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Summer 10-29-2021

Departmental Newsletter

Vinita A. Acharya

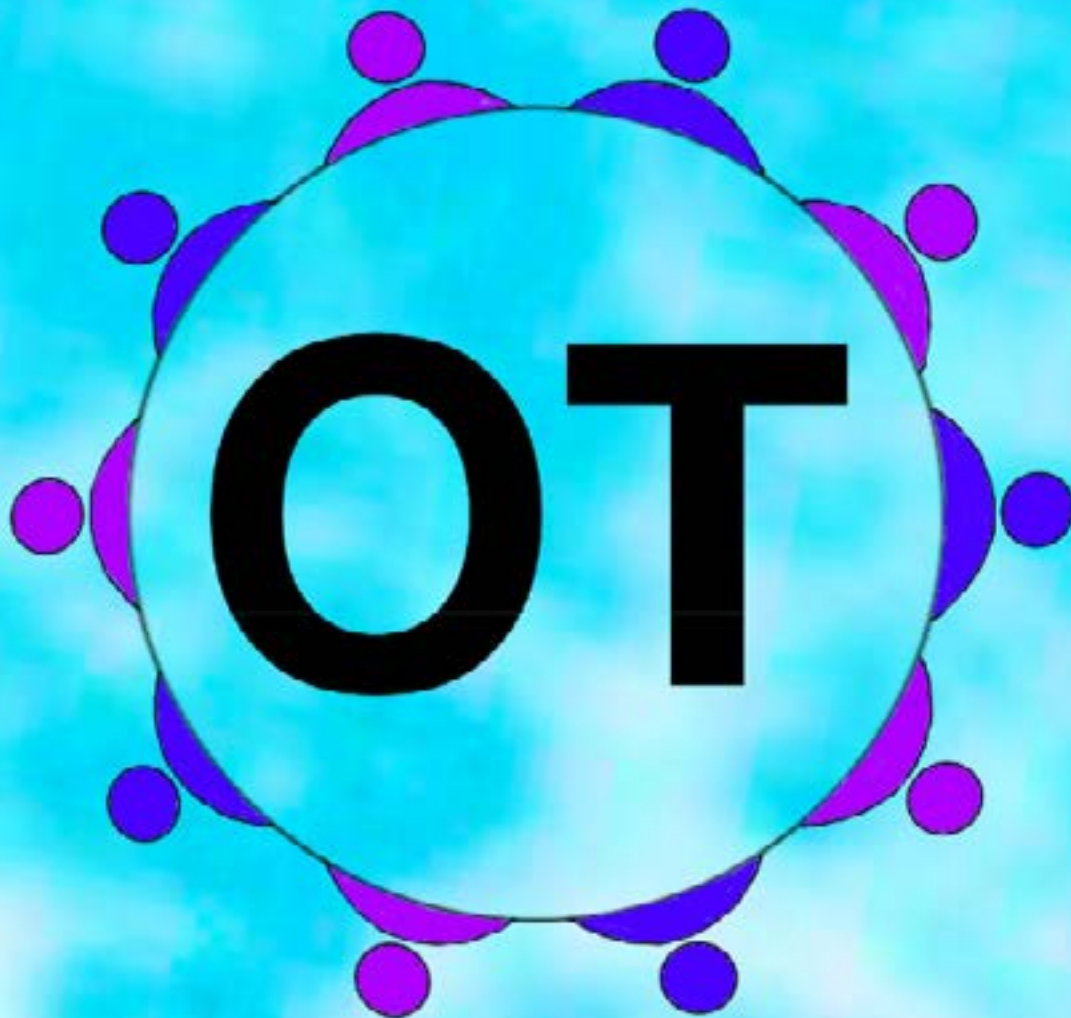
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THE



CHRONICLE



Belong, Be You

“Belong, Be You” is the theme of World Occupational Therapy Day, 2021. Belongingness and individuality seem to be polar opposites, yet are intertwined with each other. We need to belong to a group or community in order to manifest our unique personality. By belonging to the profession of occupational therapy, we have reinvented ourselves. It has provided the ability to look at the nuances in each occupation that formerly missed the eye. It has enabled us in rekindling our long forgotten and latent talents and helped us express ourselves authentically. Despite our differences, we come together as one. The profession of “Occupational Therapy” binds us all, in this matrix.

Few years down the lane, when we have blossomed into well-to-do individuals, these memories are the ones that are going to be looked back and cherished, how we were ourselves yet belonged to this tightly knit family.



Contents



Photo Credits- Dr. Shovan Saha

Shovan Saha
Photography

Messages

The 6th Edition of the OT Chronicle has been presented in the most innovative way by a team of hard working and diligent students, guided by three foremost individuals. Their contribution has been very vital for making the newsletter what it is today. Here is what they have to say!

HOD's Message

DR. VINITA A. ACHARYA



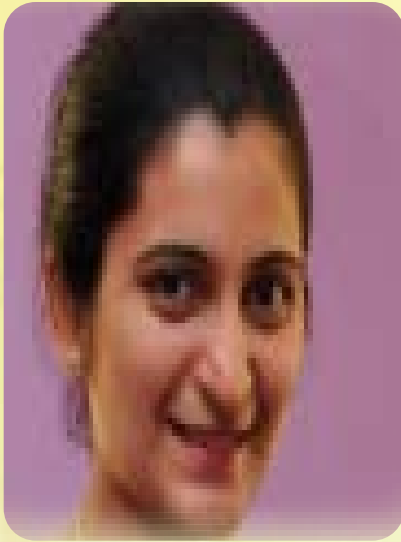
Greetings to all!

It's my pleasure to write this message for the 6th edition of our annual newsletter! With the beginning of a new decade this year, we moved on from our experiences of COVID-19 in 2020 and looked ahead to have a better 2021. Life continued to be different from what it was in the 'pre-COVID era' but resilient as we all are, we got accustomed to the 'new normal' of masks and social distancing, and predominantly an online academic life. Last year the novelty of COVID-19 and lockdowns coupled with lots of free time may have been sort of refreshing but by this year it had started taking a toll on all of our lives, physically, emotionally, and mentally.

Despite that, we charged on, went on about our lives doing and achieving things. This newsletter is a tribute to all those who have overcome the challenges of the past couple of years and not let the circumstances dampen their spirits. It is a reflection of all the experiences and achievements of the department staff and students, which we bring to you with great joy and enthusiasm. I appreciate the efforts of all the contributors and hope the readers have a great time enjoying this!

Stay safe and stay strong!

Faculty Coordinator's Message- Mrs. Shalini Quadros



Mrs. Shalini Quadros
Assistant Professor-Senior
Scale
Dept. of Occupational Therapy
MCHP, MAHE, Manipal

Dear Readers,

Welcome to our latest issue of the newsletter of Department of Occupational Therapy which is the sixth issue since we started it. We have updated all the latest happenings of the Department of Occupational Therapy, MCHP, MAHE, Manipal from November 2020 to October 2021. The team 'OT Chronicle' has tried to shape the newsletter as per the theme for World Occupational Therapy Day i.e. 'Belong, Be You'. Hope you all will enjoy reading it!!

The aim of this newsletter is to showcase the achievements of the students, faculty and beneficiaries of the occupational therapy department. As a step towards creating awareness about occupational therapy among people, I kindly request all to share the newsletter with as many people as possible.

I congratulate the dynamic, talented, self-motivated, enthusiastic, energetic team of OT Chronicle 2021 for being so patient with me and coming up with such a wonderful product. It was great working with the team and was a learning experience for me too!

Editor's Message- Ms. Smrithi Natanasubramanian



Ms. Smrithi N
Student, BOT 4th year

I am extremely ecstatic and humbled to present the 6th Edition of The "OT Chronicle". Despite the umpteen challenges posed this year, the grit and determination of the OT Family has aided in completing a year filled with numerous events and activities. This newsletter, in essence, aims to elucidate how we steered through 2021!

Right from my first year, the newsletter project had inveigled me. This being my final year, I knew I had to head back to taking up newsletter one last time! I am immensely thankful for a team full of assiduous, astute and charismatic group of individuals who rendered their all towards making this one a success.

We are thankful to the HoD, Dr. Vinita Acharya for her unceasing support and our faculty coordinators: Mrs. Shalini Quadros and Dr. Sumita Rege for their constant guidance throughout this endeavour!



Photo Credits- Mr. Pramod Dattaram Lambor

Departmental News

No barricade is greater than one's mind. Despite the pandemic, our grit enabled us in continuing the departmental activities, advancing in our field and in spreading awareness about our profession!

NEWSPAPER ARTICLES



Our department has published numerous articles through the course of this academic year which were written by faculty, students, and alumni. These articles aimed at spreading awareness about various issues to the general population and gain recognition for our profession in the community.

FACULTY	STUDENTS
Mr. Koushik Sau (faculty) Mrs. Lavanya Padmashali (faculty)	"Feeding and Eating are Essential Life Skills That Need Specialized Interventions After Many Disease Conditions"
Mrs. Lavanya Padmashali (faculty) Mr. Shashank Mehrotra (faculty)	"The Importance of Energy Conservation"
Dr. Vinita Acharya (faculty)	"Mental Health in Covid Times"
Mr. Koushik Sau (faculty) Ms. Hasti Divecha (student, 2nd MOT)	"Who Will Care For Caregivers? Role of Occupational Therapy in Parent's Mental Health"
Dr. Sebastina D'Souza (faculty) Ms. Kaushika (student, MOT)	"Caregiving Tips for People with Dementia"
Ms. Purna Lal (faculty) Ms. Mehdiya G. Pyarali (intern) Ms. Tvisha Prasani (student, 3rd BOT)	"Empowering Women with Disabilities"
Mr. Koushik Sau (faculty) Ms. Deepa (student, 4th BOT)	"Let's Lead a Satisfying Life with Meaningful Activities"
Dr. Sebastina D'Souza (faculty) Ms. Pallavi Bhat (alumni)	"Sleep in older adults"

PUBLICATIONS



TITLE- "Assessment of Time Related Deficits in Older Adults: A Scoping Review Protocol" was published.

AUTHORS-

Dr. Sebastina D'Souza (faculty)
Mrs. Meena Ramachandran (former faculty)



TITLE- "Fear of Covid 19 Inflection Across Different Cohorts: A Scoping Review".

AUTHORS-

Ms. Shalini Quadros (faculty)
Mr. Guruprasad V (faculty)



TITLE- "Community Integration Among Individuals with Stroke: A Scoping Review Protocol".

AUTHORS-

Mr. Shashank Mehrotra (faculty)
Mrs. Lavanya Padmashali (faculty)
Ms. Deeksha Kumari (alumni)
Mr. Rahul Arun Shinde (alumni)
Ms. Vaishnavi Vilas Pawar (alumni)
Ms. Sanjana Tapnis (alumni)



TITLE- "Effectiveness of Caregiver Education for Prevention of Shoulder Pain in Acute Stroke Survivors: A Randomized Controlled Trial".

AUTHORS-

Dr. Sebastina D'Souza (faculty)
Mr. Jerome Dany Praveen Raj (alumni)



TITLE- "Occupational Therapists' Perceptions of Home Program Provision for Stroke Survivors in a Lower and Middle Income Country: An Exploratory Study"

AUTHORS-

Dr. Sebastina D'Souza (faculty)
Mrs. Meena Ramachandran (former faculty)
Ms. Neha Malgaonkar (alumni)
Ms. Sefali Dushyant Patel (alumni)



TITLE- "Healthy Ageing and Occupational Therapy in South Asian Countries: A Scoping Review Protocol"

AUTHORS-

Mr. Shashank Mehrotra (faculty) in collaboration with Ms. Prachi Pundir and Ms. Ranjitha S Shetty

ACHIEVEMENTS



Ms. Rupambika Sahoo and Dr. Sebestina D'Souza were awarded with ICMR extramural grant for their project "Effectiveness of a Mother-Mediated Occupational Therapy Early Intervention Program with Mobile-Enabled Adherence Strategy to Support Mother's Self-efficacy and Infant Development"



Mr. Shashank Mehrotra received a seed grant from MATE for his project titled "Comprehensive Needs Assessment to Develop Appropriate Occupational Therapy Intervention For Community Dwelling Older Adults In Udupi Taluk".



Alumni Mr. Ajo Sunny received a certificate of appreciation for being a part of CDMRP fraternity.



Dr. Sebestina D'Souza and Dr. Sumita Rege have received approval for a grant for project titled "The Impact of Mobile Based Fall Education Application On Fall Risk Factors in Older Adults".



Mr. Tuan Nguyen Khac, MOT student received 1st prize in the "Innovative Assistive Device" event conducted by Humanity and Inclusion, Vietnam, mentored by Dr. Shovan Saha.



*Shovan Saha
Photography*



Photo Credits- Mr. Pramod Dattaram Lambor

Welcoming the New Faculty

The occupational therapy department is one that is always growing bigger and bigger. And each new member brings with them their unique talents and skills that will help further the department as well as occupational therapy. This new year has brought us not just many new students ready to tackle a new beginning but also someone passionate to teach these eager students.

Mr. Pramod Dattaram Lambor is the latest addition to our ever expanding OT family and we hope you will feel at home.



Photo Credits- Mr. Pramod Dattaram Lambor

OT FAMILY WELCOMES MR. PRAMOD DATTARAM LAMBOR!!!

By Khoddeja, 4th BOT



We find great pleasure in welcoming a new member, Mr. Pramod Dattaram Lambor to our OT family. He did his BOT and MOT (in Neurosciences) from OT School & Centre, Topiwal National Medical College, B Y L Nair Ch. Hospital, Mumbai. He worked as a school based Occupational Therapist at Yashodam Special School, Mumbai in 2016. He also worked as part time Pediatric OT at PROVO Centre, Mumbai from 2016 to 2019. From 2019 to 2021, he worked as a Neuro-Occupational Therapist at Kokilaben Dhirubhai Ambani Hospital & Research Institute, Mumbai.

His areas of interests include advanced neuro rehabilitation, geriatrics and special populations. He was always interested in serving people through the healthcare service and found the perfect medium to help people through occupational therapy. He says his favourite meaningful occupations to do in his free time is travelling with his friends and indulging in watercolour painting.

His message to OT students is, "The current scenario may have caused dilemma regarding your choice of occupational therapy as a future endeavour, but continue studying and enjoy the process, as what we get to learn through occupational therapy is something that would be useful throughout your life".

He is thrilled and looks forward to share his knowledge with the students to the best of his abilities. We are extremely excited for Mr. Pramod to share his expertise and contribution to our department!



Photo Credits- Mr. Pramod Dattaram Lambor

Community Outreach

This year enabled us to explore and master a new way of conducting community outreach programmes as it could not be done in person. Online meetings have been in a frenzy since the beginning of the lockdown connecting diverse people for a common purpose. Our department conducted multiple webinars and events spreading awareness on various topics for different populations. Head on to see how it went!

COMMUNITY OUTREACH WEBINARS



TITLE- "Emotional Regulation for Children: How My Engine Runs"

CONDUCTED BY- 4th BOT

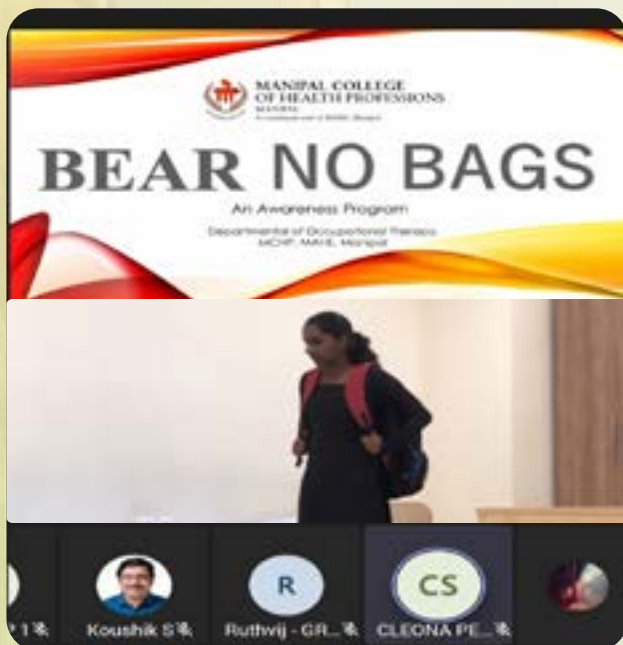
GUIDE- Ms. Rupambika Sahoo



TITLE- "Ageing in Place"

CONDUCTED BY- 4th BOT

Guide- Mrs. Lavanya Padmashali



TITLE- "Bear No Bags"

CONDUCTED BY- 2nd and 4th BOT

GUIDE- Mr. Koushik Sau



TITLE- "Let's Play- Importance of Play in Preschool"

CONDUCTED BY-4th BOT

GUIDE- Ms. Rupambika Sahoo



TITLE- "Social Inclusion of the Elderly"

CONDUCTED BY- 2nd and 4th BOT

GUIDE- Mrs. Lavanya Padmashali



TITLE- "Community Integration for People with Spinal Cord Injury"

CONDUCTED BY- 2nd and 4th BOT

GUIDE- Mr. Shashank Mehrotra



TITLE- "Importance of Play in Pre-School" and "Screen Time: How Much is Too Much"

CONDUCTED BY- Ms. Deena Dimple D'Souza and Ms. Rupambika Sahoo

COMMUNITY OUTREACH EVENTS



TOPIC- "Handling Autism and Down Syndrome"

SPEAKER- Dr. KR Banumathe

VENUE- Asha Nilaya, Udupi



Community Outreach Programs were conducted by MOT students at the Sevadhama Rehabilitation Centre.



TOPIC- "Importance of Social Participation and Return to Work".

SPEAKER- Mr. Sridhar D

VENUE- TMA Pai Hospital, Udupi

STUDENT REFLECTIONS!!!

“Emotional Regulation” topic was chosen as it focuses on the behavioural issues of children that occurs due to their inability to regulate emotions. Thus, it is of utmost necessity to talk to, and help parents and teachers strategize and collaborate with each other. This in turn helps them to effectively deal with children. This project was a great learning experience for all of us. Never in our wildest dreams did we imagine that we would provide a parenting session for parents and teachers who probably know better than us.



MARIAM ABRAHAM, 4TH BOT



POOJA CHAVDA, 4TH BOT

For our webinar- “Ageing In Place”, none of us had any idea of what, where and how to start in relation to the topic. After discussing and rational thinking, we decided to conduct the webinar both nationally (Gujarat, Kerala, Karnataka, Bengaluru, Goa) and internationally (Tanzania, Kenya and Uganda, UAE and Qatar). The journey had many ups and downs, starting from contacting different old age homes, long hours in the library, and learning to communicate effectively. I urge the readers to dare and dream big; and the fact that we could pull this off globally, anything is possible if you just believe and put in the work.

Our webinar on “Bear No Bags” was a fun and educational experience for the participants as well as the students. It helped us improve our communication, team building as well as problem solving skills. Now, I have a better understanding on many issues faced by students due to improper way of carrying backpacks!



NEELAMBARI VC, 4TH BOT



RANIYA PC, 4TH BOT

Through our webinar, “Let’s Play-Importance of Play in Preschool”, we gained an opportunity to interact and socialize with a different population in a new setting which was both personally and professionally rewarding. Our efforts made this an unforgettable project for each one of us. I was really happy at the end knowing that our audience had benefitted in at least a small way and had some takeaway from the session.

Our endeavors and hard work to build up “Social Inclusion for the Elderly” project had truly worked out well. We were glad towards the end as we realized that the crowd had benefitted in some way and had taken something useful from us. We discovered that this chance allowed us to be collaborative and helped us work in a new setting. Encounters like this are not common and we view ourselves fortunate to have been a part of this project.



BENNA FRANCIS, 2ND BOT



ANANDHU SKARIAH
MATHEW, 4TH BOT

The “Community Integration for People with Spinal Cord Injury” team succeeded in addressing a complex issue in a simple and comprehensible manner, making sure to keep the value of the information provided at its very best. We feel proud to be able to bring attention to a very important social issue. It attempted to promote and initiate a chain of actions that would eventually be strong enough to make the lives of an overwhelming amount of people much better!



Photo Credits- Mr. Pramod Dattaram Lambor

Alumni Corner

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. – Nelson Mandela

For years, Manipal has stood tall and generated occupational therapists and helped them find their place in the world.

Manipal is where we lay the foundation for our future.

We change, grow and realise our potential. We already find ourselves looking back at our years in Manipal in the Department of Occupational Therapy with a fond smile and a sense of belonging. I wonder what the future holds and how we'll feel about all the present moments that are yet to become memories.

Did those who came before us feel the same way? Let's see what a few alumni had to say!

How does Manipal and Occupational Therapy elicit a sense of belongingness in you?

Mr. Vimal Vinod

I joined Manipal University for BOT in the year 2014. I hail from Palakkad district in Kerala, and in my place Occupational therapy was not widely recognized at the time. Manipal gave me a plethora of opportunities to learn and develop myself more than just an OT clinician. The quality of education which the department offered helped me lay a strong foundation in Occupational Therapy and helped me to become a reflective practitioner. I completed my internship in February 2019. It was during that time, I met Dr. Jenniffer Creek, and my conversation with Jenniffer inspired me to take the next step of pursuing my Masters from the United Kingdom. I joined the University of Plymouth for Master's in Advanced Professional Practice in Occupational Therapy. Department of OT Manipal has always supported me during my tenure as a student in Manipal. The faculty, my batchmates and juniors used to contact me during the COVID pandemic lockdown. I could feel a sense of belonging/ interconnectedness even though I was in a different country.

I finished my Postgraduate program in the year 2021 and could secure a job as a band 5 Occupational Therapist in the NHS hospital. It is this sense of belonging with Manipal, that motivated me to inspire my juniors to move to United Kingdom for their higher studies, and after me, four students from Manipal university joined Plymouth. I consider my success being that I could contribute my part to the profession by inspiring others to take up OT from my hometown and down the line of seven years, I find the profession getting the recognition it deserves back at my hometown.



Ms. Kanishka Sharma

You can take a student out of Manipal but cannot take Manipal out of the student. Same has been the case with me. I miss Manipal, not only because I miss the place, the people or the food; I miss the person I was in Manipal. The clear skies, the salty breeze, the smell of fresh air, the sound of the rain, the colourful umbrellas, the morning rush hour, the evening strolls, it was all about finding the calm in the chaos. I spent a total of seven and a half years in the Department of Occupational Therapy at the Manipal College of Health Professions (called MCOAHS, then) and those were the best days of my life. Life as an Occupational Therapy student was not easy owing to the anonymity of this field and the magnitude of problems and challenges we were subjected to by our teachers but it was undoubtedly the greatest choice of my life. I will always be indebted to my alma mater at Manipal who laid the foundation for what I am today and gave me a priceless gift for the rest of my being - the gift of Occupational Therapy.

This year's theme for the World OT day is "Belong. Be you" I belong to Manipal and shall always be. The field of Occupational Therapy has helped me understand human functioning like nothing else. The way I look at illnesses, face challenges, solve problems and understand people is what has brought me a long way in my career and contributed to my growth, both as an OT and as a human being. And this is my identity that makes me, ME.

Wherever I go, I take a piece of Manipal with me and leave by giving a piece of myself to that place. Manipal, you shall always be my most precious experience, my safe haven!



MOT, Hand and Upper Extremity Rehabilitation
Specialist
Treatment Co-ordinator and Incharge
Department of Neuro-Rehabilitation
Creative and Media Strategist
Plexus Neuro & Stem Cell Research
Bangalore, India

Mrs. Lincy George

“College is a place where a group of strangers meet, that turns out to be a beautiful family at the end”. Even after many years, I still feel that I am part of this beautiful MAHE family!

Like everyone, starting at a new college in a new environment was worrying me. But the welcoming approach from the educators, staffs, seniors and my batchmates made me to become a part of the MAHE family within a short period of time. MAHE has been one of the most wonderful and transformative experience in my life. It taught me the tough skills of life, discipline, friendship, sincerity, dedication, struggles, experiences, joy and commitment. I had immense support from my well experienced professors and tutors. The college library, the anatomy museum and the other facilities which MAHE has is truly outstanding and creates an enriched environment for studying and professional development.



Paediatric Occupational Therapist
The Northern Health Hospital
Melbourne, Victoria
Australia

My Manipal life was the golden period of my life as it made me stronger, serious and independent. MAHE taught me that it is important to enjoy college life to its fullest by maintaining a balance between study and fun. Being a student in Manipal is a part of my life that I always cherish and will never forget!! MAHE has such a holistic approach that it enables students to acquire knowledge and skills which would be instrumental for the rest of their academic and career life. I strongly feel that even after 17 years of my graduation, my MAHE learning continues as I am still connected with the MAHE family!!

Mr. Saravanan

As a proud student and staff of our occupational therapy department, it gives me immense pleasure to look back and thank Manipal for all the great experiences it gave me.

I have seen this department grow every single day because of the ambitious and committed faculty. I have seen many of my batch mates who have reached extreme heights in their career and have established their names in their respective jobs. All thanks to our respected teachers! Without you it would not have been possible to tread such a great path. I am proud to say that I belong to this department!



Clinical Team Leader
Child & Youth Mental
Health Services
Latrobe Regional Hospital

The reflections of the alumni truly makes us look back at our golden college days, the days that were grueling yet loaded with fun, hectic yet filled with tons of memories.

The years have flown by in the blink of an eye. This makes us want to make the most of the time now: to learn more, make numerable memories and be there for one another. The account of the alumni clearly shows us that no matter what, there will always be a sense of belongingness attached to the place where we have studied, that has shaped the way we think and molded us into the individuals that we are today!



OT Euphoria

Every academic year we come together as a family to celebrate our day, that is, The World Occupational Therapy Day. OT Euphoria 2021 was yet another exciting experience for the students as well as the faculty of our department. The inspiring and committed faculty together with creative and cheerful students have left no stone unturned to make the three days successful and memorable. Here's the OT Chronicle cherishing the moments captured during the OT Euphoria 2021.

WEBINARS CONDUCTED DURING OT EUPHORIA

THEME- Continuing Occupational Therapy Education Program:
"Cognitive Rehabilitation in Neurological Conditions: An Occupational
Therapy Perspective



WEBINAR ON-
"Traumatic Brain Injury:
OT Perspective"

GUEST SPEAKER-
Dr. Sarah Milton



WEBINAR ON-
"Assessments in
Traumatic Brain Injury
and role of OT in Covid
Related Cognitive decline"

GUEST SPEAKER-
Ms. Anjana Nagrajan



WEBINAR ON-
"Supporting Functional
Cognition in Dementia"

FACULTY-
Dr. Sebastina D'Souza



WEBINAR ON-
"Cognitive Rehabilitation
in Traumatic Brain
Injury"

FACULTY-
Mr. Guruprasad V



WEBINAR ON-
"Cognitive Assessments"

FACULTY-
Mr. Shashank Mehrotra



WEBINAR ON
"Cognitive Rehabilitation
in Stroke"

FACULTY
Ms. Purna Lal

STUDENT EVENTS

The student events encompassed competitive and non-competitive, group as well as individual events thoroughly filled with fun and frolic!



OT GUP- SHUP

OT MINI BYTES



COLLAGE



JOY OF SHARING



MY PHRASES, I TALK



POT POURRI

QUIZ



ALUMNI ARTICULATIONS

CONCUR

STUDENT EVENTS WINNERS!!!

1st Prize- **TEAM FUNCTIONALISTS 2.0**

1st Runners Up- **TEAM PATRIOTS**

2nd Runners Up- **TEAM FREE THINKERS**



Photo Credits- Mr. Pramod Dattaram Lambor

Student Corner

Putting our thoughts in writing enables us to develop our thought processes along with sharpening our skills. The OT chronicle gives the students of our department an opportunity to put forth their articles, poems, sketches, and paintings, displaying a wide range of talents and unique ideas.

This year, the Student Corner exhibits the meaningful occupations our students love to engage in, and how it has enabled them to 'Belong, Be you'.

TO BELONG

Elisheta Nongbri, 3rd BOT

To belong, to be you, sometimes feels like a fragment of my imagination. How can one be themselves and yet belong to a community, find satisfaction in the things they do, the way they do it and feel like they belong?

Well, the reality is that, this is the very essence of our being. Each individual is unique, has a unique way of getting things done and is a part of the community. In the whole wide world, people involve in things they want to do, occupations which they find meaningful to do, which gives them satisfaction yet the beauty does not lie in them involving in it but rather in their unique nature of doing it. The act of doing is individualistic, has its own identity and most importantly is what defines a person. I create music in my own style, based on my own judgements and based on my current mood, trying to add a part of me in what I create. That is what defines me, because how I create music is not defined by a set universal rule but rather my own personal experience and my essence. Me creating music in my own way gives me the sense of satisfaction, a sense of belonging because I am able to contribute to my community in my own way, just being me.

To belong, be you in simple terms can also be understood as WE humans just being a small part of a whole. This world functions in harmony, because of each one's own individuality. The world is exciting and colourful, because of each one's own identity. Just doing what we do makes all the way more difference in the big picture: I get that sense of achievement, sense of satisfaction in how I do things and I say to myself, "yes, I Belong". The feeling of belonging to the occupations we do can never be achieved from social conformity, or from people's approval because then we will only be living a life directed by the people.

Think about it, when we do occupations that we value the most, be it spending time with our loved ones, painting with our friends, visiting an art gallery or anything else that matters, do we really find that feeling of belonging to it? This question is for us to pause and to think upon.

Are we really living our lives with our own identity, our own individuality or is it all masked under social conformity? When we are able to discover ourselves, find our essence and embrace this gift of individuality, is when the nature of our doing reflects our sense of belonging.



“BELONG, BE YOU”

Pallavi R. Karmath, 3rd BOT



What does it mean to belong? Oxford dictionary defines belong as “to be in the right or suitable place”. Is there a “right place” is what I always wonder. In the world that we live in today, everyone is trying their best to be a part of something they have been longing for. The façade that a person puts on to “belong” may help him/her to be a part of something that they want to. But is it really worth it? Showing a part of you that may not be what you actually are to all those around you may not always be the best option.

Today’s society expects us to be the best version of ourselves. In this process, we try our best to stow away our faults, imperfections, mistakes, and regrets just to appear exemplary. If you give it a thought, haven’t these traits made us what we are today? Don’t you ever think, had I not done that I would not be where I am now, or, if I had done something a certain way, things would have been different. Regretting a decision is one way to go and learning to live with it, and overcoming it is another. It’s up to you to choose.

Flaunt your flaws, learn from your mistakes, be bold about the choices that you make, etc. are some statements that we hear every now and then. Finding our true self is a very big mission to accomplish but not mission impossible. The setbacks that we face on our goal to find ourself will only enhance our knowledge about who we truly are. In the end, it’s you who has to travel this journey called “life”.

“If you desire to make a difference in the world, you must be different from the world” ~ Elaine S. Dalton. As an aspiring Occupational Therapist, I learn that our main goal is to help the client get back to living their life the way they used to before a trauma. But is the process easy? Of course, not. It differs from person to person.

Every human being on this planet has similar looking hands but no two people have similar fingerprints and every person has 23 pairs of chromosomes but different genetic composition. This in itself is nature’s way of telling you to be who you truly are. Isn’t it better to be part of a group where you are loved and accepted as you are, being comfortable in your own skin? Belong as a true, unfiltered you rather than the opposite. Hence, I encourage you to belong while being you.



YOGA FOR DAILY LIFE

Sushma Ramalingam, 3rd BOT

Yoga is an art and science that joins body – emotions – mind. Maharishi Patanjali who codified yoga hundreds of years ago said “yoga is stilling the Whirlpools of the mind stuff “. To have a control on one’s self body and mind yoga acts as tools in daily life. Here are some basic yogasanas those are essential for every individual to keep your body and mind toned. Yoga is the one thing that makes me, me.



Kakasana



Chakrasana



Ushtrshana



Parshvakonasana



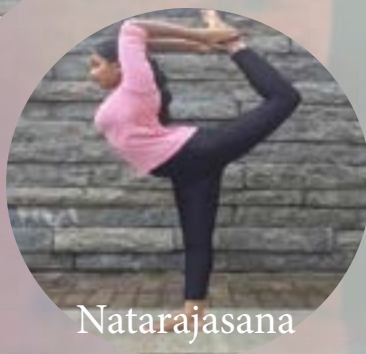
Bhujangasana



Dhanurasana



Trikonasana



Natarajasana



Sarvangasana

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BELONG, BE YOU

Surabhi S Holla, 3rd BOT

“Unlike a drop of water which loses its identity when it joins the ocean, people do not lose their being in the society in which they live.” – Dr Bhimrao Ramji Ambedkar.

As humans, we are all part of a society. Society in general provides us with multiple experiences according to which our thoughts and personality get shaped.

While we live with our parents, their thoughts, beliefs and values influence us too. However, when we move out of the house, we encounter new situations, problems, views, outlooks, and build our own experiences. Our personality gets influenced continuously by both these aspects and gets intricate with each experience.

Being a part of society or a group is an inseparable part of our lives. We as children and adults are a part of a family, as we grow up, we make friends and become a part of multiple friends' groups and then when we begin to work, we will be a part of colleagues' ally. We interact with and become a part of new groups at every stage of our lives. With all these continuous changes in life, the only thing that remains constant is 'me' or 'I'.

In this process of life, we build our personalities. The building of self never stops. Along with belonging to various groups, we develop better versions of our self.

The feeling of belongingness and being a part of something, along with having one's separate thought process, views, and personality are very essential. Belonging to a group is an important aspect of developing a better personality, but not our personality itself.



BELONG, BEING YOU

Elsa Theresa and Anjana, 3rd BOT

Belongingness is the human emotional need to be an accepted member of a group. Be it family, friends, co-workers, a religion, people tend to have an 'inherent' desire to belong and be an important part of something greater than themselves. A sense of belonging is crucial to our life satisfaction, happiness, mental and physical health and even longevity. Research has shown that loss of belonging has been associated with stress, illness and decreased well-being and depression. Without a sense of belonging, it's easy to feel lost and alone.



Its always important to belong to a group or community, but, it is also crucial for an individual to be themselves. One should have the ability and opportunity to express his/her feelings, when they are part of a group. Being a part of Occupational Therapy, I get all the opportunity to express the way I am. This helps to increase my confidence as well as improves my satisfaction in life. By knowing and being yourself, you are better able to acknowledge things that you do not know well enough. You won't be hesitant to ask questions because you - and, hopefully, everyone you work with - know how genuine you are. People will respect your ability and even eagerness to pick their brain.

ANTHEM OF AN OCCUPATIONAL THERAPIST

By Kripa Titty Cherian, 1st BOT

I am an occupational therapist,
Known for the power of my fist!
To get them on their feet,
Help them get going in life,
I dare them to dream,
And strive with them towards excellence!
I fix the broken wings,
And let them fly over the rainbow.
I trade tears for smile,
I crawl with them,
Till they run on their own.
Because I am an occupational therapist
Known for the power of my fist!



IT'S ALL FADING

By Disha Karnik, 3rd BOT

As I begin to talk, Halfway I stop Trying to recall the simplest of words	D	Feeling so lost in a place I found myself Oh it's such a pity!
My mind was once a complete dictionary but now, the pages seem a little too blurry	E	It's when the dense fog has made it's way, The clear blue skies bid goodbye to the gray
As I begin to walk, Halfway I stop no longer recognising my own surroundings	M	When everything seems faded I look ahead Gazing at the smiles of people I no longer remember,
My mind was once a map that knew every corner of my city	E	Memories have been erased but the emotions stay and that's how I've come a long long way
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BELONG, BE YOU

By Amar Arvind Nishad, 1st MDT

During my childhood days whenever I used to go on a family trip, or during festivals I used to observe my parents, they would donate food and clothes to those in need, so it could be at temples and sometimes to those who were in need. I always used to see the big smiles on their face, so I never questioned them about why they give those donations.

As the school journey ended and after joining a new college everything was changed, it was a new environment with a lot of strangers but after some days I made few friends. One day my friend introduced me to an NGO which he was already working with so he asked me to come and attend one project and said if you like it then you can also be a part of it. It was a community-based NGO and after attending one meeting which I found very interesting, the meeting concluded with a date and timing for the upcoming project and I was very excited to attend. The project was conducted at an orphanage center among children with special needs where we initially interacted with them, played some activities and concluded with the lunch. We also donated groceries and while I was giving them I realized how happy they were and it made me realize that this is where I belong, to help those in need, to help to see the smile on their face which in turn made me happy at the end of the day.



After completing junior college I decided that I want a profession where I can help those in need and just like many others. I gave NEET entrance exams but didn't get enough scores to get a seat in a medical field and then I came across occupational therapy a healthcare profession which work with all age groups and uses a holistic approach to understand the problems and help an individual to achieve what they want, need and expected to do in their daily life through engaging in meaningful occupations.

In this journey after seeing many individuals with wide range of conditions throughout the course, at the end of the day seeing them performing their role independently despite of their disability makes me happy and it gave me a sense of identity that how I belong to this profession.

LIFE OF AN OT

By Feba Susan, 1st BOT



An OT Client's Perception of "Belong, Be You"

BE YOU!

By Ms. Shruti Khare, OT Client

We were born only for one reason - celebration! In this diverse jungle of diverse creatures, not one of us is similar. Everyone is different. And thus, every soul is unique. We were all born to follow our hearts and shape our destinies the way divinity intended. It is alright if we do not fit, and it is perfect if we do too! Diversity is beautiful. Embrace it. Embrace yourself. Be you! And while we may be diverse, we may look different, think differently, act differently, speak different languages, follow different religions, have different professions; we are all humans and we belong to each other, ourselves, the world and beyond. By just being ourselves, we do everyone a favour - by celebrating humanity and belonging to the crux of life. So, be yourself - play piano or sitar if that is your passion! Learn French or play football if that is your calling! Take that road less travelled if it looks promising to you - it will all work eventually in making a difference. Thus, be different / similar! Belong, be you!

Farewell!



BOT Batch of 2017!



MOT Batch of 2019!

Activity Corner

By Khadeeja, 4th BOT

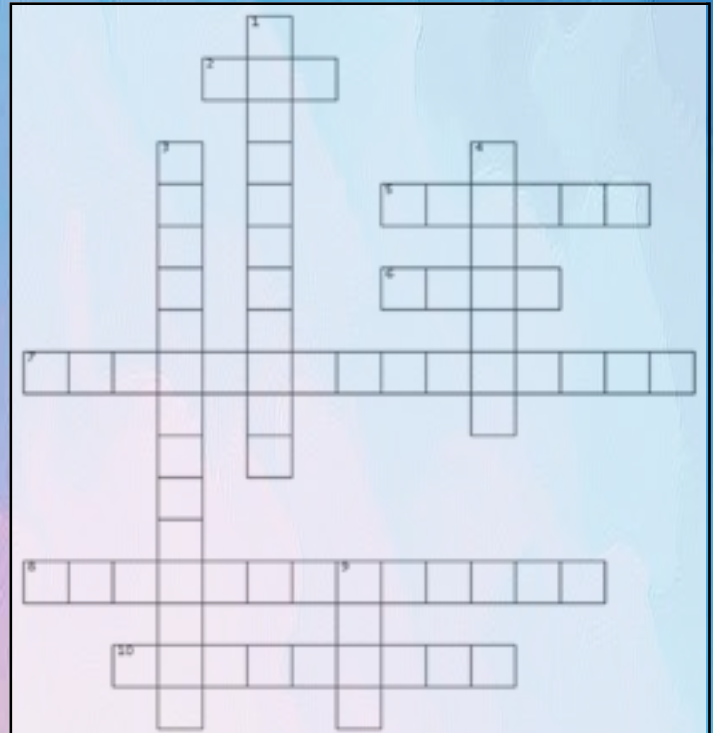
CROSSWORD!

Down:

- 1- Awareness of the position and movement of the parts of the body by means of sensory organs in the muscles and joints.
- 3- A device for measuring the tactile sensitivity of the skin.
- 4- A reflex elicited when the sole of the foot is stimulated with a blunt instrument.
- 9- A bimonthly peer-reviewed medical journal that is published by the American Occupational Therapy Association

Across:

- 2- Assessment tool that aims to evaluate the functional status of patients throughout the rehabilitation process following a stroke, traumatic brain injury, spinal cord injury
- 7- A treatment technique used to modify how sensitive an area is to particular stimuli.



FIND THE FOLLOWING WORDS!

- Client Centered
- Clinical Reasoning
- COPM
- Evidence Based
- Independence
- Intervention
- Mobility Aid
- Performance Pattern
- Smart Goals
- Splinting



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Thank You!