



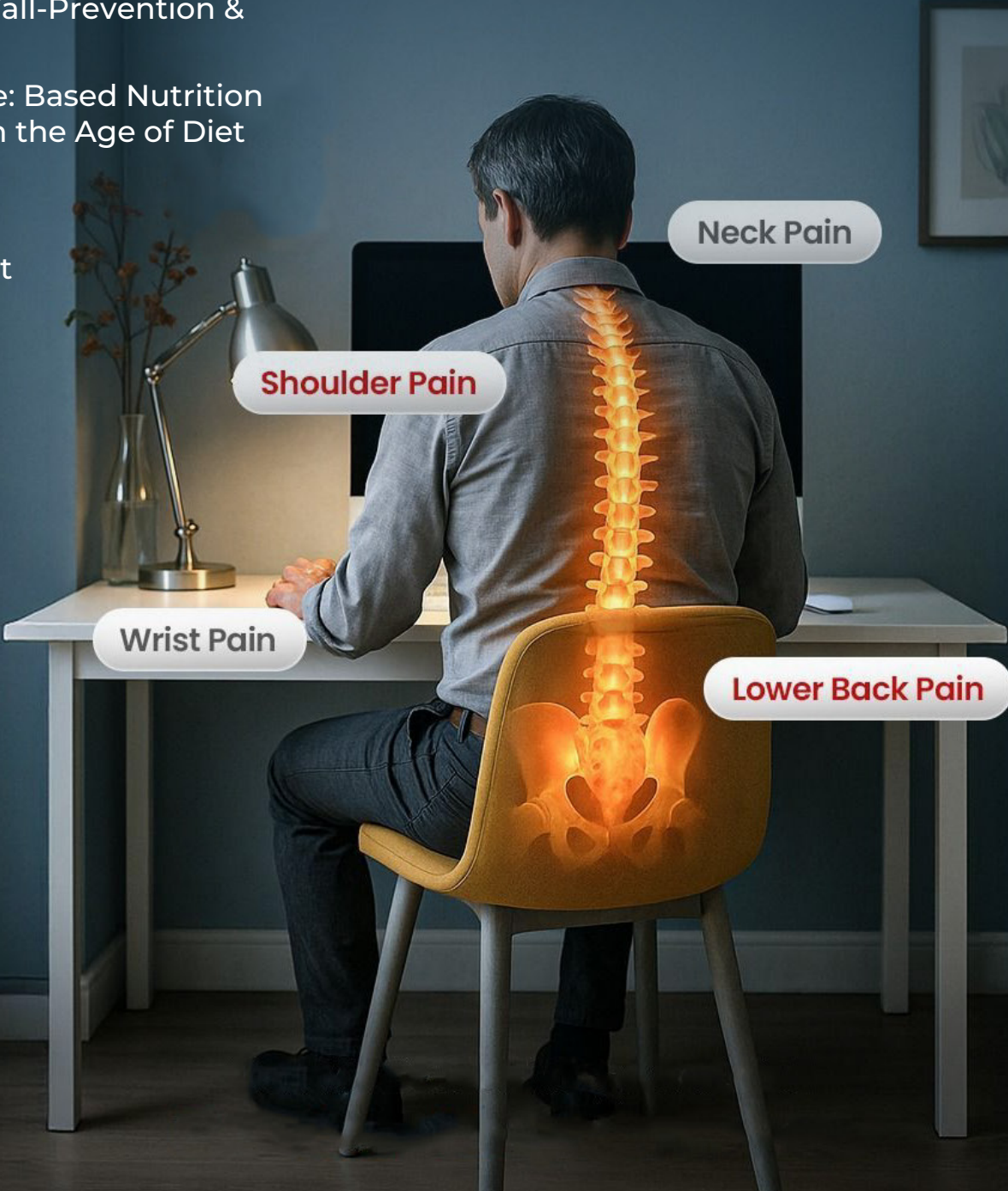
FEB 2026

WELLNESS WINDOW

Welcome to Hamsa Rehab
Newsletter

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HAMSA TEAM

Rehab Doctors

Developmental Paediatrician

Psychologist

Occupational Therapist

Speech & Language Pathologist

Nutritionist

Physiotherapist

Rehab Nurse

Special Educator



Dear readers,

What a beginning to the new year—already one month has gone by.

Does time really move too fast, or does it move at its own pace while our lifestyle makes it seem as though we have none left?

Most of the time, we are just running—running to complete tasks, meet deadlines, balance work, manage family and handle so much more. But wait—where is the time for us? Time to pause, to stay still, to reflect on what is happening within us and around us. Time to think, to simply be and to remain steady both physically and mentally. There seems to be no such time left.

This relentless pace leads to numerous health issues, challenging not just our lifestyle but life itself. Is there a way out? Is there something we can do? So many questions.

At **HAMSA Rehab**, we believe recovery is not just about overcoming challenges—it is about rediscovering life's possibilities. Every day, our team works hand in hand with individuals and families to provide compassionate care, evidence-based therapies, and unwavering support, helping them navigate difficult situations. We also strongly believe in prevention, with a focus on psychology through counselling and therapy, as well as diet and nutrition. Wise are those who utilize such facilities to lead healthier, more fulfilling lives.

This month, we celebrate the courage of our patients, who remind us that resilience is a journey, not a destination. Our programs are designed to ensure that no one walks the path of recovery alone.

As we look ahead, our commitment remains clear: to create a safe, empowering space where healing thrives and hope is restored. Together, we can break the stigma, build stronger communities, and open doors to brighter futures.

Cheers to life.

Geetha S. Kumar



General Manager

EDITOR



**TAKE CARE OF YOUR BODY
INSIDE OUT - IT'S THE ONLY
PLACE YOU HAVE TO LIVE**

Grieving the Life You Once Had: An Unspoken Part of Healing

Serious illness or injury does more than affect the body. It silently alters a person's life path. Rehabilitation mainly focuses on physical recovery, but most individuals experience an unspoken grief for the life they once knew.

Grief is not only about losing a person, but also about losing independence, roles, routines, abilities, or future plans. Many grieve the loss of their former identity, the version of themselves that they had known all their lives before the illness or injury. Unfortunately, not many people are open about this feeling as it feels daunting to accept the loss.

Emotional reactions like sadness, anger, frustration, guilt, fear, or emotional numbness are not uncommon. Some days bring hope and motivation, while other days feel heavy and discouraging. Thoughts like "Why did this happen to me?" or "My life has changed forever" are common and natural responses to these life-altering events. These emotions are not signs of weakness, but signs of being human, signs of love for what mattered.

This type of grief is often unnoticed and unaddressed. Well-meaning encouragement to "stay positive" or reminders to be grateful may unintentionally silence emotional pain. Healing requires space not only for strength and progress, but also for vulnerability and reflection.

Allowing oneself to grieve does not mean they are giving up. Acceptance is not forgetting the past, it is gently acknowledging reality and learning how to live within it. When grief is expressed rather than suppressed, emotional healing becomes possible.

Over time, many individuals begin to integrate who they were with who they are becoming. Life may not return to what it once was, but new meanings, goals, and identities can slowly take shape. Progress and grief can exist together.

Psychological support provides a safe space for individuals to process loss, adapt to change, and develop emotional resilience. Mourning the life you once had does not prevent you from creating a meaningful life ahead. Grief is a reflection of what mattered, and with time, compassion, and support, healing can occur in both body and mind.



Ms Malavika S
*Psychologist,
Chennai*



Stay Steady: Fall-Prevention & Balance Tips

Falls can happen to anyone, but with the right balance training you can stay on your feet & keep doing what you love. Here's what we recommend for a safer, steadier you.

Why balance matters

- Stronger muscles and better coordination cut fall risk by up to 40%.
- Improved proprioception (your body's sense of position) helps you react faster on uneven surfaces

Why Balance Training ?

- Reduces fall risk
- Improves strength, coordination & confidence
- Keeps you active and independent

Exercises (Do 2-3 sets, 30 seconds each, 3x/week)

- Single-Leg Stand – Stand tall, lift one foot off the ground. Hold, then switch.
- Heel-To-Toe Walk – Walk in a straight line, placing one foot directly in front of the other.
- Sit-To-Stand – Sit on a sturdy chair, stand up without using hands, then sit slowly.
- Side-Leg Raise – Stand tall, lift one leg out to the side, keep the torso steady.
- Tai-Chi Weight Shifts – Shift weight slowly from one foot to the other, arms relaxed.

Tips for Success

- Start with support (hold a chair or countertop).
- Keep posture tall, core engaged.
- Progress by closing eyes or using a soft surface.
- Stay consistent — daily practice yields best results.

Safety Reminder

- Perform exercises in a clear, safe space.
- Stop if you feel pain or dizziness.
- Consult your physiotherapist before starting a new program.



Mr Ellappa Vivek Sharma S
*Senior Physiotherapist,
Chennai*



WHY EVIDENCE Based Nutrition Still Matters in the Age of Diet Trends?

Nutrition information is more accessible than ever - but accessibility doesn't always mean accuracy. Many trending diets focus on rapid results, often overlooking the science needed for long-term health.

Evidence-based nutrition is built on research, clinical guidelines, and measurable outcomes. Organizations like the WHO consistently emphasize balanced meals and dietary diversity over restrictive eating patterns. Studies show that extreme restrictions or habitual meal skipping may increase the risk of nutrient deficiencies, muscle loss, and metabolic disruption.

Protein, for example, is not just about muscle gain. It plays a key role in immune function, tissue repair, and recovery - particularly in clinical and rehabilitation care. Similarly, higher fiber intake is strongly associated with better gut health, improved glycaemic control, and reduced cardiovascular risk. These findings are supported by large-scale research published in *The Lancet* and national guidelines from ICMR.

What truly defines effective nutrition care is individualization. Needs vary with age, medical conditions, physical activity, and recovery status. ESPEN guidelines clearly show that personalized nutrition planning leads to better outcomes than generic diet advice.

The evidence is clear: sustainable health is built through balanced meals, consistent routines, and personalized strategies - not dietary extremes.

Dietitian's Note: Science-backed, individualized nutrition remains the most reliable path to long-term health.

Ms Lizia A
*Clinical Dietitian,
Chennai*





COOL BEETROOT SPROUT SALAD

Servings - 1

INGREDIENTS

- Beetroot, grated (raw) – 50 g
- Green gram sprouts, steamed – 40 g
- Cucumber – 25 g
- Onion, finely chopped – 10 g
- Roasted peanuts, crushed – 10 g
- Fresh coriander leaves – for garnish

DRESSING

- Lemon juice – 5 ml
- Olive oil – 5 ml
- Crushed black pepper – ½ tsp
- Salt – to taste

PREPARATION

- Combine grated beetroot, steamed sprouts, cucumber, and onion in a mixing bowl.
- In a separate bowl, mix lemon juice, olive oil, pepper, and salt.
- Pour dressing over the salad and toss gently.
- Top with crushed peanuts and garnish with coriander leaves.
- Serve fresh.



Ms Lizia
Clinical Dietitian,
Chennai

Get Fit
Delight

NUTRITIVE VALUE

Energy

165 Kcal

Protein

6 g

Carbohydrate

15 g

Fat

8 g

Fibre

6 g



Kids Corner



SCREEN TIME vs SKILL TIME

How much screen time is okay for my child? Is screen time really a problem?

As an Occupational Therapist, I have come across this question many times. The answer to all the questions related to screen time is BALANCE.

Screens include televisions, laptops, tablets, and phones, encompassing passive viewing. Screens are a part of our everyday life, where many families offer screens for comfort and convenience. Screens can be meaningful when they are limited, purposeful, and supervised. What truly matters is how much, how often, and what screen should be given. When screen time is excessive, it will always replace opportunities for the child's development. When screen time increases, skill time decreases. Children often learn through experiencing and exploring different things while playing and engaging in activities.

How much screen time can I give my child?

Children below the age of 2 years should not be exposed to any type of screens. Screen time for children between the ages of 2 and 5 years should not exceed 1 hour.

What is the right age to introduce screens?

Around 2 years old, you can introduce screens such as a TV and computer. You should also view the screen with the child and prefer interactive educational programs for a short duration of time.

Does the parents' screen time affect the children?

- Yes, parents' screen time affects children. Children learn best when parents demonstrate what they have "to do" rather than just "say it". Parents are the role models for children.
- Learning happens away from the screen. When screen time becomes excessive, the child struggles with attention, sitting tolerance, and emotional regulation.
- Balance is what is required, not perfection.
- I remind parents that children learn from us and through us, so it is important that we create and pave the way for a child to engage in natural learning. Prioritise moments together, engage in conversations, shared activities, and remember that everyday moments are powerful learning opportunities.
- Screens hold attention, SKILLS are built through real-life experiences that stay with the child for life.

Ms Kiruthika K
Occupational 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



Communication Workshop for Parents @Kovilambakkam



Health Camp - Yes Bank



Maternal Health Awareness Program @Kovilambakkam



Pongal Celebrations @Kovilambakkam



Pongal Celebration @Royapettah



Ward Boys Shifting Training @Royapettah



Public Outreach
National Dietetics Day



Republic Day Celebration
@Kovilambakkam



Physiotherapy Partnership - TN 4th
Leg Tennis Tournament

VELLORE



Recreational Activities for Inpatients



Caregiver Support Group



Pongal Celebration

TRICHY



2nd Prize- K-Fest Dance Competition



Ergonomics Class @ VDart Company



New Year Celebration for Inpatients



Pongal Celebrations

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