Bineesh (PMR Doctor), Arimbit & Deepthi (Physiotherapist) partcipated & presented in ISSICON Delhi.

CONFERENCE
24th Annual Conference of
Spinal Cord Society
Theme
Enabling Technologies in SCI Care
25th - 27th October 2024
Le Meridien, New Delhi
24th Annual Conference of
Spinal Cord Society

26th October - Deepavali Celebration, All Branches

HAMSA Rehab
AMBULANCE PARKING ONLY
Chennai

HAMSA REHAB FO KIDS
HAMSA
F BLOCK

Trichy

Vellore

26th October " Occupational Therapy Day "

Chennai

A workshop for 10th standard students on the title “Brain gym for Academic excellence” at Sankara Matriculation higher secondary school was conducted by Arul Jothi G, Tejasvi B and Sandhiya P.

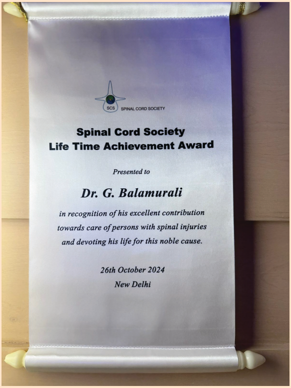
Conducted a lecture on the History of Occupational Therapy.

CME program conducted for world occupational therapy day.

26th October - Life Time Achivement Award

Dr G Balamurali, The Managing Director & Founder of HAMSA Rehab received the life time achievement award for his excellent contribution towards care of persons with spinal injury & devoting his life for the noble cause by Spinal Cord Society.

24th Annual
Conference of
Spinal
Cord
Socie


SCS SPINAL CORD SOCIETY

Spinal Cord Society
Life Time Achievement Award

Presented to

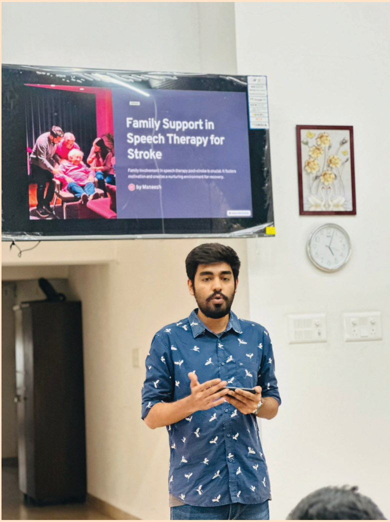
Dr. G. Balamurali

in recognition of his excellent contribution towards care of persons with spinal injuries and devoting his life for this noble cause.

26th October 2024
New Delhi

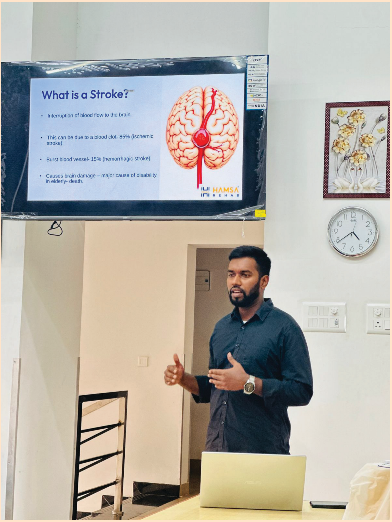
30th October “ Stroke Day ” – Vellore

An educational awareness program highlighting its causes, risk factors , prevention and management was conducted.


Family Support in Speech Therapy for Stroke

Family involvement in speech therapy post-stroke is crucial. It fosters motivation and creates a nurturing environment for recovery.

by Maneesh

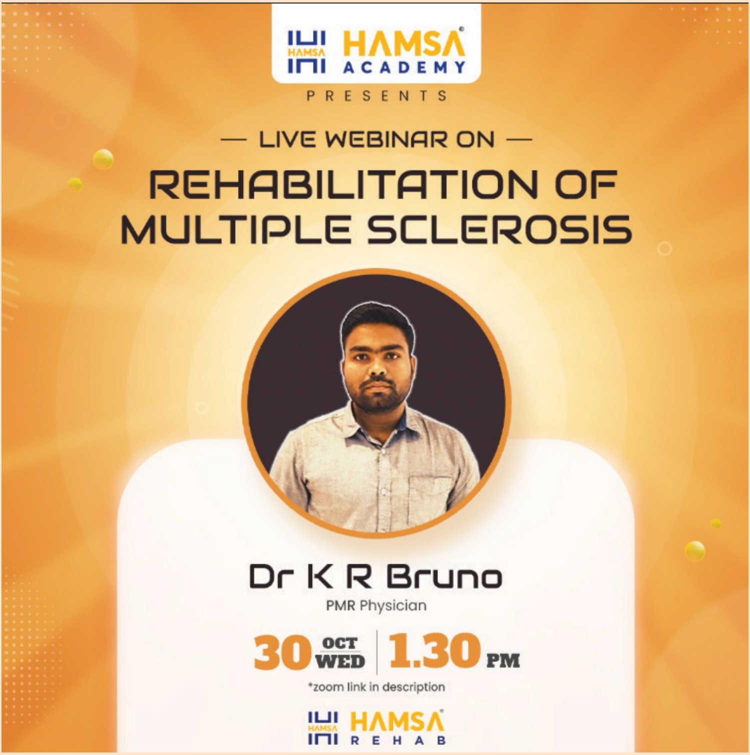

What is a Stroke?

- Interruption of blood flow to the brain.
- This can be due to a blood clot- 85% (ischemic stroke)
- Burst blood vessel- 15% (hemorrhagic stroke)
- Causes brain damage – major cause of disability in elderly- death.

HAMSA
REHAB

30th October – Chennai

Live webinar on Rehabilitation of Multiple Sclerosis by Dr K R Bruno.



HAMSA ACADEMY

PRESENTS

— LIVE WEBINAR ON —

REHABILITATION OF MULTIPLE SCLEROSIS

Dr K R Bruno

PMR Physician

30 OCT WED | 1.30 PM

*zoom link in description

HAMSA REHAB

HAMSA
REHAB FOR KIDS

10th October – OMR

Conducted a positive wall for parents highlighting activities.

World Mental Health Day
What Activities Makes You Feel Positive & Uplifted?

12th October - Aksharabhyasam, OMR

Aksharabhyasam was conducted focusing on different texture writing skills for kids.

19th October

Group therapy on the theme of Diwali

OMR

Trichy

19th October - Parents Workshop, OMR

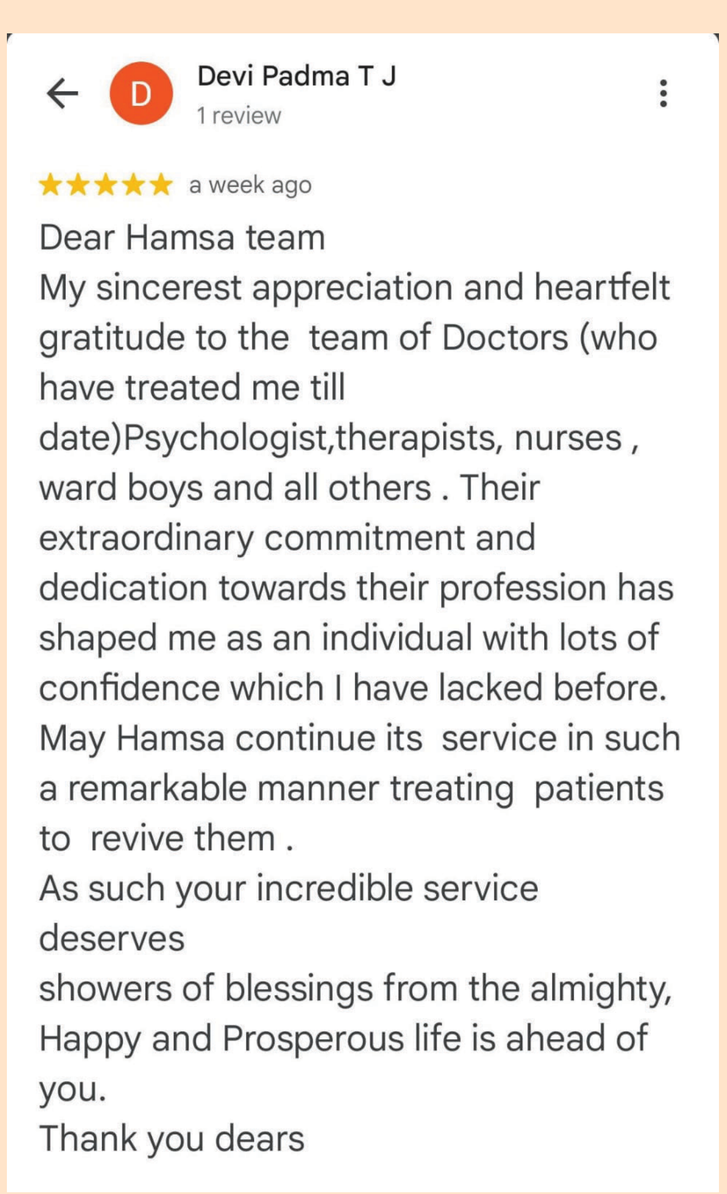
Parent workshop on the topic "Empowering Parents: Strategies for Growth & Development for Kids".

Strategies
Modeling

27th October " Occupational therapy Day " - OMR

A parent workshop was conducted on highlighting different sensory skills.

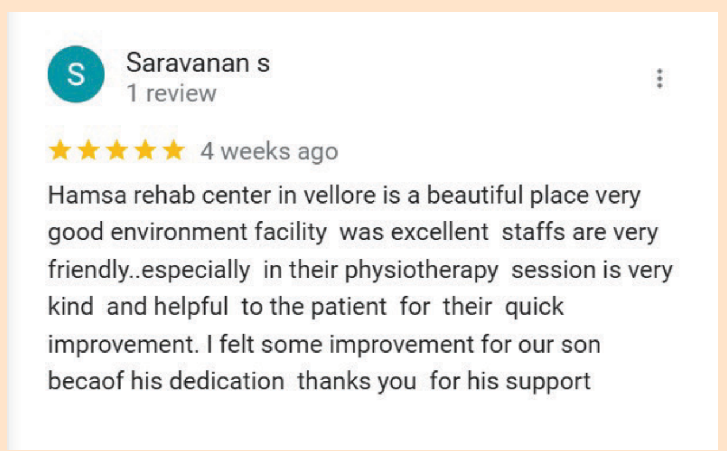
TESTIMONIALS



Devi Padma T J
1 review

★★★★★ a week ago

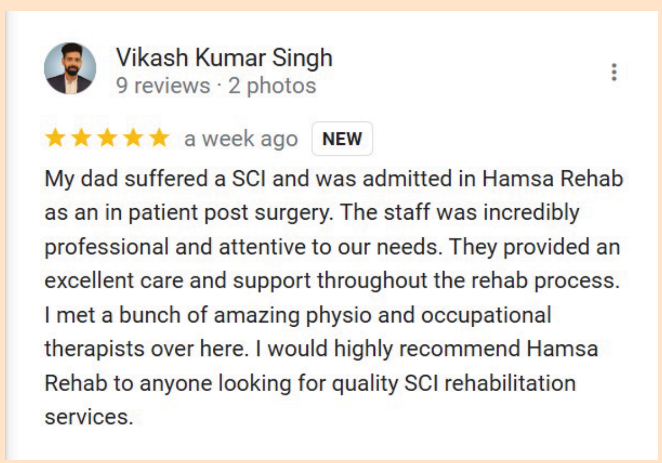
Dear Hamsa team
My sincerest appreciation and heartfelt gratitude to the team of Doctors (who have treated me till date)Psychologist,therapists, nurses , ward boys and all others . Their extraordinary commitment and dedication towards their profession has shaped me as an individual with lots of confidence which I have lacked before.
May Hamsa continue its service in such a remarkable manner treating patients to revive them .
As such your incredible service deserves
showers of blessings from the almighty, Happy and Prosperous life is ahead of you.
Thank you dears



Saravanan s
1 review

★★★★★ 4 weeks ago

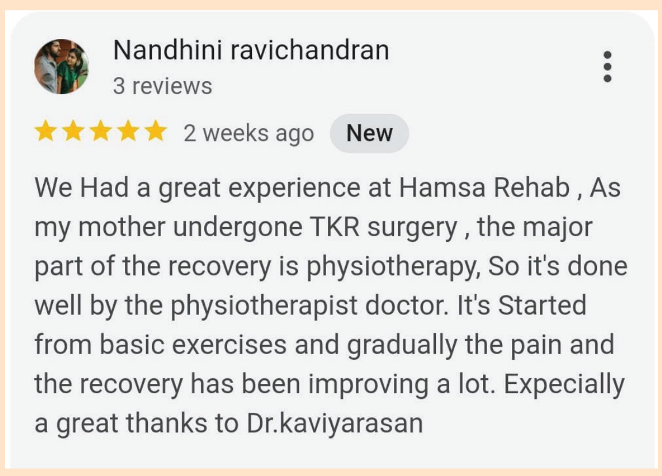
Hamsa rehab center in vellore is a beautiful place very good environment facility was excellent staffs are very friendly..especially in their physiotherapy session is very kind and helpful to the patient for their quick improvement. I felt some improvement for our son becaof his dedication thanks you for his support



Vikash Kumar Singh
9 reviews · 2 photos

★★★★★ a week ago NEW

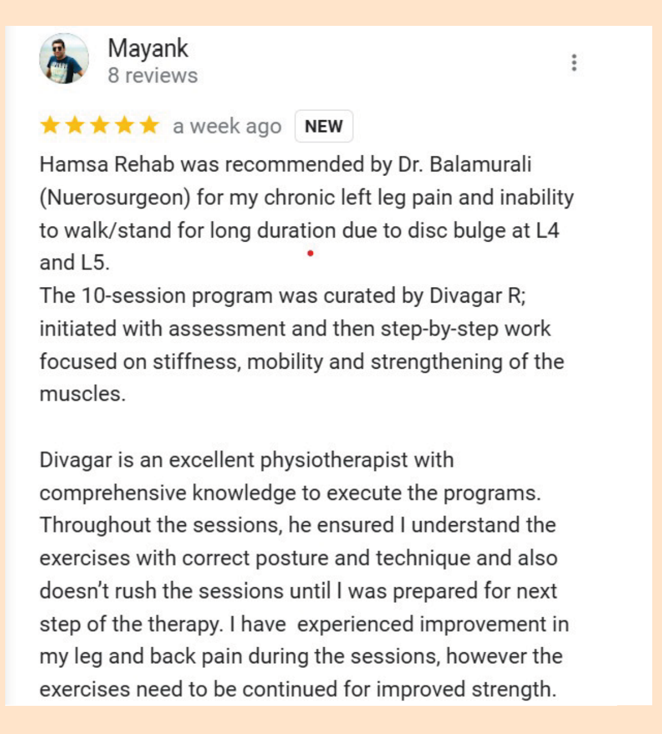
My dad suffered a SCI and was admitted in Hamsa Rehab as an in patient post surgery. The staff was incredibly professional and attentive to our needs. They provided an excellent care and support throughout the rehab process. I met a bunch of amazing physio and occupational therapists over here. I would highly recommend Hamsa Rehab to anyone looking for quality SCI rehabilitation services.



Nandhini ravichandran
3 reviews

★★★★★ 2 weeks ago New

We Had a great experience at Hamsa Rehab , As my mother undergone TKR surgery , the major part of the recovery is physiotherapy, So it's done well by the physiotherapist doctor. It's Started from basic exercises and gradually the pain and the recovery has been improving a lot. Expecially a great thanks to Dr.kaviyarasan



Mayank
8 reviews

★★★★★ a week ago NEW

Hamsa Rehab was recommended by Dr. Balamurali (Nuerosurgeon) for my chronic left leg pain and inability to walk/stand for long duration due to disc bulge at L4 and L5.
The 10-session program was curated by Divagar R; initiated with assessment and then step-by-step work focused on stiffness, mobility and strengthening of the muscles.

Divagar is an excellent physiotherapist with comprehensive knowledge to execute the programs. Throughout the sessions, he ensured I understand the exercises with correct posture and technique and also doesn't rush the sessions until I was prepared for next step of the therapy. I have experienced improvement in my leg and back pain during the sessions, however the exercises need to be continued for improved strength.

BLOG - 1

WAKE UP CALL: PRIORITIZING SLEEP FOR A HEALTHIER WORKPLACE

Did you know that India is considered the second most sleep-deprived country after Japan? Poor sleep quality signals a "dangerous trend" as it is directly linked to mental health. Over 60% of Indians get less than six hours of uninterrupted sleep each night, a situation that has worsened since COVID-19

According to the International Classification of Sleep Disorders, most sleep disorders are characterized by one or more of the following symptoms: excessive daytime sleepiness, difficulty initiating or maintaining sleep, or abnormal movements, behaviors, and sensations during p.

The health risks associated with sleep deprivation and sleep disorders are serious, including an increased risk of heart attack, stroke, diabetes, obesity, depression, and hypertension.

Sleep loss can be caused by lifestyle factors or by sleep disorders. One major cause is societal shifts—longer workdays, shift work, and increased screen time, including TV and internet usage. Adults are sleeping less in an effort to keep up with work, often staying up later to browse the internet or watch television.

Health Outcomes of Chronic Sleep Deprivation Include:

- Obesity in adults and children
- Diabetes and impaired glucose tolerance
- Cardiovascular disease and hypertension
- Anxiety symptoms
- Depressed mood
- Increased alcohol use

The Impact of Sleep Deprivation on Work Performance

Working while sleep-deprived can significantly impair job performance. Sleep deprivation disrupts the body's ability to function, leading to short-term effects that impact the workday, including:

- Difficulty staying focused, attentive, and vigilant
- An increased likelihood of errors due to impaired reaction times
- Struggling to stay engaged in meetings, taking longer to complete tasks, and diminished creativity
- Emotional changes that can strain workplace relationships
- Impaired perception, judgment, and decision-making abilities

Recommendations for Promoting Better Sleep:

- Maintain a consistent sleep schedule by waking up at the same time each day
- Follow a relaxing bedtime routine
- Make the bedroom quiet and relaxing
- Turn off electronic devices at least 30 minutes before bedtime
- Eat a healthy diet
- Avoid large meals, caffeine, and alcohol before bed

Healthcare Workers and Sleep:

Healthcare workers can improve their sleep quality by:

- Creating a comfortable sleep environment
- Reducing screen time
- Managing stress with relaxation techniques
- Practicing good sleep hygiene
- Setting boundaries by mentally detaching from work after clocking out

The Role of Therapy in Addressing Sleep Issues

Therapy can help manage sleep loss by addressing the underlying beliefs and habits that fuel sleep problems. Evidence-based modalities like relaxation therapy, mindfulness-based stress reduction, and cognitive behavioral therapy (CBT) are widely used to improve sleep quality.

Ms Gayatri
Psychologist
Chennai

BLOG - 2

OCCUPATIONAL THERAPY FOR ALL

PRODUCTIVE LIVING: OCCUPATION, a fundamental necessity of livelihood, is of higher need. Be it a wish, interest, or choice for the sake of an individual's physical, and psycho-social well-being for a productive and independent living. The relationship between our work and the challenges we face within it are least recognized. And so is the priority and a chance to outlook on getting back to work after a disability. It has to be made practically approachable and attainable. A quite large group of healthcare professionals working in various fields of science work for persons with disabilities to elevate their everyday lives.

OCCUPATIONAL THERAPY: NEED FOR ALL

One among the health care professionals working on people with disabilities are Occupational therapists, be a one-pound new-born infant in a neonatal unit, to the geriatric elderly person with assisted needs and adaptive living. The role of an occupational therapist and their need for the intervention have expanded into various fields of life.

As the importance of meaningful occupation continues to grow, so too does the acceptance of occupational therapy as a valuable tool in creating better opportunities for individuals. By focusing on safety, recovery, and rehabilitation, occupational therapists engage individuals in goal-oriented activities that help them regain independence and return to their daily roles. This requires the use of the latest evaluation techniques, education, and personalized treatment interventions, ensuring optimal health and well-being for patients of all age groups. Whether facilitating recovery or promoting long-term wellness, occupational therapy remains at the forefront of enhancing the quality of life through purposeful and productive engagement.

EVOLUTION: PRACTICAL IMPLEMENTATION OF PRACTICE

Occupational therapy spans all stages of life, beginning with infants in neonatal units, where therapists support early development. In young children, OT addresses developmental disorders and neurological conditions, focusing on enhancing cognitive and motor function. For children with neurodevelopmental deficits, OT plays a vital role in improving sensory processing and addressing sensory challenges.

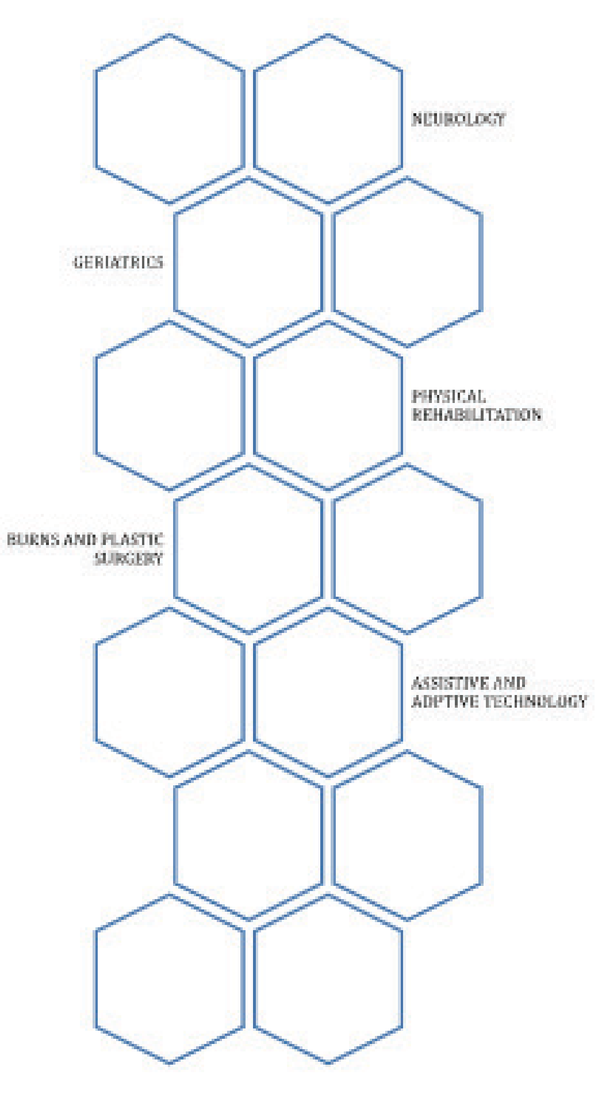
As individuals grow, OT supports adults in recovering from and managing chronic illnesses, while promoting participation in daily life for those facing mental health challenges that impact productivity and quality of life. For those with musculoskeletal disorders, occupational therapists provide interventions like hand therapy, splinting, and assistive technology to restore function and independence.

OT also assists differently-abled individuals through retraining functional abilities and vocational skills, helping them achieve greater independence. For elderly individuals, OT offers cognitive support, adaptive living strategies, and environmental modifications to enhance safety and comfort. Whether through home adjustments or ergonomic solutions in the workplace, occupational therapists work to ensure accessibility and support well-being at every life stage.

NEW EXPLORATION IN SCIENCE: RESEARCH AND ADVANCEMENTS

We also embrace the new fields of science that occupational therapy has expanded onto to provide effective and innovative solutions and interventions through ongoing research on neuroplasticity, genetics, virtual reality, artificial intelligence, and brain-computer interface technologies by letting therapists work on the adaptability to recover motor and cognitive functions.

By leveraging these advancements, occupational therapy is poised to redefine recovery, empowering individuals to reclaim their lives with renewed strength and resilience.



OCCUPATIONAL JUSTICE: BUILD A RESPONSIVE COMMUNITY

On being part of a very responsible community that encourages a supportive society I still question myself as

IS OCCUPATIONAL JUSTICE TRULY BEING SERVED FOR EVERY INDIVIDUAL? DO WE PROVIDE EQUITABLE ACCESS AND OPPORTUNITIES FOR PURPOSEFUL AND PRODUCTIVE LIVES? GIVEN THE EXISTING INEQUITIES IN OUR ENVIRONMENT, HOW CAN WE BETTER ADVOCATE FOR INCLUSION AND EQUITY?

It's still a question, and it continues to be one. Let this be a reminder for all of us to examine how we can make physical spaces, housing, education, work, and access to care more approachable. Together, we can serve our advocacy efforts better.

Ms Sushantigha
Occupational therapist
Chennai

OCTOBER BIRTHDAY BASH

Wishing Happy Birthday To Our Fantastic October Folks

KRISHANAVENI
staff nurse
chennai

AKSHYA
Speech & Swallowing Therapist
Trichy

DIVYAPRIYA
Junior Executive
Trichy

ARUN
Assistant Manager
Trichy

ARPUTHAM
Security
Chennai

VIGNESH
Physiotherapist
Trichy

HEMALATHA
Staff Nurse
Chennai

VIGNESH
Assistant Manager
Chennai

Design: **Mr Sundar A**
Content: **Ms Sumithra**

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