

## **ACADEMIC VISIT: INDIAN HEAD INJURY FOUNDATION, DELHI**

Rehabilitation is an essential part of recovery after a traumatic *brain injury*. It may include physical, occupational, and speech therapy as well as psychological rehabilitation. It aims to help the brain learn alternative ways of working in order to minimise the long-term impact of the brain injury. Rehabilitation also helps the survivor and the family to cope successfully with any remaining disabilities. MPT-Neurology (Final Year) Students of Faculty of Physiotherapy, SGT University, Gurugram went on Academic visit on 21.04.2022 at Indian Head Injury Foundation (Delhi Commonwealth Women's Association, Health Centre), Delhi. Mission of IHIF is to foster the development of a comprehensive brain trauma care system in India. IHIF has used the services of "The Music Therapy Trust" to regularly provide lessons to patients and victims of Brain Trauma at the IHIF Rehab Centre in the Delhi Commonwealth Women's Association (DCWA) Centre. The centre has been established with a large capital outlay received from charitable donors, and consists of high quality, top of the line rehabilitation equipment like the balance system SD, GAIT trainer with unweighing system, thera trainer, ball pool, standing frame, etc. The facility is focused on the weaker sections of our society who cannot afford expensive, good quality rehabilitation.

Students and faculties were privileged to visit DCWA, Health Centre for consecutively 3 days as it helped them in upgrading their rehabilitation skills through various advanced programs. All the students of MPT-Neurology were accompanied by faculty members Dr. Shweta Sharma (PT), Dr. Vinika Chaudhary (PT), Dr. Arti Gupta (PT) specialized in Neurological disorders, from SGT University to the DCWA, Health Centre for three days. This foundation is having a physiotherapy and occupational therapy department under the supervision of senior Physiotherapist, Dr. Prateek. They are providing rehabilitation to various cases like stroke, head injury with the help of various advanced programs like virtual reality, advanced gait-training program, etc.

Dr. Prateek has outlined all the programs for neurological rehabilitation of the patients in which he has demonstrated about the protocol and key points to use virtual programs for the patients. Students have also enquired about their queries regarding these cases. This visit was fruitful for students as well as faculties to

enhance the knowledge in virtual reality programs for neurological cases to improve the recovery rate of the patients.







