

# APR 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,

It is both a privilege and a responsibility to address you as the editor of this newsletter from this month onward. I would also like to acknowledge and thank all those who have contributed to building this newsletter into a meaningful and impactful platform over the years. This newsletter aims to create awareness about the conditions we manage through rehabilitation, share patient success stories, present insights from our team, offer practical wellness guidance, and showcase our work.

Founded in June 2019, Hamsa now approaches seven years of purposeful growth. Our journey has been defined by resilience, adaptability, and clarity of vision. We navigated the challenges of COVID, expanded to 12 centers, and made necessary decisions to consolidate when required. Each phase strengthened our understanding and reinforced our commitment to building a sustainable, high-quality rehabilitation ecosystem. The team we have today reflects these values—aligned and future-ready.

I would like to place on record my sincere appreciation to the management of Kauvery Hospital for their support in strengthening the Hamsa brand.

Today, we operate in Vellore and Chennai, with a clear strategic intent to expand across Chennai and beyond. Our goal is not just growth in numbers, but meaningful expansion that enhances access to high-quality rehabilitation care.

As we enter the new financial year, we step into a defining phase—Hamsa 2.0. This is not merely expansion; it is transformation—reflecting sharper strategy, stronger systems, and a renewed commitment to excellence and scalability. We are launching three new centers in Chennai, including a state-of-the-art pediatric rehabilitation facility designed to set new benchmarks.

Rehabilitation is no longer a supportive service—it is a core pillar of modern healthcare, playing a critical role in recovery and long-term quality of life. As the need grows, we must lead with clinical excellence, innovation, and compassion—while building systems that are scalable and sustainable.

As part of this phase, we will bring in new talent across clinical and administrative domains, along with experienced leaders to strengthen execution and support long-term growth.

To every member of the Hamsa team—thank you for your commitment and belief in what we are building. The next phase will require greater alignment, sharper execution, and collective ownership.

We move forward with clarity, purpose, and ambition.



**Dr G Balamurali**  
Founder & Managing Director  
Hamsa Rehab

# Marfan Syndrome

Marfan Syndrome is a rare genetic disorder that affects the body's connective tissue—the fibers that support and anchor organs and structures. Since connective tissue is present throughout the body, Marfan Syndrome can involve multiple systems including the skeletal, cardiovascular, and ocular systems. Early diagnosis and proper management are crucial to prevent life-threatening complications.

## Cause and Genetics

Marfan Syndrome is caused by a mutation in the *FBN1* gene, which is responsible for producing fibrillin-1, an essential protein for connective tissue strength and elasticity. It follows an autosomal dominant inheritance pattern, meaning a child has a 50% chance of inheriting the condition if one parent is affected. However, some cases occur due to spontaneous mutations.

## Clinical Features

- Tall and slender body
- Long limbs, fingers, and toes
- Chest deformities (pectus excavatum or pectus carinatum)
- Scoliosis or abnormal spinal curvature
- Joint hypermobility

## Investigations include

Echocardiography (to assess aortic root)  
Eye examination  
Genetic testing

## Physiotherapy Role

As a physiotherapist, role is vital in improving functional capacity and preventing complications:

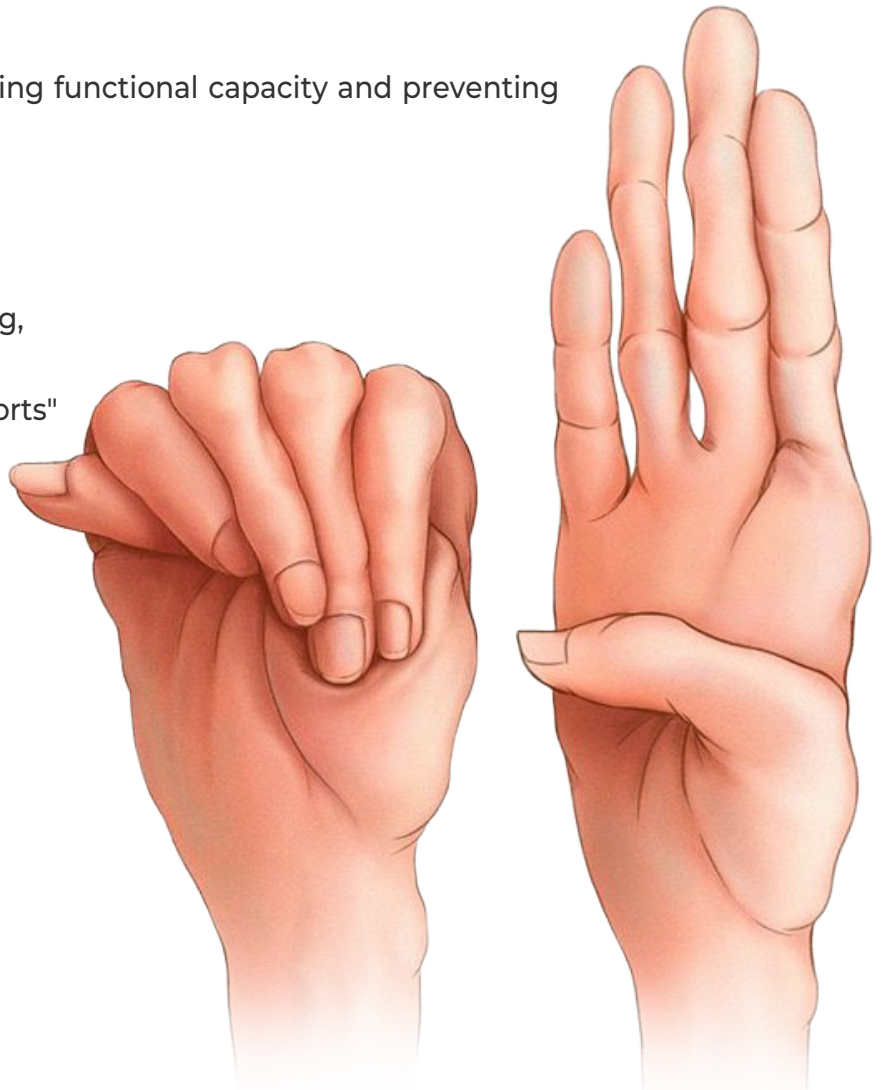
- Postural correction exercises
  - Core strengthening and stabilization
  - Breathing exercises for chest expansion
  - Low-impact aerobic activities (e.g., walking, cycling)
  - Avoidance of high-intensity or contact sports"
- check plagiarism

## Diagnosis

Based on clinical evaluation, family history, and imaging studies. The Ghent criteria are widely used for confirming Marfan Syndrome.



**Hariharan**  
Physiotherapist  
Trichy



# Pain-Associated Thoughts

Pain is not only physical; our thoughts can also affect how we feel it. When people experience pain, they may start thinking negatively about it. These thoughts can make the pain feel stronger and cause more stress or worry. For example, someone might think the pain will never go away or feel afraid that moving will make it worse. These thoughts can create a cycle of fear, tension, and more pain.

## Common Pain-Related Thoughts

### Catastrophizing

Thinking about the worst possible outcome, such as believing the pain will never improve.

### Helplessness

Feeling like nothing can be done to reduce the pain.

### “Should” Thoughts

Having expectations like “I should be able to do this” or “The pain should stop by now.”

### Self-Blame or Guilt

Blaming yourself for causing the pain or not recovering quickly.

### Hypervigilance

Constantly checking your body for pain, which can make you more aware of it.

### Fear-Avoidance

Avoiding activities because of fear that the pain will get worse.

## How Thoughts Affect Pain

The brain plays an important role in how pain is felt. Feelings like fear, stress, or sadness can make pain feel stronger. Many of these reactions come from quick negative thoughts that happen automatically. Learning to notice these thoughts and respond calmly can help reduce their effect. Simple strategies, such as recognizing the thought and letting it pass, can help break the cycle of stress and pain.



**Pargavi. R**  
Psychologist  
Trichy

# Screen Time vs Speech Development: What Parents Should

In today's digital world, children spend more time watching phones, tablets, and TV. While screens can be entertaining, too much screen time may affect a child's speech development. Children learn to speak through listening, watching facial expressions, and interacting with people. Real conversations help children learn new words and sentences.

## When children spend too much time on screens

- They talk less
- They have fewer interactions
- Their attention and listening skills may reduce
- Speech and language development may be delayed
- Warning signs include:
  - Not responding to name
  - Poor eye contact
  - Not speaking by age 2
  - Preferring screens over people

## What parents can do

- Talk and interact with the child often
- Read books and sing rhymes
- Play together and encourage conversation
- If using screens, watch together and discuss what they see

## Recommended screen limits

- Below 2 years: No screen time
- 2-5 years: Maximum 1 hour per day

Remember: Children learn language from people, not screens. Your time, words, and interaction are the most important for your child's speech development.



**Brisela**

*Speech Therapist  
Trichy*





# HIGH-PROTEIN CHANNA DAL & SOYA CHUNK ADAI



Servings - 1

## INGREDIENTS

- ▶ Channa dal - 40 g
- ▶ Soya chunks - 25 g (dry weight)
- ▶ Green chilli - 1
- ▶ Ginger - 1/2 tsp
- ▶ Jeera - 1/4 tsp
- ▶ Salt - to taste
- ▶ Onion - 20 g
- ▶ Capsicum - 20 g
- ▶ Grated carrot - 20 g
- ▶ Curry leaves - few
- ▶ Coriander leaves - few
- ▶ Oil - 1 tsp (for cooking)

## PREPARATION

- ▶ Soak channa dal for 2-3 hours.
- ▶ Soak/ Boil soya chunks in hot water for 10 minutes, squeeze well.
- ▶ Grind dal + soya chunks + chilli + ginger + jeera + salt into a slightly coarse batter (adai consistency).
- ▶ Mix in chopped vegetables.
- ▶ Heat a pan, spread batter thick like adai.
- ▶ Spray little oil and cook both sides till crisp and golden.

Get Fit  
Delight

## NUTRITIVE VALUE

Energy

**300 Kcal**

Protein

**28 g**

Carbohydrate

**30 g**

Fat

**10 g**

Fibre

**8 g**



**Ms Lizia A**  
Clinical Dietitian,  
Chennai

# Kids Corner



## Why Early Intervention Matters in Child Development.

The first years of life are extremely important for a child's growth and learning. During this stage, the brain develops quickly, and children begin to build skills in communication, movement, thinking, and social interaction. When developmental delays are noticed early, timely support can make a significant difference.

Early intervention involves identifying developmental concerns and providing appropriate therapies such as speech therapy, occupational therapy, or special education. These services help children improve language abilities, strengthen motor skills, develop attention and problem-solving skills, and interact better with others.

Early support also prepares children for school and daily activities. When developmental challenges are addressed early, children often gain confidence and independence. In addition, parents receive guidance on how to support their child's development at home.

Despite its benefits, many families are unaware of early signs of delay or may have limited access to services. Increasing awareness and encouraging regular developmental screening can help children receive help at the right time.

In simple terms, early support can shape a better future for a child. Identifying delays early and providing the right guidance helps children reach their full potential.



**Vinothini P**  
*Special Educator*  
*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



Recreational Activity for In patients @Royapettah



World Obesity Day 2026 - Employee Wellness Fitness session @Marina Beach



Serndhu Sellalam - Parent Support Group Launch @Kovilambakkam



Interactive Parent Workshop for Expanding Speech in Kids @Kovilambakkam



Sports Day for Kids @Kovilambakkam

TRICHY & VELLORE



Walkaholic 6.0 Prize distribution @Trichy



Pediatric Group Therapy @Vellore



Womens Day Celebration @Vellore



Recreational Activity for In patients @Vellore

## 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**