



# WELLNESS WINDOW

# Sep 2025

Welcome to  
Hamsa Rehab  
Newsletter



## INSIDE

- Occupational Therapy: Empowering Lives Through Everyday Activities
- Semi-Occluded Vocal Tract Exercises
- Get Fit Delight
- Kids Corner

+91 9555 40 40 40  
[www.hamsarehab.com](http://www.hamsarehab.com)  
[info@hamsarehab.com](mailto:info@hamsarehab.com)

**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 continue to advance in the field of rehabilitation, it is surprising to note that many still don't realize its importance. Misconceptions abound, with some believing rehabilitation is only for those struggling with addiction. However, physical rehabilitation for conditions such as spinal cord injuries, stroke and brain injuries remains underappreciated. At HAMSA, we're committed to changing this narrative.

Our recent wheelchair rally in Trichy, attended by 25 participants, highlighted the potential for individuals with spinal cord injuries to lead fulfilling lives. The event emphasized that spinal cord injury is not the end of life and with proper care and support, individuals can overcome significant challenges.

We understand that rehabilitation needs vary across different age groups. Our services cater to a wide range of conditions, including back and neck pain, stroke recovery, post-operative care and physical pain management for expectant mothers. Our geriatric care programs address the unique challenges faced by older adults, while our pediatric services are tailored to meet the specific needs of children.

We are dedicated to advancing the field of rehabilitation through research, education and community outreach. Our team of therapists and nurses participate in weekly training sessions and activities to stay updated on the latest advances, backed by our experienced physiatrists.

We are excited to announce that HAMSA will be organizing an international conference on spine and spinal injuries in Chennai from October 31st to November 2nd. This event promises to be a platform for knowledge sharing and discussion on the latest developments in spinal care.

To learn more about HAMSA and our services, visit our website [www.hamsarehab.com](http://www.hamsarehab.com) or watch our YouTube videos featuring our clinical staff. Our blogs, carefully written by our therapists, provide valuable insights and information on rehabilitation.

Let's work together to break down barriers and empower lives through rehabilitation.

Cheers to life!



*Geetha S. Kumar*

General Manager

# OCCUPATIONAL THERAPY: EMPOWERING LIVES THROUGH EVERYDAY ACTIVITIES

Occupational Therapy (OT) is a healthcare profession that focuses on enabling people of all ages to live life to its fullest by participating in meaningful everyday activities. Unlike traditional therapies that focus solely on physical recovery, occupational therapy takes a holistic approach addressing the physical, emotional, cognitive, and social aspects of well-being.

For children, OT often supports developmental milestones, emotional regulation, sensory integration, and school readiness. Therapists use play-based strategies to improve motor coordination, attention, and self-care skills. For adults recovering from injury, illness, or neurological conditions such as stroke or spinal cord injury, OT emphasizes regaining independence in daily tasks like dressing, cooking, or returning to work. In mental health, occupational therapists help individuals build coping strategies, manage stress, and re-engage with meaningful roles in their communities.

One of the unique strengths of occupational therapy lies in its personalization. Instead of a one-size-fits-all model, therapists tailor interventions based on each person's goals whether it's a child learning to hold a pencil, a teenager managing emotions, or a senior maintaining balance and safety at home. The focus is not just on survival, but on quality of life.

With the growing recognition of mental health needs, school challenges, and the aging population, the role of occupational therapy is becoming more vital than ever. It bridges the gap between medical care and real-life function, ensuring that recovery and growth are meaningful and sustainable.

In short, occupational therapy helps people not only to recover, but to rediscover independence, confidence, & purpose in their daily lives. It is not just therapy it is empowerment through occupation.

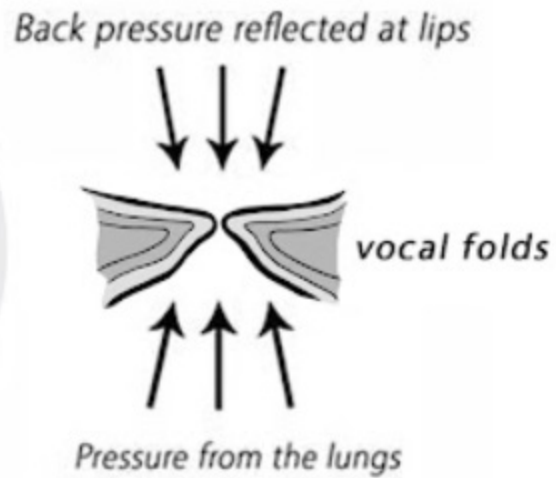


**Ms Danasree. S. M**  
*Occupational Therapist,  
Chennai*



# SEMI-OCCLUDED VOCAL TRACT EXERCISES

A Simple Way to Improve Your Voice. Your voice is more than just sound! it's an important part of communication, confidence, and self-expression. One of the most effective and science-backed ways to keep your voice healthy is through Semi-Occluded Vocal Tract (SOVT) exercises.



## What Are SOVT Exercises?

SOVT exercises involve partially narrowing (or occluding) the vocal tract while producing sound. By creating back pressure, these exercises help the vocal folds vibrate more efficiently and with less effort.

## Why Are They Important?

When we speak or sing, the vocal folds can sometimes experience too much tension or strain. SOVT exercises:

- Reduce vocal fold collision and stress
- Enhance breath support and airflow control
- Improve resonance and sound quality
- Help in voice therapy, warm-ups, & rehabilitation after strain

## Common SOVT Exercises

**Humming:** A simple form of SOVT where the lips are closed for the sound.

**Lip Trills:** Relax your lips and blow air through them, creating a vibrating "brrr" sound.

**Tongue Trills:** Similar to lip trills but with the tongue vibrating against the roof of the mouth, creating a "rolled R" sound.

**Straw Phonation:** Sing or hum through a drinking straw. You can increase back pressure with narrower straws, while a straw placed in water creates even more.

**Cup Phonation:** Blow air into a cup of water without voice, which is another way to create resistance and back pressure.

**Final Thoughts:** Whether you're recovering from a vocal issue, preparing for a performance, or just want to keep your voice in its best shape, SOVT exercises are a powerful tool to add to your routine.



**Ms Priyadharshini K**  
Speech and Swallowing Therapist,  
Chennai



# PANEER CHICKPEA SALAD



Servings - 1

## INGREDIENTS

- ▶ Paneer (low-fat) – 100 g
- ▶ Broccoli florets – 50 g
- ▶ Boiled Chickpeas – 50 g
- ▶ Cucumber – 50 g (diced)
- ▶ Garlic Yogurt Dressing

## GARLIC YOGURT DRESSING

- ▶ Low-fat yogurt – 2 tbsp
- ▶ Garlic – 2 cloves (crushed)
- ▶ Roasted cumin powder – ½ tsp
- ▶ Black pepper – ½ tsp
- ▶ Salt – to taste
- ▶ Lemon juice – 1 tsp

## PREPARATION

- ▶ Blanch broccoli florets in boiling water for 5 minutes on a medium flame. Drain and keep aside.
- ▶ Lightly sauté paneer cubes (or grill) until golden.
- ▶ In a bowl, add boiled chickpeas, cucumber, blanched broccoli, and paneer cubes.
- ▶ Mix all the dressing ingredients into a smooth sauce.
- ▶ Add the dressing to the salad and toss well.
- ▶ Optional: Garnish with coriander leaves or chili flakes for extra flavor



**Ms Lizia A**  
Clinical Dietitian,  
Chennai

Get Fit  
Delight

## NUTRITIVE VALUE

Energy

**340 Kcal**

Protein

**26 g**

Carbohydrate

**15 g**

Fat

**12 g**



# Kids Corner



## WARMTH THAT HEALS: KANGAROO MOTHER CARE

Kangaroo mother care or KMC is a simple method that gives babies, especially preterm and low birth weight babies the love, support and connection that is needed. Its skin to skin contact between the baby and the mother who can be the baby's human incubator. Just like how a kangaroo carries its young one in a pouch this helps regulate the baby's temperature, Heart rate and breathing.

### IMPORTANCE

- Improved preterm baby survival rates
- Strengthening the bond between the baby and the mother/father
- Reduces hospital stay
- Helps in weight gain and encourages breast feeding.

According to World Health Organization(WHO), KMC helps in reducing mortality by 40% among hospitalized infants with a birth weight less than 2kg if initiated early. Any parent/caregiver can give this to babies for their early recovery.



**Ms Dharini S**  
*Pediatric  
Physiotherapist,  
Chennai*

# PLAY: THE STEPPING STONE TO LANGUAGE

## How Play Helps Your Child Learn to Talk

Did you know that play is more than just fun? It's actually one of the best ways children learn to talk and communicate. When kids play, they explore the world, copy real-life situations, and practice using words—all without even realizing it!

## Why Play Helps with Talking

- **More words:** Children pick up new vocabulary while naming toys, actions, and feelings.
- **Better conversations:** Functional play — banging blocks, rolling balls, discovering what toys can do.
- **Big imaginations:** Pretend play encourages storytelling and longer sentences.
- **Confidence:** Play gives kids a safe space to try out new words and ideas.

## Parent Tip Box

- Do follow your child's lead in play—it makes learning natural.
- Do add new words gently while playing.
- Don't worry if your child doesn't use full sentences yet - celebrate every effort.



**Ms Dharshini N**  
*Speech Therapist,  
Chennai*



# 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



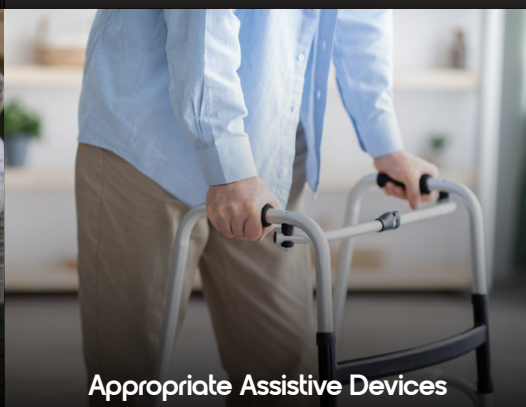
Dietary Modifications



Appropriate Footwear



Coping Mechanism



Appropriate Assistive Devices

FALL PREVENTION STRATEGIES

# Events@HAMSA

CHENNAI



Recreational Activities @ Royapettah



Recreational Activities @ Royapettah



Patient Recreational Outing To Beach @ Royapettah



Group Therapy @ Hamsa Kids - Radial Road



Navratri Celebration @ Hamsa Kids - Radial Road



Onam Celebration @ Hamsa Kids - Radial Road



Parent Workshop @ Hamsa Kids - Radial Road



Onam Celebration



Para Table Tennis Tournament



Mental Health And Well-Being Program



Group Therapy @ Hamsa Kids - Radial Road



Physiotherapy Exercises For Geriatric Diabetic Patient



Physiotherapy Day Celebration



Spinal Cord Injury Awareness Wheel Chair Rally



Students Observation Visit From Manikam Ramasamy College Of Arts And Science, Madurai\_

## VELLORE



Onam Celebration



Onam Celebration



Recreational Activities



Recreational Activities

## 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