



**WELLNESS
WINDOW**

Jan

2025

Welcome to
Hamsa Rehab
Newsletter



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info@hamsarehab.com

3 CITIES

10+ DOCTORS

100+ BEDS

150+ STAFFS

1000+ IN PATIENTS

HAMSA TEAM

Rehab Doctors | Developmental Pediatrician
Psychologist | Occupational Therapist
Speech & Language Pathologist | Nutritionist
Physiotherapist | Rehab Nurse
Special Educator



Dear Readers,

As we embrace another year full of anticipation and hope for a better life, HAMSA promises to provide you with more wellness and a happy living. For beginning, here is a revamped format of newsletter with more health-related content, available in both soft and hard copies. Solve the quiz given below and mail your reply to info@hamsarehab.com to win a free assessment worth Rs 1000/-.

Looking at the number of aged falling down, getting into bone fractures and inability to perform normal day to day activities, we are extending the fall prevention program for elders into a holistic Comprehensive Geriatric Care which will cover all aspects related to them like gait training, fall prevention, home modifications, psychological counselling, fitness, preventive measures for stroke, heart attack, osteoporosis, memory games and more.

The kids' programs have also been designed early intervention, adolescent health education and other initiatives for the wellbeing of children.

Not to leave behind the working and the pillars who take care of both their elders and kids, the group who work at corporates and miss to take care of their well being unless getting into some health issues, the Comprehensive Corporate program includes ergonomics, back & neck pain clinic, fitness and preventive measures for stroke, heart attack, depression etc for corporate employees.

We plan to enhance our evening clinic and home therapy services to even better suit the needy.

We are excited to announce that the complete team of therapists along with Developmental paediatrician at HAMSA Rehab of kids are now at Kauvery Hospital, Radial Road and Rakshith Hospital, Valasaravakkam.

Health is wealth and only when we all are hale and healthy in our families, life will be good and happy for all.

We value your opinion! Share your thoughts and suggestions with us at info@hamsarehab.com to help us create an even more informative and engaging newsletter.

Cheers to our lives,



Geetha S. Kumar

General Manager

QUIZ

Full form of CBT

- a) Central Brain Therapy
- b) Cognitive Brain Treatment
- c) Cognitive Behavioral Therapy
- d) Cognitive Behavioral Treatment

Pelvic floor health requires

- a) Exercises
- b) Activity
- c) Healthy lifestyle
- d) All the above

Mail the answers to info@hamsarehab.com with your phone number



EMOTIONAL RECOVERY FOR STROKE SURVIVORS

Stroke recovery goes beyond physical rehabilitation it includes emotional psychological healing. Many survivors face trauma, anxiety, depression, and the challenge of adjusting to life changes. Eye Movement Desensitization and Reprocessing (EMDR) therapy has emerged as a powerful tool for emotional recovery and holistic rehabilitation.

EMDR therapy addresses the emotional impact of a stroke, including fears of recurrence & the psychological challenges of adapting to new limitations. At its core, EMDR uses bilateral stimulation guided eye movements, tactile cues, or auditory tones to help the brain process distressing memories in a safe, controlled setting. This technique diminishes the emotional intensity of these experiences and helps survivors develop healthier perspectives and coping mechanisms.

Key Benefits of EMDR for Stroke Survivors

- **Reducing Emotional Distress**
Alleviates overwhelming feelings like fear and helplessness.
- **Reframing Negative Beliefs**
Helps shift self-limiting thoughts like “I can’t recover” into empowering ones.
- **Improving Emotional Stability**
Stabilizes emotional responses disrupted by stroke-related brain changes.
- **Boosting Rehabilitation Engagement**
Reduces psychological barriers, enhancing participation in therapy.

To maximize effectiveness, EMDR can be adapted for survivors with cognitive challenges or fatigue. Combining it with Cognitive Behavioural Therapy (CBT) further enhances recovery by addressing thought patterns and fostering positive behaviours.

Ms Snaekha S
*M.Sc. Clinical Psychology,
Psychologist*

LEISURE- MORE THAN JUST PLAYING!

Leisure is not a luxury - it is a necessity for functional wellbeing. Leisure refers to self-directed activities an individual engages-in during one's free time for pleasure, relaxation and gratification. These tasks can range from sports to baking, from participating in social clubs to writing books.

Leisure and Occupational Therapy

Occupational therapists account for leisure as a significant component in assessment and treatment to bridge the gap between illness, recovery, self-discovery, competency and quality of life. Leisure is a therapeutic tool that supports conventional therapy methods for individuals recovering from emotional, mental, or physical difficulties.



Benefits of Leisure in Therapy

- Aids Physical Rehabilitation
- Promotes Mental Health
- Promotes cognitive functions
- Fosters Social Connection
- Encourages independence

How do we Intervene?

- Identify Barriers to participation
- Modify tasks / environment to promote successful leisure experience
- Establish meaningful goals that align with recovery
- Integrate leisure into routine

At HAMSA, we assess patients' interests, abilities, and limitations to recommend leisure activities that align with their therapeutic goals. We harness the power of leisure to empower patients to lead a fulfilled and balanced lives.



Ms Thejasvi Balaji
MOT (SI), PGDCFT,
Occupational Therapist



WHY PELVIC FLOOR HEALTH MATTERS

Pelvic floor health is often an overlooked aspect of our overall well-being. However, the importance of maintaining a strong and functional pelvic floor cannot be overstated. Let's delve into the reasons why pelvic floor health is crucial for everyone, regardless of age or gender.

Understanding the Pelvic Floor

The pelvic floor is a group of muscles supporting the bladder, bowels, and uterus (in women), essential for bladder control, bowel regulation, and sexual health. Weakness can cause various issues.

Issues with Weak Pelvic Floor Muscles

- › **Incontinence:** Can cause urinary or fecal leakage, leading to embarrassment.
- › **Pelvic Organ Prolapse:** Organs may descend, causing discomfort.
- › **Pain:** Can lead to chronic pelvic pain, affecting daily life.

Benefits of Strong Pelvic Floor Muscles

- › **Better Bladder and Bowel Control:** Prevents incontinence and boosts confidence.
- › **Lower Risk of Prolapse:** Helps prevent pelvic organ descent.
- › **Improved Core Stability:** Enhances posture and reduces back pain.

How to Maintain Pelvic Floor Health

- › **Kegel Exercises:** Strengthen pelvic muscles daily.
- › **Stay Active:** Regular exercise promotes muscle tone.
- › **Healthy Lifestyle:** Maintain a healthy weight, hydrate, and avoid smoking.
- › **Seek Help:** Consult a professional for any pelvic floor issues.

Pelvic floor health is essential for well-being. Understand its importance, take proactive steps, and enhance your quality of life.



Ms Vedhavalli V
Physiotherapist

ZESTY PAPAYA CUCUMBER SALAD

Servings - 1

INGREDIENTS

- ▶ Carrot, Shredded - 50 g
- ▶ Raw Papaya, Shredded - 25 g
- ▶ Cucumber - 25 g
- ▶ Lettuce - 25 g
- ▶ Garlic, Minced - 2 g
- ▶ Fresh Basil Leaves, Chopped - To Garnish
- ▶ Lemon Dressing
 - Lemon Juice - 2 ml
 - Olive Oil - 15 ml
 - Crushed Pepper - 1 tsp
 - Salt - To taste
 - Mix all the ingredients.

PREPARATION

- ▶ Combine shredded carrot, raw papaya, cucumber, minced garlic, and lettuce in a mixing bowl.
- ▶ Drizzle the mixture with lemon dressing and toss until evenly coated.
- ▶ Garnish with freshly chopped basil leaves before serving.



Ms Lizia
Nutritionist

**Get Fit
Delight**

NUTRITIVE VALUE

Energy

170 Kcal

Protein

1 g

Carbohydrate

8 g

Fat

14 g



Kids Corner



കാലോന്നിൾ - ഇലേട്ട!!

The Commonest Simple Game

The “Magic” of their mother disappearing and appearing out of nowhere is such a revelation to the baby that their mom, in fact, exists even if they are not seen by them. From the baby’s pov, when the mother closes its eyes - Oh the fear of losing mother! But when your mother comes back to you smiling and laughing - Ah! What a relief! The look of a familiar face after a separation is comforting. Isn't it amusing how she seems just like a magician? The relaxation system that gets activated, inhibiting the fear system, is a pleasure indeed. The more the game is played, the faster the baby learns separation is temporary and the anxiety fades when they see her again. Nurturing a secure attachment between parent and child, fostering emotional resilience that lasts for years. The game’s magic spreads its effects on eye contact, joint attention, turn taking, motor skills, emotional regulation, social skills - all wrapped in overwhelming delight . Truly “The child who laughs the most, learns the best.”



Ms Vishnu Durga K
Jr. Psychologist



Events@HAMSA

CHENNAI



Hamsa Kids Inauguration @ kovilambakkam



Pongal Celebration @ Hamsa kids



Pongal Celebration @ Royapettah



Pongal Celebration @ Rakshith Hospital



Recreational Activities @ Valasaravakkam



Hobby Workshop @ Royapettah



New Year Celebration @ Royapettah



Pongal Celebration



Diabetic Session



Recreational Activities



Antenatal Classes

VELLORE



Pongal Celebration



Pongal Celebration

TESTIMONIAL

This is a wonderful institution with an excellent team. The staff is very friendly and welcoming, creating a positive and supportive environment. The physiotherapy team is outstanding, offering great care and attention. The ward boys are also very efficient and helpful, and the housekeeping staff maintains high standards of cleanliness. Of course, the doctors and nurses are highly skilled and professional, providing top-notch care. Overall, a fantastic experience, and I highly recommend it!



Izhaan Natnoo

I'm very thankful to share my feedback. Initially, I had some confusion about joining EI and therapy, but after joining, I've seen a lot of improvement and positive changes within a month. All the therapists are doing great work, and they're handling the kids with kindness and care. Now, I'm confident that the therapists will surely bring out the best in my child. Thank you, Hamsa team.



Sharniya Srinivasan