

# WELLNESS WINDOW JUNE

WELCOME TO HAMSA REHAB NEWSLETTER

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and Reversing the Silent Spiral

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**4 CITIES**

**10+ DOCTORS**

**100+ BEDS**

**150+ STAFFS**

**1000+ IN PATIENTS**

### **HAMSA TEAM**

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



Dear Readers,

As we reach the midpoint of 2025, we reflect on our progress and look forward to achieving our goals. At Hamsa, we understand that life can be unpredictable and our energy levels can fluctuate. However, we believe that prioritizing health is essential to achieving happiness and success.

As the saying goes, "Health is wealth." At Hamsa, we strive to provide the best possible care for our patients. Our team of highly qualified therapists uses state-of-the-art equipment to deliver holistic therapy and support.

Our services include:

- 8 am to 8 pm therapy at our center
- Home therapy and home care
- Fall prevention programs for elders
- Back and neck programs
- Stroke rehabilitation
- Spinal cord injury rehabilitation
- Brain injury rehabilitation
- Post-operative rehabilitation
- Kids' developmental programs

Burnout is a common issue in today's fast-paced world. Often, we suffer from it without realizing that it's treatable and that there are ways to overcome it, either personally or with professional help. Ms. Gayathri provides valuable insights into understanding burnout. If you're experiencing any of the signs or symptoms she discusses, don't hesitate to reach out for support.

In our efforts to prioritize care and support, let's not forget our elderly community members. They are our torchbearers, and while they may not fear death, they often worry about being overlooked and ignored. By showing love, care, and attention, we can make them feel seen, heard, and valued. Our fall prevention program is designed with their needs in mind.

This issue also features informative articles on topics such as child development, artificial intelligence, and hearing aids, all written in an accessible way for our readers.

We encourage you to prioritize your health and well-being. As Mahatma Gandhi once said, ***"It is health that is real wealth and not pieces of gold and silver."*** Let's strive to eat healthy, stay healthy, and feel healthy.

Cheers to our lives!



EDITOR

*Geetha S. Kumar*

General Manager

# BURNOUT: UNDERSTANDING, PREVENTING, AND REVERSING THE SILENT SPIRAL

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. This leads to fall in productivity, increased negativity, helplessness, reduced personal and professional efficiency. Failure to address burnout or prevention can cause it to affect every area of life - personal, professional and social lives.

## Some prominent causes for burnout can be categorised into:

- **Institutional Factors:** Workload Distribution, Limited Growth Opportunities, Organizational Culture
- **Individual Factors:** Coping skills, Perfectionism, Lack of boundaries, High self expectations
- **Interpersonal Factors:** Social Support, Conflict Resolution, Effective communication

Burnout is a gradual process. Being aware of the signs and symptoms can help people be more proactive in taking precautions to avoid burnout. Some common signs and symptoms includes

- Persistent fatigue and low energy
- Frequent headaches or muscle pain.
- Feelings of failure, self-doubt, helplessness, or defeat
- Loss of motivation or enthusiasm
- Withdrawal from responsibilities or social interactions

## The 3Rs of managing burnout:

- **Recognize.** Identify early signs of burnout.
- **Reverse.** Seek support, rest, and stress management strategies to begin healing.
- **Resilience.** Build long-term resilience through physical, emotional, and mental well-being practices.

## Some individual strategies preventing burnout:

- Cultivate healthy coping mechanisms
- Establish and maintain clear boundaries
- Strive for a balanced work-life integration
- Engage in regular physical and mental exercise
- Maintain a nutritious, balanced diet
- Practice good sleep hygiene
- Prioritize self-care activities
- Foster and maintain a strong support network
- Seek professional help when needed



**Ms Gayathri Devi**  
Psychologist,  
Chennai



# ARTIFICIAL INTELLIGENCE IN OCCUPATIONAL THERAPY



## How Artificial Intelligence is Transforming Occupational Therapy

Artificial intelligence (AI) is revolutionizing occupational therapy (OT) by streamlining interventions and operational workflows. Through advanced data analysis and automation, AI supports occupational therapists in providing individualized, evidence-based care.

## AI Innovations in OT

- **Tailored Intervention Strategies:** AI analyses patient progress to adapt therapy plans, ensuring alignment with therapeutic objectives.
- **Wearable Devices:** AI-powered technologies track movement and recovery metrics, enhancing assessments of functional tasks like dressing or cooking.
- **Virtual Rehabilitation:** AI enhances VR and AR platforms for skill-specific therapy, offering safe and controlled environments for practice.
- **Administrative Efficiency:** AI automates documentation, appointment scheduling, and outcome monitoring, allowing therapists to focus on patient care.

## Advantages of AI

**Time Optimization:** Reduces administrative burdens, enabling more direct interaction with patients.

**Expanded Access:** Facilitates remote therapy through telehealth solutions, bridging geographical gaps.

**Enhanced Precision:** Provides detailed insights to refine therapy approaches.

**Cost Savings:** Streamlined processes improve efficiency and reduce costs over time.

## Ethical Considerations

Integration of AI in OT requires attention to data security, equitable access, and the preservation of human-centered care. Addressing these ensures technology complements rather than overshadows therapeutic relationships.

## Looking Ahead

The future of AI in OT includes advanced robotics, predictive analytics, and custom assistive tools that empower patients to achieve greater independence. By adopting AI responsibly, occupational therapists can elevate care while staying true to their mission of holistic, client-centered practice.

**Ms Sushanthigha G**  
Occupational Therapist,  
Chennai





# TOFU STIR FRY BOWL



Servings - 1

## INGREDIENTS

- Firm Tofu - 100 g
- Capsicum (any color) - 30 g
- Onion - 20 g
- Garlic (minced) - 5 g (1 clove)
- Soy Sauce (low sodium) - 5 g (1 tsp)
- Lemon Juice - ½ tsp
- Black pepper - ½ tsp
- Salt - as needed
- Spring Onions / Coriander Leaves - 5 g

## PREPARATION

- Press the tofu to remove excess water and cut into cubes.
- Heat olive oil in a non-stick pan.
- Add garlic and sauté for 10 seconds.
- Add onion and capsicum, stir-fry for 2-3 minutes on high heat.
- Add tofu, soy sauce, lemon juice, pepper, and a pinch of salt.
- Stir-fry for 3-5 minutes until tofu turns golden.
- Garnish with chopped spring onion or coriander.



**Ms Lizia**  
Clinical Dietitian,  
Chennai

Get Fit  
Delight

## NUTRITIVE VALUE

Energy

**175 Kcal**

Protein

**25 g**

Carbohydrate

**10 g**

Fat

**21 g**



# Kids Corner



Between 2 to 6 months of age, infants begin using their eyes to explore the world—tracking movement, focusing on faces, and coordinating gaze with hand movements. This early visual engagement, known as gaze and visual play, is a key part of cognitive, social, and emotional development.

## What Is Gaze and Visual Play?

Gaze includes eye contact, shifting focus, and scanning surroundings. Visual play involves watching movement, exploring shapes or colors, and engaging with textures or reflections.

## Why It Matters:

These skills support:

- Social interaction and bonding
- Learning and problem-solving
- Emotional regulation and focus

## When Gaze Is Limited:

Reduced gaze or visual play can lead to:

- Developmental and social delays
- Emotional disconnection
- Less engagement in activities

## How Occupational Therapy Helps:

Occupational therapy strengthens gaze and visual play by:

Encouraging eye contact and interaction, Supporting visual-motor coordination, Increasing engagement and adaptive skills



**Ms Inthumathi**  
*Occupational Therapist,  
Trichy*

# WHAT ARE HEARING AIDS AND WHY THEY MATTER

Hearing aids are small electronic devices that help people with hearing loss by amplifying sounds. They make it easier to understand speech, stay socially connected, and safely engage with everyday life.

## Why Are Hearing Aids Important?

Hearing aids do more than just improve hearing. They support:

These skills support:

- Awareness of important sounds like alarms or traffic
- Participation in conversations and social events
- Overall well-being and confidence

## What to Consider When Choosing a Hearing Aid:

- Type of hearing loss: Different models support different levels and types of loss
- Lifestyle: Your daily activities, work environment, and social habits all matter
- Fit and comfort: The size and shape of your ear, as well as your dexterity, can influence the best choice
- Cost and upkeep: Some devices are more advanced or require more maintenance

## Benefits of Consistent Use:

- Improved speech clarity, especially in noisy settings
- Better phone conversations
- Supports brain function by keeping the auditory system active
- Prevents further decline in sound recognition
- Keeps you connected to the world around you

**Ms Teena Sharon**  
*Audiologist & Speech Pathologist,  
Trichy*



# Geriatric Corner



## Factors That Increase Your Risk Of Fall

- Risk Of Fall Increases With Age
- Home Hazards
- Weak Leg Muscles
- Lack Of Vitamin D
- Difficulties With Walking & Balance
- Certain Medications
- Vision Problems
- Improper Intake Of Protein
- Poor Intake Of Calcium
- Fear Of Fall
- Improper Usage Of Assistive Device
- Urinary Incontinence



Balance Training



Strength Training



Coordination Training



Home Modifications



Dietary Modifications



Appropriate Footwear



Coping Mechanism



Appropriate Assistive Devices

FALL PREVENTION STRATEGIES

# Events@HAMSA

CHENNAI



Group Therapy @ Hamsa Kids - Radial Road



Parent Empowerment Workshop



Maharishi Vidya Mandir Kovilambakkam



Maharishi Vidya Mandir Kovilambakkam



Corporate Wellness Program



Caregiver Support Group @ Rakshith



Antenatal Classes



Yoga Day Celebration



Recreational Activities



Recreational Activities

VELLORE



Yoga Day Celebration



Recreational Activities

TESTIMONIAL

We have had a very good experience in this centre. The therapists are very patient and experienced. Thank you team Hamsa.



Shanthini Sathiaraj

The experience was good overall. Staffs took good care. Felt like home



Lavanya Prasannam