



62nd Annual National Conference of All India Occupational Therapists' Association

OTICON 2025 GOA

Theme: Translating Research into Policy & Clinical Practice in Occupational Therapy

21-23 FEBRUARY | KALA ACADEMY,
2025 | PANJIM, GOA

E-SOUVENIR

CONFERENCE MANAGER



oticon2025goa.com



OTICON 2025
GOA



Leading Therapeutics Tool
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Startup
Recognized

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Integration Therapy (OSIT) Levels 1 to 4

Women
Empowerment

Built very first SpeechGears
Research Institute in NAGPUR

Does Weekly Webinars for
Autism Awareness among Parents.

Hemalatha D
★★★★★ **Satisfied fully**
Reviewed in India on 18 December 2024
Colour: Green (medium Hard) **Verified Purchase**
Product meets the expectations

Helpful Report

Shalini
★★★★★ **Worth the price**
Reviewed in India on 3 July 2024
Verified Purchase
The product is perfect for kids to develop their finger strength. It helps to develop their fine motor skills. Though expensive, the product is fully worth its price.

Helpful Report

Shruti
★★★★★ **Excellent product**
Reviewed in India on 26 September 2023
Colour: Green **Verified Purchase**
After experience of the effects of the product on my special kid, I find positive changes within a month. Hope that it will be helpful for him and he will gain verbal ability.
One person found this helpful

Helpful Report

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OSIT, BANGLADESH
(SEPTEMBER 2023)



OSIT, NAGPUR
(JUNE 2024)



OSIT, HYDERABAD
(SEPTEMBER 2024)



OSIT, BENGALURU
(OCTOBER 2024)

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Welcome to OTICON 2025

Where Knowledge Meets Action, and Research Transforms Lives!

It is with immense joy and pride that we welcome you to OTICON 2025, the 62nd Annual National Conference of the All India Occupational Therapists Association (AIOTA), hosted in the vibrant and picturesque state of Goa. This year's conference, themed "Translating Research into Policy and Clinical Practice in Occupational Therapy," marks a significant milestone in our collective journey towards evidence-based, impactful, and innovative occupational therapy interventions.

OTICON has always been a platform that unites brilliant minds, passionate clinicians, researchers, educators, and policymakers from across the nation and beyond. In today's rapidly evolving healthcare landscape, bridging the gap between research and its application in real-world practice is more crucial than ever. Through engaging discussions, thought-provoking keynote sessions, and hands-on workshops, this conference aims to empower us all with knowledge, insights, and strategies to transform research into actionable policies and enhanced clinical outcomes.

Goa, with its serene beaches, rich cultural heritage, and warm hospitality, provides the perfect backdrop for this intellectual and professional exchange. We encourage you to immerse yourselves in this enriching experience, build collaborations, and take back invaluable learnings to elevate occupational therapy practice in India and globally.

On behalf of AIOTA, we extend our heartfelt gratitude to all the organizers, speakers, sponsors, and delegates for making OTICON 2025 a reality. Let us come together to inspire, innovate, and influence the future of occupational therapy!

Warm regards,
Organizing Committee, OTICON 2025
All India Occupational Therapists Association (AIOTA)

Message from His Excellency, Governor of Goa



P S Sreedharan Pillai
Governor of Goa

P S Sreedharan Pillai

Raj Bhavan
Goa-403004

Date: February 11, 2025

MESSAGE

It is with great pleasure that I extend my warm greetings to the organizers, esteemed speakers, and participants of the 62nd Annual National Conference of the **All India Occupational Therapists' Association – OTICON 2025**.

Occupational Therapy plays a crucial role in enhancing the quality of life by promoting health, well-being, and independence for individuals across all age groups. The theme of this year's conference, "*Translating Research into Policy and Clinical Practice in Occupational Therapy*," highlights the importance of integrating scientific advancements into real-world applications, ultimately benefiting countless individuals in need of rehabilitative care.

I commend the efforts of Goa Medical College, the Goa branch of AIOTA, and the organizing committee for bringing together experts, professionals, and students for this prestigious academic gathering. Such conferences serve as a vital platform for exchanging knowledge, fostering innovation, and strengthening professional collaborations in the field of Occupational Therapy.

As Goa plays host to this esteemed event, I encourage all delegates to take this opportunity to engage in meaningful discussions, explore innovative solutions, and contribute towards the advancement of healthcare services in our country. At the same time, I invite you to experience the rich cultural heritage and scenic beauty that Goa has to offer.

I extend my best wishes for a successful and enriching **OTICON 2025** conference and look forward to the positive impact it will create for the future of Occupational Therapy in India and beyond.

(P.S. Sreedharan Pillai)

Message from Hon'ble Minister for Health, Urban Development, Town and Country Planning and Forest



VISHWAJIT P. RANE

Minister for Health, Women & Child Development,
Urban Development, Town & Country Planning and Forest



Shri, Vishwajit P. Rane

Dear Members and Delegates,

It is my great privilege to extend my heartfelt greetings to the All India Occupational Therapists' Association (AIOTA) as it convenes the 62nd Annual National Conference – **OTICON 2025**, in the picturesque city of Goa. From February 21st to 23rd, 2025, this esteemed gathering of professionals in the field of occupational therapy will provide a platform for the exchange of knowledge, experiences, and innovative practices that continue to shape the future of healthcare in India.

Occupational therapists play a vital role in enhancing the quality of life for individuals across all stages of life, helping them overcome challenges and regain independence. Their expertise in rehabilitation, disability management, mental health, and community integration is pivotal to building a more inclusive society, where every individual has the opportunity to live life to the fullest.

The theme of the conference—“**Translating Research into Policies and Clinical Practice in Occupational Therapy**”—aptly promises to be a catalyst for advancing these goals. It is heartening to see how our country's occupational therapy professionals are not only dedicated to improving the health and wellbeing of individuals but are also contributing significantly to research, policy, and the evolving healthcare landscape in India.

As we look ahead, I encourage all attendees to engage with one another, share best practices, and continue to foster the collaborative spirit that is essential for the growth of the profession. The Government of India remains committed to supporting initiatives that empower healthcare professionals and ensure that every citizen has access to quality care and rehabilitation services.

I would also like to acknowledge the tireless efforts of the Goa Medical College's Occupational Therapy section, in collaboration with the Goa branch of AIOTA and AIOTA, in organizing this world-class conference. The thoughtfully designed program, with its mix of scientific sessions and cultural events, promises to be an enriching experience for all involved—delegates, students, and healthcare professionals alike.

Let us work together towards a healthier, more inclusive India, where the principles of occupational therapy can reach even greater heights.

“Jai Hind, Jai Go!”

Shri. Vishwajit P. Rane,
Minister for Health, Urban Development,
Town and Country Planning and Forest
Government of Goa

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Message from Hon'ble Minister of Revenue, Labour & Waste Management



Atanasio Monserrate

Minister for Revenue, Labour & Waste Management
Government of Goa

Ref No. 1/2025 Min(Revenue)/Const: 0799

Date: 10/02/2025



Message

I am glad to know that, the Goa Medical College & Hospital in association with All India Occupation Therapists Association will be organizing a three days 62nd annual National Conference OTICON 2025 with the theme "Translating Research into Policy & Clinical Practice in Occupational Therapy", a souvenir on this occasion will be released.

The organizing of the annual national conference OTICON 2025 will provide a platform for experts, professionals and stakeholders from the field of occupational Therapy across India and globe as well.

I hope that, this National Conference OTICON 2025 will also help to promote healthcare and invaluable innovations. Apart this it will be also a great source of encouragement for all those who are working towards improving the health of all people.

I extend my best wishes for the grand success of the conference OTICON 2025.

Shri. Atanasio Monserrate
MLA – Panjim Constituency,
Minister for Revenue, Labour & Waste Management
Government of Goa

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Message from Hon'ble Minister of Sports, Art & Culture, RDA



Govind S. Gaude

Minister for Sports, Art & Culture, RDA
Government of Goa

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Ref. No. : Min(Sports) message /2024-25/186

Dated : 13/02/2025



MESSAGE

Occupational therapy (OT) is a branch of health care. Growing awareness about medical sciences has brought this branch to the mainstream. Occupational Therapy is a recognised branch of the National Commission of Allied & Healthcare Professions in India. Goa is known for its scenic beauty, hospitality and clean natural resources. Over the years, it has also gained a reputation for medical & wellness tourism. I am immensely pleased that the 62nd Annual National Conference of All India Occupational Therapists Association 'OTICON 2025' is happening in Goa between 21-23 February 2025.

The conference is organised by Goa Medical College & Hospital in association with the Goa Branch of AIOTA and the All India Occupational Therapists Association. I congratulate the conference organisers and extend warm wishes to all the delegates and participants. Hope this conference brings fruitful deliberations that will strengthen the healthcare system in the country.

Govind S Gaude

Message from Hon'ble Minister of Water Resources, Co-operation and Provedoria

SUBHASH A. SHIRODKAR
Minister for Water Resources,
Co-operation and Provedoria
Government of Goa



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Ref. No. SAS/2024-25/ 858

Date: 24/01/2025



Message

I am glad to know that, the Goa Medical College & Hospital in association with All India Occupational Therapists Association will be organizing a three days 62nd annual National Conference OTICON 2025 with the theme “Translating Research into Policy & Clinical Practice in Occupational Therapy”, a souvenir on this occasion will be released.

The organizing of the annual national conference OTICON-2025 will provide a platform for experts, professionals and stakeholders from the field of occupational Therapy across India and globe as well.

I hope that, this National Conference OTICON -2025 will also help to promote healthcare and invaluable innovations. Apart this it will be also a great source of encouragement for all those who are working towards improving the health of all people.

I extend my best wishes for the grand success of the conference OTICON -2025.

SUBHASH A. SHIRODKAR
Minister for Water Resources,
Co-operation & Provedoria
Government of Goa

Message from Health Secretary

It is my pleasure to extend a warm welcome to each one of you to the 62nd Annual National Conference of the All India Occupational Therapists' Association – OTICON 2025, scheduled to be held in Goa from 21st to 23rd February 2025.

This is a momentous occasion for the Occupational Therapy community in India. As we continue to evolve and adapt, Occupational Therapists are increasingly becoming integral to the healthcare system, addressing a diverse range of health conditions across the lifespan.

The growth and recognition of this profession are a testament to the invaluable contributions you make to improve the lives of countless individuals. I commend the core organizing committee for their unwavering dedication to ensuring that this conference is an academic and professional milestone. A special note of gratitude is due to the esteemed plenary speakers, invited national and international experts, presenters, delegates, and the students who will be participating. Your contributions will undoubtedly enrich the program and provide invaluable insights into the future of Occupational Therapy.

Over the past 75 years, Occupational Therapy has gained tremendous significance within the healthcare sector. The shift from the traditional medical model to a functional model in clinical practice has propelled the field into the forefront of patient care. This transformation has made Occupational Therapy a cornerstone of modern medicine, and the conference theme, “Translating Research into Policies and Clinical Practice in Occupational Therapy,” resonates deeply with the challenges and opportunities we face today.

I am confident that OTICON 2025 will offer ample opportunities for academic exchange, research collaboration, and knowledge sharing. It is through such platforms that we can work towards integrating Occupational Therapy services more effectively into national healthcare policies. The diverse array of keynote addresses, expert presentations, scientific papers, and poster sessions will further support improved clinical decision-making and practice in Occupational Therapy.

I wish the Goa Medical College & Hospital and All India Occupational Therapists' Association continued success in its mission, and I am confident that OTICON 2025 will be a rewarding experience for all involved. This conference will serve as a wonderful opportunity for professionals to come together, share knowledge, and forge new collaborations for the advancement of the profession.

I wish you all a successful and productive time at OTICON 2025. May the discussions and interactions during this conference pave the way for greater progress in the field of Occupational Therapy.

Warm regards,

Shri. Arun Kumar Mishra
Health Secretary,
Government of Goa



Message from Chairperson, National Commission of Allied & Healthcare Professions, Govt. of India



डॉ. यज्ञा उन्मेष शुक्ला, (पीएच.डी)
अध्यक्ष, एन सी ए एच पी

Dr. Yagna Unmesh Shukla, (Ph.D)
Chairperson, NCAHP



राष्ट्रीय सहबद्ध और स्वास्थ्य
देख-रेख वृत्ति आयोग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार
Government of India
Ministry of Health & Family Welfare
National Commission
for Allied and Healthcare Professions



Message

I am pleased to note that the 62nd Annual National Conference of the All India Occupational Therapists' Association (OTICON 2025) is being organized with the theme "Translating Research into Policy & Clinical Practice in Occupational Therapy." Congratulations to the organizing team for their efforts in facilitating this conference.

Occupational therapy plays a crucial role in enabling individuals to regain independence and improve their quality of life. The integration of research into policy and clinical practice is fundamental to advancing the profession and enhancing patient outcomes. Evidence-based practice is essential for ensuring effective interventions and improving healthcare delivery.

Continuous learning and professional development are necessary to keep pace with advancements in healthcare. This conference provides a valuable platform for occupational therapy professionals to exchange knowledge, discuss new developments, and contribute to the evolution of clinical practice.

I extend my best wishes for the success of OTICON 2025.

Dr. Yagna Unmesh Shukla (PhD)
Chairperson (NCAHP)
National Commission of Allied & Healthcare Professions,
Ministry of Health & Family Welfare,
New Delhi.

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Message from Dean, Goa Medical College & Hospital, Bambolim

It is my distinct pleasure to extend a heartfelt welcome to all attendees of the 62nd Annual National Conference of the All India Occupational Therapists' Association (OTICON 2025), scheduled to be held in the vibrant city of Goa from 21st to 23rd February 2025.

This year marks an exciting milestone for the Occupational Therapy profession in India as it continues to evolve, adapting to the diverse and ever-changing health challenges faced across the lifespan.



Prof (Dr) S. M. Bandekar

The theme of this year's conference "Translating Research into Policies and Clinical Practice in Occupational Therapy"—aptly addresses the current challenges and underscores the importance of integrating evidence-based research into clinical and policy frameworks.

The core organizing committee has worked tirelessly to create an academic extravaganza, and I am truly excited to welcome all presenters, delegates, postgraduate and undergraduate students to what promises to be an enriching experience. A special note of thanks is due to our distinguished plenary and invited speakers, both national and international, for their invaluable contribution to the success of this event. Occupational Therapy has evolved significantly over the past 75 years, transitioning from a medical model to a functional model of practice, thus becoming an integral part of the healthcare system. This conference will provide a platform for all participants to share their academic, clinical, and research experiences, fostering collaboration and the exchange of new ideas that will help further elevate the role of Occupational Therapy in healthcare policy and clinical practice.

The program has been meticulously designed to cater to the diverse needs of all members of the All India Occupational Therapists' Association (AIOTA), delegates, students, and other healthcare professionals. Along with a series of keynote addresses, expert presentations, scientific paper sessions, and poster presentations, we have also included cultural programs in the evenings to ensure a well-rounded and memorable experience for all attendees.

This conference is the result of a collaborative effort by the Occupational Therapy section of Goa Medical College and the Goa Branch of AIOTA, whose dedication and passion for advancing the field of Occupational Therapy have been instrumental in making this event possible. On behalf of the organizing team, I once again extend a warm welcome to you all. I am confident that OTICON 2025 will provide ample opportunities for learning, networking, and the sharing of knowledge, paving the way for further advancements in the field of Occupational Therapy.

I look forward to meeting each one of you in Goa, and to a truly inspiring and successful conference!

Warm regards,
Prof (Dr) S. M. Bandekar
 Conference Patron-OTICON 2025,
 Dean, Goa Medical College, Bambolim, Goa

Message from Director, Directorate of Health Services, Government of Goa

Message from the Director of Health



It is my privilege to extend my best wishes to OTICON 2025, the National Conference for Occupational Therapy, focused on the theme "Translating Research into Policy and Clinical Practice in Occupational Therapy." This conference serves as a vital platform to bridge the gap between research, policy-making, and real-world clinical applications, ultimately enhancing patient care and rehabilitation.

Occupational therapy plays a crucial role in improving quality of life, and integrating evidence-based research into practice ensures better outcomes for individuals and communities. I commend the organizers, professionals, and researchers for their dedication to advancing this field.

Wishing OTICON 2025 great success in fostering meaningful discussions and innovations for the future of occupational therapy.

Dr. Rupa Naik
Director
Directorate of Health Services

Message from Goa State Commissioner for Persons with Disabilities



I extend a heartfelt welcome to all delegates to OTICON 2025 in Goa. This year's theme, "Translating Research into Policy & Clinical Practice," underscores the vital need to bridge the gap between research and real-world application in occupational therapy.

By integrating evidence-based practices into our policies and clinical interventions, we can significantly enhance the quality of life for individuals with disabilities in Goa and across India.

I commend the efforts of the 62nd All India Occupational Therapists' Association and wish OTICON 2025 a resounding success.

Warm regards,
Guruprasad Pawaskar
State Commissioner for Persons with Disabilities, Goa

Message from Director (Academic), Goa Medical College & Hospital, Bambolim



It is my great pleasure to extend a warm welcome to all delegates, experts, and participants of the 62nd Annual National Conference of the All India Occupational Therapists' Association (AIOTA), OTICON 2025. This prestigious event serves as a vital platform for collaboration, knowledge sharing, and professional growth within the field of occupational therapy.

As we gather together, we are presented with the invaluable opportunity to engage with the latest advancements in research, clinical practices, and innovative approaches to patient care. The academic discussions and presentations over the next few days will not only enhance our understanding but also inspire us to continue our commitment to improving lives and supporting individuals in overcoming daily challenges.

The conference theme this year holds special significance, reflecting the dynamic and evolving nature of occupational therapy. It reminds us of the importance of interdisciplinary collaboration and the role we play in addressing diverse needs in an ever-changing healthcare landscape.

I am confident that OTICON 2025 will provide ample opportunities for learning, networking, and personal development, helping us strengthen our collective efforts in advancing the profession. I encourage all participants to actively engage, share their knowledge, and take away new insights that will shape the future of occupational therapy practice in India and beyond.

Wishing you all a successful, enriching, and memorable conference experience!

Dr. Sandip Sardesai,
MBBS (BOM), MD Physiology (GOA)
Director (Academic)
Head and Professor, Dept of Physiology
Goa Medical College & Hospital,
Bambolim, Goa

Message from President, World Federation of Occupational Therapy

Dear Congress Participants,

It is with immense pleasure and pride that I welcome you to this year's OTICON, the 62nd Annual National Conference of All India Occupational Therapists' Association. Where we gather under the inspiring theme: "Translating Research into Policy and Clinical Practice in Occupational Therapy."

This congress represents more than just an opportunity to exchange ideas; it is a powerful convergence of minds dedicated to shaping the future of occupational therapy.

Together, we strive to bridge the gap between discovery and application, ensuring that the knowledge we uncover through practice and research transforms lives, influences policy, and enhances clinical outcomes in India and worldwide.

The connection between research, policy, and practice is critical in our ever-evolving profession. It empowers us to champion evidence-based interventions, advocate for inclusive policies, and provide person-centred care that meets the diverse needs of individuals and communities. As leaders, innovators, educators and practitioners, we hold the responsibility—and the privilege—of being change-makers.

Over the next few days, we will be immersed in thought-provoking presentations, dynamic discussions, and collaborative workshops. We will hear from those who have successfully turned research into solutions and connect with colleagues who share our passion for advancing occupational therapy.

As president of the World Federation of Occupational Therapists (WFOT), I am excited to join you in person in Goa. Together, we are not only translating research into practice; we are shaping a future where occupational therapy transforms lives in profound and meaningful ways.

Your commitment to excellence and innovation humbles me. Your dedication to learning, sharing, and implementing knowledge is what drives our profession forward. Let us make this congress a celebration of what we have achieved and a launching pad for the extraordinary possibilities that lie ahead. Thank you for your passion, ideas, and unwavering dedication to advancing occupational therapy.

Welcome. I look forward to having many discussions with you all. May this congress inspire us to turn our vision into action.

Warm regards,

Samantha Shann,

MSc, PGCert, DipCOT, FRCOT

President, World Federation of Occupational Therapists



Message from President - AIOTA



ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION

Founder Council Member World Federation of Occupational Therapists
Registered Under Bombay Public Trust Act, Bom. 1950-E1118

Dr. Pankaj Bajpai, MOT, PGDDRM, MAIOTA
President-AIOTA
WFOT Delegate



Message

It is our privilege to welcome you to **OTICON 2025**, the 62nd Annual National Conference of the All India Occupational Therapists' Association (AIOTA), hosted at the picturesque **Kala Academy**, Panaji, Goa, from **February 21–23, 2025**. This year's theme, "*Translating Research into Policy and Clinical Practice in Occupational Therapy*," reflects our unwavering commitment to bridging the gap between cutting-edge research and real-world practice, fostering innovative and evidence-based care for diverse populations.

The conference promises a vibrant blend of academic rigor and cultural immersion. Highlights include **Continuing Occupational Therapy Education sessions, scientific presentations, keynote addresses by esteemed experts, student competitions**, and captivating cultural programs celebrating Goa's rich heritage. Additionally, OTICON 2025 offers an invaluable platform for institutions and sponsors to showcase their contributions to advancing the field.

We extend our heartfelt gratitude to **Dr. Vivek P. Vajaratkar**, Organizing Secretary of the conference, and the dedicated organizing team for their meticulous efforts in curating this enriching program.

We warmly welcome all participants and encourage you to take the opportunity to explore Goa's breathtaking landscapes, vibrant culture, and legendary hospitality. Let us join hands to make OTICON 2025 a milestone event that propels the growth and impact of Occupational Therapy in India.

I wish the conference a great success.

Dr. Pankaj Bajpai
President-AIOTA

Message from Dean ACOT and Conference Coordinator

It gives me great pleasure, to extend a very warm welcome to each and every one of you, participating in the 62nd Annual National Conference of AIOTA OTICON 2025, from 21st to 23rd Feb. 2025, held in Goa. We believe that "The education of a man is never completed in his life span. Therefore Academic Council of Occupational Therapy (ACOT) is committed to infusing & updating academic excellence in the clinical practice of occupational therapy in India. To achieve this, ACOT team has been working hard to execute various academic programmes.



Dr. Jyotika Bijlani

ACOT regularly organises Continuing OT Education (COTE) Programmes on contemporary topics of various OT specialities by experienced faculty, thus helping the OT professionals to keep abreast of information on OT practice. ACOT has been successfully organising, the Short Certificate Courses, Seminars/Webinars, Workshops & Fellowship programs which would be continued and accelerated in the coming years too. Another very important event, which ACOT organises every year during annual OTICON, is the pre-conference COTE. The topic of COTE for OTICON 2025 is: "Innovations, Integration, and Indian Perspectives: Occupational Therapy in Head Face & Neck Onco- Rehabilitation" Cancer is now a leading health problem in India, with approximately 1 million cases occurring each year. Out of which 20% comprises of head and neck malignancies. Patients with HNC often face complicated treatments that require rehabilitation to help them recover with optimal functional outcomes and quality of life. Depending on their unique circumstance, patients may have issues with eating, feeding & swallowing, voice, speech, facial sensation, shoulder and neck motion, facial/neck swelling/lymphedema, cancer-related fatigue, body shaming or social stigma.

In this regard, Occupational therapy plays a vital role in providing a holistic and a skilled approach for the rehabilitation of HNC patients which needs to be incorporated into the treatment plans from the very beginning. The two speakers of this COTE, Dr Manjusha Vagal from Mumbai & Dr Hitesh Gupta from Delhi would be sharing their experience on this subject. This then will be followed by the Panel discussion on "Bringing out onco rehab, Occupational Therapy Perspectives from an Indian context". Apart from preconference COTE, the deliberations during the three days of conference include newer & stimulating scientific programme for OT professionals & students. This will not only enable the participants to learn, adapt and respond to the various challenges but also will have wonderful opportunity to get updated from the experience of the eminent experts from India and overseas, who would share their knowledge and experience on their specialty area of OT practice.

On behalf of ACOT & as a conference coordinator, I would like to welcome all of you to participate in preconference COTE and all the scientific deliberations. Your dedication to learning, sharing, and implementing knowledge will help you in advancing occupational therapy practice.

Looking forward to meeting you all at OTICON 2025.

Dr. Jyothika Bijlani

Dean, Academic Council of Occupational Therapy (ACOT),
Conference Coordinator

Message from Honorary Secretary, AIOTA



Dear Delegates,

It is a privilege to welcome you to OTICON 2025, the 62nd Annual National Conference of the All India Occupational Therapists' Association, hosted at the picturesque Kala Academy in Panaji, Goa from February 21-23, 2025. The theme, "Translating Research into Policy and Clinical Practice in Occupational Therapy," underscores our commitment to bridging the gap between research and practice, fostering innovative and evidence-based care for diverse populations.

The conference offers a rich blend of academic and cultural experiences, including COTE sessions, scientific presentations, keynote addresses by renowned experts, student competitions, and cultural programs showcasing Goa's heritage. It also provides a platform for institutions and sponsors to highlight their contributions to the field. My sincere gratitude goes to our Organizing Secretary of the conference, Dr. Vivek P. Vajaratkar and the organizing team for their dedication in curating a comprehensive program. As Occupational Therapy continues to evolve as a cornerstone of modern healthcare, OTICON 2025 serves as a pivotal forum for knowledge exchange, innovation, and policy advocacy.

We warmly welcome all participants and encourage you to explore Goa's scenic beauty, rich culture, and warm hospitality, ensuring a memorable and enriching experience. Together, let us make this a landmark event for advancing Occupational Therapy in India.

Warm regards,
Dr. Joseph Sunny
Honorary Secretary, AIOTA

Message from Convenor, Goa Branch of All India Occupational Therapists Association



Dear Delegates, Speakers, and Guests,

It is with great pride and enthusiasm that I extend a warm welcome to you all for OTICON 2025, the 62nd annual national conference of the All India Occupational Therapists Association (AIOTA), scheduled to be held in the beautiful state of Goa from 21st to 23rd February 2025.

This year's theme, "Translating Research into Policy and Clinical Practice in Occupational Therapy," highlights the importance of using research to improve patient care and influence policies. As occupational therapists, our responsibility extends beyond patient care and therefore we must ensure that new knowledge leads to better treatment and stronger support systems for those we serve.

OTICON 2025 is a great opportunity for professionals from different areas—research, clinical practice, and policy-making—to come together, share ideas, learn from each other and collaborate towards strengthening the foundations of Occupational Therapy in India and beyond. With an exciting lineup of keynote addresses, panel discussions, workshops, and research presentations, this conference promises to be an enriching experience for all.

Hosting this prestigious event in Goa is a privilege, and I encourage you all to immerse yourselves not just in the wealth of academic discourse but also in the warmth and hospitality of this vibrant destination. May OTICON 2025 inspire new ideas, foster lasting collaborations, and pave the way for a stronger, evidence-based future for our profession.

Wishing you a successful and memorable conference!

Dr. Mahera Kantawalla

Convenor, Goa Branch

All India Occupational Therapists Association (AIOTA)

Message from Organising Secretary OTICON 2025

I am honoured to have this opportunity to serve as Organizing Secretary of the 62nd Annual National Conference of All India Occupational Therapists' Association-OTICON 2025, which will be held in collaboration with Goa branch of AIOTA. I will do my very best to ensure that the congress is a success.

Occupational Therapy section of Goa Medical College along with all the members of Goa Branch of AIOTA are extremely honoured that OTICON 2025 will be held in Goa from February 21- 23, 2025.



The theme of the conference "Translating research into policy and clinical practice in Occupational Therapy" is intended to inspire thoughtful stimulating discussions, to share national and global perspectives and to debate the exciting future prospects of our profession. The OTICON 2025 builds on the successful tradition of previous AIOTA conferences and on the AIOTA's commitment to professional knowledge translate into policies and clinical practice in India.

This is another unique opportunity for members of profession, PG and UG students to interact and gain deeper understanding of the profession. National and international speakers and experts will interact in forum designed to facilitate exchange and expand their respective knowledge in clinical, research, academic and policy development areas. Gaining access to national and international advancement through presentations, posters and discussion forums opens up an exciting body of knowledge frequently locked away in publication that are not always translated into policies and clinical practice.

Not just academic activities but we have also planned cultural events with banquet in the evening for the participants during the conference. I assure you that you will not be disappointed by the warm hospitality of the Occupational Therapists and the ambience of Goa. This experience will energize you to provide the best of the Occupational Therapy profession. On behalf of Occupational Therapy section of Goa Medical College and Goa branch of AIOTA, I encourage all of you to plan your participation in another stimulating OTICON 2025!!!

Dr. Vivek P. Vajaratkar,
PhD (OT), FACOT
Organizing Secretary, OTICON 2025
Associate Professor in Occupational Therapy,
AHSC, Dept. of Orthopedics, Goa Medical College,
Bambolim, Goa

Message from Scientific Chairperson OTICON 2025

Dear Occupational Therapy Professionals,

It is my great honor and privilege to welcome you on behalf of the Scientific Committee to the 62nd Annual National Conference of the All India Occupational Therapists' Association (AIOTA), OTICON 2025. This prestigious event will be held in the Scenic state of Goa on 21st, 22nd and 23rd February 2025. I extend my heartfelt gratitude to the Organizing Chairperson and Organizing Secretary of OTICON 2025 for entrusting me with this responsibility.



It is a privilege to contribute to this significant platform, bringing together passionate professionals committed to advancing Occupational Therapy. OTICON 2025 is more than just a conference. It is a celebration of knowledge, innovation, and collaboration. This year's theme, "Translating Research into Policy and Clinical Practice in Occupational Therapy," highlights our collective effort to bridge the gap between research findings and their implementation in practice and policy. For the first time in AIOTA conference history, the Scientific Committee is organizing a Pre-Conference Workshop on "Clinical Assessment and Intervention for Praxis in the School Environment." We are honored to have Dr. Teresa A. May-Benson, an internationally renowned expert, to conduct this workshop and promote evidence-based practice in occupational therapy.

The conference's meticulously curated scientific program promises an enriching experience, featuring: Keynote Address by Dr. Teresa A. May-Benson (USA), Guest Talks by esteemed speakers, including: Dr. Yagna Unmesh Shukla, Chairperson, National Commission for Allied and Healthcare Professions (NCAHP), Dr. Samantha Shann, President, World Federation of Occupational Therapists (WFOT) and Faculty Talks by 8 distinguished experts. Further, scientific program includes 46 Oral Scientific Paper Presentations and 23 e-Poster Presentations, Showcase of 7 Innovative Technologies, Street Play and Student Scientific Program.

This conference aims to bring together the enthusiasm of young professionals and the expertise of seasoned practitioners, fostering a vibrant exchange of knowledge. By translating research into practical application, we strive to shape evidence-based policy documents that will strengthen our profession. Our esteemed national and international speakers bring a wealth of experience and insights that will undoubtedly inspire and enhance our professional practices. Let us embrace this opportunity to learn, collaborate, and advocate for the transformative power of Occupational Therapy.

I sincerely hope OTICON 2025 provides you with invaluable knowledge, skills, and connections. Wishing you a rewarding and enriching experience!

Dr. Ganapathy Sankar U, OT, Ph.D.,
Chairperson-Scientific Program Committee-OTICON 2025
EC Member of AIOTA
Dean
SRM College of Occupational Therapy,
SRM Institute of Science and Technology
Kattankulathu, Tamilnadu

Organizing Committee of OTICON 2025



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 GMC, Goa



Scientific Chairperson
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**Treasurer Registration
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Dr. Parag Adsule
 Assistant Professor,
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Occupational Therapist, GMC, Goa

Scientific Program Committee of OTICON 2025



Scientific Committee Chairperson

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Dean,

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Dr. Priyanka Raikar

Occupational Therapist



Dr. Charmaine Almeida

Occupational Therapist



The Goaa Model



Vishwajit Rane

Minister for Health, TCP, Forest, Urban Development,
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 FROM SURVIVAL TO HEALTHY SURVIVAL



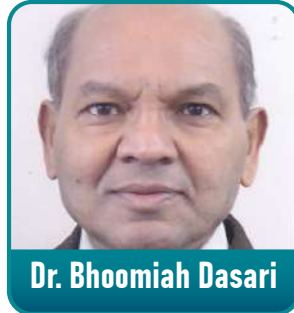
District Early Intervention Centres (DEIC)



- There are 2 District Early Intervention Centres (DEIC) in the state of Goa i.e at North Goa District Hospital, Mapusa and South Goa District Hospital, Margao.
- A team psychologist, paediatrician, physiotherapist, audiologist, speech therapist, Dentists, Optometrists etc. is present at DEIC for management of children in the age group of 0-18 years.
- **Role of District Early Intervention Center:-**
 - Providing referral services to referred children for confirmation of diagnosis and treatment.
 - Screening children at the DEIC.
 - Screening of all newborns delivered at the District Hospital.
 - Ensure that every child born sick or preterm or with low birth weight or any birth defect is followed up at the DEIC.
 - Early intervention of ADHD, Learning disability, Speech therapy and Behaviour therapy to minimize disability.
 - Also issues Disability certificates for children from 0-18 years.

Issued by: **State Family Welfare Bureau**, Directorate of Health Services-Goa

A Journey of Healing and Growth: My Early Years at Goa Medical College



Dr. Vivek Vajaratkar, OTICON2025 Goa Conference Coordinator, asked me to share my work experience at Goa Medical College (GMC) within a page-an enormous task, given my deep connection to GMC. However, once I began writing, the memories flowed effortlessly.

To begin on a positive note, I take immense pride in having learned to say “Escola Médico Cirúrgica da Goa” and “Colégio Medico de Goa,” meaning Goa Medical Hospital & Goa Medical College in Portuguese. GMC, relocated to Bambolim in 1993, has since evolved into a premier tertiary care centre, offering state-of-the-art facilities, super-speciality clinics, and courses in medical, paramedical, and allied health sciences, including Bachelor’s programs in Occupational Therapy (BOT) and Physiotherapy (BPT).

I joined GMC as a Junior Occupational Therapist in April 1970; after serving at Fr. Muller’s Charitable Institutions and worked there until August 1973. I thoroughly enjoyed my time working at GMC. As my first major basic-grade employment under Goa Government Hospitals, this experience became a significant part of my life. The warm welcome from Head Occupational Therapist Mrs. Emma D’Souza, my mentor and guide, made my transition smooth. She cared for me deeply and made me feel truly valued. Over time, I grew close to her family, including her beloved husband, Dr. José Coláço.

I also had the privilege of working under the visionary Late Prof. G.K. Vishwakarma, a pioneering Orthopaedic Surgeon, who was pivotal in establishing the Department of Orthopaedic Surgery and Rehabilitation. Under his guidance, both the Occupational Therapy (OT) and Physiotherapy (PT) departments were successfully developed, equipped with modern facilities and the latest technology. I also had the privilege of working alongside dedicated professionals such as Prof. Venkatadri, Dr. Lal, Dr. Narvekar, Dr. Kamath, and Charge Nurse Mr. Kamath.

At the Occupational Therapy (OT) Department, I worked with a diverse range of patients, including children with developmental delays, adults recovering from strokes, brain and spinal cord injuries, older adults with cognitive impairments, individuals with musculoskeletal injuries, those experiencing physical limitations, mental health conditions, chronic pain, and more. My key responsibilities included assessment and evaluation, developing treatment plans, implementing therapeutic interventions, making environmental modifications, educating patients, and collaborating with other healthcare professionals.

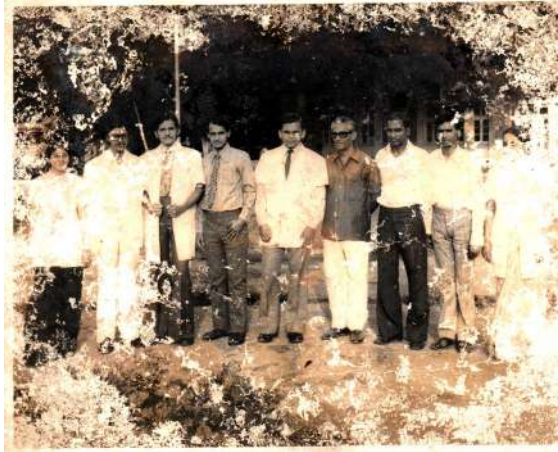
Working with children was one of the most fulfilling aspects of my time at GMC and a major part of my workload. I treated various conditions, including developmental delays, cerebral palsy, autism spectrum disorder, learning disabilities, sensory processing disorders, hand injuries, orthopaedic conditions, and more. The treatment modalities I used included assessment, developing treatment plans, motor skills development, sensory integration therapy, play-based therapy, self-care skills, cognitive skills development, and collaboration with families and schools.

Reflecting on my time at GMC, I realize how it shaped my discipline, empathy, and personal growth. Those three years were not just a job but a defining phase of my career and life.



Occupational Therapy in Action: Goa Medical College, 1970s

A glimpse into the past, honouring our legacy





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Pre-Conference Workshop



Pre-Conference workshop

Title: Clinical Assessment and Intervention for Praxis in the School Environment

Resource Person:

Teresa A. May-Benson,

ScD, OTR/L, FAOTA

Owner/ President, TMB Educational Enterprises,
LLC and OTR, Inc

Description: Praxis is vital to all aspects of our daily life. It is required to complete all functional tasks and skills and plays an essential role in developing social skills, executive functioning skills, and academics, among other skills. This course will discuss how to evaluate praxis skills in the school environment, provide a clinical reasoning framework for planning and implementing intervention in the school environments, and provide practical strategies for implementation in practice using a sensory integrative perspective.

Learning Objectives: By the end of this course, the participant will be able to:

1. Identify key observations that indicate praxis challenges in children.
2. Describe the role of praxis in developing functional skills critical for school success.
3. Articulate how to apply clinical reasoning for intervention planning to address praxis challenges in the school environment.
4. State example intervention activities for the school environment that address praxis challenges.

Contact Hours: 8 hours

Level: Intermediate

Audience: Occupational Therapists, Occupational Therapy Assistants.

**Preconference
COTE OTICON
2025
Abstracts**





“Preconference COTE OTICON 2025” Abstracts

Title: Innovations, Integration, and Indian Perspectives: Occupational Therapy in Head Face & Neck Onco-Rehabilitation

Speaker 1 :

Dr. Manjusha Vagal

(Prof & Officer In-charge, Dept. of Occupational Therapy, Tata Memorial Hospital, Mumbai)

Topic: Challenges & Outcomes in Head, Face & Neck Onco Rehabilitation: Occupational Therapy Perspective.

Abstract:

With advances in screening and cancer treatment, there are increasing number of people living longer with the consequences of cancer and its treatment. Patients with cancer frequently report a sustained symptom burden inclusive of physical, cognitive, and psychological, problems all of which can threaten their independent participation in everyday activities including high-level tasks like, social activities, employment, and education and or fundamental functions like personal care. Researchers suggest, patients should have their rehabilitation needs assessed, and they must have access to an active and planned approach to rehabilitation from the time of diagnosis until death.

Head and neck cancer (HNC) is a significant global health issue, ranking as the sixth most prevalent cancer type. It constitutes 30% of all the malignancies in India. Majority of HNC cancers are squamous cell carcinomas and are further classified based on the site of origin in the complex head, face and neck regions. Both the cancer and treatment sequelae can damage nervous and lymphatic structures in the head and neck region, decrease joint range of motion (ROM) of the shoulder, cervical spine and jaw. It can significantly change cosmetic appearance and impact body image of the patient as well as negatively impact basic but important bodily functions such as chewing, swallowing, speech, respiration, etc. thus can seriously affect patients' daily lives and overall health-related quality of life (HRQOL).

Current literature lacks evidence on effective prevention strategies for trismus with no established exercise regimen specifically designed to address it. Similarly, in the absence of universal assessment and staging system and little evidence-based research on what is the best treatment method for the H & N lymphedema an addition of altered shoulder dynamics further adds to the management challenges of these conditions which usually present simultaneously.

Timely and appropriate treatment can significantly enhance both the physical and psychosocial well-being of patients. There is need of evidence based Occupational therapy practice in HNC patients.

Speaker 2 :**Dr. Hitesh Gupta**

(In charge - Dysphagia clinic & Onco-rehabilitation unit)

(Department of Surgical Oncology) BLK-MAX super specialty, Hospital, New Delhi)

Topic: Optimizing functions through innovations and outcomes in head, face & neck onco-rehabilitation.**Abstract :**

Onco-rehabilitation is a specialized and a growing area of rehabilitation typically involves a multidisciplinary health-care team that focuses on helping individuals recover and regain functions after cancer treatment. Head and neck cancer (HNC) ranks among the most common types of cancer in India. It encompasses cancers that affect the mouth, throat, larynx (voice box), sinuses, and other parts of the head and neck region. According to GLOBOCAN 2020, there will be 2.1 million new cancer cases in India by 2040, an increase of 57.5% from the year 2020. A diagnosis of HNC often invokes fear and anxiety because of the potential negative impact of the diagnosis and/or treatment (such as surgery, radiation, and chemotherapy) on the lifestyle and psychosocial well-being.

Being an integral part of onco-rehabilitation, Occupational therapy concurrently assists HNC patients to effectively manage their debilitating stress and anxiety while facilitating a return to prior or adapted daily routine activities. Dysphagia (Swallowing dysfunction), one of the major functional impairments observed during and after the treatment of HNC, adversely impacts patients' quality of life, making it difficult to perform basic needs of daily living, that is to eat, drink, and sometimes even communicate. If left untreated or not properly managed, dysphagia can lead to several serious health complications, including malnutrition, recurrent chest infections, aspiration pneumonia, dehydration, regurgitation etc.

Innovations in the management of dysphagia in HNC patients are focused on a combination of early intervention, cutting-edge technology like real-time imaging of the swallowing process (e.g., through video fluoroscopic swallowing study-VFSS or fiberoptic endoscopic evaluation of swallowing-FEES), neuromuscular electrical stimulation (NMES), surface electromyography biofeedback (s EMG-BF) and more personalized care strategies. The goal of optimization is to enhance recovery, improve functional outcomes, and ensure long-term well-being.

Panel Discussion: "Bringing out onco-rehab, Occupational Therapy Perspectives from an Indian context"**Moderator:**

Dr. Shriharsh Jahagirdar (Assistant Professor, TNMC, Mumbai. PG Teacher, (Neurosciences) and OT Neuro Rehabilitation unit in charge at the tertiary care hospital)

Panelists:

Dr. Manjusha Vagal (OT), Dr. Hitesh Gupta (OT) & Dr. Anupama Borkar, MBBS, MD, Professor & Head, Dept. of Oncology, GMC, Goa



Conference keynote

Title: Translation of Research into Policy and Clinical Practice in Occupational Therapy

Resource Person :

Teresa A. May-Benson,

ScD, OTR/L, FAOTA

Owner/ President

TMB Educational Enterprises, LLC and OTR, Inc.

2305 Springview Rd.

Norristown, PA 19401

USA

Occupational therapy research is needed to guide practitioners in daily clinical reasoning and decision-making and to inform policy decisions at the institutional, local, and national levels. At a practice level, research guides the creation of evidence-based practices that can ensure the use of effective interventions. At the policy level, research guides the development of evidence-based policy documents, informs reimbursement guidelines, and ensures that appropriate occupational therapy services are available for all populations. Currently, the occupational therapy profession suffers from a lack of comprehensive research evidence for our interventions. Some areas of occupational therapy practice have good quality evidence, while other interventions have yet to be empirically studied for effectiveness. This presentation is a call to action for the occupational therapy profession to address this problem.

High-quality studies are needed to examine the full range of occupational therapy interventions, from adult rehabilitation practices to pediatric sensory integration interventions. Occupational therapists must become not just clinicians but dedicated researchers as well. The bulk of occupational therapy research is produced by occupational therapists who practice in the academic world. While these practitioners are skilled researchers, they may not be well-versed in the challenges of day-to-day clinical practice. Thus, clinicians can play a vital role in collaborating with academic researchers to produce meaningful and embedded studies in clinical practice. Research that reflects clinical practice can be instrumental in guiding policy decision-making at institutional and local levels. Research that reflects population-based studies may benefit regional or national-level policy decisions more. This talk will discuss these issues and their implications for occupational therapy practice.



Faculty Talk



Faculty Talk

Title: Fall Prevention for Older Adults: Adopting a Pragmatic Approach to Translational Research in the Indian Context

Speaker :

Dr. Sebestina Anita Dsouza,

PhD, Certified Aging-in-Place Specialist

Professor, Department of Occupational Therapy

Coordinator, Centre for Studies on Healthy Aging

Manipal College of Health Professions,

Manipal Academy of Higher Education, Manipal, India

Falls among older adults are a salient and prevalent non communicable disease worldwide with debilitating impact on function, independence and quality of life and a barrier to health aging. There is a vast body of research on fall prevention predominantly from developed countries that impacted policies to support older adults in these countries. Despite this, the problem continues to be pervasive with limited success beyond clinical studies and low adoption in the general population and other settings such as developing regions of the world. Developing countries like India are witnessing rapid demographic transitions and the proportion of older adults is increasing. The high prevalence of falls among older Indians is concerning and necessitates urgent fall prevention initiatives to support healthy ageing.

However, research from developed countries may not be generalizable to the older Indians considering India's unique sociodemographic, cultural and linguistic diversity, geographic, political and economic landscape. As recommended by the World Falls Guidelines, a tailored and culturally sensitive approach is required to support the adoption of fall prevention strategies among older adults in India. This presentation will discuss research undertaken in the Indian context for fall prevention with emphasis on indigenous and innovative initiatives such as contextually relevant assessments and interventions. The application of these research findings in clinical practice will be demonstrated with real-life examples. Implications for occupational therapy and policy development will be discussed in addition to practice and research gaps to be addressed in future research. The presentation invites occupational therapy researchers and practitioners to embrace a need-based, pragmatic and culturally appropriate stance when developing novel assessments and interventions or adapting available resources for fall prevention in older adults.

Title: Breaking the Ice through an Effective Translationality in Occupational Therapy Neurorehabilitation: Are We Heading in the Right Direction?

Speaker :

S. Samuelkamaleshkumar

MOT., Dip Rehab (OT)

Professor & In-charge, Occupational Therapy Services

Department of Physical Medicine and Rehabilitation

Christian Medical College, Vellore

Advancements in neurorehabilitation have ushered in a new era of possibilities driven by technological innovation and a deeper understanding of brain plasticity. This session explores the translational journey from research to practice in Occupational Therapy, focusing on motor rehabilitation through robotic technology and cognitive rehabilitation strategies. Personal experience in designing and evaluating the PLUTO robotic device, a plug-and-train system for hand rehabilitation, underscores the practical application of innovative tools in clinical settings.

Comparative findings between low- and middle-income countries (LMICs) and high-income nations reveal unique challenges in integrating robotic devices into rehabilitation, such as cost, accessibility, and infrastructure limitations. These barriers were evident in a recent pilot feasibility study conducted in India, which identified critical facilitators and barriers to home-based robotic rehabilitation. Despite these challenges, tools like PLUTO demonstrate the potential to improve motor outcomes through task-specific, engaging, and scalable interventions.

This presentation highlights how these research findings can inform healthcare policies to address systemic barriers and ensure equitable access to cutting-edge technologies in neurorehabilitation. This session discusses whether we are progressing in the right direction through case studies, evidence-based insights, and a critical evaluation of motor and cognitive rehabilitation strategies. It emphasizes the need to bridge the gap between research, policy, and clinical practice.

Title: Occupational therapy driving evaluation and recommendations: practical strategies

Speaker :

Mr. Inbadurai Palaniswami

MOT (Neuroscience)

Occupational therapist

Rashid Hospital, Dubai Health,

United Arab Emirates.

This presentation discusses the clinical methodologies occupational therapists employ to assess and enhance driving capabilities among those with physical disabilities. Our principal aim is to conduct a thorough evaluation of clients' motor, sensory, and cognitive abilities to ascertain their suitability and safety for driving instruction. **Assessment Methodology:** We undertake an in-depth analysis of each client's functionality, concentrating on how particular disabilities could affect their driving proficiency. **Interventions:** Recommendations are made for vehicle modifications and targeted skill development to bolster both safety and the educational journey towards driving. **Collaborative Efforts:** We emphasize the necessity for cooperation with other experts including specialized doctors, driving educators, and licensing officials to adapt policies and practices to meet the unique requirements of diverse disabilities. **Implications:** Beyond merely evaluating fitness to drive, this collaborative sharing of knowledge facilitates the restoration of autonomy and improves quality of life for clients, whether through safe driving or through informed choices about alternative transportation options.

Title: Predatory Journals: A Detrimental Threat to the Integrity of Research in Health Sciences

Speaker :

Dr. Kamal Narayan Arya,

MOT, PhD, FACOT, EC ACOT

Lecturer (OT),

Pt. Deendayal Upadhyaya National Institute for Persons with Physical Disabilities,
New Delhi.

Predatory or pseudo or fake journals are primarily substandard serial publications produced by deceptive publishers whose sole purpose is of making money, publishing “low-quality,” research work. Predatory journals are dangerous and may ruin evidence-based progress in health sciences including occupational therapy. These journals do not adhere to accepted scientific and ethical principles, compromising with the quality. These journals charge high fees for article processing without the standard editorial or publishing standards for scientific disciplines. The number of predatory journals is estimated around > 15000 in 2021.

Many authors fall prey to such pseudo publications. These journals are usually considered to be an easy route to publish any work, particularly by budding occupational therapy professionals, postgraduates, and PhD scholars who are trying to advance their academic careers. Such professionals are vulnerable to get trap in the deceptive process. The misconducts jeopardize not only authors but also the academic institutions, legitimate journals or publishers, science, and, the public at large. <https://jamanetwork.com/journals/jama/fullarticle/2828957> Consequently, this leads to poor-quality or false research for dissemination and health care and thus the inappropriate policy formulation. Occupational therapy professionals must be aware that predatory journals exist in the system of research publication. The authors should avoid submitting their work to these journals by evaluating the integrity of the journals they seek to publish in. They may further take guidance of experienced mentors, colleagues, and librarians to identify the predatory journals. Presently, there is no comprehensive and precise list of predatory journals is available. The reputed indexing system such as SCOPUS, PUBMED, and UGC-CARE list should be utilized for the identification of pseudo and selection of legitimate journals.

This presentation will discuss the features and issues with predatory journals in order to maintain the credibility, reputation, and trustworthiness of the knowledge developed from the research in occupational therapy.

Title: Challenges and Opportunities to enhance a Blended Learning approach to teaching and learning in the post-COVID-19 era and beyond: Authors'experiences.

Speaker :

Dr Bhoomiah Dasari

PhD, MSc, FACOT

University of Southampton, UK

The COVID-19 pandemic-driven disruption accelerated the move towards online teaching and learning, causing a rapid pedagogical shift from traditional face-to-face class to online sessions, from personal to virtual instruction, and from seminars to webinars. While the traditional personal teaching mode has always been effective, virtual mode was introduced which necessitated technological advancements, and the blended mode has gained importance post-pandemic.

This paper provides a comprehensive analysis of teaching and learning delivery modes in Higher Education Institutions during the post COVID-19 era, with a particular focus on the blended learning model. The sudden shift to digital teaching and learning using blended learning methods was challenging for students, but they adapted quickly to the new learning situation.

Although the challenges and problems described by the students in this study may not be representative for the period immediately after campus lockdown, this study however, shines a light on the student perspective regarding the unique experience of a blended learning approach. Today, blended learning strategy, which combines the benefits of both face-to-face and online delivery methods for the student's learning, is in high demand.

While the future of higher education teaching and learning remains uncertain post-Covid- 19, technology will likely play a critical role, and blended learning will continue to be emphasized as an effective teaching mode.



Guest Talk

OTICON 2025 GOA

Guest Talk

Title: Knowledge to action/ evidence to practice, an eternal quest in mental health services strengthening.

Speaker :

Dr. Rahul Shidhaye,

MD (Psychiatry), MHS (Psychiatric Epidemiology), PhD (Medicine)

Associate Professor, Psychiatry, and Senior Research Scientist

Pravara Institute of Medical Sciences, Loni, Maharashtra

Mental disorders significantly contribute to burden of disease globally as well as in India. Mental disorders affect individuals across life-course, more specifically those who have social vulnerabilities. Further, mental disorders reduce life expectancy and the quality of life, impact economic productivity of the individual, the caregiver and the society in general, ultimately leading to huge suffering and unmet needs in the population. There are multiple effective interventions comprising drug-based, psychosocial, and mind-body interventions that can prevent and treat a large number of mental disorders. However, majority of the world's population has no access to evidence-based mental health interventions which has led to a big treatment gap in high as well as low resource settings.

This can be addressed by using an 'implementation science' approach to understand how evidence-based interventions work in the 'real world' or usual practice settings, paying particular attention to the context in which implementation occurs, effective engagement with the communities, health system level interventions, and most importantly establishing a culture of continuous quality improvement to improve the quality of services delivered ultimately leading to improved individual level outcomes and quality of life.

Title: Live longer, work longer, work better. real time research, practice with AI & 4th Industrial Revolution.

Speaker :

Dr. Suresh Munuswamy,

MBBS, MPH, PhD

School of Digital Health Sciences and Technologies,

Malla Reddy Viswa Vidyapeeth, Hyderabad

In India, the average life expectancy was 35 years in 1950's and it went up to 70 years by 2020's. It is expected to double or at least cross 120 years by 2050. Majority of this expansion, is expected to be in the occupationally productive period of being an adult. Steam propelled the original Industrial Revolution; electricity powered the second; preliminary automation, machinery engineered the third; cyber physical systems and artificial intelligence (AI) is shaping the Fourth Industrial Revolution (4th IR). Compared to the three previous industrial revolutions the effect of 4th IR on occupation and life expectancy will not be an incremental step forward but an exponential leap forward that promises to completely change the rules of research, practice and policy relating to the occupationally productive period and beyond. The talk on "Live longer, work longer, work better: real time research, practice with AI & 4th Industrial Revolution" will attempt to identify and connect the dots on how this may happen and how we can be part of the change, productively.

Title: An Introduction of OSIT (Oral Motor and Sensory Integration Therapy)

Presenters :

Dr. Charu Pareek,

BoT, MS Ped (OT)

Mrs. Sana Zeb Shaik,

Masters in Audiology and Speech Language pathology


Ms. Darshana Shahare,

BASLP, MSc SLP

Bharat Bhushan Chandra,

CEO Speech Gears

This course provides speech and occupational therapists with the knowledge and practical skills to effectively address oral sensory motor challenges in children with special needs and adults with difficulties in speech and swallowing. It delves into the nature of oral sensory motor issues, explores the role of Speech Gears tools, and provides comprehensive skill-building strategies for working with diverse tools to desensitize oral structures and enhance oral muscular strength. Through a combination of theoretical knowledge and hands-on practice, you will gain the confidence and competency to implement evidence-based interventions. We will cover a range of topics in two levels of this course, including the assessment of oral sensory motor skills, the development of individualized treatment plans, the selection and use of appropriate Speech Gears tools, and the implementation of sensory-motor interventions. This will provide practical and hands-on training in the use of diverse Speech Gears tools for addressing oral sensory motor challenges. You will learn how to select appropriate tools based on individual needs, how to implement effective interventions, and how to adapt these tools to different clinical settings.

A circular collage of various Goan landmarks. At the top, there's a hill with a white church and a tall brick tower. Below that, a large white church with a dome and a smaller structure. To the left, a white church with a statue in front. At the bottom, a coastal scene with a white building, a red boat, and a cannon. The background of the collage is a mix of green hills, blue water, and white buildings.

Scientific Oral Presentation Abstracts

Scientific Oral Presentation Abstracts

Title: Understanding the Correlation of Social Cognition and Work Behavior of Persons with Mental Illness in India: A Cross-Sectional Study

Authors :

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Abstract

Objective: The study explores the relationship between social cognition and work behaviour in persons with mental illness in India, using a cross-sectional design. Social cognition, including processes such as emotion perception, theory of mind, and attributional style, plays a vital role in interpersonal and vocational success. This study addresses gaps in the literature by focusing on India's unique cultural and socio-economic context. **Methods:** Fifty participants aged 18 to 60 years, diagnosed with mental illness and receiving occupational therapy, were recruited from the Institute of Psychiatry and Human Behaviour, Goa. Tools included the Social Cognition Rating Tools in Indian Settings (SOCRATIS) for assessing social cognition and the Work Behavior Assessment (WBA) for measuring work behaviour. Data were analyzed using Spearman's rank correlation to examine relationships, while Mann-Whitney U tests explored gender differences. **Results:** No statistically significant correlations were found between social cognition components and work behaviour ($p > 0.05$). Similarly, gender differences in social cognition and work behaviour scores were not significant ($p > 0.05$). These results indicate the independence of these constructs and the potential influence of contextual factors on vocational outcomes. **Conclusion:** This study underscores the complexity of factors affecting work behaviour in persons with mental illness. While social cognition is crucial, its direct impact on vocational outcomes may be limited within the Indian socio-cultural framework. These findings emphasize the need for occupational therapy interventions addressing broader environmental, psychosocial, and individual determinants to enhance vocational integration and productivity. **Keywords:** Occupational Therapy, Social Cognition, Work Behaviour, Mental Illness, India

Title: Addressing Sexual Health in Males with Spinal Cord Injury in Rural South India: Using the knowledge-to-action framework to evaluate an education manual on improving knowledge, attitudes and practices

Authors :

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Abstract

Background: Sexual health education for individuals with spinal cord injury (SCI) is often neglected in rehabilitation, especially in low-income regions such as rural South India. The stigma surrounding disability and sexuality further compounds this issue, leaving males with SCI with limited knowledge and support on sexual health matters. **Objectives:** This study aimed to evaluate the effectiveness of a sexual health education manual developed for males with SCI at Amar Seva Sangam (ASSA). The primary objectives were to assess improvements in knowledge, attitudes, and practices related to sexual health, and to explore how the manual could be enhanced as part of ongoing SCI rehabilitation. **Study Design:** Service evaluation. **Study Design:** Service evaluation. **Methods:** A mixed-methods approach was used, with a survey in the first phase and semi-structured interviews in the second. Phase 1 involved a 21-item survey based on a sexual health manual and was administered to 37 rehabilitated male SCI patients in ASSA. Responses were scored on a 5-point Likert scale and were categorized into three themes: changes in knowledge, attitudes, and sexual practices. The Tamil survey was pilot-tested and distributed online for one month. Descriptive statistics summarized responses, and key points were identified from open-ended comments. Phase 2 involved phone interviews with ten participants recruited through convenience sampling. The interviews, conducted in Tamil, lasted 45-60 minutes and followed a pre-established interview guide. These interviews explored their perceptions of the manual, and their responses were validated. **Results:** The sexual health manual significantly improved knowledge, attitudes, and practices among individuals with spinal cord injuries. Out of 37 participants, half reported an enhanced understanding and confidence in sexual health, with many experiencing improved relationships. The manual provided practical guidance on alternative methods, communication, and techniques, fostering greater comfort and hope. Participants appreciated its clarity and recommended supplemental workshops and tailored content to further enhance its impact. **Conclusion:** The manual effectively enhanced sexual health knowledge, attitudes, and practices, helping participants overcome barriers and it fostered a sense of normalcy in sexual activity. It also improved relationship dynamics, communication, and sexual satisfaction, making it a valuable resource for addressing sensitive topics and enhancing quality of life post-SCI. **Keywords:** spinal cord injury, sexual health, rehabilitation, India, education, service evaluation.

Title: Insight from Occupational Therapists on Bed Mobility in Spinal Cord Injury: An Explorative Qualitative Study

Authors :

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Abstract

Background: Bed mobility is a crucial skill in spinal cord injury (SCI) rehabilitation, enhancing functional mobility and quality of life. It is often narrowly defined as transferring from bed to chair, overlooking essential within-bed movements. This lack of clarity poses challenges for occupational therapists (OTs) in SCI care. **Objective:** To explore gaps in understanding and practicing bed mobility within the bed, its significance in recovery, and the assessment tools used. **Study Design:** Exploratory qualitative study with open-ended interviews. **Methods:** Ten experienced OTs (minimum 5 years working with SCI patients) were selected using convenience and snowball sampling. They were interviewed with an open-ended questionnaire (8 questions) guided by TIDIER guidelines. Data underwent thematic analysis. **Results:** **1. Meaning of Bed Mobility:** For OTs, bed mobility encompasses independence in repositioning, including rolling, transitioning to side-lying, and sitting up. Public understanding often focuses solely on the endpoint of walking. **2. Practice Challenges:** Individualized interventions are critical, yet limited emphasis on targeted techniques and patient-specific approaches delays recovery. Involvement of caregivers is also often overlooked. **3. Assessment Limitations:** Tools like SCIM, FIM, and Barthel Index evaluate overall bed mobility but fail to dissect specific movements. Observational assessments fill some gaps but lack standardization. **4. Barriers to Bed Mobility:** Physical, environmental, and psychological factors hinder progress. Personalized rehabilitation plans addressing these barriers remain underdeveloped, slowing recovery. **Conclusion:** Bed mobility is more than simple position changes; it involves rolling, transitioning, and sitting. Effective rehabilitation requires a detailed understanding, personalized interventions, and caregiver engagement to enhance independence and recovery. Standard tools offer a broad view but miss detailed movement analyses, highlighting the need for refined assessments. Addressing barriers through holistic, patient-centred strategies is essential to optimizing recovery and improving quality of life. **Keywords:** Occupational Therapy, Spinal Cord Injury, Bed Mobility, Assessment, Rehabilitation.

Title: An evidence-based literature review on Effectiveness of task-oriented training on hand dexterity and strength in children with hemiplegic cerebral palsy.

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Abstract

Background: Children with hemiplegic cerebral palsy face challenges in hand function, adversely affecting independence. Task-oriented training (TOT), emphasizing functional tasks, has potential to improve hand dexterity and strength. However, there is limited research on its impact in the Indian context. **Objectives:** To synthesize the existing literature and assess the effectiveness of Task oriented training on hand dexterity and strength in children with hemiplegic cerebral palsy Study Design: Systematic analysis was done in this research. **Methods:** A review was conducted by searching databases such as PubMed/Medline, Embase, Academia, Google, and Google Scholar from the inception of task-oriented training to March 2024. Inclusion criteria were studies assessing the impact of TOT on hand dexterity and strength in children aged 2–18 years diagnosed with hemiplegic cerebral palsy. Articles were screened by title, abstract, and full text, resulting in three eligible studies. Data were synthesized to align with study objectives. **Results:** 82 articles were screened, 12 underwent abstract review, and 4 met full inclusion criteria. Findings: Hand Dexterity: Significant improvements in dexterity (e.g., Box and Block Test scores) were noted post-TOT. Hand Strength: Enhanced grip strength was observed, attributed to repetitive, functional hand activities. Functional Gains: Improved upper extremity functionality was reported via measures like MAM-16, facilitating better motor control and independence. **Conclusions:** This systematic review suggests that task-oriented training (TOT) effectively improves hand dexterity and strength in children with hemiplegic cerebral palsy. By focusing on repetitive, purposeful movements, TOT enhances fine motor skills and hand function, supporting greater independence in daily tasks. **Keywords:** task-oriented training, hand dexterity, strength, hemiplegic cerebral palsy.

Title: Effects of Wheelchair Skill Training to Improve Functional Activities in Persons with Spinal Cord Injury.**Authors :**

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Abstract

Background: Spinal cord injury (SCI) is a complete or incomplete injury to the spinal cord that results in loss of motor, sensory, and autonomic function. For this reason, they were prescribed a wheelchair for mobility. Basic, Intermediate, and Advanced wheelchair skills are required to operate a wheelchair and improve functional activities.

Objectives: To find out the effects of wheelchair skill training on improving functional activities in persons with SCI. Study design: Pre-test and post-test study design. **Method:** 30 subjects with SCI (both male and female, having no bed sore, aged 15 to 40 years, the level below T10) were assigned to the experimental group (wheelchair skill training) and the control group (conventional occupational therapy) according to their priority. Patients were assessed on the first week and the last week. Patients in the experimental group received wheelchair skill training, three days a week for 8 weeks whereas the control group received conventional therapy 5 days per week. The outcome measure is the wheelchair skill training questionnaire version 5. **Result:** SPSS 29 was used for statistical analysis. Wilcoxon sign rank test and Mann-Whitney U test were performed. The outcome measure has 3 components-capacity, confidence, and performance. In the intervention group, the confidence interval for 3 components is 55.60 ± 10.79 , 55.53 ± 10.60 , 59.00 ± 7.76 in pre-training and 79.13 ± 11.62 , 79.13 ± 11.60 , 78.83 ± 11.34 in post-training. The z-value found were -3.40, -3.41 and -3.18 respectively and P-value is <0.001 . In the control group, the confidence interval for 3 components is 49.46 ± 7.65 , 49.53 ± 7.66 , 53.00 ± 6.70 in pre-training and 60.66 ± 5.84 , 60.66 ± 5.84 , 62.93 ± 4.85 in post-training. The Z-value is -3.41, -3.41, and -3.30 respectively and P-value is <0.001 . This shows greater improvement in the experimental group on improving functional activities in persons with SCI. **Conclusion:** Wheelchair skill training significantly improves functional activities in persons with SCI. **Keywords:** Spinal cord injury (SCI), wheelchair, Functional ability, Wheelchair skill training.

Title: Determining correlation between Perceived Social Support And Depressive Symptoms In Lower Limb Amputation

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Abstract

Background: Amputation of a limb can lead to changes in self-concept, body image, and quality of life, as well as loss of employment. As losing a limb can be a traumatic experience, both physically and emotionally, it may also affect emotional well-being and increase the risk of anxiety, depression, and cause psycho-social maladjustment. Perceived social support refers to the emotional and practical assistance an individual receives from family, friends, and community, which can significantly impact their coping, rehabilitation, and overall well-being post-amputation. Occupational therapy supports psycho-social adjustment, enhances participation in meaningful activities, and improves quality of life in amputees. However, few studies have explored the correlation between perceived social support and depression in lower limb amputation, with no research conducted in the state. **Study Design:** Analytical, Cross-sectional, Quantitative study.

Method: Eighty five individuals (both males and females, aged 15-60 years) with lower limb Amputation (either traumatic or elective, unilateral or bilateral) were selected for the research using non-probability, convenient sampling method. The study was conducted on local population and data was obtained from In-patient wards in Tertiary Hospital. Individuals were administered self-administrative measures. The outcome measures were: Multidimensional Scale of Perceived Social Support Scale (MSPSS), and Becks Depression Inventory (BDS-II). **Results:** Individuals analyzed were N=85, a 'Negative Correlation' was found between the two measures Multidimensional Scale of Perceived Social Support & Becks Depressive Inventory-II with value of -0.328 using Pearson's Correlation method ($r=-0.0327$, $p<0.05$). This indicates higher levels of perceived social support are associated with lower levels of depression symptoms in the study population and vice-versa. **Conclusion:** Perceived social support negatively correlates with depressive symptoms in individuals with lower limb amputations, indicating that those with decreased perceived social support are more likely to experience depressive symptoms post-amputation. **Keywords:** Depression, Perceived social support, Amputation, Psycho-social malad.

Title: Impact of Flipped Classroom on Clinical Skills for Undergraduate Occupational Therapy Students

Authors :

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Abstract

Background: The flipped classroom model is an innovative instructional strategy that combines pre-class self-directed learning with interactive in-class activities. In Occupational Therapy education, this approach may enhance clinical skills by promoting active participation and practical application. Despite its potential, limited research exists on its effectiveness in this field, particularly in India. **Objective:** To evaluate the impact of the flipped classroom model on clinical skill development and student perceptions among undergraduate Occupational Therapy students. **Methods:** An experimental study was conducted with 28 third-year undergraduate students from the Sri Ramachandra Faculty of Occupational Therapy, divided into experimental (n=14) and control (n=14) groups. The experimental group received flipped classroom instruction, while the control group followed traditional teaching methods. Clinical topics were taught over 10 sessions in each group. Clinical skills were assessed pre- and post-intervention using a customized and validated questionnaire tailored to the clinical skills being evaluated. Student perceptions were measured using the Flipped Classroom Scale. Data were analyzed using descriptive and inferential statistics. **Results:** The flipped classroom model significantly improved clinical skills in the experimental group compared to the control group. The post-test mean score for the experimental group (Mean \pm SD: 18.21 \pm 1.63) was significantly higher than the control group (Mean \pm SD: 15.36 \pm 2.87), with a p-value of 0.003. Student perceptions, measured using the Flipped Classroom Scale, indicated high satisfaction with flexibility in learning (Mean \pm SD: 3.50 \pm 0.52) and diverse instructional methods (Mean \pm SD: 3.71 \pm 0.47). However, moderate challenges were reported in self-discipline for pre-class preparation (Mean \pm SD: 2.50 \pm 0.52).

Conclusion: Conclusion: The flipped classroom model was found to significantly improve clinical skills and positively shape student perceptions in undergraduate Occupational Therapy education. This approach effectively met the study's aim of assessing its impact on both clinical competencies and student experiences. However, the study also highlighted the need for strategies to support self-directed learning, ensuring further enhancement of the learning outcomes. **Key Words:** Active Learning, Clinical Skills, Flipped Classroom, Occupational Therapy Education, Undergraduate Students.

Title: Knowledge, Perception & Attitude Towards Occupational Therapy Services Among Healthcare Professionals in India: A cross-sectional survey

Authors :

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Abstract

Background: Occupational therapy (OT) is an essential discipline within the rehabilitation framework, yet its role and services remain underutilized in many healthcare settings, primarily due to a lack of awareness. In alignment with the United Nations Sustainable Development Goals (SDG-3) of good health and well-being, understanding healthcare professionals' knowledge, perception, and attitudes towards OT services is critical for improving referral patterns and multidisciplinary collaboration. This study aims to fill the knowledge gap by assessing these factors among healthcare professionals in India. **Objectives:** 1. To develop and validate the Occupational Therapy Knowledge, Perception & Attitude Questionnaire (OT-KPAQ). 2. To assess the knowledge, perception, and attitude towards OT services among healthcare professionals across India using OT-KPAQ. **Study Design:** Epidemiological (cross-sectional survey design). **Methods:** This cross-sectional survey was conducted among healthcare professionals, including doctors and allied health professionals, working in multidisciplinary government/private hospitals/clinics across India. A purposive sampling technique was used to recruit 481 participants. However, after removing incomplete responses, the final sample size consisted of 97 participants. The Occupational Therapy Knowledge, Perception, and Attitude Questionnaire (OT-KPAQ), an author-developed tool, was administered online. Literature review and expert consultations identified three key domains—knowledge, perception, and attitude—aligned with the objectives of the study. An initial pool of 33 items was generated, refined through content validation by a panel of 7 experts to final 26 items. Descriptive statistics were calculated to compare knowledge, perception, and attitudes across demographic subgroups, including gender, age, educational qualifications, and years of work experience using Jamovi software. **Results:** Content validation of the OT-KPAQ was conducted by a panel of experts (CVI = 0.84), and internal consistency was assessed using Cronbach's alpha ($\alpha=0.7$ for all domains). The study included 97 healthcare professionals, with 56.7% identifying as women and 50.5% aged 20-30 years.

The majority held postgraduate qualifications (64.9%), and 69.1% had less than 10 years of work experience. The majority (96.9%) recognized occupational therapy as playing a significant role in rehabilitation teams. However, 45.4% lacked knowledge about occupational therapy, highlighting a need for greater awareness. A large portion (92.8%) identified occupational therapists as working across all age groups. Additionally, 67.0% had referred patients to occupational therapy, and 55.7% correctly identified all domains of occupational therapy, emphasizing ADLs, work, and social participation. Lastly, 96.9% believed occupational therapy was equally important as other health professions. **Conclusion:** Healthcare professionals in India exhibit varied levels of knowledge and perception regarding occupational therapy. While attitudes toward the profession are generally positive, with widespread acknowledgment of its importance in rehabilitation, there remains a significant gap in knowledge and understanding of the full scope of occupational therapy services. These findings highlight the need for targeted educational interventions to improve awareness and foster greater interdisciplinary collaboration.

Title: Exploring the Association Between Functional Independence Measure (FIM) and Self Esteem in Patients with Spinal Cord Injury: A cross-sectional Study

Authors :

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Abstract

Background: Individuals with spinal cord injury (SCI) require extensive rehabilitation to achieve their optimal functioning within the community. Successful rehabilitation involves reintegrating into the community and adjusting to a significantly lifestyle adjustment to perform their daily living task. This necessitates not only physical but also emotional adjustments. However, the impact of psychological factors on functional outcomes in SCI rehabilitation is often overlooked by occupational therapists. **Objectives:** This study aimed to evaluate the effects of in-patient rehabilitation on functional outcomes, such as activities of daily living (ADL) and self-esteem, among individuals with SCI. Additionally, it sought to explore the relationship between ADL independence and self-esteem in this population. **Methods:** Twenty individuals aged 25-60 years with SCI participated in this study. Upon admission, they underwent initial assessments using the Functional Independence Measure (FIM) and Self-esteem scales. Following a tailored six-week rehabilitation program, the participants were reassessed using the same outcome measures. **Results:** Significant improvements were observed in both functional outcomes (FIM scores) and self-esteem following the rehabilitation intervention. Furthermore, there was a noteworthy positive correlation between FIM scores and self-esteem among the SCI patients. **Conclusion:** These findings underscore the efficacy of comprehensive rehabilitation strategies in enhancing functional abilities and self-esteem among individuals with SCI. Addressing psychological factors alongside physical rehabilitation appears crucial for optimizing overall rehabilitation outcomes in this patient population. **Key Words:** Functional Independence Measure, Occupational therapy, Rehabilitation, self- esteem, Spinal cord injury.

Title: Effectiveness of Mulligan Lumbar Mobilization and Neural Mobilization in Chronic Non-Specific Low Back Pain.

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Abstract

Background: Chronic Non-specific Low back pain is a prevalent condition affecting millions of people worldwide, causing significant discomfort, disability, and economic burden. Conservative management techniques, such as mobilization, are essential in managing LBP. Mobilization techniques aim to improve joint mobility, reduce pain, and promote optimal function. Mulligan Mobilization is a manual therapy approach that uses a combination of passive mobilization and active movement to improve joint mobility and reduce pain. Neural Mobilization is a technique that focuses on mobilizing the nervous system, aiming to reduce neural tension and promote optimal function. **Objectives:** To determine the efficacy of Mulligan lumbar mobilization and Neural mobilization in Chronic Non-specific Low Back Pain. **Study Design:** Quasi Experimental Study was chosen for the research **Methods:** A population of 30 patients (both male and female, aged between 20 to 60 years) diagnosed with chronic non-specific low back pain confirmed by orthopedic surgeon will be divided into two groups namely, Group A(n=15) and Group B (n=15). Before starting the intervention, both the groups will be undergoing a pre-test by using VAS scale for assessing pain, Modified Schober's test for assessing range of motion and Oswestry low back disability questionnaire for assessing function. The group A will be given Mulligan mobilisation and conventional therapy for 4 weeks that is, 3 times each week. Similarly, Group B will be given Neural mobilisation and conventional therapy for 4 weeks that is, per week 3 times. After the intervention period both the group will be assessed with the standardised scales to check the pain, range of motion and optimal function. The outcome measures were: VAS for Pain intensity, Modified Schober's test for Range of Motion and Oswestry Low back Disability Questionnaire for function. **Results:** This study compared the effectiveness of Mulligan Mobilization and Neural Mobilization in improving outcome measures for patients with CNSLBP. After treatment, patients who received Mulligan Mobilization experienced greater pain relief, with an average pain score of 3.2 compared to 5.0 for those who received Neural Mobilization. Additionally, Mulligan Mobilization was found to improve range of motion more effectively, with an average score of 6.35 compared to 5.64 for Neural Mobilization. Furthermore, patients who underwent Mulligan Mobilization showed a greater reduction in functional disability, with an average score of 27.3% compared to 32.1% for Neural Mobilization. Post-Test results revealed that the Mulligan group showed significantly greater improvements compared to the Neural group, with lower pain scores (VAS: 3.20; 95% Confidential Interval(CI) [2.72, 3.68] vs. 5.00; 95% CI [4.34, 5.66]), better lumbar flexibility (Schober's Test: 6.35 cm; 95% CI [6.04, 6.66] vs. 5.64 cm; 95% CI [5.41, 5.87]), and improved functional ability (ODI: 27.27%; 95% CI [25.06, 29.48] vs. 32.13%; 95% CI [29.22, 35.04]). Overall, the results suggest that Mulligan Mobilization is a more effective treatment approach than Neural Mobilization for improving the outcomes.

Conclusion: Mulligan Mobilization shows a greater reduction in pain and improvement in functional ability and range of motion compared to Neural Mobilization. These findings suggest that Mulligan Mobilization may be a more effective technique for managing chronic non-specific low back pain. **Key Words:** Chronic Non-specific low back pain, Mulligan lumbar mobilization, Neural mobilization, pain, range of motion and functional disability.

Title: Effectiveness of Occupational Therapy – Multisensory Reminiscence Group (OT-MRG) in Improving Happiness and its Impact on Psychological Well-Being of Institutionalised Elderly – A Quasi-Experimental Study

Authors :

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Abstract

Background: There has been a dramatic growth in the global elderly population in the last decade. This growth in population, along with societal changes, such as urbanization and migration, has led to increasing institutionalization rates. In a culturally deep-rooted country like India, institutionalization is still not widely understood or accepted, thus posing more risk of emotional distress and poor psychological health. This study emphasizes the need for Occupational Therapists' interventions in normally ageing elderly in geriatric Institutions, especially in India. **Objectives:** To determine the Effectiveness of Occupational Therapy Multisensory Reminiscence Group (OT-MRG) in improving Happiness among Institutionalised Elderly and to analyze its impact on their Psychological Well-Being. **Study Design:** The study design was a quasi-experimental study. **Methods:** Eight elderly individuals (both male and female), aged 60 to 80 years, residing in a selected elderly institution for a minimum of six months, were included in the study using purposive sampling, according to the selection criteria. Participants were confirmed medically fit for the study by their consulting doctor and scored below 4 on the Oxford Happiness Questionnaire. Participants with habits of consuming psychoactive substances were excluded from the study. The participants were assigned to the eight bi-weekly one-hour Occupational Therapy Multisensory Reminiscence Group (OT-MRG) Intervention sessions. Oxford Happiness Questionnaire and Ryff's Psychological Well-Being Scales, were the outcome measures used. The Pre-test and the Post-test scores of the two outcome measures were analyzed. **Results:** The study found that the Occupational Therapy—Multisensory Reminiscence Group (OT-MRG) Intervention improved Happiness ($P < 0.03$) and had a significant impact on Psychological Well-Being ($P < 0.00$). The percentage change from pretest to post-test in Happiness and Psychological Well-Being was 15.18% and 15.92% respectively. **Conclusion:** Occupational Therapy – Multisensory Reminiscence Group (OT-MRG) Intervention has been effective in improving Happiness and caused a significant positive impact on the Psychological Well-Being of Institutionalised Elderly. **Key Words:** Institutionalized Elderly, Happiness, Psychological Well-Being, Reminiscence Group Therapy, Occupational Therapy.

Title: The Effects of Tailored Activity-Based Occupational Therapy Program to Improve Activities of Daily Living Skills Among Patients with Dementia.

Authors :

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Abstract

Background: Dementia is a progressive neurodegenerative disorder that significantly impairs memory and cognitive function. This study aimed to determine the impact of tailored activity-based occupational therapy program to improve activities of daily living skills (ADL) among patients with dementia. **Objective:** The objective of this study was to evaluate the severity of dementia, to assess the cognitive impairments among participants, to determine the ADL skills among participants and to measure the psychological well being of caregivers. **Methods:** A quasi-experimental study was conducted on early diagnosed participants (more than 65 years) of mild to moderate category of Patients with Dementia (PWD). Seventy participants were included in this study. Participants were selected from Arisjuvady Mental Health Centre, Pondicherry. Participants were divided into two groups: the intervention group (N=35) and the control group (N=35). The intervention group received a tailored activity-based occupational therapy program for 16 weeks. The control group received regular occupational therapy interventions. The pre and post test values of participants and caregivers were determined by using Dementia Severity Rating Scale (DSRS), the Montreal Cognitive Assessment (MoCA the World Health Organisation - Five Well - Being Index (WHO - 5) and Barthel Index (BI) in this study. Then the collected data were interpreted by using t test method with SPSS version 27 respectively. **Results:** The intervention group showed significant improvements in ADL skills and the psychological well being of caregivers compared to the control group. The intervention group had a mean to increase on the scores of DSRS and MoCA. Additionally, the intervention group reported higher scores on the WHO 5 and BI scales (Confidence Interval (CI) is - 11.58 to - 7.91, t value is 10.7986, p value (less than 0.0001) and WHO 5 (Confidence Interval (CI) is - 4.84 to - 3.33, t value (11.0482), p values is less than 0.0001), indicating improved ADL skills of participants and psychological well being of caregivers. **Conclusion:** This finding suggested that a tailored activity-based occupational therapy program was effective to improving ADL skills of PWD. **Keywords:** Cognitive Function, Dementia, Occupational Therapy, Tailored Activity-Based Program, Activities of Daily Living skills.

Title: Association between adult sensory processing and behaviour characteristics in alcohol use disorder. A quantitative study.

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Abstract

Background: Alcohol Use Disorder is characterized by a persistent pattern of alcohol consumption. Occupational therapists focus on improving daily functioning and quality of life, are uniquely positioned to address sensory challenges and maladaptive behaviours. **Objectives:** To determine association between adult sensory processing and behaviour characteristics in alcohol use disorder. **Study Design:** Cross-Sectional Quantitative study design. **Method:** 350 males and females were recruited in a duration of 6 months by convenience sampling based on diagnosed with Alcohol Use Disorder, age 18 to 59 years, coming to outpatient and admitted to in patient department at institute of psychiatry and human behaviour, should be accommodated by caregivers and able to answer the questionnaire asked by the therapist. Adolescent Sensory Profile was used for sensory processing and Adult Behaviour Checklist was used for behaviour characteristics. Data was analysed using JAMOVI 0.9.6, licensed source. **Results:** Participants were analysed using chi- square test and was found that there is a strong association between sensory processing and behaviour characteristics ($\chi^2=73.25$, $p<0.0001$), but it was found that there exists strong association between anger and sensory sensitivity ($\chi^2=416$, $p<0.0001$) and sensory seeking ($\chi^2=419.8$, $p<0.0001$). Also, it was found that there is no association between anger and sensory avoiding ($\chi^2=0.6992$, $p= 0.4031$) and low registration ($\chi^2= 0.01567$, $p=0.9004$). Anger behaviour (89.71%) was the predominating behaviour observed. **Conclusion:** This study concludes that there is strong association between sensory processing and behavior characteristics and can provide valuable insights for developing intervention that enhance the quality of life and functional independence of individuals.

Key Words: Occupational therapy, Alcohol Use Disorder.

Title: Effectiveness of occupational therapy with Mindfulness training on Mental health of parents of children with Autism.

Authors :

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Abstract

Background: Autism spectrum disorder (ASD) presents significant challenges in social communication and interaction, profoundly affecting parents' mental, emotional, and social well-being. Managing autism-related behaviors often results in heightened stress, especially when severe symptoms are present. Coping strategies, support systems, and interventions have proven effective in reducing caregiver stress. Mindfulness-based programs improve parental mental health by enhancing emotional regulation and reducing stress. Similarly, occupational therapy benefits both child outcomes and caregiver well-being, addressing sensory challenges in children and improving family adaptability. Integrating mindfulness training with occupational therapy offers a holistic approach, addressing both parental mental health and children's developmental needs, potentially improving outcomes for families managing ASD. **Objectives:** To identify the effect of occupational therapy combined with mindfulness training on the mental health of parents of children with autism. **Study Design:** Quasi-experimental study design. **Methods:** A total of 60 parents of children with ASD were recruited based on inclusion and exclusion criteria and divided into experimental (n=30) and control (n=30) groups. The severity of ASD in children was assessed using the Indian Scale for Assessment of Autism (ISAA). Baseline assessments for parents were conducted using the General Health Questionnaire-28 (GHQ-28) and the Five Facet Mindfulness Questionnaire-39 (FFMQ-39). The experimental group received mindfulness training, while the control group underwent conventional occupational therapy. The intervention lasted for eight weeks, after which post- assessments using GHQ-28 and FFMQ-39 were conducted to evaluate outcomes. **Results:** Pre-test scores for GHQ-28 and FFMQ-39 revealed no significant differences between groups, confirming baseline comparability ($p > 0.05$). Post-test analysis showed significant improvements in GHQ-28 sub-scales for somatic symptoms ($p = 0.002$) and social dysfunction ($p = 0.000$) in the experimental group, with no significant changes in anxiety ($p = 0.272$) or severe depression ($p = 0.180$). For FFMQ-39, the experimental group demonstrated significant improvements across all five mindfulness sub-scales: observing ($p = 0.000$), describing ($p = 0.000$), acting with awareness ($p = 0.003$), non-judging ($p = 0.001$), and non- reactivity ($p = 0.002$). **Conclusion:** Occupational therapy with mindfulness training significantly improves the mental health of parents of children with autism compared to conventional occupational therapy alone. **Keywords:** Autism, Mindfulness training, Mental health.

Title: Effectiveness of sensory modulation intervention for persons with anxiety disorder.

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Abstract

Background: Anxiety disorders are characterized by excessive worry and apprehension that is often difficult to control, hence causing restlessness, palpitation, difficulty in breathing, concentrating, feeling sad or low mood leading to occupational functioning impairment. Sensory Modulation is the central nervous system's neurological capacity to control environmental sensory stimuli and allow for a behavioural reaction to those stimuli. Research indicates that that sensory modulation interventions have the potential in reducing distress levels and modulating the arousal levels thereby improving the occupational participation of adults with mental illnesses. As there are fewer studies conducted on persons with anxiety disorder for sensory modulation intervention, it is important to investigate further in this topic. **Objectives:** To determine the effectiveness of sensory modulation intervention on persons with anxiety disorder. **Study Design:** Quasi Experimental Study. **Method:** Persons with anxiety disorder were selected using convenience sampling. The individuals who were chosen for inclusion and exclusion were screened using Beck's Anxiety Scale, with scores ranging from 20-69. The persons were grouped into experimental and control groups. The persons in the control group received conventional occupational therapy while those in the experiment group received sensory modulation intervention for a duration of 6-weeks. The outcome measures were: Canadian Occupational Performance Measure (COPM) and World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0). **Result:** Participants analyzed in experimental group were 15 and control group was 15. The mean age of total participants was 37.27 (in years). The number of males and females was equal in both experimental and control group (M: F=8:7). SPSS 27 was conducted to analyze the data. The statistical analysis shows there is significant difference between the control and experimental group regarding COPM components performance ($p = 0.017$) and satisfaction ($p = 0.003$); as well as in WHODAS 2.0 ($p = 0.015$) in person with anxiety disorder. No adverse reactions to therapy were observed. **Conclusion:** Sensory modulation intervention is beneficial as an adjunct to conventional occupational therapy, especially for reducing anxiety and promoting relaxation in persons with anxiety disorder. **Keywords:** Anxiety, Sensory Modulation, Sensory Integration, Occupational Therapy.

Title: Relationship between Sensory Modulation and Cognition – A Cross-sectional study.

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Abstract

Background: Sensory Modulation is the ability of an individual to regulate the sensory stimuli received from the environment and produce appropriate responses. Cognition is the ability of an individual to think and respond to situations using proper judgment, problem-solving, and decision-making abilities. Both sensory modulation and cognition play an important role in the occupational participation of individuals. **Objective:** To explore the possible relationship between sensory modulation and cognition in a normal population. **Study Design:** Pilot exploratory cross-sectional study **Method:** The study was conducted with ethical approval. The primary outcome measures, Hindi Mental Status Examination and Adult/Adolescent Sensory Profile were administered to a sample of 300 participants aged 11 years and above. **Results:** The Spearman's correlation coefficient computation implied variable relationship between categories of sensory modulation; including sensory sensitivity ($r_s=0.106$), sensory seeking ($r_s=0.425$), low registration ($r_s=0.060$), sensation avoiding ($r_s=0.092$), and cognition. **Conclusion:** The existing relationship between cognition, sensory sensitivity, and sensory seeking paves the way for further research in this area. **Keywords:** Sensory Modulation, Cognition, Mental Status Examination, Sensory Profile.

Title: Effectiveness of Exergaming on balance in Geriatric Population.

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Abstract

Background: Geriatrics refers to a branch of medicine focusing on management of health status and treatment of diseases in the older adults' population. Older individuals typically face physical impairments and an increased risk of experiencing chronic health problems. Balance problems in older adults are common which can lead to falls, injuries, and reduced quality of life.

An exergame is a new technology intervention that blends interactive features of video games with exercise, offering several benefits, such as, the game element enhances the overall enjoyment of the workout and provides immediate feedback which aids users in directing their attention towards their physical actions. **Objectives:** To determine the effectiveness of Exergaming on balance in Geriatric Population. **Study Design:** Experimental pre and post study design. **Methods:** Sixty-six (N = 66) participants were recruited through convenience sampling and divided into control (n=33) and experimental (n=33) group. The experimental group participants received Exergaming and control group participants received a conventional occupational therapy balance programme for 4 weeks (3 times/week). BBS (Berg Balance Scale), TUG (Timed Up and Go test) and FES-I (Fall Efficacy Scale- International) were used to measure balance among the geriatric participants. **Results:** A significant difference between the Pre and Post-test scores of BBS (z = -4.024, p = 0.000) CI [-5.10832; -2.28562], TUG (z = -5.013, p = 0.000) CI [5.38735; 8.12720], FES-I (z = 4.881, p = 0.000) CI [4.21129; 12.75840] in the experimental group, as compared to the Pre and Post-test scores of BBS (z = -3.068, p = 0.002) CI [-2.79376; -0.78200], TUG (z = -2.398, p = 0.016) CI [-0.47573; 0.83391], FES-I (z = -2.969, p = 0.003) CI [0.54565; 1.99980] in Control group. There was significant difference in Post-test scores of BBS (z = -2.739, p = 0.006), TUG (z = -5.708, p = 0.000), FES-I (z = -3.447, p = 0.001). **Conclusions:** The Exergaming intervention was significantly effective in improving balance in geriatric population. Moreover, the clients showed an affirmative response to exergames, they reported exergames to be fun, entertaining and motivating. **Key Words:** Balance, Geriatric, Falls, Exergaming. **Keywords:** Sensory Modulation, Cognition, Mental Status Examination, Sensory Profile.

Title: Effect of brain gym exercise on fear of fall and balance in a patients with Parkinsonism.

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Abstract

Background: Parkinson's disease, marked by motor impairments and high fall risk (45-68% annually), often leads to fear of falling. Brain Gym, comprising 26 coordination and balance exercises, engages motor-sensory cortices, stimulates the vestibular system, and enhances equilibrium, potentially reducing fall fear and improving balance in individuals with Parkinson's. **Aim:** To assess the effect of Brain Gym exercises on fear of falls and balance in patients with parkinsonism. **Study Design:** Experimental study **Methods:** 10 patients (male and female), aged 30-70 years, diagnosed with Parkinsonism, were recruited over three months. Inclusion criteria include Hoehn and Yahr Scale scores of 2-4, MOCA score >18 (mild cognitive impairment), and FES-International scores <16. Exclusion criteria were other psychiatric, orthopaedic, or neurological conditions, and Mini-BESTest scores <9. Screening tools include MOCA and Hoehn and Yahr Scale. Outcome measures were FES-I and Mini-BESTest scales, assessed pre and post-intervention. Brain Gym exercises given (45 mints), provided thrice week for two.

Results: Data was analysed using IBM SPSS Statistics Version 20.0 with paired t-tests ($p < 0.05$). Results showed a FES-I scale mean value pre (27.9 ± 4.23) to post-intervention (27.3 ± 4.30) p value 0.005 and Mini BESTest scores mean values pre (15.70 ± 2.75) to post (16.8 ± 2.52) p value 0.002. This suggests Brain Gym exercises effectively reduce fear of falling and improve balance. **Conclusions:** The study conclude that there is effectiveness of brain gym exercises to reduce fear of fall and improve balance on the bases of statistical and clinical analysis. **Keywords:** Fear of falls, Parkinsons disease, balance.

Title: Assessing the priming effects of mirror visual feedback on bilateral task practice in patients with stroke: a quasi experimental study.

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Abstract

Background: Mirror visual feedback (MVF) is a technique used in stroke patients rehabilitation to improve their motor recovery. Bilateral Arm Training has emerged as an approach that leads to positive outcomes in addressing upper extremity paresis after stroke. **Objectives:** To assess effects of visual priming with mirror visual feedback on stroke Patients ability to regain function. **Study Design:** This was a Quasi experimental study. **Methods:** Thirty patients (both males and females, aged 30 to 80 years), diagnosed with stroke included having mild to moderate motor impairment based on Fugl Meyer Upper extremity scores between 18 to 55. Patients were selected based on convenient sampling. The experimental group (n=15) received bilateral task practice with mirror visual feedback whereas the control group (n=15) received bilateral task practice without mirror visual feedback. Intervention was delivered for 90 mins a day, three days a week for four weeks. Fugl Meyer Assessment-Upper Extremity (FMA-UE), Chedoke Arm and Hand Activity Inventory (CAHAI), Motor Activity Log (MAL) and Stroke Impact Scale (SIS) were the outcome measures used. **RESULTS:** The results indicate that both the mirror therapy group and the BAT group experienced significant improvements in most measured outcomes. For mirror therapy group FMA UE ($p = 0.00$, 95% CI: -14.15, -6.90), CAHAI ($p = 0.001$, 95% CI: -19.39, -6.60), MAL AOU ($p=0.00$, 95% CI: -1.69, -0.97), MAL QOM ($p=0.00$, 95% CI: -1.41, -0.91), SIS ($p=0.00$, 95% CI: -9.96, -7.36). For the BAT group: FMA UE ($p = 0.000$, 95% CI: -14.15, - 6.90), CAHAI ($p = 0.00$, 95% CI: -19.39, -6.60), MAL QOM ($p=0.00$, 95% CI: -1.14, -0.91) all showed significant improvements (p values < 0.05), indicating effective intervention. However, MAL AOU ($p=0.111$, 95% CI: -1.69, -0.97) did not show significant improvement, suggesting that while the BAT group improved overall, their perceived amount of use of the affected limb did not change significantly. Mirror therapy was found to be more effective compared to BAT.

Conclusion: MVF appears to significantly enhance the efficacy of bilateral task practice in stroke patients, potentially offering a valuable tool for improving motor recovery. **Key Words:** Priming, Mirror Visual Feedback, Bilateral Arm Training, Stroke, Occupational Therapy.

Title: The effect of sensory-motor training on hand and upper extremity sensory and motor function in patients with Parkinson's Disease.

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Abstract

Background: Patients with Parkinson disease (PD) have sensory problems, but there is still no accurate understanding of the effects of sensory-motor interventions on PD. Sensory-motor training helps individuals to perceive hand movements, improve precision and strength for fine motor task. **Objectives:** To investigate the effects of sensory-motor training (SMT) on hand and upper extremity sensory and motor function in patients with PD.

Study design: This was a Quasi experimental study. **Methods:** Forty patients (both male and female) diagnosed with Parkinson's Disease on Hoehn and Yahr Scale level between 1-3 and Mini-mental state examination score ≥ 23 were allocated to the SMT group or the control group (CG). The CG received the common occupational therapy, whereas the SMT group received SMT. The SMT included discrimination of temperatures, weights, textures, shapes, and objects and was performed 5 times each week for 2 weeks. Outcome measures used were Hand Active Sensation Test (HAST), Weinstein Enhanced Sensory Test (WEST), Wrist Proprioception Sensation Test (WPST), Box and Block Test (BBT) and Perdue Pegboard Test (PPT). **Results:** The results indicate that both the SMT group and control group showed significant improvement in most measured outcomes. For SMT group HAST:-[DH(p=0.00, 95%CI:-3.72 to -2.47) NDH (p=0.00, 95%CI:-3.91 to -2.38)], WEST:-[DH(p=0.00, 95%CI:-2.42 to -1.57) NDH (p= 0.00, 95%CI:-2.60 to -1.59)], WPST:-[DH(p=0.004, 95%CI:0.27 to 1.22) NDH (p= 0.001, 95%CI: 0.53 to 1.76)], BBT:-[DH(p=0.00, 95%CI:-4.75 to -2.24) NDH (p= 0.00, 95%CI:-4.78 to -2.51) and PPT:-[DH(p= 0.00, 95%CI:-1.67 to -1.12), NDH(p=0.00, 95%CI: -2.04 to -1.05) Bilateral (p=0.025, 95%CI: -2.69 to -0.20) Assembly(p=0.00, 95%CI:-1.04 to -0.45)] all showed significant improvements ($p < 0.05$), indicating effective intervention. However, in control group all measures showed significant improvement including Bilateral performance on PPT with the exception on PPT:-[DH(p=0.144, 95%CI: -1.42 to 0.22) NDH(p=1.00, 95%CI: -7.19 to -5.20), Assembly (p= 0.38, 95%CI: -1.84 to -0.05)] did not show significant improvement. It suggests that SMT group was found to be more effective compared to control group. **Conclusion:** SMT appears to show improved hand and upper extremity sensory-motor function in patients with PD. **Key words:** Sensory-motor training, Parkinson's Disease, Occupational Therapy.

Title: Involvement of family in fall prevention for older adults in Indian context: a narrative review.

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Abstract

Background: In India, family members are essential in caring for older adults. Falls in older adults are prevalent and among the top ten non-communicable diseases. Fall prevention interventions are found to reduce the rate of falls but have little or no effect on fall-related outcomes like fall-related fractures, medical attention and quality of life. Existing literature suggests that the outcome and adherence to intervention programs depend on the family's support and involvement. **Aim:** This review aims to understand how family members are involved in the fall prevention of older adults. **Study Design:** Narrative review. **Method:** Articles were identified from four databases: PubMed, Scopus, Web of Science, and ProQuest. Synonymous terms of specific keywords, such as fall prevention, older adults, and family members, were used. Articles were searched without date and geography limitations and included if available in English, had reference material to find them and had a connection to family members in fall prevention of older adults at risk of falls. Articles consisting of family caregiving for older adults at risk of falls due to underlying neurological, orthopaedic and psychiatric conditions were excluded. We used a narrative synthesis approach to identify common themes across various studies. **Results:** Of the 4195 articles identified, 4130 were excluded post title and abstract screening. 65 articles were included for full-text review, of which 47 were excluded as they did not involve family caregivers. A total of 18 articles were included in the review. We found that most studies were from foreign countries, and only one was from the Asian region. The findings are organised under three themes: tasks carried out by the family to prevent/manage falls in older adults, the impact of falls on family members, and family members' experience and perception of fall prevention for older adults. **Conclusion:** The existing literature strongly emphasises involving family members in fall prevention for older adults. However, there is limited research and understanding of implementing the same in practice. There is a need to explore and understand family members' needs, experiences, and perceptions about fall prevention in the Indian context. This will help develop contextually relevant assessments and interventions to involve families in preventing falls in older adults. **Keywords:** Older adults, family members, fall prevention program.

Title: Prevalence of Musculoskeletal Disorders risk factors and Ergonomic Assessment of posture among Eco-Clean Workers: A Cross-Sectional Study.

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Background: Work related Musculoskeletal Disorders are one of the biggest occupational health problems in industrialized countries. The main contributing factor for musculoskeletal disorders is poor working posture, which can result in minor back problems to severe handicap. Cleaning work involves high cardiorespiratory and musculoskeletal loads, cleaners often work with bent forward and/or with a twisted back. Hence Occupational therapist should consider interaction between human and environmental factors to understand behaviour and assist the patient to adapt and live full life. **Objectives:** To identify musculoskeletal problems and evaluate ergonomic risk factors in Eco- Clean workers working in GMC, Bambolim Goa. **Study Design:** Cross Sectional Study Design. **Method:** A cross-sectional study was conducted among 30 female Eco-Clean workers aged 20–40 years with at least one year of experience. Simple random sampling was used to select participants. Work-related musculoskeletal disorders were assessed using the Nordic Musculoskeletal Questionnaire, and postural analysis was performed using the Rapid Entire Body Assessment (REBA). **Result:** Data analysis was performed using SPSS Version 22, with categorical variables summarized as frequencies and percentages, and continuous variables as means and standard deviations. The study revealed a high prevalence of musculoskeletal pain in the knee (56.7%), ankle/feet (53.3%), lower back (53.3%), and neck (40%) over the past year. REBA results indicated that 26.7% and 56.7% of workers were at high and very high risk, respectively, for developing musculoskeletal problems. **Conclusion:** The study highlighted the musculoskeletal issues faced by cleaners, with the knee being the most affected region. It also identified that most workers operated at high-risk levels, emphasizing the urgent need for posture correction. **Key Words:** Ergonomic, Musculoskeletal problems, Cleaners, Nordic musculoskeletal questionnaire, RULA scale.

Title: Effectiveness of Occupational Therapy Intervention On Circadian Based Sleep Pattern and Daily Routine in Children with Autism Spectrum Disorder : Quasi- Interventional Study.

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Abstract

Background: Children with Autism Spectrum Disorder (ASD) often have irregular sleep patterns, making daily routines challenging. Aligning activities with their circadian cycle can help improve sleep and routines. **Objective:** To identify effectiveness of Occupational Therapy (OT) intervention to improve sleep quality and daily routines based on Circadian cycle of ASD children. **Study Design:** Quasi-interventional study design was adopted. **Methods:** Fifty samples diagnosed with ASD children aged 6-12 years were recruited through convenient sampling technique. Sleep Disturbance Scale for Children (SDSC) and Child Routine Inventory (CRI) were used as outcome measures. All participants were received OT intervention for six-weeks (five sessions per week) duration of each session was thirty minutes were implemented to improve sleep patterns and routines by aligning activities with the circadian rhythm, addressing the sleep disturbances commonly associated with ASD. After the completion of intervention the data was analyzed by paired t-test and ANOVA. WMA Declaration of Helsinki guidelines were kept in account by the researchers. **Result:** There was statistically significant difference between pre and post test of SDSC scale (total score; t value = 32.82, p = <.001, 95% CI value: 36.59 to 41.366 & total hrs; t value = - 7.53, p = <.001, 95% CI value: -1.39 -0.803) (ANOVA: pre f = 9.36, p = 0.016 & post f = 8.03, p = 0.012) and CRI scale (t value = -12.8, p = <.001, 95% CI: -47.4 to -34.5). These results indicates OT intervention showed statistically significant improvements in both sleep patterns and daily routines for ASD children. **Conclusion:** The findings of study concludes that sleep patterns and routines of children with ASD improved when aligned activities with their circadian cycle through OT intervention. **Key Words:** Autism Spectrum Disorder (ASD), Circadian clocks, Occupational Therapy, Routines and Sleep Wake disorder.

Title: Assessing The Quality of Life in Patients with Parkinson's Disease In Goa, India.

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Abstract

Background: Parkinson's disease (PD) is characterized by various motor dysfunctions, such as bradykinesia, rigidity, gait freezing, resting tremor, and postural reflex impairment, as well as neuropsychological dysfunctions, such as depression, fatigue, cognitive decline, and sleep disturbance, all of which negatively affect patients' quality of life (QOL).¹ The impact of Parkinson's disease on an individual's quality of life (QoL) is profound, affecting various dimensions of daily living and overall well-being. Occupational therapists begin by conducting comprehensive assessments to understand the specific challenges faced by individuals with Parkinson's disease (PD). **Objective:** The study aims to assess the quality of life in patients with Parkinson's disease using a Parkinson's disease questionnaire 39 (PDQ39). **Methods:** The cross-sectional observational study included participants (n=50). Inclusion criteria: Patients with confirmed diagnosis of Parkinson Disease, Patients with MMSE > Score 24, Both male and female, Residents of Goa. Patients with MMSE <Score 24, Patients with Severe cognitive dysfunction and dementia, None diagnosed cases, Non Goan Resident were excluded from the study. Participants were selected based on purposive convenient sampling method. Parkinson's disease questionnaire 39 (PDQ39) was administered to assess the QOL of patients with Parkinson's disease. Data were analyzed using Microsoft Excel. **Result:** Using the PDQ39 scale summary index score was calculated and the study found that mobility was the most affected domain (42.3±23.53). Activities of daily living (29.41±20.23), bodily discomfort (27.16±16.40), communication (19.66±17.78), emotional wellbeing (18.91±13.29), and cognition (18.12±12.26) were moderately affected, while stigma (8.12±13.30) and social support (6.5±13.47) were least affected. The QOL was significantly lower in patients with disease duration over five years and moderately affected in those with a shorter duration.

Conclusion: The QOL in patient with Parkinson's disease is greatly hampered in areas of Mobility and moderately affected in ADL, communications, bodily discomfort, emotional well-being, cognition, least affected in social supports in majority of patients on PDQ39. **Key Words:** Parkinson Disease, Quality of Life (QOL), Parkinson Disease Questionnaire 39(PDQ39).

Title: Impact of Freezing Weather (winters) on the Mood and Stress Level in the People of Kashmir: An Occupational Therapy Perspective.

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Abstract

Background: Seasonal Affective Disorder (SAD) is a form of depression triggered by seasonal changes, especially in winter, affecting mood and stress levels. This study investigates the impact of freezing winter weather on mood and stress in Kashmir, India, where harsh winters are common. Occupational therapists are key in managing SAD and associated mood changes. **Objectives:** This study aimed to assess the effect of winter weather on mood, stress levels, and related behavioral changes among individuals in Kashmir, and explore the relationship between cold weather and mood parameters. **Methods:** A cross-sectional survey was conducted in Srinagar, Kashmir, with 97 participants (aged 35-50 years) selected via convenience sampling. Informed consent was obtained from all participants. Data were collected using the Perceived Stress Scale (PSS) to measure stress and the Seasonal Pattern Assessment Questionnaire (SPAQ) to assess mood changes. Descriptive analysis was performed on the data. **Results:** According to the SPAQ, 15% (n=48) of participants experienced their worst mood during winter, with associated behavioral changes such as increased sleep (18%, n=56), heightened appetite (15%, n=48), reduced socialization (16%, n=51), and weight gain (16%, n=51). Conversely, most participants reported their best mood during summer (n=31) and spring (n=30). Moderate seasonal variations were observed in sleep patterns (21%, n=33), social activity (16%, n=25), appetite (17%, n=27), and energy levels (20%, n=32), while 25% (n=24) reported significant mood fluctuations. Additionally, 57% (n=55) struggled with seasonal transitions, particularly from autumn to winter. Weight changes included 0-3 lb fluctuations in 29% (n=28) and 4-7 lb fluctuations in 31% (n=30). Seasonal shifts also influenced food preferences in 58% (n=56). Stress levels, as measured by the Perceived Stress Scale, revealed that 69% (n=67) of participants experienced moderate stress, while 23% (n=22) reported high stress during the winter months.

Conclusion: Freezing winter weather significantly affects mood, stress, and behaviors, with participants experiencing negative changes during winter. Occupational therapy interventions are essential to manage these seasonal challenges. **Key Words:** Seasonal Affective Disorder, mood, stress, winter weather, Kashmir, occupational therapy.

Title: Efficacy of Core Strength Training on Primary Dysmenorrhea: A Randomized Controlled Trial.

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Abstract

Background: Dysmenorrhea, characterized by painful menstrual cramps, affects a significant proportion of women of reproductive age without any pelvic pathology. **Objective:** This study investigates the efficacy of core strength training in alleviating the symptoms associated with primary dysmenorrhea. **Study Design:** Randomized controlled study design was chosen for the research. **Methods:** study conducted with 60 participants, non-athletic, nulliparous girls, with regular history of menstrual cycle, aged between 19-25 years, experiencing mild to moderate dysmenorrhea, were divided into an experimental group (n=30) and a control group (n=30). The experimental group performed 8 weeks of core strength training exercise (4 sessions /week, 30 -35 min/session). Before and after exercise program, outcomes were measured using quality of life assessments European Quality of Life 5 Dimensions 5 Level Version (EQ-5D-5L), working ability, location, intensity, days of pain, dysmenorrhea (WALIDD) scale and Depression Anxiety Stress Scales (DASS-21). **Result:** Participants analyzed in experimental group were N=30 and control group were N=30 The statistical analysis was performed using independent t-test. The confidence interval was considered at 0.95 ($p < 0.05$). In comparison to control group results indicated a significant reduction in discomfort ($p = 0.00$, 95%CI: 2.84 to 17.84), pain intensity ($p = 0.00$, 95%CI: -8.31 to -3.81) and negative emotional symptoms ($p = 0.007$, 95%CI: -15.50 to 5.52) in the experimental group. **Conclusion:** These findings suggest that comprehensive core strength training is a beneficial non-pharmacological intervention for managing dysmenorrhea symptoms. **Keywords:** dysmenorrhea, core stability, mental health, quality of life

Title: Socioeconomic Status and Visual Perception in Children: A Systematic Review and Meta-analysis.

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Abstract

Background: Visual perception, a critical cognitive skill that enables children to interpret and process visual information from their environment, is foundational to learning, motor skills, and overall cognitive development. Socioeconomic status (SES), encompassing parental income, education, and occupation, has been identified as a key determinant in a child's developmental trajectory, influencing access to resources, early stimulation, and environmental enrichment, all of which can impact cognitive functions such as visual perception. Lower SES is often associated with limited access to quality educational and healthcare services, nutritional deficits, and exposure to more environmental stressors, which collectively may impair a child's ability to fully develop their visual perceptual skills. **Objectives:** This systematic review and meta-analysis aim to synthesize findings from existing literature on the relationship between SES indicators (such as parental education, occupation, and income) and visual perception performance in children. **Study Design:** Systematic Review and Meta-analysis. **Methods:** Following PRISMA guidelines, electronic databases (Scopus, PubMed, OTseeker, EBSCOHost, CINAHL), journals and handpicked records were searched for studies published in English between 2004-2024, with inclusion criteria encompassing peer-reviewed studies examining visual perception through standardized assessments across varied SES backgrounds. Two reviewers independently reviewed the studies, and extracted the data of the eligible studies, as well as assessed the risk of bias. A random-effects model was employed to calculate the standardized mean differences (SMD) with 95% confidence intervals (CI). **Results:** 927 records were generated through the search strategy, of which six studies were included for full-text review and meta-analysis. The major socioeconomic factors identified were age, gender, income, education, occupation, ethnicity, and race. Several visual perception measures were identified of which Beery-Buktenica Developmental Test of Visual-Motor Integration (Beery VMI) was the most commonly used assessment. This meta-analysis reveals the implications of SES-related disparities in visual perception for early childhood interventions, suggesting that targeting lower SES groups with tailored support programs may mitigate developmental inequalities. Findings underscore the importance of comprehensive policies to bridge the SES gap in childhood development and provide a foundation for further research into the intersection of SES and cognitive functions. **Conclusions:** The study concludes a significant association between higher SES and enhanced visual perceptual abilities, potentially due to access to enriched learning environments, healthcare, and cognitive stimulation. However, variations were observed across SES indicators, age groups, and cultural settings. **Key Words:** Child development, Early intervention, Socioeconomic factors, Visual perceptual skills.

Title: Assessing the effectiveness of health promotion model on elderly population.

Authors :

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Abstract

Background: Lifestyle choices play an important role in determining the health and vitality of older adults. The responsibility of occupational therapists to help people shape their lifestyles through those health-enhancing occupations. An ample body of literature in occupational therapy has identified lifestyle as a modifiable factor and has integrated it into the framework of successful aging to promote health and prevent or delay the deteriorating effects of chronic illness among older adults. **Objectives:** The objective of this study was to evaluate the effectiveness of the Health promotion model on elderly population with treatment as usual (TAU) compared to TAU alone. **Study Design:** A quasi-experimental study design was used for this study. **Methodos:** Sixty two (62) participants (both males and females, aged 55 to 65 years), were recruited by non-probability convenient sampling method. 31 participants in each experimental and control groups were recruited with inclusion criteria of minimum age of 55 years and not suffering from any neurological disorders. All the participants on intervention arm received predefined 6 fortnightly health enhancement lifestyle intervention sessions for the period of 3 months. The outcome measures was: Health Enhancement Lifestyle Profile (HELP). **Results:** On within group analysis, it revealed that results of the paired -t test indicated that there is a significant medium difference in pre-test and post-test HELP Total Scale Scores $t=3.06$ ($p=0.004$, 95% CI: -2.04 to 2.04) of experiment group with medium effect size; 0.55 as compared to there is a non-significant very small difference in pre-test and post-test HELP Total Scale Scores $t=-0.41$ ($p=0.68$, 95% CI:-2.04 to 2.04) of control group with very small effect size, 0.074. While between the group analyses, it revealed that the difference is not big enough to be statistically significant, HELP Total Scale Scores $t=1.77$ ($p=0.0$, 95% CI:-2.00 to 2.00) of control group with medium effect size; 0.45. **Conclusion:** The finding of the study suggests that the health promotion model intervention is effective for the elderly population and it also shows effectiveness most of HELP-healthy lifestyle behaviours except for Leisure and Other Health Promotion & Risk Behaviours. **Key words:** health behaviour, health promotion, life style, interventions for elderly, Occupational Therapy.

Title: Integrating occupational therapy with speech therapy in stroke rehabilitation: addressing communication and functional recovery.

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Abstract

Background: This study evaluates the effectiveness of integrating occupational therapy (OT) with speech therapy (ST) in stroke rehabilitation. A randomized control trial with 100 patients compared integrated therapy (experimental group, n=50) to standalone OT or ST (control group, n=50). Outcomes were assessed using the Barthel Index (BI), Boston Diagnostic Aphasia Examination (BDAE), and Stroke-Specific Quality of Life Scale (SS-QoL). The experimental group showed significantly greater improvements across all measures: BI (78.5 vs. 61.8), BDAE (35.1 vs. 27.9), and SS-QoL (74.6 vs. 64.1), with $p < 0.001$. These findings highlight the efficacy of integrated OT-ST therapy in enhancing functional recovery, communication skills, and quality of life in stroke patients. **Keywords:** Stroke rehabilitation, occupational therapy, speech therapy, functional recovery, quality of life.

Title: Determine correlation between repetitive behavior, social-emotional development & playfulness in neurodivergent children.

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Abstract

Background: The clinical indicators of children with neurodiversity include repetitive/stereotypical behaviors, restricted interests and poor interpersonal skills which can affect child's play. Behavioral challenges are of significant concern for play skill development and include fixed interests, lack of flexibility, impaired social skills, and engagement in ritual repetitive behaviors. Playfulness in these children is affected by behaviors inherently related to their condition; they tend to be less playful than their typically developing counterparts. So the study was conducted to see the interrelationship between playfulness with socioemotional aspects of behavior. **Objective:** Determine correlation between repetitive behavior, social-emotional development & playfulness in children with neurodiversity. **Methods:** Correlational study Design. 32 children with neurodiversity of age range 5-10 years were included. The correlation analysis was done between Repetitive Behavior Scale (RBS) versus Socio-emotional skills & Test of Playfulness (ToP) respectively as well as between Socio-emotional skills and ToP.

Results: The data was analyzed for normality, since the distribution was skewed the Spearman's correlation coefficient was calculated using SPSS 20 software. On analysis between Repetitive Behavior Scale (RBS) versus Socio-emotional skills & Test of Playfulness (ToP) Negative correlation was observed between stereotypic behavior & skillfulness [-0.579 & $p < 0.001$; 95% CI (-0.78 to -0.28)] while weak positive correlation was observed for restricted interest & social awareness skill [0.386 & $p < 0.029$; 95% CI (0.03 to 0.65)]. The correlation analysis between Socio-emotional skills and ToP was also done and positive correlation was observed self-awareness skill & skillfulness [0.448; $p < 0.01$; 95% CI (0.1 to 0.698)], social awareness skill & skillfulness [0.52; $p < 0.002$; 95% CI (0.199 to 0.74)], and relationship skill & Intensity of playfulness [0.325; $p < 0.07$; 95% CI (-0.038 to 0.612)]. **Conclusion:** The mixed pattern of correlation between Repetitive Behavior Scale (RBS) versus Socio-emotional skills & Test of Playfulness (ToP) indicates that repetitive behavior alone cannot be held responsible for lack of playfulness. On the contrary, the socio emotional development can be considered as an important aspect of play behavior to enable playful engagement of children with neurodiversity. **Key Words:** children with neurodiversity, social-awareness; socio-emotional; Playfulness.

Title: Dynamic stabilization strategy for alleviating synkinesis in Bell 's palsy.

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Abstract

Background: Bell's palsy is an idiopathic, acute peripheral-nerve palsy involving the facial nerve, which supplies the muscles of facial expression. Facial synkinesis refers to abnormal regrowth of facial nerve fibres which may result in involuntary (unwanted) contraction of certain muscles during other intended facial movement. Facial synkinesis may be observed during the later phase of the recovery process. The present study was undertaken to find the extent of facial synkinesis after two different treatment methods during facial expressions and during functional activities.

Objective: To study & compare the synkinesis after dynamic stabilization strategy versus conventional treatment strategy in Bells Palsy. **Methods:** Quasi Experimental Control Design. A total of 30 Subjects with a diagnosis of bell's palsy having idiopathic onset of age range 18-40 years were included while those with traumatic & pathological onset were excluded from the study. After screening, the Baseline evaluation was done for facial function synkinesis during voluntary movement and functional activities of facial muscles. The subjects were allocated to group A & group B using inverse sampling method. In Group A, Functional Dynamic stabilization strategy & in Group B, Conventional strategy was used and reevaluation was done after 6 months for synkinesis during voluntary expression and facial functional activities.

Instrument: Transpore Tape, Facial function assessment checklist. **Results:** Between group analysis was done using Mann Whitney U Test and p value was significant for Synkinesis during voluntary expression such as gentle eye closure (GEC), open mouth smile (OMS) (p value $<.001$ & $<.001$; respectively) and functional activities such as chewing gum, balloon blowing and speech (p value $<.001$; $<.001$ & $<.003$ respectively) with minimal synkinesis. At post-intervention the inverse correlation between synkinesis & GEC [(ρ -0.523, $P<.003$; C.I. (-0.748 to -0.190)] and synkinesis score & OMS [(ρ -0.491, $P<.006$; C.I. (-0.729 to -0.149)] was observed. **Conclusion:** Facial synkinesis has a significant bearing on quality of facial muscle responses as demonstrated during voluntary expression and during facial functional activities. The therapeutic exercises should incorporate the strategies of dynamic stabilization to hinder synkinesis throughout the rehabilitation program. **Key Words:** Bell's Palsy, Facial Function; Synkinesis.

Title: Effect of Synergy Based Motor Therapy on Lower Extremity Recovery and Function in stroke: An RCT

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Abstract

Background: The motor recovery and motor pattern of upper limb and lower limb is diverse but interrelated among post stroke hemiparetic subjects. The asynchronous relation between the flexion and extension synergies of upper and lower limb is variable at the different chronicity level. 1 The upper limb motor recovery process is evident to be undoubtedly influencing the lower limb activity after stroke. 2 There exist a relation between the upper and lower limb function and dysfunctions. The upper limb intervention protocol utilizing the various positions of upper limb and trunk will facilitate the recovery of lower limb among stroke. **Objective:** The purpose of the study was to analyze the effect of upper limb intervention on the motor and functional status of lower limb. Study Design: A Randomized Controlled Design, Double blinded study. **Methods:** Setting- Neuro-Rehabilitation unit of Occupational Therapy Department, PDUNIPPD, New Delhi. Participants-136 post stroke hemiparetic subjects Outcome measures-Brunnstrom Recovery Stage of Lower Extremity and Fugl-Meyer Assessment of lower extremity was applied to record the motor recovery status of lower limb among hemiparetic subjects. Barthel Index was used to assess the functional status and mRS was applied to assess the disability level of post stroke subjects. **Result:** BRS-LL was changed to 4.00 ± 0.11 from 3.41 ± 0.13 ($P<.001^{**}$) among the experimental group and the control group progressed to 2.85 ± 0.11 from the pre-intervention score of 2.82 ± 0.13 . The score of FMA-LE progressed to 22.10 ± 0.84 from the pre-intervention score of 18.44 ± 0.91 ($P<.001^{**}$) among the experimental group and the control group the score changed to 16.42 ± 0.84 from the pre-intervention score of 14.77 ± 0.91 . The score of BI was progressed to 81.84 ± 15.54 from the pre-intervention score of 64.32 ± 21.61 ($P<.001^{**}$) among experimental group and among the control group it was changed to 51.75 ± 23.74 from 50.00 ± 24.88 . The mRS reduced to 2.54 ± 0.78 from 3.24 ± 0.81 ($P<.001^{**}$) and the control group 3.46 ± 0.85 from 3.56 ± 0.76 .

Conclusion: SBMT enhanced the motor recovery of lower limb. Further it also improved the functional ambulation and daily functional related task. **Key Words:** Lower extremity, motor recovery, functional status, Fugl-Meyer Assessment, Synergy.

Title: Unilateral Spatial Neglect Sub-Types Influence the Motor Status among Post-Stroke Subjects: A Cross-Sectional Study.

Authors :

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Abstract

Background: Unilateral spatial neglect (USN) is an important deficit hampering the motor recovery and increasing the disability in stroke. The subtypes of neglect may be observed at personal (body), peripersonal, and extrapersonal level. The influence of the USN subtype on the motor status is not known. **Objectives:** To determine the difference in the motor status of post stroke hemiparetic subjects among USN subtypes. **Study Design:** A cross-sectional observational study. **Methods:** Forty seven post stroke (duration > 1 month) hemiparetic subjects (33 men, age 20 to 80 years, 24 right brain involvement) exhibiting USN were recruited for the study. The subjects were assessed using Line bisection test (LBT) and letter cancellation tests (LCT) for personal and peripersonal USN subtypes, Catherine Berbego Scale (CBS) for extrapersonal USN subtype, and Fugl-meyer assessment (FMA) for the motor recovery of upper (FMA-UE) and lower limb (FMA-LE). **Results:** 20 (43%) subjects found to exhibit personal and peripersonal USN subtype whereas 27 (57%) participants showed primarily extrapersonal USN subtype. The motor status of subjects with only personal and peripersonal USN subtype (FMA=60.67±26.96, FMA-UE=36.20±21.45, FMA-LE=23.75±8.48) was found to be significantly ($p < 0.001$) higher than that of the subjects with personal, peripersonal, and extrapersonal USN subtype (FMA=34.52±26.60, FMA-UE=18.67±19.94, FMA-LE=15.78±9.02). **Conclusion:** The motor statuses of the upper and lower limbs were poorer among stroke subjects with extrapersonal USN subtype as compared to the personal or peripersonal subtype. USN subtypes are crucial in planning the motor rehabilitation of post stroke subjects. **Keywords:** Cognition, Hemiparetic, Motor control, Perception, Unilateral neglect

Title: Implications Of Joint Attention Intervention On Social Competence In Children With Autism Spectrum Disorders [ASD] Aged 5-8 : A Quasi Experimental Study.

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Abstract

Background: ASD refers to a range of complex neurodevelopment disorders that occur across all racial, ethnic and socioeconomic groups with a higher prevalence in males than females. Joint attention [JA] is impaired in young children with ASD and is described as an early sign. It categorizes into two :1) Responding to Joint Attention [RJA] and 2)Initiating joint attention [IJA].The several processes involved in the development of infant JA contributes to subsequent childhood competence. Establishing a connection and enabling child participation in co occupations may be caused by developmentally appropriate JA skills. Hence the goal of the study is to know the effect of OT intervention on JA skills and in turn social competence in ASD. **Objective:** Primary Objective: To correlate the effect of joint attention intervention on social competence in children with ASD. Secondary Objective: To study the pre and post effect of Joint attention intervention programme on Joint Attention. **Study Design:** It is a quasi-experimental study. **Method:** 30 children within age 5-8 yrs diagnosed with ASD whose scores on Indian Scale for Assessment of Autism lies between 70 -150, Social Quotient below 100 and verbal age estimates between 8-30 months of age were included in the study. These patients were equally assigned using random sequence letter generation into two equal groups of intervention and control group. The experimental group received Joint Attention Intervention along with conventional therapy for 6 weeks, each session divided into two: Naturalistic 1: Table top activities and Naturalist 2: Generalization into play. The outcome measures used were Early Social Communication Scale (ESCS) by the therapist and Social Competence Scale by the parent. The subjects were assessed at the start and then reassessed at the end of 6 weeks. **Result:** The Intervention Group who received Joint Attention Intervention, showed significant improvements in JA and SC at the values of Social Competence ($p=0.001$), IJA ($p=0.001$) and RJA ($p=0.001$) at $p<0.01$ at 95% Confidence Interval In group2 i.e. the Intervention group, the values of correlation of IJA with SC ($p=0.340$) and RJA with SC($p=0.445$) for post intervention was found to be not significant at $p<0.005$ at 95 % confidence interval. **Conclusion:** The specific intervention planned to improve JA skills was effective in improving IJA and RJA in children with ASD. When JA was correlated with SC in experimental group post therapy, results showed no significant correlation. **Key Words:** Joint Attention, Initiating Joint Attention, Responding to Joint Attention, Social Competence.

Title: An Evidence-Based Review on the Effect of Premature Infant Oromotor Intervention on Feeding in Preterm Infants.

Authors :

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Abstract

Background: Premature infants often struggle with sucking and swallowing due to oromotor challenges, leading to oral feeding difficulties. The Premature Infant Oral Motor Intervention (PIOMI) is a relatively new technique designed to enhance oral feeding skills. However, research on its effectiveness, particularly in the Indian NICU context, remains limited. **Objectives:** To review the effectiveness of PIOMI in improving feeding outcomes, including oral feeding progression and health improvements, in preterm infants in Indian NICUs. **Study Design:** Systematic review and analysis. **Methods:** A comprehensive literature search was conducted across multiple databases, including PubMed/Medline, Embase, Clinical Key, Academia, Google, and Google Scholar, from the inception of PIOMI through March 2024. Search terms included "premature infant oral motor intervention," "feeding progression," "NICU feeding," and "oromotor therapy in preterm infants." The inclusion criteria focused on studies assessing the effectiveness of PIOMI on feeding outcomes in preterm infants in NICUs of tertiary health centre in India. A two-step analysis was performed: first, articles were screened based on title and abstract, followed by a full-text review to extract relevant data.

Results: A total of 40 articles were identified, of which 6 met the inclusion criteria and were included in the review. The following key findings emerged from the full-text analysis: **Feeding Progression:** PIOMI significantly accelerated feeding progression, reducing the time to attain full oral feeding. **Transition to Oral Feeding:** PIOMI facilitated a quicker transition from gavage to independent oral feeding, decreasing the time required for this shift. **Weight Gain at Discharge:** Infants receiving PIOMI showed improved weight gain at discharge. **Length of Stay:** The intervention was associated with a reduction in the length of hospital stay. **Conclusions:** The systematic review indicates that PIOMI is effective in improving feeding outcomes in preterm infants by enhancing oral skills and performance. This intervention promotes the attainment of oral feeding at an earlier stage, thereby reducing the duration of tube feeding and hospital stay. **Key Words:** oral feeding, premature infants, premature infant oromotor therapy, PIOMI, feeding progression.

Title: Exploring The Role of Occupational Therapy in Assessment and Intervention In Children With Attention Deficit Hyperactivity Disorder (ADHD): A Qualitative Study.

Authors :

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Abstract

Background: ADHD is one of the most prevalent neurodevelopmental disorders in childhood, often persisting into adulthood. It significantly affects functional abilities, particularly executive functioning, leading to academic underachievement, educational challenges, difficulties in daily activities, and strained social interactions. Occupational therapists play a vital role in addressing these challenges and enhancing participation in daily occupations using evidence-based assessments and interventions. **Objectives:** To explore the role of Occupational therapy in the assessment and intervention process by conducting an interview. **Study Design:** Qualitative Study Design involving interview. **Methods:** The study was conducted from May 2024 – August 2024 which included 15 occupational therapists practicing in the field of pediatrics with at least 4-5 years of experience, holding either a Bachelor's or Master's degree in Occupational Therapy. A semi- structured questionnaire facilitated the open-ended interviews, generating thematic insights into therapists' practices. **Results:** The finding of the study generated the following themes:

1. Areas pediatric occupational therapist focus
2. Parental concerns for their ADHD child.
3. Functional challenges faced by ADHD child
4. Challenges encountered by occupational therapist
5. Variations in the functional abilities
6. Assessments used
7. Treatment strategies

Conclusion: Occupational therapists prioritize the functional independence of ADHD children, adapting assessments and strategies to individual needs. The study highlights the diverse tools like sensory and motor assessments, ADHD and behavioural assessments, ADL and functional assessments; and approaches therapists employ like sensory integrative approach, behavioural approach, developmental approach, cognitive approach, to address functional challenges, offering insights into their roles in managing ADHD-related concerns. **Key Words:** Occupational Therapy, Attention Deficit Hyperactivity Disorder, Functional Abilities, Assessment, Intervention.

Title: Comparing the Effectiveness of Ergonomically Designed Oral-Motor Tools and Conventional Therapy for Improvement of Oral Motor and Feeding Skills in Children with ASD: A Randomised Control Study.

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Abstract

Background: Oral motor difficulties and feeding issues are most common challenges reported in children with autism spectrum disorder (ASD). These challenges includes difficulty in chewing, swallowing, oral co-ordination, food aversion, tactile and oral sensory issues. Recent advancements in therapeutic tools have opened new possibilities for improving oral motor and feeding skills. **Objectives:** The primary objective of this study is to compare the effectiveness of ergonomically designed oral motor tools and conventional therapy for improving oral motor and feeding skills in children with ASD. **Study Design:** Randomized control study design was chosen for the research. **Methods:** A randomized controlled trial was conducted with a sample of 30 children with ASD based on DSM 5 criteria, aged between 3-6 years. Who exhibited moderate-sever oral motor and feeding issues as inclusion criteria and excluding children with neurological and structural abnormalities affecting feeding. Screening was conducted using BPFAS and The Com DEALL Oro motor assessment scale. Participants were randomly designed into two groups, experimental group that received therapy using ergonomically designed oral motor tools and control group that received conventional therapy without using any specialized tools, focusing on general strengthening exercises and feeding skills development. 8 weeks of therapy sessions were conducted with bi weekly assessment of oral motor and feeding. Pre and post intervention evaluation included “The Com DEALL Oro motor assessment” scale for oro motor and BPFAS for feeding and data were collected through face-to-face sessions, observation of feeding behaviors, and caregiver feedback. Statistical analysis was carried out using paired t-tests to compare pre- and post-intervention scores within each group, and independent t-tests to compare between groups. The precision of the observed differences was determined using confidence intervals. All analysis were performed using SPSS software (version 26.0), with statistical significance set at $p < 0.05$. **Results:** Oral-motor skills and feeding behaviors were significantly improved in both the ergonomically designed specialized tools and conventional therapy groups ($p < 0.05$); however, the experimental group showed better improvements in oral-motor skills by mean post intervention score of 12.5(95% CI: 10.8-14.2, $p < 0.01$) compared to an improvement of 7.3(95% CI: 5.8-8.8, $p < 0.05$). Feeding behavior improved by mean reduction of 15.4(95% CI: 13.2-17.6, $p < 0.01$) in experimental group compared to 9.8(95% CI: 7.9-11.7, $p < 0.05$) in control group. Independent t-tests showed that the experimental group significantly improved oral motor coordination ($t=3.85$, $p < 0.01$) and reduced eating difficulty ($t=4.22$, $p < 0.01$). No adverse effect of therapy was observed.

Conclusion: The use of an ergonomically designed oral-motor tool appears to be a promising alternative as compared to conventional therapy in enhancing oral-motor skills and reducing feeding issues in children with ASD. The results indicate that this tool-based approach may be more efficient in specific areas, making it a viable choice for interventions. Further studies with larger sample size with longer follow ups are suggested to validate these findings. **Keywords:** oral-motor therapy, Feeding Therapy, Autism spectrum disorder, oral-motor tools, tools based therapy, ergonomically designed oral-motor tools.

Title: Effect of Repeated Stretch Through Activities on Gross Motor Skills to Improve Play Participation in Children with Spastic Cerebral Palsy: A Quasi- Experimental Study.

Authors :

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Abstract

Background: Play is an essential skill for a child that encourages development of motor, cognitive, and social-emotional skills. Existing literature has demonstrated that children with cerebral palsy exhibit deficits in gross motor skills ($r = -0.610$) which negatively influences play participation. Repeated stretch has been found to be effective in improving gross motor skills. However, adequate research has not been performed to substantiate the effect of gross motor skills on play participation. **Objectives:**

1. To determine the effect of repeated stretch through activities on gross motor skills in children with spastic Cerebral Palsy.
2. To determine the effect of changes in gross motor skills on play participation among children with spastic cerebral palsy

Study Design: This study utilized Quasi-experimental study design. **Methods:** Thirty children (aged 3-5 years) diagnosed with spastic hemiplegic cerebral palsy (Gross Motor Function Classification System (GMFCS) Level I-III and Berg Balance Scale (BBS) scores between 41-56), were selected from an outpatient department using convenient sampling. Children were randomly allocated to experimental and control group. Those in experimental group received repeated stretch and those in control group received Usual Occupational Therapy (occupation-based and play-based activities designed according to different domains of play) for a period of eight weeks. The data was collected using Gross Motor Function Measure (GMFM-88) for gross motor skills and Semi-structured Caregiver Interview Questionnaire for Play Participation.

Results: Children analyzed in experimental group were N=15 and control group were N=15. The children in experimental group showed a statistically significant improvement in gross motor skills ($P < 0.01$, 95% CI=0.0-0.1) but no significant difference in play participation ($P=0.12$, 95% CI= 0.12-0.13). The children in control group showed no significant difference in gross motor skills ($P=0.12$, 95% CI= 0.12-0.13) but statistically significant improvement in play participation ($P < 0.01$, 95% CI=0.0-0.1). **Conclusions:** The findings suggested that repeated stretch was effective in improving gross motor skills but this improvement could not bring significant change in play participation. However, Usual Occupational Therapy which solely provided occupation-based and play-based activities improved the play participation. This research exhibited that for improving play participation all other domains of play should be addressed along with gross motor skills. **Keywords:** Cerebral Palsy, Gross Motor Function Classification System, Gross Motor Skills, Play Participation, Proprioceptive Neuromuscular Facilitation, Repeated Stretch.

Title: To study the efficacy of sensory based motor group intervention program in the homeschool settings.

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Abstract

Background: Behavioral manifestations due to underlying sensory processing impairment are evident among children and adult with ASD. Sensory integration is a continuum and hence should be intervened through the perspective of lifespan approach. Disorganized sensory processing may lead to hypo responsiveness to hyper responsiveness to sensory stimuli. This may lead to child seeking or avoiding behaviors to feel safe in the given context. Hence adaptive response in each situation may not appear as socially appropriate, when viewed through behavioral lens. **Objectives:** The purpose of this study is to establish a model for client and family centered sensory informed intervention approach in a homeschool set up. 2.To evaluate the efficacy of sensory based motor intervention strategies in a group set up. 3.To empower parents to plan appropriate functional goals and implement sensory based intervention program grounded to the principles of Ayres frames of reference in a group. **Study Design:** A pilot experimental study Setting: Homeschool setting Participants: n=10. **Methods:** 10 children were selected for this study who have diagnosis of ASD and were off any sensory based Occupational therapy intervention for more than year. Children between aged between 7 to 12 years were assessed using caregivers sensory profile questionnaire. Goals were planned in coordination with parents and teachers prior to intervention and reviewed post 3 months of intervention period by using application of GAS as outcome measure. Children were also assessed using Structured Observation of Sensory Integration (SOSI-M) Parents were trained to carry out treatment intervention in a group setting under supervision and guidance of therapist for 4 days/ week for 3 months period. **Results:** Positives outcomes were seen in GAS goals in the areas of school participation in the group settings and decrease in stereotyped behavior patterns which were earlier found disturbing to the classroom.

Title: Perspectives Of Special Education Team Members Regarding Sexuality Of Children With Disabilities In Special Schools: A Qualitative Study.

Authors :

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Abstract

Background: The sexuality of a person is an important part of their personality, and its shaping begins during childhood. Children with disabilities (CwD) have unique needs about the development of their sexuality. They tend to look to adults for clarifications about their needs and specifically, in special schools, the education team is responsible for their sexual health education. **Objectives:** The purpose of this research was to gain insights into the perspectives of education team members regarding the sexuality of children with disabilities. **Study Design:** A qualitative descriptive study design was used to study their perspectives. **Methods:** Purposive sampling methods were used to recruit special schools. English and Hindi or Marathi-speaking education team members working in the recruited special schools were included in the study while those who are also the parents of CwD were excluded. An interview guide was developed and used to facilitate the interviews. **Results:** Five themes emerged after the thematic analysis of the data. Participants expressed that sexuality-related issues are a natural part of the development of CwD and they need to have access to sexual health education. Sexual health education interventions should be designed to meet the unique needs of CwD. Teaching strategies like dramas, role plays, charts, and statues/models were discussed to teach the children about sexuality-related issues. Training to provide sexual health education interventions helps the participants. They found the team approach to be the best to carry out sexual health education interventions. Lastly, they reported that CwD are more vulnerable to sexual abuse, primarily due to a lack of sexual health education.

Conclusion: Education team members identify the need for sexual health education and interventions for CwD. They are enthusiastic to learn and experiment with various methods to deliver them, especially to protect CwD from sexual abuse. Further research is recommended to develop comprehensive sexuality-related interventions and policies for CwD. **Key Words:** Children with disability, Sexuality, Special Education Team Members, Special Schools.

Title: The Impact of Sensory Processing on Executive Functioning in Children Aged 3-18 Years: A Systematic Review.

Authors :

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Abstract

Background: Sensory processing, the ability to receive, organize, and respond to sensory input, is essential for daily functioning, while executive functioning encompasses higher-order cognitive skills such as inhibition, working memory, and planning. Both sensory processing and executive constructs are critically important to children's development and influence how they engage in daily occupations, particularly within the school environment. Emerging evidence suggests that atypical sensory processing may significantly influence executive functioning, particularly in children. Understanding this relationship is crucial for developing targeted interventions to support children's cognitive and emotional regulation. **Objectives:** The systematic review aimed to explore the relationship between sensory processing and executive functioning in children aged 3-18 years. **Study Design:** Systematic review. **Methods:** This systematic review was prospectively registered in PROSPERO. A comprehensive search of Scopus, PubMed, EBSCOhost, Embase, and OTseeker, along with manual searches of key occupational therapy journals. The inclusion criteria required studies to focus on sensory processing and executive functioning, which involves typical or atypical children aged 3-18 years, published between 2010 and 2024, and available in full text. Studies with level 4 or 5 evidence (case studies, case series, expert opinions, editorials) and non-English studies were excluded. Methodological quality was assessed using the McMaster Critical Review Form for Quantitative Studies. Data extraction included study design, population characteristics, measures, and findings. The selection process involved independent review by two authors, with disagreements resolved by consensus. **Results:** A total of 29,537 articles were identified, with 10 studies meeting inclusion criteria after screening and full-text review. The included studies demonstrated moderate to high quality and highlighted significant relationship between atypical sensory processing and executive dysfunction, particularly in children with neurodevelopmental disorders such as ASD, ADHD, and tic disorders, children born preterm, and typically developing children.

Conclusion: This review underscores the importance of understanding sensory-executive relationships to develop tailored intervention and enhance therapeutic outcomes in pediatric populations. **Key Words:** Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder, Developmental Disabilities, Executive Controls, Sensation.

Title: Effectiveness of Occupational therapy intervention on visual motor integration skills in Children with developmental disabilities: A Systematic Review.

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Abstract

Background: Visual Motor Integration (VMI) is the ability to perceive visual input, process the information, and coordinate a motor response. VMI skills encompass eye-hand coordination, praxis, visual perceptual skills, gross motor coordination, and fine motor coordination. VMI skills are critical for participation in meaningful activities such as academic and non-academic endeavors (handwriting, keyboarding, and throwing and catching a ball) including daily functioning such as buttoning, zipping, shoe lacing etc. Children with Autism Spectrum Disorder, Cerebral Palsy, Brachial Plexus Injury, and other developmental disabilities, may experience challenges with motor coordination and praxis, are at increased risk for deficits in visual motor integration (VMI) impacting their overall occupational performance. **Objectives:** This systematic review aims to synthesize findings from existing literature on the impact of occupational therapy intervention on visual motor integration skills in children with developmental disabilities.

Study Design: Systematic review. **Methods:** Following PRISMA guidelines, electronic databases (Scopus, PubMed, OTseeker, EBSCOHost, CINAHL), journals and handpicked records were searched for studies published in English between 2004-2024, with inclusion criteria encompassing peer-reviewed studies demonstrating occupational therapy interventions for VMI deficits in children with various developmental disabilities. Two reviewers independently reviewed the studies and extracted the data of the eligible studies analyzing intervention types, duration, outcomes, and effectiveness, as well as assessed the risk of bias. A random-effects model was employed to calculate the standardized mean differences (SMD) with 95% confidence intervals (CI). **Results:** 1024 records were generated through the search strategy, of which six studies were included for full-text review. Several visual motor integration measures were identified of which Beery-Buktenica Developmental Test of Visual-Motor Integration (Beery VMI) was the most used assessment. Findings indicate that occupational therapy interventions, including fine motor skill training, perceptual motor training also have positive effects on VMI outcomes. Interventions tailored to individual needs and delivered in consistent sessions demonstrated significant improvements in VMI.

Conclusion: The study concludes occupational therapy interventions are generally effective in enhancing VMI in children with developmental disabilities, though further research is needed to standardize intervention protocols and establish long-term effects. Integrating VMI-focused activities in therapy programs can potentially support better academic and functional outcomes for children with developmental challenges **Key Words:** Developmental disabilities, Early intervention, Visual motor integration skills.

Title: Challenges Faced During Puberty in Children with Autism Spectrum Disorder: A Qualitative Study.

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Abstract

Background: Autism Spectrum disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. Puberty is the time in life when a boy or girl becomes sexually mature. While puberty is a stressful and difficult time for everyone, children with ASD require more support as they navigate this new phase of life. **Objectives:** The aim of this qualitative study is to bridge the gap of limited existing data on puberty in ASD and understand the challenges faced by children with ASD. **Study Design:** Qualitative narrative study design was chosen for this research. **Methods:** The parents of 15 children (n=15), ages 7 years to 15 years, were recruited for this study by using non-probability, convenient and snow ball sampling method. The participants were chosen, abiding by the inclusion criteria. An in-depth semi structured interview was conducted with the parents. After the analysis, the data was summarized into an excel sheet which was used to conclude and understand the various challenges faced by both the child as well as the families. **Results:** A total of 15 interviews were recorded, 10 males and 5 females. After a thematic analysis, 4 themes were chosen, namely, behavioral challenges, social withdrawal, knowledge gaps and future concerns. Behavioral challenges: Increase in anger issues and aggression. Social withdrawal: No close friends and usually played alone. If the child has a sibling, then the sibling was the only friends. Knowledge gaps: The parents of the child have little knowledge regarding puberty and the changes that take place during this time. Future concerns: Parents main concerns were regarding their child's future, especially education and marriage. **Conclusion:** Based on the interviews conducted, it is evident that the topic of puberty needs to be studied more so that the children are guided through this new transitional phase. It was noticed that knowledge and communication, from the parents to the child, is helpful to ease the difficulties of the child. These findings emphasize the importance of tailored interventions and education for both children and their families. **Key words:** Autism Spectrum Disorder, Puberty, Occupational Therapy.

Title: To study the Effectiveness of Supporting and Enhancing NICU Sensory Experiences Program to enhancing neurodevelopmental outcomes in Neonates in NICU in Goa.

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Abstract

Background: The NICU environment significantly impacts the growth, development, and long-term neurodevelopmental outcomes of premature infants. The SENSE program is a comprehensive, multi-modal positive sensory exposure intervention designed for NICU infants. Effectiveness of SENSE program on physiological stability and neurobehavioral outcome of NICU infants was examined in this study. **Objectives:** To assess the effect of SENSE Program interventions on physiological stability and neurobehavioral outcome of NICU infants using Brazelton Neonatal Behavioural Assessment Scale. **Study Design:** Quasi experimental study. **Methodos:** A convenience sample of 30 preterm infants admitted to the NICU Goa meeting inclusion criteria:- Gestational age: 30-36 weeks, Birth weight:1000gm to \geq 2500gm within 48 hours, Apgar score: \geq 7 at 1 and 5 minutes, medically stable, and hospital stay \geq 72 hours. Participants were assigned to control group (n=15) and experimental group (n=15). Baseline data was collected, Control group received standard care for 1 week and experimental group received SENSE program interventions twice daily for 1 week. Post-intervention data was collected after 1 week. Outcome measure used: Brazelton Neonatal Behavioural Assessment Scale. Results: Significant improvements were observed in both experimental(t=13.379,p=0.000,95%CI: -74.879 to -54.188) and control groups (t=7.823,p=0.000,95%CI: -21.406 to -12.194). Subcategories analysis revealed significant improvement(p<0.05) in a)Habituation: experimental group showed significant improvement (t=-17.259,p=0.000,95%CI: -7.495 to -5.838), control group did not (t=0.435,p=0.670,95%CI: -.39540 to .26207). b)Orientation: Experimental group demonstrated significant improvement (t=-21.210,p=0.000,95%CI: -13.06663 to -10.66671), control group did not (t=-1.547,p=1.44,95%CI: -.232 to 1.432). c)Regulation of State: experimental group showed improvement (t=-29.669,p=0.000,95%CI: -12.367 to -10.700) control group did not (t=-2.086,p=0.056,95%CI: -1.082 to 0.015). **Conclusion:** This study demonstrated significant improvements in physiological stability and neurobehavioral outcomes in both experimental and control groups. The experimental group, receiving the SENSE program, showed notable enhancements in Habituation, Orientation, and Regulation of State. These findings suggest the SENSE program's efficacy in promoting neurobehavioral development in NICU preterm infants. Future research directions include long-term follow-up studies, investigation of the program's effectiveness in diverse settings, and evaluation of feasibility, acceptability, and cost-effectiveness. **Key words:** SENSE, NICU, Occupational Therapy, Neurobehavioral outcome.



E-Poster Abstracts

Title: Attitude, Mindfulness and Well-being towards the persons with disabilities among Undergraduate Occupational Therapy students - A Cross Sectional Study.

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Abstract

Background: Attitude is a mental state shaped by experience that influences how individuals respond to people and situations. Mindfulness is the practice of paying purposeful, non-judgmental attention to the present moment. Well-being is the recognition of one's abilities in physical, cognitive, and social aspects, leading to overall successful functioning and emotional balance. **Objectives:** The Study.To find out the level of Attitude, Mindfulness and Well-being towards the persons with disabilities. To analyze the results among various academic year. **Study Design:** A Cross Sectional Study using Online. **Methodos:** A cross-sectional study was conducted in 2022 at the Department of Occupational Therapy, Sri Ramachandra Institute of Higher Education and Research, involving 100 undergraduate students. The study used convenient sampling and included both genders, with participants aged 17 and above. Tools such as the Attitude Toward Disabled Person Scale, Mindful Attention Awareness Scale (MAAS), and Adolescent Subjective Well-Being Scale (ASWS) were used to assess Attitude, Mindfulness, and Well-being across academic years. The study lasted 15 days. **Result:** The study assessed Attitude, Mindfulness, and Well-being toward persons with disabilities among 100 undergraduate Occupational Therapy students. Results showed moderate levels across all measures, with 3rd-year students scoring significantly higher in Mindfulness (60.69) than 2nd-year students (49.76). Attitude and Well-being showed less variation. The findings highlight the impact of academic progression and clinical exposure on students' attitudes and mindfulness, suggesting that targeted interventions could further improve these aspects. The majority of participants were female (71%) and aged 18-22 years. **Conclusion:** The study found moderate levels of Attitude, Mindfulness, and Well-being among undergraduate Occupational Therapy students, with 3rd-year students showing higher mindfulness than 2nd-year students. Attitude and Well-being showed less variation. The results highlight the importance of structured interventions to enhance mindfulness and foster positive attitudes toward persons with disabilities. **Key words:** Attitudes, Mindfulness, Well-being, Occupational Therapy Students.

Title: Relationship between alexithymia and mindfulness among occupational therapy college students.

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Abstract

Background: Alexithymia is associated with difficulties in emotional regulation. Mindfulness seems to promote a better self-differentiation and prevent alexithymia. Occupational therapy is extremely important for the students to sustain interpersonal relationships and to develop good social skills for maximal ADL performance. **Objectives:** To determine the level and relationship of alexithymia and mindfulness for each year of occupational therapy students. **Study Design:** Quantitative cross sectional analysis is the research design used for this study. **Methodos:** This cross sectional study included 400 occupational therapy students chosen by convenience sampling technique. Both genders and those subjects >19 years were included and subjects of <19 years and those presented with any disease were excluded. **Instruments Used:** The tools used to find alexithymia and mindfulness were Toronto alexithymia scale (TAS-20) and Mindfulness Attention Awareness Scales (MAAS). **Procedure:** The survey was performed online with various occupational therapy students. The participants were selected based on the inclusion and exclusion criteria. The completed google forms were then gathered for data analysis. **Result:** The study shows that there is significant negative correlation between alexithymia and mindfulness. The P value 0.000 is less than 0.01 and is highly significant at 1% level hence there is high significant negative correlation (-0.817). **Conclusion:** The study was conducted to identify relationship between alexithymia and mindfulness shows that when there is increase in alexithymia, mindfulness decreases and vice versa. Henceforth improving the mindfulness can reduce significant effects of alexithymia. **Key words:** Alexithymia, mindfulness

Title: Occupational Therapy and Cancer: Bridging the Gap between Illness and Wellness.

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Abstract

Background: Occupational therapy (OT) is essential in the rehabilitation of cancer patients, addressing physical, cognitive, and psychosocial impairments. As cancer rates rise globally, integrated care combining traditional medical treatments and OT becomes crucial. Despite its benefits, OT services are underutilized in oncology, especially in countries like India, where low referral rates and a lack of awareness among healthcare professionals hinder its implementation. **Objective:** This review aims to evaluate the role of occupational therapy in cancer rehabilitation, focusing on its impact on improving the functionality and well-being of cancer patients. Additionally, the review seeks to identify the barriers to OT access in oncology settings and suggest strategies for improving its delivery.

Study Design: This is a narrative review of existing literature on the role of OT in cancer care. The review synthesizes studies, clinical guidelines, and case reports that examine OT interventions for cancer patients. It highlights the physical, cognitive, and psychosocial benefits of OT and investigates the challenges faced in integrating OT into oncology care. **Methodos:** A systematic search of academic databases was conducted to identify studies related to OT interventions in cancer rehabilitation. Studies were selected based on their relevance to OT's impact on physical, cognitive, and psychosocial outcomes in cancer patients. The review also considered barriers to OT referral, especially in low-resource settings, and the importance of increasing awareness among healthcare professionals. **Result:** The review found that OT significantly improves cancer patients' ability to perform daily activities, manage pain, and cope with cognitive and emotional challenges. However, barriers such as low referral rates, insufficient education for healthcare providers, and limited access to OT services, particularly in India, were identified as key obstacles to the optimal delivery of OT. **Conclusion:** Occupational therapy plays a critical role in cancer rehabilitation, enhancing recovery and quality of life for patients. Increasing awareness, improving education, and fostering interdisciplinary collaboration are essential for overcoming barriers and ensuring greater access to OT services. This approach will lead to better outcomes and an improved quality of life for cancer survivors. **Key words:** Cancer, rehabilitation, occupational therapy, functional, preventive, palliative.

Title: To assess Anxiety and Phobia in female college going students for resuming college after covid-19 confinement: A Pilot Study.

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Abstract

Background: The pandemic is causing people to feel anxious, distressed, or worried due to fear of contracting the virus, isolation and quarantine measures, and fear of a long-term impact of the global disruption.

Objective:

1. To assess anxiety in hosteler students for resuming college post COVID-19 confinement.
2. To evaluate phobia in hosteler students for resuming college post COVID-19 confinement.

Study Design: A pilot study was chosen for the research. **Methods:** This pilot study included 30 female hosteler students, (age range of 20 to 25 years, experiencing anxiety and phobia for resuming college post COVID-19 confinement) were selected as a sample of convenience. **Outcome measures:** Participants were assessed for level of anxiety and phobia on a self-report 24-item Liebowitz Social Anxiety Scale (LSAS). Analysis of data was done using independent sample test. **Results:** As a result, mean \pm SD for anxiety and phobia were: (31.9 \pm 6.38) and (32.3 \pm 7.86), respectively. P Value of $\leq 0.05^*$ was found for anxiety which is highly significant*.

Conclusion: The data from self-report Liebowitz Social Anxiety Scale revealed that out of 30 participants, 21(70%) were moderate, 4(13%) were marked, whereas 5(17%) participants were having severe social anxiety for resuming college post COVID-19 confinement. **Keywords:** Liebowitz Social Anxiety Scale, fear/avoidance, anxiety/phobia, confinement.

Title: Prevalence of Specific Phobia and its Impact on Life Interference among College Students.

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Abstract

Background: Specific Phobia is marked by an extreme, irrational fear of a particular object or situation, leading to either complete avoidance or significant distress when confronted with it. Specific Phobia has shown considerable role impairment when compared to agoraphobia, Social Phobia and patients reported interference with daily life. Specific Phobia contributes independently to functional impairments that restricted lifestyles resulting from fear and avoidance. In the General Population, Specific Phobia is one of the most common mental disorders with a life-time prevalence of 7.7% to 12.5% and a 12-month prevalence of 2.0% to 8.8%. So, this survey study aims to find-out the prevalence of Specific Phobia and its Life Interference among College Students. **Objective:** To estimate the prevalence of Specific Phobia among College Students. To analyze the Impact of Specific Phobia on Life Interference among College Students. **Study Design:** A Cross-Sectional Study design. **Methods:** A total of 250 College Students participated in the study. The duration of the study is 4 weeks. The subject was recruited from Department of Allied Health Sciences. Demographic data and medical history were obtained along with the Specific Phobia Questionnaire (SPQ). Both Male and Female were Included. Undergraduate students were allowed to take part in the study. The Specific Phobia Questionnaire measure the severity of both Specific Phobia and Life Interference. Data were collected and the results was formulated. Students should complete 18 years of age. **Results:** Students analysed in cross sectional study were N=250. The study compared fear prevalence and life interference among college students, revealing that 53.6% experienced fear while 41.2% reported life interference. The mean fear score was 51.89, with a standard deviation (SD) of 32.337, calculated from a sample size of 250 participants. Mild fear (43.6%) and mild life interference (53.2%) were the most common categories, while moderate fear (38.8%) and moderate life interference (35.6%) followed closely. Severe fear was reported by 14.4% compared to 5.2% for severe life interference, and extreme fear and interference were minimal at 0.4% each. Statistical analysis using ANOVA showed a significant relationship between fear and life interference ($p < 0.001$, 95% CI: 47.86 to 55.92), indicating that as fear levels increase, so does life interference. These findings highlight the interconnected nature of fear and its impact on daily functioning.

Conclusion: The study shows that there is a high prevalence of Specific Phobia among College Students and 41.2% of College Students has Impact on Life Interference. Specific Phobia significantly impairs daily life, affecting 34.2% of individuals, surpassing other anxiety disorders like agoraphobia and social phobia. It restricts social participation, academic performance, and engagement in essential activities. Students may avoid public speaking, social interactions, and classes requiring contact with feared objects or situations. Healthcare professionals should prioritize interventions to mitigate these impacts and improve students' well-being. **Keywords:** College Students, Fear, Life Interference, Specific Phobia, Specific Phobia Questionnaire (SPQ).

Title: Impact of Low Back Pain, Foot and Ankle Pain on Functional Status for Bharatanatyam Dancers- A Cross-Sectional Study.

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Abstract

Background: The Cross-Sectional study is to find out Low Back pain, Foot and Ankle pain among Bharatanatyam dancers undergoing BA and MA degree program offering colleges in Chennai. Bharatanatyam dance is Indian classical dance form. Bharatanatyam dancers usually use two movements- half-sitting pose and a full-sitting pose to maintain the position, both require external rotation of the legs and bending of the knee joints. This increases in the stress in lordosis of lumbar region and placed on the back muscles. One of the high- risk physical activities is also a dance and the musculoskeletal problems of incidence are high in Bharatanatyam dancers. Pain occurs in the Ankle and Foot region due to the continuous tapping of the foot on the floor. The imbalance in trunk could be probably the cause of low Back Pain. The Prevalence of 34.37% of Back Pain is in Bharatanatyam Dancers. Regular training from minimum 10 hours for 5 days a week. Age from 18-25 were included. Studying UG and PG dance degree students. My duration of my study is 4 weeks. **Objectives:** To analyse the Impact of Low Back Pain, Foot and Ankle Pain on functional status for Bharatanatyam dancers. **Study Design:** A Cross-Sectional Study. **Methods:** The participants were recruited for the study from BA and MA Bharatanatyam degree program offering colleges in Chennai. Informed consents were obtained from participants prior to the study. The questionnaires were sent to the participants. The maximum duration of time taken to administer the questionnaires were take approximately 15 minutes. The filled forms were received from participants. The data analysis was done and result were obtained. **Result:** The Cross-Sectional study is to find out Low Back pain, Foot and Ankle pain among Bharatanatyam dancers undergoing BA and MA degree available colleges in Chennai. The overall participants were 86 in those 70 individuals have minimum disability because of low Back Pain according to Oswestry Disability Index.

The overall participants were 86 in that minimum disability are 1 individual were affected according to Foot and Ankle Disability Index. Statistical Analysis was conducted using SPSS software. **Conclusion:** The study aimed to analyze the impact of low back pain, foot, and ankle pain on the functional status of Bharatanatyam dancers pursuing BA and MA degrees in Chennai. The results indicated that while low back pain and foot and ankle pain are prevalent among Bharatanatyam dancers, their impact on functional status was minimal according to the Oswestry Disability Index and Foot and Ankle Disability Index. Out of 86 participants, 70 reported minimal disability due to low back pain, and only 1 participant reported minimal disability related to foot and ankle pain. Although these conditions affect dancers' functional status to some extent, the impact was not statistically significant. This underscores the importance of preventive measures, proper training techniques, and ergonomic adaptations to mitigate potential musculoskeletal issues in Bharatanatyam dancers. **Key Words:** Bharatanatyam dance, Foot and Ankle Disability Index, Foot and Ankle Pain, Low Back Pain, Oswestry Disability Index.

Title: Prevalence of Burnout Syndrome Among Academic Faculties in a University-A Cross Sectional Study Design.

Authors :

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Abstract

Background: Burnout Syndrome is defined as a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. Academic faculties are more prone to experience Burnout Syndrome due to the fact that they manage academic tasks, administrative tasks and other works that would lead to prolonged stress. **Objectives:** To analyze the prevalence of Burnout syndrome and associative factors among academic faculties in a university. **Study Design:** A Cross Sectional Study Design was selected for the study. **Methods:** This is a cross-sectional study done using the Copenhagen Burnout Inventory in the online mode. Before conducting the research, permission to conduct the research was acquired from the Dean of Faculties. The study was then ethically approved by the Institutional Ethics Committee. Then the questionnaire is sent to the participants in the form of a google form. 68 academic faculties from various colleges within the university were administered with the Copenhagen Burnout Inventory through online mode.

Faculties of various qualifications and posts with a permanent position without any other associated physical, psychiatric and neurological conditions were recruited in the study. Besides this, pregnant faculties were even excluded. The survey was conducted for a period of 6 weeks. The study design was of cross sectional design and the Simple random sampling was employed for the study. Then the results are formulated and analyzed through the software SPSS new revised version 1.6. Only full-time academic faculties. Faculties of any qualification or post. Both genders are included. Must know to read, write and understand English. Only permanent or temporary staffs. Duration of my study is 6 weeks. Result: Among the 68 participants: 69.1% exhibited mild personal burnout. 82.4% experienced mild work-related burnout. 89.7% presented with mild client-related burnout. The prevalence of mild burnout levels across all domains indicates a substantial impact of work-related stress on academic faculties.

Conclusion: This study highlights that most participants exhibited mild levels of personal, work-related, and client-related burnout. The findings underscore the need for universities to address faculty well-being by implementing stress management programs, fostering supportive work environments, and providing professional mental health resources to mitigate the impact of chronic workplace stress. **Key Words:** Academic Faculties, Burnout Syndrome, Copenhagen Burnout Inventory.

Title: A Comparative Study On Self Esteem and Quality Of Life among Typically Developing And Hearing Impaired (Hi) Children.

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Abstract

Background: Among the population worldwide there counts 466 million of individuals suffering disabling hearing impairment, out of which 34 million of those are kids. The WHO is expecting it to increase about 900 million by 2050. Hearing loss is one of the most prevalent conditions for affecting children. The earlier hearing loss develops in a child's life, the more severe the impact on the growth of the infant. Having a hearing impairment may have a major effect on the ability of a person to communicate with others, contributing to lower quality of life. **Objectives:** To study the comparison of Self Esteem and Quality Of Life among Typically Developing and Hearing Impaired (Hi) Children. **Study Design:** Quantitative cross sectional study design was chosen for the research. **Methods:** Hundred and fifty (N=150) participants were recruited through convenient sampling. The participants were divided into Group A – Typically Developing Children (n=75), and Group B – Hearing Impaired Children (n=75). Inclusion Criteria were typically developing children, hearing impaired children (diagnosed with severe to profound hearing loss), children who are issued with hearing loss disability certificate, age group 12 to 19 years, and both gender were included.

Exclusion criteria were primary school students and children with any psychiatric or paediatric conditions (eg: Autism spectrum disorder, ADHD). Scales used in the research was Rosenberg self esteem questionnaire and WHOQOL questionnaire - BREF. **Results:** The result of statistical analysis performed compares the self esteem and quality of life among Group A and Group B which shows typically developing children have self esteem and quality of life higher than hearing impaired children with t value corresponding to (-3.217, 10.070) and p value: <0.05/ 95% CI. That is self esteem is higher in typically developing children that in hearing loss children. And, quality of life is comparatively low in children with hearing impairment those in typically developing children. **Conclusions:** This study concluded that when the self esteem is higher in typically developing children there is an increase in the quality of life, whereas in the hearing impaired children has lower self esteem hence they tend to have lower quality of life. **Key Words:** Self-Esteem, Quality of Life, Typically-Developing Children, Hearing Impaired Children.

Title: A Study to Correlate Health- Related Quality of Life and Perceived Stress in Interstate and Intrastate Migrant Workers.

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Abstract

Background: This cross-sectional study investigates the correlation between Health-Related Quality of Life (HRQOL) and Perceived Stress among 200 interstate and intrastate migrant workers in India, where internal migration affects over 600 million people and poses significant health challenges. **Study Design:** Cross – sectional analytical study was adopted and convenience sampling method was applied to recruit the participants for the study. **Methods:** The study sampled 200 interstate and intrastate migrant workers, aged 30 and above, of both genders, and currently employed, through online convenience sampling via Google Forms. **Results:** Results showed that 69.5% of intrastate workers and 66.7% of interstate workers were aged 20-40. Moderate stress affected 77.1% of intrastate workers and 72% of interstate workers, with high stress more prevalent among interstate workers (9.7% vs.4.8%). A significant negative correlation between QoL and stress was found (-0.659 overall), with intrastate workers exhibiting higher QoL and lower stress (p-value:0.021).The Confidence Interval (CI) value of Age Distribution (20-40Intrastate) is [0.655,0.735], High Stress (Interstate) is [0.071,0.123], Correlation (QoL and Stress, Overall) is [-0.706,-0.608] and Mean Stress Difference (Interstate vs. Intrastate) is [8.11,11.89]. **Conclusion:** This study revealed a significant negative correlation between Quality of Life (QoL) and perceived stress, with intrastate workers showing higher QoL and lower stress levels compared to interstate workers. **Key Words:** Health Related Quality of Life, Perceived Stress, Intrastate Worker, Interstate Worker, Migration.

Title: Effectiveness of muscle vibration on drooling control for children with Cerebral Palsy (CP).

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Abstract

Background: Cerebral Palsy (CP) refers to the non-progressive neuromotor disorder of cerebral origin. Drooling is involuntary or unintentional spillage of saliva over the lower lip of the mouth. Drooling in CP is due to the oral-motor difficulties, difficulty in swallowing and sensory issues. Muscle vibration can be used as proprioceptive stimuli to decrease spasticity and to facilitate motor control. Repeated muscle vibration improves drooling by boosting the oral-motor control. **Objectives:** To determine the effectiveness of muscle vibration on drooling control for Cerebral Palsy (CP) children using a cost-effective device. **Study Design:** Quasi-experimental type of design was used. **Methodos:** Thirty children with Cerebral Palsy (CP) were recruited through convenience sampling technique. The inclusion criteria were Cerebral Palsy (CP) children with drooling of age 4 to 14 years and the Drooling Severity and Frequency Scale (DSFS) score ≥ 6 . The exclusion criteria were surgery to control drooling and use of drugs including botulinum toxin. The Drooling Quotient (DQ) scale was administered before and after the treatment. The control group (n=15) received Occupational Therapy (OT) intervention of oral-motor therapy and behaviour therapy for three consecutive days for about 15 minutes and the experimental group (n=15) received muscle vibration with the cost-effective vibratory device for three consecutive days for about 30 minutes with 60s interval between each 10 minutes. **Result:** The result showed that there was a statistically significant differences ($p \leq 0.05$, 95% CI) in the post-test scores of DQ5-Rest ($t = -8.586$, $p = 0.000$) and DQ5- Activity ($t = -12.372$, $p = 0.000$) of DQ scale between the control group and the experimental group. **Conclusion:** The muscle vibration was more effective on drooling control than the Occupational Therapy (OT) intervention for the children with Cerebral Palsy (CP). Hence, the muscle vibration can be incorporated with general Occupational Therapy (OT) intervention to decrease drooling among the CP children. **Key Words:** Cerebral Palsy (CP), Drooling, Muscle vibration.

Title: Depression, Anxiety And Stress Among Introverts And Extroverts Of Young Adults - A Comparative Study

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Abstract

Background: Personality is the dynamic organization within the individual of those psycho physical systems that his/her characteristics behavior and thought. young adults, undergraduate students need to cope with physiological and psycho-social changes that are connected to the development of an autonomous personal life. In addition, students must cope with the academic and social demands that they encounter in university studies and in their preparation for professional careers. Occupational therapy practitioners use meaningful activities to help young adults participate in what they need and or want to do to promote physical and mental health and well-being. Occupational therapy practitioners focus on participation in the following areas: education and leisure, social participation, activities of daily living, instrumental activities of daily living, sleep and rest, and work. **Objectives:** To identify introvert and extrovert personality. To compare the level of introvert and extrovert personality using Introversion Scale. To compare depression, anxiety and stress among introverts and extroverts using DASS-21 Scale. **Study Design:** Observational study design was selected for this study. **Methodos:** A Sample of 1026 subject were included in the study who met the inclusion criteria. Informed consent was taken. Demographic data were collected and tabulated. Then the subjects were determined by using Introversion scale and DASS-21. Using GraphPad statistical value were obtained. **Results:** This study shows that there is significant negative correlation. By using statistical used to the comparison of Depression, Anxiety, Stress among introvert and extrovert personality. The P value is less than 0.0001. It indicated that there is extremely statistically significant. This shows that these score of introvert & extrovert personality and depression, anxiety, and stress its means value. **Conclusion:** The study was conducted to identify relationship between anxiety, depression and stress among introverts and extroverts in 1026 young adults. According to INTOVERION SCALE and DASS 21, it was found that introverts are prone to higher possibility of Depression, Anxiety and Stress. Males seem to have introvert personality than females. - Stress is seen higher in both introverts and extroverts. Conducting similar studies in various age groups and profession will make important contribution to the literature in terms of understanding their occupation is getting affected. **Key words:** Introvert, extrovert, depression, anxiety, stress, young adults.

Title: Understanding The Change Of Neurobehavioral Function In Comatose Patients Through Real-World Application Of Disorders Of Consciousness Scale (Docs).

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Background: The Disorders of Consciousness Scale (DOCS) is a structured clinical tool designed to assess subtle changes in observable neurobehavioral functioning in patients recovering consciousness. It monitors the progress of consciousness recovery and evaluates the effects of interventions. Although the Glasgow Coma Scale (GCS) is commonly used to assess the conscious level of comatose patients, there is limited clinical evidence supporting the use of DOCS for consciousness evaluation. **Objectives:** This study aims to provide evidence of neurobehavioral changes in comatose patients, indicating recovery, through the application of the DOCS. **Study Design:** Retrospective, Cross sectional study. **Methodos:** Twenty adults (85% male, 15% female, aged 20-78 years) diagnosed with hypoxic-ischemic encephalopathy (HIE), traumatic brain injury (TBI), and cerebrovascular accidents (CVA) were included. All patients had a GCS < 8 and were in a vegetative or minimally conscious state at the time of the study. The DOCS assessment, which evaluates 23 items across seven subscales, was conducted at initial admission, and baseline observations were recorded. Each patient underwent 60 minutes of occupational therapy with multimodal sensory stimulation using a postural device (Sittan®). Patients participated in a comprehensive neurorehabilitation program including physiotherapy, occupational therapy, and speech and swallow therapy. The final DOCS scores were recorded after a minimum of 30 therapy sessions. Patients who regained consciousness within one month, those with spinal cord injuries, unstable vitals, or on ventilator support were excluded. Twenty adults (85% male, 15% female, aged 20-78 years) diagnosed with hypoxic-ischemic encephalopathy (HIE), traumatic brain injury (TBI), and cerebrovascular accidents (CVA) were included. All patients had a GCS < 8 and were in a vegetative or minimally conscious state at the time of the study. The DOCS assessment, which evaluates 23 items across seven subscales, was conducted at initial admission, and baseline observations were recorded. Each patient underwent 60 minutes of occupational therapy with multimodal sensory stimulation using a postural device (Sittan®). Patients participated in a comprehensive neurorehabilitation program including physiotherapy, occupational therapy, and speech and swallow therapy. The final DOCS scores were recorded after a minimum of 30 therapy sessions. Patients who regained consciousness within one month, those with spinal cord injuries, unstable vitals, or on ventilator support were excluded. **Result:** The initial average DOCS score for all patients was 1.64, while the final average score was 14. Significant improvements were observed across sensory domains, including olfactory, tactile, visual, auditory, and gustatory responses. This change indicates a measurable improvement in the level of central nervous system processing. Statistical analysis revealed a P-value of < 0.05, with a 95% confidence interval of 8.47-20.23, demonstrating clinical significance. **Conclusion:** The DOCS tool effectively identified subtle sensory changes in comatose patients, which reflected changes in their neurobehavioral functioning. These findings suggest that DOCS can be a valuable tool in evaluating the effects of multimodal sensory stimulation and monitoring the recovery of consciousness in patients with disorders of consciousness. Also easily replicable tool in all healthcare settings. **Key Words:** Coma, consciousness, neurobehavioral changes, occupational therapy, multisensory stimulation.

Title: Ergonomics Is The Scope Of Practice For Indian Occupational Therapist: A Swot Analysis.

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Background: In India, the integration of ergonomics into Occupational Therapy is vital yet underexplored. Rapid industrialization and changing work environments necessitate attention to ergonomic concerns. SWOT analysis is a strategic planning technique used to identify and evaluate the Strengths, Weaknesses, Opportunities, and Threats. It provides a structured framework for assessing internal and external factors that may impact the success or effectiveness of a particular endeavour. **Objective:** To understand the perspectives of Occupational Therapists in the field of Ergonomics by SWOT analysis and to deduce the views of expert occupational therapists on developing Ergonomics practice areas for the Indian context. **Study Design:** The Design is a Qualitative-based grounded theory study. **Method:** Utilising a SWOT analysis framework, this qualitative grounded theory study aimed to comprehensively explore Ergonomics as a scope of practice for India Occupational Therapists. Ten experienced occupational therapists practicing or were practicing in ergonomics settings across India were recruited using a non-probability convenient and snowball sampling method, with data collection conducted through telephonic interviews, recorded and transcribed for thematic analysis. **Results:** The SWOT analysis on ergonomic occupational therapy practice in India offers valuable insights into the profession's current status and future trajectory, guiding strategic planning and decision-making. Strengths include the holistic approach and interdisciplinary nature of occupational therapy, supported by a strong foundation in relevant disciplines and assessment techniques. However, weaknesses such as limited social media utilization and training in emerging technologies hinder growth. Opportunities exist in embracing technology, expanding services, and collaborating with healthcare professionals, while threats like technological displacement and budget constraints require proactive measures and policy advocacy. Overall, strategic planning, professional development, and collaboration are essential for occupational therapists to navigate challenges and deliver quality care amid evolving healthcare trends. **Conclusion:** The SWOT analysis emphasizes strategic planning, continuous professional development, and collaboration in ergonomic occupational therapy. Leveraging strengths, addressing weaknesses, seizing opportunities, and mitigating threats are paramount for occupational therapists. This approach enables Occupational Therapists to adapt to the changing healthcare environment and deliver top-notch care to clients. Through strategic foresight and collaboration, therapists can enhance their effectiveness and relevance in meeting evolving occupational health needs. **Keywords:** Occupational therapist, Ergonomics, SWOT analysis.

Title: Leveraging Technology and occupational therapy.

Authors :

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Introduction: An individual pediatric client with Social Communication Disorder referred to occupational therapy to address difficulties in socialization and communication skills. Challenges include understanding social cues and engaging with peers. Therapy will emphasize improving interactions and building confidence through play-based strategies, utilizing personalized storybooks created by AI to support learning and engagement. **Objective:** The objective is to improve socialization and communication skills in a pediatric client by utilizing technology, including AI-generated personalized storybooks, to enhance engagement and prognosis.

Aim: Enhance socialization, communication skills, and confidence in the pediatric client using play-based strategies and advanced technology. **Method:** This study employs strategies such as play-based therapy, role-playing, turn-taking, emotion recognition exercises, speech practice, and communication reinforcement to improve socialization in pediatric patients. Personalized storybooks created, featuring the child as the main character, to target specific social behaviors. These stories, enhanced with AI-generated animated pictures, reflect the child's own experiences, making them relatable. Recent technology utilized to provide a similar environment during the day, reinforcing learning and helping the child connect with and apply the skills in real-life situations. **Results:** The results of this study indicate that the use of AI-generated personalized storybooks has shown a positive impact on the individual, with noticeable improvements in socialization and communication skills. The technique has led to marked progress in the child's ability to engage with peers, understand social cues, and apply learned behaviors in real-life situations, demonstrating a significant improvement in overall prognosis. **Conclusion:** This approach has the potential to improve all aspects of socialization and communication through storytelling, visualization of the child's own image in the process, and coping strategies, with marked improvements noted in the child's progress.

Title: Nurturing the Dance of Letters: A Sensory Path to Writing Mastery in School -Age Children: A Qualitative study.

Authors :

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Introduction: Writing is a complex process that requires synthesis and integration of different sensory systems such as tactile, proprioception, vestibular and visual motor skills along with visual-spatial abilities for initiating legible handwriting. **Objective:** To study effectiveness of Combined Sensory Integration (SI) and Handwriting Intervention on school-aged children. **Methods:** Five children (ages 6-11) with handwriting difficulties and sensory integration challenges participated in a 12-week program. These children were assessed prior to therapy and at a 12-week interval, and data collection included pre and post-intervention handwriting samples. The intervention consisted of once a week 45-minute session including sensory integration activities, followed by visual perceptual inputs and structured handwriting practice. Data was analyzed based on 9 components of writing:- memory, orientation, placement, sizing, start, sequence, control, spacing, and words per minute. Parent-reported data was collected through semi-structured interview regarding students' self-perceptions of their writing abilities outside the intervention setting. **Results:** Based on the samples collected by the end of the 12 week interval and semi-structured parent interview there was improvement noted in words per minute, placement, control, letter formation, confidence in writing, and self-esteem: 3 of the 5 children increased their speed of words per minute varying from a 30% increase to about 6 times the initial words per minute. 1 student no longer needed the accommodation of modified paper and was able to move to regular single lined paper. All students showed an improvement in legibility specifically in control and placement of words and letters. All students showed a positive association with writing in different settings and were eager to display their writing samples in this intervention setting each turn.

Conclusion: The combined approach of sensory integration therapy and handwriting intervention have shown improvement in handwriting performance in school-aged children. **Key words:** Sensory integration, handwriting intervention, school-aged children.

Title: Effect of skill- building through task- oriented motor practice intervention on activities of daily living in alcohol dependence.

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Introduction: Alcohol abuse is a global social problem with serious consequences for public health. A recent study in India indicated that alcohol was consumed by 21% of all adult males, with a wide range of distribution. The study discovered that heavy alcohol use in older persons is connected with a faster deterioration in cognitive function in late middle age, particularly in men .The Skill- building through Task-Oriented Motor Practice(STOMP) intervention may positively influence cognition in ADL by engaging participants in repetitive, task-oriented practice that stimulates cognitive processes such as attention, problem-solving, and memory retrieval. By aligning with neuroplasticity principle STOMP emphasizes task specificity and repetition, which may strengthen neural pathways critical for cognitive and functional performance. There is no prior study conducted on using STOMP intervention in alcohol dependence. Therefore, this study aims to investigate the effect of skill- building through task- oriented motor practice(STOMP) intervention on activities of daily living in alcohol dependence. **Objectives:** To identify the effect of skill- building through task oriented motor practice intervention on Activities of daily living in Alcohol dependence. **Study Design:** Quasi Experimental Study. **Methods:** Persons with alcohol dependence were selected using convenience sampling. The individuals who were chosen for inclusion and exclusion were screened using Alcohol Use Disorder Identification Test (AUDIT) and Montreal cognitive Assessment (MOCA). The persons were grouped into experimental and control groups. The persons in the control group received conventional occupational therapy while those in the experiment group received Skill-building through Task- oriented Motor Practice(STOMP) intervention for a duration of -weeks. Before and after the intervention both groups completed Canadian Occupational Performance Measure (COPM) and after the intervention both groups measured with Goal Attainment Scale(GAS). **Results:** Persons with alcohol dependence in experimental group was 15 and control group was 15. SPSS 27 statistical analysis was conducted to analysis the data. The independent t-test scores showed that there is significant difference between the experimental group and control group. The mean scores of experimental group was higher than that of control group. There is no adverse reactions to therapy. **Conclusion:** Skill- building through task oriented motor practice intervention is beneficial as an adjunct to conventional occupational therapy in persons with alcohol dependence, especially for improving activities of daily living. **Keywords:** Alcohol Dependence, De-addiction, Activities of Daily Living, Skill- Building, Task oriented motor practice

Title: Implementation of a Group Intervention to Address Mental Health Issues in Clients with Spinal Cord Injury (SCI).

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Abstract

Background: Background: After a spinal cord injury, rehabilitation clients often present in rehabilitation with a lack of motivation, feelings of depression and suicidal thoughts. Due to mental health issues they are not able effectively focus on their physical rehabilitation goals and vocational training. Objectives: To address mental health issues associated with SCI, to offer a more holistic and more completely addresses client needs. Systematically offer a sustainable and effective MH group intervention. **Study Design:** Cohort study. **Methods:** Staff received training on mental health disorders, suicide risk assessment, and therapeutic techniques to support clients effectively. A structured six-session group program was developed, incorporating education, counseling, interactive games, peer support, laughter therapy, guest speakers, and skills training. The program was facilitated by a rehabilitation Occupational therapist and a peer mentor. Its effectiveness was assessed through a 12-item self-evaluation survey completed by participants both before and after the program. Over one year, 24 clients participated in the Group intervention. **Result:** Preliminary results suggest that the group intervention improved clients' ability to cope with mental health challenges. This was evidenced by enhanced interaction among participants, greater community integration, increased motivation to engage in rehabilitation goals, vocational training, and activities of daily living (ADL). **Conclusions:** The NGO was able to effectively improve an SCI program solely focused on physical health. By adding a Group intervention to address MH issues, the program is now more holistic and addresses clients' needs more completely. **Key Words:** Peer support, psychological self-care, mental health, group intervention.

Title: Effectiveness of Occupational Therapy Intervention in Carpal Tunnel Syndrome among Butchers.

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Background: The most prevalent neuropathy affecting the upper extremities is carpal tunnel syndrome (CTS), Pain, excruciating tingling, and numbness in the hand. Heavy lifting, awkward postures, excessive and repetitive wrist and hand use, vibrations, and female gender are among the risk factors for CTS. **Objectives:** To identify the effectiveness of static resting hand splint with conventional Occupational therapy intervention in butchers with carpal tunnel syndrome. **Study Design:** Quasi- experimental study design. **Methods:** 30 adult male butchers above 3 years of experience diagnosed with mild to moderate carpal tunnel syndrome, were randomly assigned to experimental group (resting hand splint with conventional occupational therapy intervention) or to control group (conventional occupational therapy intervention) of 15 members in each group, after screening with Phalen's test, Tinel's sign and Boston carpal tunnel questionnaire. The conventional occupational therapy intervention included stretching exercise tendon gliding and nerve gliding activities. The program lasted for 2 months and the pre-test and post-test scores were obtained using outcome measure were Boston carpal tunnel questionnaire, Disability of arm, hand and shoulder questionnaire, visual analog scale. **Results:** There were 15 cases in the experimental group and 15 in the control group. Since the p-value of 0.000 is less than 0.01 and largely significant at position 1, we can conclude that there is a high significant difference. Additionally, the experimental group's mean score of 3.47 is lower than the control group's mean score of 5.80, indicating a high significant improvement in the experimental group's Visual Analog Scale score compared to the control group. There is a significant increase in the experimental group's Functional Scale score compared to the control group because the p value of 0.000 is less than 0.01 and is largely significant at one position, and the experimental group's mean value of 1.65 is lower than the control group's mean value of 2.05. **Conclusion:** Splinting along with conventional occupational therapy intervention is beneficial among butchers with carpal tunnel syndrome for improving the functional performance and reducing symptoms. **Keywords:** Carpal tunnel syndrome, Butchers, Static resting hand splint, Upper extremity functions.

Title: The comparison of effectiveness of virtual reality based intervention and conventional occupational therapy intervention for glossophobia among undergraduate students.

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Abstract

Background: Glossophobia characterized as “an extreme anxiety before to, or simply when thinking of having to interact verbally with any group, avoiding the activities that concentrate the group's attention on individuals attending, and physical distress, nausea, or panic feeling in such instance” (National Institution of Mental Health, 2010). About 75% of the world's population suffers from the glossophobia. Glossophobia can affect both males and females. Women suffer more than males (Furmark, 2002).

Objectives: To study comparison between effectiveness of virtual reality based intervention and conventional occupational therapy intervention for glossophobia among undergraduate students in SRM College of occupational therapy. **Study Design:** Quasi-Experimental and quantitative study design was chosen for the research. **Methods:** Fifteen (N=15) participants were recruited through convenient sampling. The participants were divided into virtual reality (n=5), conventional group (n=5) and control group (n=5). This study includes students of both gender age 18- 22 years, the score of greater than 98 in personal report of public speaking anxiety, regular college going students. Exclusion criteria were subject with known history of medical illness like chronic asthma, people with claustrophobia, diagnosed case of learning disability. Scale used in the study was Personal Report of Public Speaking Anxiety was developed by McCroskey, J.C. **Results:** The result of statistical analysis performed the post test score between the Virtual reality, Conventional, and Control group. This study states that there is a significant difference between the post tests of three groups. The result shows that there is a statistical differentiation between the Post-test scores of Virtual reality, Conventional, Control group (F-value = 14.779, p=0.001) by using ANOVA test (p value: <0.05/ 95% CI). But the Conventional groups are more effective in reducing Glossophobia comparatively than the Virtual reality exposure therapy. The other studies reported that standard Systemic Desensitization and deep relaxation results in reconditioning of an anxiety response to situations specifically focused on the treatment (Zemore, R., 1975). **Conclusion:** This study concluded that the traditionally used intervention in occupational therapy is more effective than the highly speculated intervention using virtual reality. Hence systematic desensitisation and relaxation techniques are found to be more effective in reducing the public speaking anxiety among undergraduate students. **Key Words:** Glossophobia, Systemic desensitization, Virtual reality.

Title: Relationship of grip strength and manual dexterity during the different phases of menstrual cycle.

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Abstract

Background: Menstrual cycle starts from menstrual phase as it bleeds from day one (ranging four and six days) followed by follicular or proliferative phase from day seven through fourteen that ends in ovulation followed by the luteal or secretory phase from day fifteen through twenty-eight. The physiological function is the term that differentiate women from men. As their reproductive age is short and painstaking, they are highly at risk physically during the menstrual cycle phases. The differences in both the physical and psychological performances are due to the variation in secretion of hormones during the different phases of menstrual cycle. **Objectives:** To find out the relationship between grip strength on manual dexterity during the different phases of the menstrual cycle **Study Design:** Quantitative study design (Cross sectional study) was chosen for the research.

Methods: Methods: Two hundred women (n=200) involved in the study through convenient sampling via period tracker application. Inclusion Criteria were students between the age of 18-25 years and normally menstruating women (using period tracker app). The outcome measures were Jamar Dynamometer for assessing grip strength and Box and Block test for assessing manual dexterity. **Results:** The data collected were tabulated and analysed using Pearson correlation (SPSS). The result of the study shows that there was positive correlation ($p = 0.00$) between Grip strength and manual dexterity during different phases of menstrual cycle with p value < 0.05 (95% of Confidence interval). **Conclusions:** Women have physical and mental fatigue during phases of menstrual cycle which affects their muscular performance. The finding suggests that there was statistically strong positive relationship between Grip strength and manual dexterity during different phases of menstrual cycle. **Key Words:** Grip strength, manual dexterity and menstrual cycle.

Title: Weaving the Fabric of Belonging: A Social Thinking Intervention for school aged children"- A multi-case study.

Authors :

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Abstract

Background: The teachings of the Social Thinking Methodology help people understand themselves and others to better navigate the social world, foster relationship development, and improve their performance at school, at home, and at work. **Objective:** To study the effect of Social Thinking Program in school- aged children. **Methods:** This is a multi-case study. Three school-age children (ages 9-10) based on their social communication profiles participated in the weekly 45 minutes social thinking sessions. These participants were selected based on their social communication profiles. 2 children had a diagnosis of Autism and one student had a diagnosis of ADHD. The children were assessed prior to therapy and post-intervention for a period of six months, using a semi-structured interview format including the Problem Behavior Rating Scale, completed by their parents to measure the outcome. Group Therapy intervention utilized Michelle Garcia Winner's Social Thinking methodology to specifically teach perspective-taking, expected/unexpected behaviors in social situations (Social Behavior Mapping), and Flexible Whole Body listening. A qualitative analysis was carried out to understand themes related to functional changes in social skills. **Results:** Based on the data collected for 2 of the 3 participants, a detailed analysis of the checklists revealed the following themes: Emotional Regulation: Both children showed improvements in their ability to manage frustration, calming down when upset or excited, and responding positively to compliments. Social Communication: The children demonstrated changes in their use of facial expressions, gestures, tone of voice, and ability to have conversations on a wide range of topics. They also showed improvements in initiating, responding to, and maintaining interactions. Social Skills: The children made progress in areas like asking for help, inviting others to play, playing cooperatively, and respecting personal space. Perspective-Taking: One child showed small improvements in understanding others' emotions and behaviors.

Conclusions: Results indicated changes in social communication competencies. Larger sample sizes are needed to determine the efficacy of interventions for different neurodiverse populations. **Key words:** Social Thinking Program, School-Age children, socio-emotional thinking.

Title: Attitude, Mindfulness and Well-being towards the persons with disabilities among Undergraduate Occupational Therapy students - A Cross Sectional Study.

Authors :

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4. Assistant Professor, Sri Ramachandra Faculty of Occupational Therapy, SRIHER (DU), Tamil Nadu, India

Abstract

Background: Attitude is a mental state shaped by experience that influences how individuals respond to people and situations. Mindfulness is the practice of paying purposeful, non-judgmental attention to the present moment. Well-being is the recognition of one's abilities in physical, cognitive, and social aspects, leading to overall successful functioning and emotional balance. **Objectives:** To find out the level of Attitude, Mindfulness and Well-being towards the persons with disabilities. To analyze the results among various academic year. **Study Design:** A Cross-Sectional Study using Online. **Methods:** A cross-sectional study was conducted in 2022 at the Department of Occupational Therapy, Sri Ramachandra Institute of Higher Education and Research, involving 100 undergraduate students. The study used convenient sampling and included both genders, with participants aged 17 and above. Tools such as the Attitude Toward Disabled Person Scale, Mindful Attention Awareness Scale (MAAS), and Adolescent Subjective Well-Being Scale (ASWS) were used to assess Attitude, Mindfulness, and Well-being across academic years. The study lasted 15 days. **Result:** The study assessed Attitude, Mindfulness, and Well-being toward persons with disabilities among 100 undergraduate Occupational Therapy students. Results showed moderate levels across all measures, with 3rd-year students scoring significantly higher in Mindfulness (60.69) than 2nd-year students (49.76). Attitude and Well-being showed less variation. The findings highlight the impact of academic progression and clinical exposure on student's attitudes and mindfulness, suggesting that targeted interventions could further improve these aspects. Most participants were female (71%) and aged 18-22 years. **Conclusion:** The study found moderate levels of Attitude, Mindfulness, and Well-being among undergraduate Occupational Therapy students, with 3rd-year students showing higher mindfulness than 2nd-year students. Attitude and Well-being showed less variation. The results highlight the importance of structured interventions to enhance mindfulness and foster positive attitudes toward persons with disabilities. **Key Words:** Attitudes, Mindfulness, Well-being, Occupational Therapy Students.

Title: Integrating Robotics in Pediatric Occupational Therapy: A Scoping Review of Current Evidence and Future Directions.

Authors :

Yazhini M

Affiliations:

Postgraduate Student in Pediatrics speciality, SRM College of Occupational Therapy, Kattankulathur, Tamil Nadu, India.

Abstract

Background: Robotics is an emerging field in pediatric rehabilitation, offering innovative solutions to enhance motor, sensory, and cognitive functions in children with developmental disabilities. While robotics shows promise in occupational therapy, the breadth and depth of its applications, benefits, challenges and evidence remain unclear. This scoping review aims to map existing research on robotics in pediatric occupational therapy, identify gaps in knowledge, and highlight future research opportunities. **Objectives:** To explore the integration of robotics in pediatric occupational therapy, focusing on types of robotic devices used, targeted population, therapeutic outcomes, client engagement and compliance, barriers and facilitators, therapeutic approaches integration, gaps and future directions. **Study Design:** A Scoping Review study design was chosen for this research. **Methodos:** A scoping review methodology was employed following the Joanna Briggs Institute (JBI) guidelines. Peer-reviewed articles, conference papers, and grey literature published between 2014 and 2024 were systematically searched across multiple databases, including PubMed, Scopus and Web of Science. Studies were included if they explored the use of robotics in occupational therapy for children aged 0-18 years. Data were charted to analyze types of robotic systems, target populations, client engagement and compliance, therapeutic approaches integration, barriers and facilitators and outcomes. **Result:** The review identified 29 studies exploring various robotic systems, including assistive robots, exoskeletons and socially interactive robots. Devices include Calmer, Ai Walker, Kaspar, Wearables, PeLOGAIT, Robotic arm and RAGT. Key therapeutic goals included improving motor functions (65%), enhancing social skills (13%), facilitating ADL skills (10%), calming in NICU (6%) and as evaluation tools (6%). The target population primarily consisted of children with cerebral palsy, autism spectrum disorder, developmental delays and learning disorders. Reported outcomes were generally positive, with increased engagement, improved motor skills and functional independence. However, challenges such as affordability, limited accessibility, small sample size, and short follow-up were frequently reported. **Conclusion:** This scoping review demonstrates the growing interest and potential of robotics in pediatric occupational therapy. While robotics offers promising outcomes, further research is needed to address cost-effectiveness, long-term impacts, and integration into routine therapy. Future studies should explore collaborative approaches combining robotics with virtual reality and gamification to enhance therapy outcomes. **Key words:** Robotics, Pediatric Occupational Therapy, Cerebral Palsy, Autism, Robotic Technology, Rehabilitation, Scoping Review.

Title: Effect of occupational therapy intervention including Swiss ball activity training program on non-specific low back pain among police officers: A Randomized Controlled Study.

Authors :

Richa Chahar [1], Prof. (Dr.) R. K Sharma [2], Dr. Shivani Bharadwaj [3], Dr. Ankita Sharma [4]

Affiliations:

1. Student of Master in occupational therapy (Neurology), Santosh College of Occupational Therapy,
2. Dean, Paramedical and Principal, Santosh College of Occupational Therapy,
3. Assistant Professor, department of occupational therapy, school of nursing sciences and allied health, Jamia Hamdard university,
4. Assistant Professor (Neurology), Santosh College of Occupational Therapy, Ghaziabad

Abstract

Background: Many people in physically demanding professions, such as police officers, suffers from Low back pain (LBP) which is Non-Specific in nature. Police employment entails a lot of complex activities such as standing, sitting, and high-intensity activity, it can lead to musculoskeletal pain, especially in the lower back. The management of Non-specific Low back pain (NSLBP) in police officers is still difficult despite its high occurrence because of the lack of access to preventive and rehabilitation care. Occupational therapy intervention including Swiss ball training can be beneficial for police officers because of its capacity to improve spine strength, flexibility, and stability. Additionally, it can help to strengthen core muscles, improve posture, and lessen discomfort. **Objectives:** To study efficacy of occupational therapy intervention Swiss ball activity training program on non-specific low back pain among police officers. **Study Design:** Randomized controlled study design. **Methodos:** A total 96 participant recruited between 30-65 yrs of age. Participants were randomly assigned from police stations and divided in 2 groups: control group with usual occupational therapy program and experimental group including occupational therapy program with Swiss ball exercise training program. Intervention was given 3 days per week for Period of 12 weeks to both groups. The outcomes of the intervention were assessed using VAS and OLBQ. **Result:** patient analyzed in experimental group were N= 40 and control group were N= 42. The results indicate a statistically significant ($p<0.05$) improvement in both measures following the intervention. These findings suggest that Occupational therapy intervention including Swiss ball training program effectively reduced both pain score and disability score among police officers with low back pain. **Conclusions:** In conclusion, this study demonstrates that occupational therapy intervention program including Swiss ball training program is highly effective in reducing low back pain and improves functional mobility among police officers. Moreover, intervention had a notable impact on pain reduction and functional mobility, with more pronounced effects in the experimental group. **Key words:** LBP, functional mobility, NSLBP, VAS, ODQ, Swiss ball, occupational therapy, police officers.

Title: Effect of Occupational Therapy Intervention Including Sensory-Motor and Proprioception Training On Older Adult with Diabetic Neuropathy: A Randomized Controlled Trial.

Authors :

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4. Assistant Professor (Neurology), Santosh College of Occupational Therapy, Ghaziabad

Abstract

Background: Diabetes frequently results in diabetic peripheral neuropathy (DPN), a condition which is marked by altered sensory and motor functions that impairs older Adult function such as balance, coordination, functional mobility and quality of life. For this population to be actively ageing, effective therapies are essential to apply because proprioceptive deficits and decreased sensory feedback increase the likelihood of falls and mobility issues. Occupational therapy programs which includes a combination of sensory- motor and proprioception training can be promising in improving functional results by enhancing sensory feedback, motor coordination, and postural stability.

Objectives: To study the efficacy of Occupational Therapy Intervention Including Sensory- Motor and Proprioception Training on Older Adult with Diabetic Neuropathy: A Randomized Controlled Trial. **Study Design:** A Randomized Controlled Trial. **Methodos:** A total 32 participant recruited with Diabetic Neuropathy. Participants were randomly assigned in one of 2 groups: control group with usual Diabetic foot care education and walking and experimental group with sensory-motor and proprioceptive training. Exercise intervention were conducted in 3 sessions per week for a period of 8 weeks. The outcomes of the intervention were assessed using FRT, TUG, OLS and NSA. **Result:** In Functional Reach Test (FRT) with mean (14.188) and ($p<0.001$) resulted an improvement in Dynamic Balance and stability. In Timed-up and Go Test (TUG) with mean (10.313) ($p<0.001$) indicates an improvement in functional mobility and Balance. In One Leg Stance Test, Eye open with mean (33.688) ($p<0.05$) and eye closed with mean (7.938) ($p<0.05$) resulted an improvement in Static Balance whereas Nottingham Sensory Assessment (NSA) with mean score (11.187) for upper limb and (7.75) for lower limb with ($p<0.001$) results an improvement in proprioception in both U/L and L/L in which U/L indicate more improvement. **Conclusions:** This study demonstrates the effect of occupational therapy intervention including Sensory-motor and proprioception Training is more significant than the conventional group Training which include Foot care and walking For Balance (Static and Dynamic), Functional Mobility and Proprioceptive abilities of Diabetic Patients. This Training helps Diabetic patients to improve Balance, Functional mobility and proprioception. **Key Words:** FRT, TUG, Proprioception, Occupational Therapy, DPN, Diabetic Neuropathy, Balance, Functional Mobility, OLS, T1DM, T2DM, NSA.



Innovative Technology Abstracts

Title: Empowering Occupational Therapists through 3D Printing technology: A Creative Solution for Custom made Adaptive Devices.

Authors :

Dr. Vinoth Kumar [1], Dr. Florance Angelin [2], Dr. Pranjali Mhatre [3]

Abstract

Background: 3D printing technology is revolutionizing healthcare, offering innovative solutions for occupational therapists to address patient-specific needs. In the Indian context, where resource constraints often limit access to high-quality adaptive devices, 3D printing provides an opportunity to enhance creativity and problem-solving among therapists. This project aims to empower occupational therapists by demonstrating how they can use 3D printing to design customized adaptive devices, fostering innovation in practice while overcoming challenges such as limited availability of standardized solutions. **Methods with Scientific Reasoning:** The methodology integrates clinical reasoning and creative problem-solving with 3D modelling software to design adaptive devices tailored to individual patient needs. Devices such as Custom-made Adaptive spoon, cup holder etc. for patients with motor impairment and other disabilities and were designed using affordable and locally available materials. **Implication in Occupational Therapy:** The introduction of 3D printing in Indian Occupational Therapy practice has the potential to significantly boost therapist creativity and problem-solving abilities. By enabling therapists to design and manufacture adaptive devices independently, 3D printing addresses resource constraints while promoting innovation. This approach encourages therapists to think beyond traditional solutions, fostering a culture of creativity and self-reliance in clinical practice. **Conclusion:** This project highlights the transformative potential of 3D printing technology in empowering occupational therapists in India. By leveraging this innovative tool, therapists can overcome resource limitations, enhance their creativity, and deliver personalized solutions that improve patient outcomes. The initiative underscores the importance of equipping therapists with modern skills to meet the unique demands of their practice, ultimately advancing the field of occupational therapy in resource-constrained environments.

Title: Developing and testing 'Senior-Saathi' a mobile-based application for fall prevention in older Indian adults.

Authors :

Sebestina Anita Dsouza[1], Rujutha Ksheersagar [1], Rohini Rao [2], Bharath Singh[2]

Affiliations:

1. Department of Occupational Therapy, Manipal College of Health Professions, Manipal Academy of Higher Education
2. Department of Data Science and Computer Applications, Manipal Institute of Technology, Manipal Academy of Higher Education

Abstract

Background: The prevalence of falls among older adults is considerably high in India. Falls are associated with salient morbidity and mortality. Preventing falls is critical to support healthy ageing. Existing literature suggests poor adoption of fall prevention (FP) strategies by older adults due to several factors such as poor knowledge and attitudes, limited access, and poor follow-up. The World Fall Guidelines recommends individualized FP education and intervention programs to support adoption. The increasing use of mobile phones by older Indian adults makes m-health a feasible medium to support FP. However, available apps are of foreign origin that limits their relevance and acceptance to the Indian context. The present study aimed to develop a mobile-based application for fall prevention that is appropriate for older Indians. **Methods:** The android-based mobile application was developed using the agile methodology that involves stakeholders (older adults and therapists) in the development process. The application was designed keeping in mind the needs and abilities of older adults such as technological readiness, motivation, age-related sensorimotor and cognitive changes, and safety. Multimedia content for the educational and interventional content was developed from an evidence-based, contextually relevant and validated fall education program developed in an earlier phase of the project. A Beta version was developed and tested within the research team, 24 purposively selected older adults having different brands of android phones and seven volunteer therapists. **Results:** The mobile-based application 'Senior Saathi' is available in English and Kannada languages. The user interface permits older adults to view their personalized FP plan, including their goals, educational and interventional content, enter data on performance parameters such as step count, exercise adherence and fall events, participate in quizzes and view their performance. The admin interface permits therapists to customize the educational and interventional content based on the older adult's fall risk profile, remotely monitor their adherence and modify the program based on their progress. Following testing, older adults appreciated the personalised features, and the contextually relevant multimedia educational content. They found it easy to learn and use, including navigation within the app. The application was compatible with most android-based mobiles available in India. Therapist volunteers involved in the research were satisfied with the customization features and found it user friendly. **Implications:** The developed application has implications to support the role and scope of occupational therapy in health promotion of older adults using a public-health approach. It is also aligned with the 'Make in India' initiative of the Government of India. **Conclusion:** The mobile-based application is user-friendly, functional, reliable and supports the provision of customized, comprehensive and contextually relevant fall prevention education and intervention for older Indian adults. The mobile app is a promising digital intervention medium to promote healthy ageing. The application is at the 'prototype' stage of product development. Further research is required for its application and effectiveness in community settings and commercialization.

Title: Height Adjustable wheelchair.

Authors & Affiliations:

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Abstract

Background: According to the World Health Organization, wheelchairs are among the most used assistive products. They provide access, mobility, postural support, and freedom to those who cannot walk or have difficulty walking, enabling them to move around, participate in everyday activities, live life on their terms, and perform activities that would otherwise be inaccessible. Comfort, usability, limited functionality, affordability, and maintenance have been identified as the concerns associated with the current developments in wheelchair designs. There have been recent developments in this area making the wheelchair more configurable, adding brain mapping sensors, and innovative features to improve safety and overall user satisfaction, but, ergonomically designed height adjustability especially in the general manual wheelchair which is commonly available in all the practice settings as well as home is still not available, especially in India. Method with Scientific Reasoning: Seat-elevating devices (SEDs) allow vertical movement of the seat of a wheelchair. This feature is also known as an elevating seat or adjustable seat height. Rehabilitation Engineering and Assistive Technology Society of North America published a position paper on SEDs outlining the numerous medical benefits of SEDs including improving the biomechanics, range, and safety of transfers and reaching tasks, enhancing visual orientation and line of sight; supporting physiological health and positioning; promotion of communication and engagement. In this device, we used mechanical actuators which help in seat vertical elevations and lower a wheelchair user in their seated position to ease their activity performance. Front actuators and back actuators when working with control help the seat to be inclined backward and forward which helps in transferring and will help in maintaining balance. Results if applicable: It has not yet been implemented on any client at present. Implications in Occupational Therapy: The Wheelchair Evaluation A Clinician's Guide states that seat elevation optimizes transfer position, facilitates reaching high shelves, and facilitates socialization by bringing the user to a height sufficient for face-to-face communication. As part of activities of daily living interventions, an Occupational therapist helps clients with a wheelchair in all these aspects to improve their performance for day to day activities. Conclusion: The device allows users to adjust seat height within a range, accommodating various tasks and environments such as reaching high shelves or interacting at lower levels. This device also allows forward and backward seat inclination options, enhancing comfort and support for different activities.

Title: Gross Grasping Board for Stroke.

Authors & Affiliations:

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Bhavya Shree M, MOT 1st year(Neuroscience) SRM college of Occupational Therapy, SRM Institute of science and Technology, SRM Nagar, Kattankulathur, Chengalpattu District 603203, Tamil Nadu.

Abstract

Background: Gross grasp, the ability to close the hand around an object, is frequently impaired in individuals following a stroke. Despite successful physical recovery, stroke survivors often experience limitations in their participation in social and leisure activities. Research has demonstrated a strong correlation between leisure engagement and life satisfaction, making it a crucial target in rehabilitation. The Gross Grasp Board is designed to facilitate the re-engagement of stroke survivors in leisure activities by addressing the challenges associated with impaired gross grasp. **Objective:** To develop a gross grasp board to improve independence in leisure for the people with stroke. **Method:** Flexor synergy is a common stroke complication, particularly affecting the upper limb on the side opposite to the stroke. It causes the arm to be pulled toward the body with flexion at the elbow, wrist, and fingers, limiting independent movement and making everyday tasks challenging. It is most prevalent in patients with severe motor impairments, especially during the acute to subacute phase, with 20-40% of stroke survivors experiencing synergy patterns (Kunkun Zhao et al., 2023). The gross grasp board helps by improving hand strength and coordination through task-specific exercises, starting with larger objects and progressing to smaller ones. This helps break the flexion pattern, enhances dexterity and restores the ability to perform leisure activities like painting, drawing, promoting independence and improving quality of life (Clare o' Sullivan, Gill Chard 2009). The Gross Grasp Board, is designed for stroke patients experiencing spasticity. It is constructed from wood due to its inherent stability. The board incorporates an adjustable hand gripper to accommodate varying levels of muscle strength. A pencil or paintbrush is affixed near the gripper, which helps enhance fine motor skills. Integrated sensors within the board detect and provide feedback on movement accuracy, identifying errors such as colouring or drawing outside designated boundaries. This cost- effective tool is designed to promote active arm movement. With the elbow flexed less than 90 degrees and the hand in functional position, patients are facilitated to engage in writing, colouring, and painting activities using their affected hand. This approach aims to improve leisure participation which can also improve motor function, coordination and fine motor skills in stroke survivors. **Implication in occupational therapy:** The Gross Grasp Board enhances hand function in stroke survivors by improving grasp, dexterity, and strength. This leads to increased independence in daily activities and improved quality of life. By focusing on meaningful activities and client-centered goals, the board motivates engagement and promotes overall well-being in stroke recovery.

Title: Use of Tactile Mobile ROM App for Assessing Range of Motion in Rehabilitation.

Authors

Gokul A [1], Mohammad Easa[2], Gokul. S [3], Dhanush[4]

Affiliations:

1. M.O.T (Neurology), Sri Ramachandra Faculty of Occupational Therapy, SRIHER (DU), Tamil Nadu, India
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4. M.O.T (Hand and Musculoskeletal Rehabilitation), Sri Ramachandra Faculty of Occupational Therapy, SRIHER (DU), Tamil Nadu, India.

Abstract

Background: Maintaining and evaluating joint Range of Motion (ROM) is a critical aspect of rehabilitation in musculoskeletal disorders, post-surgical recovery, and neurological impairments. Traditional ROM measurement tools, such as goniometers, require skilled professionals and may lack portability and real-time data visualization. To address these challenges, we propose the design and development of Tactile-based ROM app – a compact tool designed for accurate and accessible ROM measurement. In this device, there are sensor technologies such as accelerometers and gyroscopes with wireless connections to deliver real-time ROM data to a mobile application. This app consists of two bars one is stationary bar and the other is a movable bar. By clicking the stationary bar, the fixed degree is taken as we drag along our body, and by clicking the movable bar the degree is taken as we drag alone while performing joint movement by using accelerometers and gyroscopes. This reduces the errors that other goniometer apps make while measuring through photos, etc. by improving accessibility, accuracy and ease of use, the Tactile Mobile ROM App is expected to enhance therapeutic interventions, promote patient compliance, support evidence-based practice in Occupational Therapy, Physiotherapy and related fields.

Objective: The objectives of the device are to:

- To provide precise and reliable Joint ROM measurement across the different body parts for effective assessment.
- To design a compact, lightweight and user-friendly device that can be utilized in various settings including clinics, homes and community environments.
- To enable real-time data visualization
- To store and analyse data
- For multi-functional use such as rehabilitation, sports performance and ergonomic assessments.
- To integrate with telerehabilitation.

Method: The Tactile Mobile Range of Motion (ROM) App employs advanced sensor technologies such as accelerometers and gyroscopes to assess joint ROM with precision. The device consists of two key components: a stationary bar and a movable bar. Here is how it works:

1. Setup and Initialization:
 - The stationary bar is placed at a fixed-point relative to the joint being assessed.
 - The movable bar is aligned with the limb being evaluated.

1. **Setup and Initialization:**
 - The stationary bar is placed at a fixed-point relative to the joint being assessed.
 - The movable bar is aligned with the limb being evaluated.
2. **Measurement Process:**
 - The stationary bar captures the initial reference angle when positioned.
 - As the patient moves the joint, the movable bar follows the limb's motion, with sensors embedded in the device recording angular displacement in real time.
 - Accelerometers measure linear motion, while gyroscopes detect angular velocity, ensuring precise tracking of the limb's orientation and movement trajectory.
3. **Data Capture and Analysis:**
 - Real-time data is wirelessly transmitted to a mobile application for immediate visualization.
 - The app calculates the ROM using sensor-generated data, minimizing errors commonly associated with traditional goniometric measurements.
4. **User Feedback and Documentation:**
 - The app provides instant feedback on the joint's ROM, displaying results in a user-friendly format.
 - Data is stored for later analysis, enabling clinicians to track progress, generate reports, and make evidence-based decisions.

Scientific Reasoning Supporting Method:

- The use of smartphones and integrated inertial sensors (accelerometers and gyroscopes) has been validated for clinical assessments, showing reliability comparable to traditional goniometers and inclinometers. These tools are cost-effective, portable, and provide real-time data visualization, making them ideal for clinical and home-based use.
- The app eliminates the need for manual interpretation or external devices, reducing measurement variability and improving inter-rater and intra-rater reliability in clinical settings. **Conclusion:** The Tactile Mobile Range of Motion (ROM) Device is a portable, accurate, and user-friendly tool that enhances joint mobility assessment and rehabilitation. By integrating real-time data visualization and mobile technology, it empowers patients and supports clinicians with personalized, data-driven care. Its versatility ensures application in clinical, home, and telehealth settings, promoting better compliance and outcomes. Future refinements will further validate its potential in modern healthcare.

Implication to Occupational Therapy:

- The tactile mobile range of motion app has several key implications for Occupational Therapy such as enhanced assessment accuracy, support evidence-based practice, tele rehabilitation, improve treatment monitoring, time efficiency and patient empowerment.

Title: INFORM: Mobile Health solution for improving functional outcomes for children with developmental disabilities.

Authors

Dr. Vivek Vajaratkar

Affiliations:

Associate Professor in Occupational Therapy, AHSC, Goa Medical College, Bambolim, Goa-403202, India

Abstract

Background: Developmental disabilities (DD) are evident from early childhood and include Intellectual Disability, Autism and Cerebral Palsy (CP). Approximately 150 million children worldwide suffer from a developmental disabilities and 90% of them live in developing countries. A recent prevalence study in India in children aged 2-9 years found that total prevalence of 12.0% @ 21 million children with a disability and prevalence of children with CP at 1.4% @ 2 million children in India. The vast majority of these children do not have access to evidence based strategies to promote development and address impairments making this a regional health priority. mHealth is being used innovatively to leapfrog barriers of delivery at scale in other areas of health. **Objective:** The main objective was to design an m-Health platform to disseminate evidence-based practices for children with DD specifically increasing their participation in routines through community health workers under supervision. **Methods:** The program was implemented in Goa with technology partners in New Delhi over 18 month program. The mobile health platform was developed in 4 steps; Standardisation & restructuring of paper based manual for mHealth platform, Development of the software to support the platform (INFORM), Preparation of audio-visual aids for the platform and Programming of assessment tool and algorithms to support the platform. This Beta version of mHealth platform was pilot tested by delivering pre-set 6 sessions to 12 dyads. **Result:** This IT technology allows Child Registration, Screening and Diagnosis of the Children, Levelling of Skills and Functional Assessment to generate an individualized plan and Auto Consensus list of Priorities link to Strategy Videos. The videos enabling the families of children with CP to establish best practices during activities of daily routines. **Implication in Occupational Therapy:** The INFORM integrates science, in the form of evidence based practices, with the latest developments in mHealth technology to disseminate knowledge and skills to Occupational therapists and help the OTists to deliver the intervention by using community-based intervention model. **Conclusion:** The INFORM platform can help disseminate evidence-based practices for children with DD specifically addressing their participation in daily routines through community health workers in low resource setting.

Title: Perceptual Assessment Battery for Adults.

Authors & Affiliations:

Dr. Vaishnavi Hiren Joshi, Assistant Professor, Faculty of Occupational Therapy, JSS Academy of Higher Education and Research, Mysuru, Karnataka, India

Background: Perception allows the brain to interpret sensory inputs, enabling individuals to process and respond to stimuli. Perceptual deficits, commonly observed in conditions such as cerebrovascular accidents (CVA), traumatic brain injury (TBI), neurodegenerative disorders, and neuropsychiatric conditions, adversely impact daily functioning and safety. This further highlights the need for comprehensive assessment tools. However, accessible and culturally relevant tools are scarce in India. To address this gap, the author developed a prototype Perceptual Assessment Battery to systematically evaluate various perceptual deficits. This device is innovative in the following aspects:

1. **Comprehensive Domain Coverage:** Unlike many existing tools that focus on isolated perceptual domains, this battery evaluates a broad spectrum of perceptual deficits, including visual, spatial, tactile, and motor perception.
2. **User-Friendly Design:** The battery emphasises ease of administration, using clear instructions and materials that are simple to handle and interpret. This makes it accessible not only to expert clinicians but also to less-experienced practitioners.
3. **Focus on Affordability and Accessibility:** Recognising the cost and availability barriers associated with imported assessment tools, this battery is designed to be economically viable, thereby making structured assessments accessible to a larger population.

Method with Scientific Reasoning: The prototype was designed through a multi-step process that included an extensive review of literature, clinical guidelines, and expert opinions. It is a manual paper-pencil based assessment kit with flashcards, specific testing items and scoring chart. There are a total of 17 items, categorised in four domains, with a maximum score of 34. It assesses the following four domains:

- **Visual Perception disorders:** Agnosia, Color Agnosia and Color Anomia, Metamorphopsia, Prosopagnosia, Simultanagnosia
- **Visual-Spatial Perception disorders:** Figure Ground Discrimination Dysfunction, Form Constancy Dysfunction, Position in Space, Right-Left Discrimination Dysfunction, Stereopsis
- **Tactile perception disorder:** Astereognosis, Agraphesthesia, Body Schema Perception Disorders
- **Motor Perception disorder:** Ideational, Ideomotor and Dressing Apraxia

The tool incorporates culturally appropriate stimuli and user-friendly materials to ensure ease of administration. Feedback from experienced occupational therapists was used to refine its structure and content. Future plans include validation studies to establish reliability, sensitivity, specificity, and cultural adaptability through trials on individuals with identified perceptual deficits. **Results:** Although the tool is in its prototype phase, expert reviews suggest its potential to identify key perceptual deficits effectively. Validation studies are planned to assess its psychometric properties comprehensively. **Implication in Occupational Therapy:** This tool addresses the need for an accessible and affordable assessment battery for Indian therapists. Once validated, it will facilitate early diagnosis and tailored interventions, improving patients' functional performance and overall quality of life. **Conclusion:** The Perceptual Assessment Battery is a promising step toward addressing the unmet need for culturally relevant tools in India. Validation will be crucial to ensure its widespread clinical adoption and utility in occupational therapy practice. **Key Words:** Comprehensive Perceptual Assessment, Early Diagnosis and Targeted Interventions, User-Friendly Design

OTICON 2025 Program Schedule





Conference Theme: Translating Research into Policy & Clinical Practice in Occupational Therapy

Pre-Conference Workshop

Theme : Clinical Assessment and Intervention for Praxis in the School Environment

Resource Person: Teresa A. May-Benson, ScD, OTR/L, FAOTA

Owner/ President

TMB Educational Enterprises, LLC and OTR, Inc.

Venue: New Auditorium, Goa Medical College & Hospital, Bambolim, Goa

Date: 20th February 2025, Thursday

Time: 9 am to 5 pm

Time	Schedule
8.00 am - 8.30 am	Registration
8.30 am - 9.00 am	Inauguration
9.00 am - 10.30 am	Session 1: Introduction to praxis Functional implications of praxis on development
10.30 am - 11.00 am	High Tea
11.00 am - 12.30 pm	Session 2: Assessment of praxis in daily life settings
12.30 pm - 1.30 pm	Lunch
1.30 pm - 3.00 pm	Session 3: Interpreting praxis assessment and clinical reasoning for intervention
3.00 pm - 3.30 pm	High Tea
3.30 pm - 5.00 pm	Session 4: Intervention strategies for praxis in the school environment
5.00 pm	Valedictory & Certificate distribution

OTICON 2025: Registration Kits are available between 2 pm and 6pm, 20th February 2025 at Kala Academy, Panjim, Goa



Day -1

Date: 21st February 2025, Friday

Time	Schedule	Speaker/Presenter
8.00 am - 9.00 am	Registration & Breakfast	
9.00 am - 9.30 am	Inauguration-DMKM Hall (Main Auditorium), Kala Academy	
9.00 am - 12.45 pm	Pre-Conference COTE Theme: " Innovations, Integration, and Indian Perspectives: Occupational Therapy in Head Face & Neck Onco-Rehabilitation"	
	Topic: Challenges & Outcomes in Head, Face & Neck Onco Rehabilitation: Occupational Therapy Perspective	Dr. Manjusha Vagal Prof & Officer In-charge, Dept. of Occupational Therapy, Tata Memorial Hospital, Mumbai
	Topic: Optimizing functions through innovations and outcomes in head, face & neck onco-rehabilitation	Dr. Hitesh Gupta Incharge - Dysphagia clinic & Onco-rehabilitation unit, Department of Surgical Oncology BLK-MAX super specialty, Hospital, New Delhi
	Panel Discussion: "Bringing out onco-rehab, Occupational Therapy Perspectives from an Indian context"	Moderator: Dr. Shriharsh Jahagirdar Assistant Professor, TNMC, Mumbai. PG teacher (Neurosciences) and OT neuro rehabilitation unit incharge at the tertiary care hospital Panelists: Dr Manjusha Vagal (OT), Dr Hitesh Gupta (OT) & Dr Anupama Borkar (Oncologist)

12.45 pm – 1.45 pm	Lunch	At Rehearsal Hall for EC members, Invitees and senior delegates at Open site for UG student Delegate, Sponsors and PG student Delegates
1.45 pm - 2.30 pm	Keynote Address Title: Translating Research into Policy & Clinical Practice in Occupational Therapy	Teresa A. May-Benson, ScD, OTR/L, FAOTA Owner/ President, TMB Educational Enterprises, LLC and OTR, Inc.
2.30 pm - 3.15 pm	Faculty Talk 1: Title: Occupational therapy driving evaluation and recommendations: practical strategies Faculty Talk 2: Title: Breaking the Ice through an Effective Translationality in Occupational Therapy Neurorehabilitation: Are We Heading in the Right Direction?	Dr. Inbadurai Palaniswami, MOT (Neuroscience) Senior Occupational therapist Rashid Hospital, Dubai Health, United Arab Emirates Dr. S. Samuelkamaleshkumar, MOT., Dip Rehab (OT), Professor & In-charge, Occupational Therapy Services Department of Physical Medicine and Rehabilitation, Christian Medical College
3.15 pm- 3.30 pm	Guest Talk 1: Title: Overview of NCAHP	Dr. Yagna Umesh Shukla, NCAHP Chairperson
4.00 pm - 5.00 pm	OTICON 2025 Inauguration	
5.00 pm - 5.10 pm	Innovative Technology and Poster stall – Ribbon cutting- Exhibition Hall, Kala Academy	
5.15 pm - 5.30 pm	Faculty Talk 3: Title: Challenges and Opportunities to enhance a Blended Learning approach to teaching and learning in the post-COVID-19 era and beyond	Dr Bhoomiah Dasari, PhD, MSc, FACOT University of Southampton, UK
6.30 pm	Cultural competition – DAIZ	At DMKM Hall (Main Auditorium)
7.30pm - 9.30 pm	Dinner	At Rehearsal Hall for EC members, Invitees and senior delegates at Open site for UG student Delegate, Sponsors and PG student Delegates

Day: 2

Date: 22nd February 2025, Saturday

Time	Schedule	Speaker/Presenter
Scientific Session 1: Integrating Occupational Therapy and Mental Health: Bridging Research, Practice, and Community Impact Chairperson: Dr. Vijay Suple, Senior Occupational Therapist, Canada Chairperson: Dr. Mary C. D'Souza, Associate Professor & HOD, IPHB, Goa Chairperson: Dr. Lakshmanan S, Executive Editor IJOT, Senior Occupational therapist, NIMHANS		
9.00 am - 10.15 am	Determining Co-relation Between Perceived Social Support and Depressive Symptoms in Lower Limb Amputation	Dr. Aishwarya Valyan, Goa
	Impact of Freezing Weather (winters) on the Mood and Stress Level in the People of Kashmir: An Occupational Therapy Perspective	Dr. Sahib Yousuf Dar, New Delhi
	Effectiveness of occupational therapy with Mindfulness training on Mental health of parents of children with Autism.	Dr. Aswathi V, Chennai
	Understanding the Correlation of Social Cognition and Work Behaviour of Persons with Mental Illness in India: A Cross-Sectional Study	Dr. Chandelkar S, Goa
	Knowledge, Perception & Attitude Towards Occupational Therapy Services Among Healthcare Professionals in India: A cross-sectional survey	Dr. Pramod Dattaram Lambor, Manipal
	Impact of Flipped Classroom on Clinical Skills for Undergraduate Occupational Therapy Students	Dr. E. Mona, Asst Prof, Chennai
9.00 am - 4.00 pm	Student Poster, Promo poster and Innovative Technology evaluation at Exhibition Hall, Kala Academy	
9.15 am - 10.00 am	AIOTA accredited college HOD interaction meeting with WFOT president- organized by Dean of ACOT	Meeting Room, Kala Academy
9.00 am - 10.15 am	e-Poster sessions / parallel session at Black Box, Kala Academy, Panjim, Goa	
	Effectiveness of muscle vibration on drooling control for children with Cerebral Palsy (CP)	Mageshwari J, Kerala
	A Comparative Study On Self Esteem and Quality Of Life among Typically Developing And Hearing Impaired (Hi) Children	Alwin Sameul Raj A, Kerala

	Integrating Robotics in Pediatric Occupational Therapy: A Scoping Review of Current Evidence and Future Directions.	Yazhini M, Chennai
	A Study to Correlate Health- Related Quality of Life and Perceived Stress in Interstate and Intrastate Migrant Workers.	Diya Ann Shaju, Chennai
	The comparison of effectiveness of virtual reality based intervention and conventional occupational therapy intervention for glossophobia among undergraduate students	Sethuhemalakshmi G, Kerala.
	Effect of skill- building through task- oriented motor practice intervention on activities of daily living in alcohol dependence	T. HARINIPRIYA, Chennai
	Depression, Anxiety And Stress Among Introverts And Extroverts Of Young Adults - A Comparative Study	Nishanthi M, Chennai
	Effectiveness of Occupational Therapy Intervention in Carpal Tunnel Syndrome among Butchers	Poornima R, Chennai
	Understanding The Change Of Neurobehavioral Function In Comatose Patients Through Real-World Application Of Disorders Of Consciousness Scale (Docs)	Sujitha Rachel, Bangalore
	Relationship of grip strength and manual dexterity during the different phases of menstrual cycle	Shivasankari M, Kerala.
	Relationship between alexithymia and mindfulness among occupational therapy college students	Anagha Pradeep, Chennai
10.30 am - 11.45 am	"Weaving the Fabric of Belonging: A Social Thinking Intervention for school aged children"- A multi-case study	Chaula Badiani1, Mumbai
	Implementation of a Group Intervention to Address Mental Health Issues in Clients with Spinal Cord Injury (SCI)	T Mageswari, Ayikudy,
	Occupational Therapy and Cancer: Bridging the Gap between Illness and Wellness	Mahesh alias Vibhav Sanzgiri, Karnataka
	Impact of Low Back Pain, Foot and Ankle Pain on Functional Status for Bharatanatyam Dancers- A Cross-Sectional Study,	Srilekha S, Chennai
	Ergonomics Is The Scope Of Practice For Indian Occupational Therapist: A Swot Analysis	Dhanshree Mandrekar, Goa,

	Leveraging Technology and occupational therapy	Dr. Khyati Thakkar, Gujarat
	Prevalence of Burnout Syndrome Among Academic Faculties in a University-A Cross Sectional Study Design	Dr. Miraculine Devadarshini P, Chennai.
	Nurturing the Dance of Letters: A Sensory Path to Writing Mastery in School -Age Children: A Qualitative study.	Trishala Upadhyay Mumbai
	Attitude, Mindfulness and Well-being towards the persons with disabilities among Undergraduate Occupational Therapy students - A Cross Sectional Study	Sowmia. S, Chennai
	To assess Anxiety and Phobia in female college going students for resuming college after covid-19 confinement: A Pilot Study.	Ms. Firdous Mohammad Ikram, New Delhi.
	Prevalence of Specific Phobia and its Impact on Life Interference among College Students.	Sweatha I, Chennai
10.00 am - 11.00am	Examination for Gold Medal Award for best OT graduates of 2024 by Odisha Branch of AIOTA	
10.15 am - 10.55 am	<p>Guest Talk 2: Title: Occupational therapy and mental health; promoting inclusion and well-being</p> <p>Guest Talk 3: Title: Knowledge to action/ evidence to practice, an eternal quest in mental health services strengthening.</p>	<p>Dr. Samantha Shann, WFOT President</p> <p>Dr. Rahul Shidhaye, Senior Research Scientist and Professor of Psychiatry, Pravara Institute of Medical Sciences.</p>
11.00 am - 12.00 pm	<p>Panel Discussion: Theme: Translating Research into Policy: Challenges and strategies to overcome</p> <p>Panelist: Dr. Samantha Shann, President, WFOT Dr. Pankaj Bajpai, President, AIOTA Dr. Suresh Munuswamy, Dean & Professor, School of digital Health Sciences & Technologies, Malla Reddy Viswavidyapeeth Hyderabad Dr. Jagdish Cacodkar, Professor & HOD, Dept. of Community Medicine, GMC, Goa. Moderater: Dr. Anbarasu. D, EC Member of AIOTA, Associate Professor, SRM College of OT, SRMIST, Chennai.</p>	

Scientific Session 2: Advancing Occupational Therapy Strategies for Optimising Functional and Psychological Well-Being in the Elderly

Chairperson: Dr. Edwin J.J.B. M. Gomes,
Professor & HOD, Dept. of Geriatric Medicine, GMC, Goa.

Chairperson: Dr. Sujatha Missal, Director & Professor, KMCH College of Occupational Therapy, Coimbatore

Chairperson: Dr. Anurupa Senapati, Assistant Professor, Head of the Department, SVNIRTAR, Odisha

	<p>Faculty Talk 4: Title: Fall Prevention for Older Adults: Adopting a Pragmatic Approach to Translational Research in the Indian Context</p>	<p>Dr. Sebestina Anita Dsouza, PhD, Certified Aging-in-Place Specialist, Professor, Department of Occupational Therapy Coordinator, Centre for Studies on Healthy Aging Manipal College of Health Professions, Manipal Academy of Higher Education</p>
	Effectiveness of Exergaming on balance in Geriatric Population	Dr. Nidhi Suchendra Agni, Goa
	Involvement of family in fall prevention for older adults in Indian context: a narrative review	Dr. Rujutha Ksheerasagar, Manipal
	Assessing the effectiveness of the health promotion model on elderly population	Dr. Vivek Vajaratkar, Goa
12.00 pm - 1.45 pm	Effectiveness of Occupational Therapy – Multisensory Reminiscence Group (OT-MRG) in Improving Happiness and its Impact on Psychological Well-Being of Institutionalised Elderly –A Quasi-Experimental Study	Dr. Balaabhirami H, Chennai
	The Effects of Tailored Activity-Based Occupational Therapy Program to Improve Activities of Daily Living skills among patients with Dementia	Prof. Dr. Naresh Babu Karunakaran, Coimbatore
	<p>Guest Talk 4: Title: Live longer, Work longer, Work better: real time research, Practice with AI & 4h Industrial Revolution</p>	<p>Dr. Suresh Munuswamy, MBBS, MPH, PhD Dean & Professor, School of digital Health Sciences & Technologies, Malla Reddy Viswavidyapeeth, Hyderabad</p>
12 pm - 1.45 pm	ACOT GB Meeting	Meeting Room, Kala Academy

12.15 pm - 1.15 pm	Parallel session at Black Box, Kala Academy, Panjim, Goa	
	Scientific Session 3: Breaking Barriers in Rehabilitation: Ergo-Therapy and Preventive Care for Enhanced Recovery	
	Chairperson: Dr. Jegedesesan, Principal, College of Occupational Therapy, JKK Munirajah Medical Research Foundation, Namakal	
	Chairperson: Dr. Satish S Maslekar, Honorary Treasurer, AIOTA Chairperson: Dr Gauresh Vargaonkar, Assistant Professor, Dept of Orthopaedics, GMC, Goa	
	Prevalence of Musculoskeletal Disorders risk factors and Ergonomic Assessment of posture among Eco-Clean Workers: A Cross-Sectional study	Dr. Arfa Menezes, Goa
	Effectiveness of Mulligan Lumbar Mobilization and Neural Mobilization in Chronic Non- Specific Low Back Pain	Dr. Diya Ann Shaju, Chennai.
	Comparing the Effectiveness of Ergonomically Designed Oral-Motor Tools and Conventional Therapy for Improvement of Oral Motor and Feeding Skills in Children with ASD: A Randomized Control Study	Dr. Pareek C, Nagpur.
1.45 pm - 2.45 pm	Scientific Session 4: Exploring Functional and Psychosocial Challenges in Spinal Cord Injury: An Occupational Therapy Perspective	
	Chairperson: Dr. Jinendra Kumar, Associate Professor, Dept. of Neurosurgery, GMC, Goa	
	Chairperson: Prof. (Dr.) Surendra Kumar Meena, Dean, Faculty of Physiotherapy and Occupational Therapy, Vivekananda Global University, Jaipur	
	Chairperson: Dr. Raghuram. P, Head, Sri Ramachandra Faculty of Occupational Therapy, SRIHER (DU), Tamil Nadu	
		Exploring the Association Between Functional Independence and Self-Esteem in Patients with Spinal Cord Injury: A Cohort Study
	Addressing Sexual Health in Males with Spinal Cord Injury in Rural South India: Using the knowledge-to-action framework to evaluate an education manual on improving knowledge, attitudes and practices	Dr. T Mageswari, Ayikudy
	Insight from Occupational Therapists on Bed Mobility in Spinal Cord Injury: An Explorative Qualitative Study	Dr. Arfa Menezes, Goa
	Effects of Wheelchair Skill Training to Improve Functional Activities in Persons with Spinal Cord Injury	Dr. Swatirekha Swain, Odisha

3.00 pm - 4.00 pm	Mini Movies- parallel session at Black Box, Kala Academy, Panjim, Goa	
<p>Scientific Session 5: Harnessing Neuroplasticity in Neurorehabilitation: Innovative Occupational Therapy Strategies for Enhanced Motor Recovery</p> <p>Chairperson: Dr. Sanat Bhatkar, Consultant Interventional Neurologist, GMC Goa</p> <p>Chairperson: Dr. Sebestina Anita Dsouza, Professor, Department of Occupational Therapy Coordinator, Centre for Studies on Healthy Aging Manipal College of Health Professions, MAHE</p> <p>Chairperson: Dr. Vishal Jain, Senior Consultant, Department of Neurosurgery, Shardacare Healthcity, New Delhi NCR</p> <p>Chairperson: Dr. Samuel kamalesh kumar, Professor and Incharge, Occupational therapy services, Department of Occupational Therapy, CMC Vellore.</p>		
1.45 pm -3.30 pm	Effect of brain gym exercise on fear of fall and balance in a patients with Parkinsonism	Dr. Harshada Landge, Mumbai
	Assessing the priming effects of Mirror visual feedback on bilateral task practice in patients with stroke: a Quasi experimental study	Dr. Ritu Prabhunath Ram, Goa
	The effect of sensory-motor training on hand and upper extremity sensory and motor function in patients with Parkinson's Disease	Dr. Grisha Kudaskar, Goa
	Integrating occupational therapy with speech therapy in stroke rehabilitation: addressing communication functional recovery	Dr. Shubham Sharma, Indore
	Assessing The Quality of Life in Patients with Parkinson's Disease In Goa, India	Dr. Dilkush Molu Velip, Goa
	Efficacy of Core Strength Training on Primary Dysmenorrhea: A Randomized Controlled Trial	Dr. Noor Mohammad, New Delhi
	Dynamic stabilization strategy for alleviating synkinesis in Bell's palsy	Dr. Vijay Batra, New Delhi
	Effect of Synergy Based Motor Therapy on Lower Extremity Recovery and Function in stroke: An RCT	Dr. Shanta Pandian, New Delhi
	Unilateral Spatial Neglect Sub-Types Influence the Motor Status among Post-Stroke Subjects: A Cross-Sectional Study	Dr. Kamal Narayan Arya, New Delhi
4.00 pm onwards	AIOTA GB Meeting	Exhibition Hall, Kala Academy
4.45 pm - 5.30 pm	WFOT President Interaction with Students	At DMKM Hall (Main Auditorium)
7.30 pm - 10.30 pm	Gala Dinner	Taleigao Community Hall, Taleigao, Goa (Vehicles available from parking site 6.30 onwards)

Day 3

Date :23rd February 2025, Sunday

Time	Schedule	Speaker/Presenter
9.00 am - 9.45 am	An Introduction of Oral Motor and Sensory Integration Therapy	Dr Charu Pareek (Occupational Therapist), 2.Mrs.Sana Zeb Shaik & Ms. Darshana Shahare (Speech – Language Pathologist) SPEECH GEARS
9.00 am - 10.00 am	Professional Delegate Innovative Technology Evaluation at Exhibition Hall, Kala Academy	
<p>Scientific Session 6: Unlocking Potential: Advancing Holistic Development and Well-Being in Pediatric Occupational Therapy</p> <p>Chairperson: Dr. Jyothika Nand Bijlani, Dean, ACOT</p> <p>Chairperson: <i>Dr. Vaishali Joshi, Prof & Head, Dept of Peadiatrics, GMC, Goa</i></p> <p>Chairperson: Dr. Pratibha Milind Vaidya, Vice President, AIOTA</p>		
9.45 am - 11.40 am	Implications Of Joint Attention Intervention On Social Competence In Children With Autism Spectrum Disorders [ASD] Aged 5-8: A Quasi Experimental Study	Dr. Princy Thekkepurayil, Mumbai
	An Evidence-Based Review on the Effect of Premature Infant Oromotor Intervention on Feeding in Preterm Infants	Dr. Neha Mane, Goa
	Exploring The Role of Occupational Therapy In Assessment And Intervention In Children With Attention Deficit Hyperactivity Disorder (ADHD): A Qualitative Study	Dr. Nikita Donna Colimao, Goa
	Effect of Repeated Stretch Through Activities on Gross Motor Skills to Improve Play Participation in Children with Spastic Cerebral Palsy: A Quasi-Experimental Study	Dr. Patra A, Thrissur

	Perspectives Of Special Education Team Members Regarding Sexuality Of Children With Disabilities In Special Schools: A Qualitative Study	Dr. Payal Unhelkar, Mumbai
	Challenges Faced During Puberty in Children with Autism Spectrum Disorder: A Qualitative Study	Dr. Kimberly Antonia Sarah Barneto, Goa
	An evidence-based literature review on the Effectiveness of task-oriented training on hand dexterity and strength in children with hemiplegic cerebral palsy	Dr. Neema Gosavi, Goa
	Effectiveness of Occupational Therapy Intervention On Circadian Based Sleep Pattern and Daily Routine in Children with Autism Spectrum Disorder: Quasi- Experimental Study	Dr. Pavithra. S, Bangalore
	Socioeconomic Status and Visual Perception in Children: A Systematic Review and Meta-analysis"	Dr. Redkar Simran Sandeep, Chennai
	Determine Correlation Between Repetitive Behavior, Social-Emotional Development & Playfulness In Neurodivergent Children	Dr. Meenakshi Batra, New Delhi
11.40 am - 12.00 pm	<p>Faculty Talk 6:</p> <p>Title: Predatory Journals: A Detrimental Threat to the Integrity of Research in Health Sciences</p>	<p>Dr. Kamal Narayan Arya, MOT, PhD, FACOT, EC ACOT Lecturer (OT), Pt. Deendayal Upadhyaya National Institute for Persons with Physical Disabilities, New Delhi.</p>
<p>Scientific Session 7: Sensory Processing and Occupational Therapy: Addressing Challenges in Cognition, Behavior, and Development Across the Lifespan</p> <p>Chairperson: Dr. Pankaj Bajpai, President, AIOTA</p> <p>Chairperson: Dr. Nandita de Souza, Developmental And Behavioural Paediatrician, Director, Sethu Child Development & Family Guidance, Goa</p> <p>Chairperson: Dr. Shailaja Sandeep Jaywant, Assistant Professor, Lokmanya Tilak Municipal General Hospital & Lokmanya Tilak Municipal Medical College, Sion Mumbai</p>		
12.00 pm - 1.30 pm	Relationship between Sensory Modulation and Cognition – A Cross-sectional study	Dr. Shalini Quadros, Manipal

	Effectiveness Of Sensory Modulation Intervention For Persons With Anxiety Disorder	Dr. Febin Maria Mathew, Chennai
	Association between adult sensory processing and behaviour characteristics in alcohol use disorder: A quantitative study	Dr. Kiran V Talkhande, Goa
	Effectiveness of Supporting and Enhancing NICU Sensory Experiences Program to enhancing neurodevelopmental outcomes in Neonates in NICU in Goa	Dr. Priyanka Kinalkar, Goa
	To Study The Use Of Goal Attainment Scale To Measure Functional Outcomes From Sensory Based Motor Intervention In A Classroom Setting	Dr. Rucha Thorat, Pune
	The Impact of Sensory Processing on Executive Functioning in Children Aged 3-18 Years: A Systematic Review	Dr. Deepak Vignesh Raj S, Chennai
	Effectiveness of occupational therapy intervention on visual motor integration in children with Developmental Disabilities: A Systematic Review	Dr. Purushothaman. P, Chennai
1.30 pm - 1.45 pm	Faculty Talk 7: Title: Overview of IJOT and Submission Guidelines	Dr. Lakshmanan. S Executive Editor, IJOT Senior Occupational Therapist, NIMHANS
1.45 pm - 2.00 pm	Examination for Best Student Delegate OTICON 2025 Award by Karnataka Branch of AIOTA	
	Examination for Best Delegate of OTICON 2025 Award by Kerala Branch of AIOTA	
2.00 pm - 3.30 pm	STREET PLAY Chairperson: Prof. Dr. R. K. Sharma, Dean,	DMKM Hall (Main Auditorium)

OTICON 2025 GOA



	<p>Santosh University, Ghaziabad</p> <p>Chairperson: Dr. Sanjeev M Pandankatti, Professor and Head of the Department, Department of Occupational Therapy, Christian Medical College, Vellore</p> <p>Chairperson: Dr. Joseph Sunny, Honorary Secretary, AIOTA Founder & Director, PRAYATNA - The Centre for Child Development</p>	
4.00 pm	VALEDICTORY	DMKM Hall (Main Auditorium)

	DMKM Hall (Main Auditorium)
	<i>Black Box, Kala Academy, Panjim, Goa</i>
	Meeting Room, Kala Academy
	<i>Exhibition Hall, Kala Academy</i>

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N. KULKARNI	1976 - 1976
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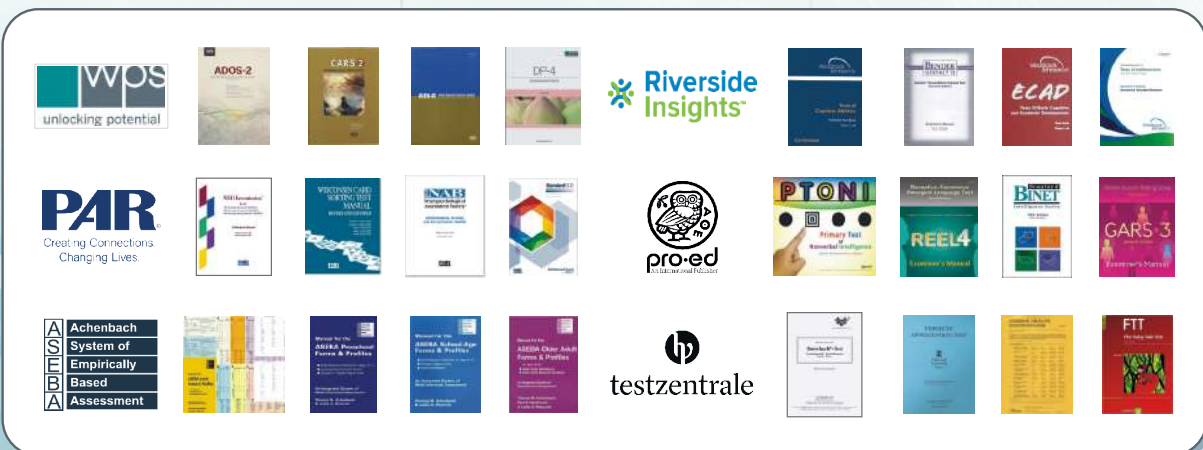
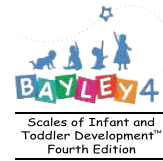
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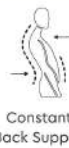
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Acknowledgement

With immense gratitude and appreciation, we extend our heartfelt thanks to all those who contributed to the success of OTICON 2025 and the publication of this e-Souvenir. This conference, centered on the theme "Translating Research into Policy and Clinical Practice in Occupational Therapy," would not have been possible without the collective efforts of numerous individuals and organizations.

We sincerely acknowledge the invaluable contributions of our esteemed keynote speakers, panelists, and presenters, whose insights and expertise have enriched our understanding and inspired meaningful discussions. Their dedication to advancing occupational therapy has been the cornerstone of this event. A special note of thanks to our organizing committee, scientific committee, and volunteers for their unwavering commitment, meticulous planning, and seamless execution of the conference. Your hard work and passion have been instrumental in making OTICON 2025 a resounding success.

We are deeply grateful to our sponsors, partners, and institutional collaborators for their generous support and belief in our mission. Your contributions have played a crucial role in facilitating this platform for knowledge exchange and professional growth.

We also extend our appreciation to the authors, researchers, and contributors whose scholarly work has added immense value to this e-Souvenir, ensuring that the knowledge shared during OTICON 2025 remains accessible for future reference.

Finally, our sincere thanks to all the delegates and participants whose enthusiasm, engagement, and shared experiences have made this conference a vibrant and enriching experience. Your presence and active involvement are what truly make OTICON a meaningful and impactful event.

As we conclude this edition of OTICON, we look forward to continuing this journey of translating research into policies and clinical excellence in occupational therapy.

Until we meet again at OTICON 2026, let us remain inspired, engaged, and committed to advancing our profession.

With warm regards,
Organizing Committee, OTICON 2025



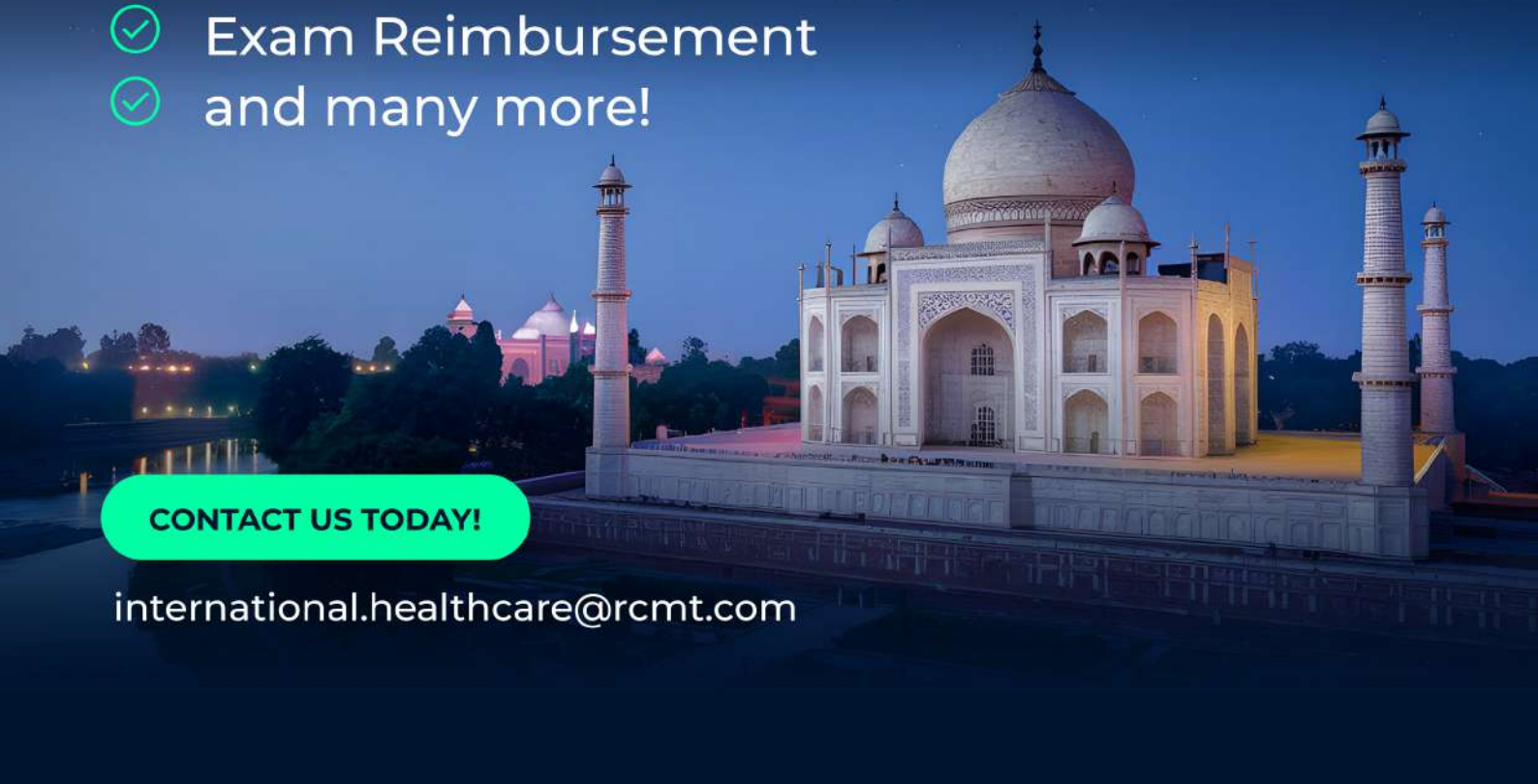
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- Dr. Mary Law

"Occupational therapy research has the potential to transform practice, but it is only when we actively engage with policymakers and clinicians that research can truly impact the services we provide."

- Dr. Charles Christiansen

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