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# The Indian Journal of Occupational Therapy

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Telephone No.: +91-522 4331505,  
Mobile No.: +91-9415405095,  
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Email: president@aiota.org

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**Executive Chairman/Editor-in-Chief:** Dr. Anil K. Srivastava | **Address:** 93, Laxmanpuri, Faizabad Road, Lucknow-226 016, Uttar Pradesh, India | **Mobile:** +91-9415405095, +91-9140879761 | **Telephone No.:** (Residence): +91-522-4331505 | **Official Email:** president@aiota.org | **Personal Email:** aiota.ak@gmail.com  
**IJOT Website:** <http://www.ijotonweb.org>

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The official language of the Journal is American (US) English.

IJOT welcomes submissions of original scientific research papers, review papers, case reports, preliminary articles, editorials, and specialist issue editorials, on all aspects of occupational therapy. It also includes publication of book reviews & letters to the editor.

The conference (OTICON) abstracts (of oral and e-poster: research papers only), will be published every year in IJOT - Issue 2: April-June.

IJOT - Issue 4: October-December will be the specialty edition every year based on specialty theme pre-decided by the editorial board. This Issue will also include guest editorial solicited to an experienced researcher in the pre-decided theme.

IJOT welcomes contributions/announcements on news, academic events and information related to occupational therapy, allied healthcare and rehabilitative aspects, from all over the world.

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**58<sup>th</sup> Annual National Conference of  
ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION  
OTICON 2021**

**Responding to the Challenges in Pandemic: Exploring New Horizons in Occupational Therapy**

AIOTA organises its first virtual annual national conference on 6<sup>th</sup> and 7<sup>th</sup> of March 2021

New Normal way to connect to colleagues.

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Research abstracts	15 <sup>th</sup> December 2020
Full scientific paper	31 <sup>st</sup> January 2021
Mini movie abstract	31 <sup>st</sup> January 2021
Video Submission (Innovative Technology/mini movie/ interview)	28 <sup>th</sup> February 2021
Confirmation of Institute participation	31 <sup>st</sup> December 2020
Submission of Student's Poster/Innovative Technology	28 <sup>th</sup> February 2021

**Cultural Coordinator: Dr. Shailaja Jaywant**  
[ccoticon2021@gmail.com](mailto:ccoticon2021@gmail.com)

Registration starts shortly

For further Information visit [www.aiota.org](http://www.aiota.org) All Registration related queries, Please Contact **Dr. Joseph Sunny** at [admin@aiota.org](mailto:admin@aiota.org)

## AIOTA'S COVID-19 SERIES: E-LEARNING MODULES

The All India Occupational Therapists' Association (AIOTA) has launched following Corona Virus Disease 2019 (COVID-19) e-learning: long & short modules, on medical and psycho-social issues being faced by the persons of all age groups, including those with dysfunctions and disabilities, during long stay in home, to prevent the spread of corona virus chain. We are confident that training modules prepared by learned expert faculties will be welcomed by all & will prove to be useful for professionals, masses and the caregivers.

### A. Long Modules: (30-35 Minutes)

#### • Module 1

#### I. Occupational Therapy Intervention in COVID-19 Training Module for Trainers

Dr. Neeraj Mishra (New Delhi), Dr. Lakshmanan Sethuraman (Bengaluru), Dr. Jyothika N. Bijlani (Mumbai) and Dr. Anil K. Srivastava (Lucknow)

#### II. Safe Occupational Therapy Practice Guidelines during COVID Pandemic

Dr. Neeraj Mishra (New Delhi) & Dr. Raj Kumar Sharma, Ghaziabad (English)

#### • Module 2

#### Psychosocial Management: Impact of COVID 19

Dr. Raviraj Shetty (Mumbai)

#### • Module 3

#### Tele-Rehabilitation: Occupational Therapy Perspective during COVID 19

Dr. Nishu Tyagi (Delhi) & Dr. Sheba Swarnarajam (Madurai)

### B. Short Modules: In English & Hindi Languages (15-20 Minutes)

#### • Handling, Self-Help and Safety Skills for Children with Special Needs during COVID-19

Dr. Shriharsh S. Jahagirdar (Mumbai)

#### • Relaxation Techniques and Stress Management during COVID-19

Dr. Shalini Quadros (Manipal) and narrated in Hindi by Dr. Raj Kumar Sharma (Ghaziabad)

#### • Care for Elderly and Managing Physical Health during COVID-19

Dr. Sebestina Dsouza (Manipal) and narrated in Hindi by Dr. Anupama Khanna (New Delhi)

#### • Ergonomics and Posture Management during Work From Home

Dr. Amol Sangekar (Mumbai) & narrated in Hindi by Dr. Neeraj Mishra (New Delhi).

### Certification

Each course shall be followed by 5 MCQ's to test the understanding. Anyone who scores above 80% will automatically get an achievement certificate. All the modules are free for everyone including professionals and general public. The modules which are already available on WFOT website [www.wfot.org](http://www.wfot.org) have also been sent to Ministry of Health and Family Welfare, Government of India for taking decision for uploading the COVID-19 e-learning modules on the iGOT site. Till 6<sup>th</sup> July, 2020 total 427 participants has registered and successfully completed web series of COVID-19 e-learning modules.

Visit the AIOTA website link <http://aiota.org/education/resourcepage> to register and complete the COVID-19 e-learning training modules.

## ROLE OF OCCUPATIONAL THERAPY CORONA WARRIORS IN COVID CARE

The AIOTA is pleased to inform that in recent development roles to be executed by the listed occupational therapists corona warriors, who have volunteered themselves for COVID-19 care, from different states of the country (at sl. no. 31 in the list in the link) has been defined by the Ministry of Health & Family Welfare, Government of India.

([https://covidwarriors.gov.in/Covid\\_TrainingMatrix\\_Role.aspx](https://covidwarriors.gov.in/Covid_TrainingMatrix_Role.aspx)).

Occupational therapist corona warriors have been entrusted upon the responsibilities to supervise and extend assistance in the following key areas of COVID-19 care and home quarantine:

1. Basics of COVID-19
2. Biomedical Waste Management
3. Clinical Management of COVID-19
4. Community Surveillance
5. Field Supervision & Home Quarantine
6. Hand Washing
7. Infection Prevention and Control
8. Infection Prevention through PPE
9. Management of COVID-19 Cases (SARI, ADRS & Septic Shock)
10. Management of Physical Health and Well-being during Quarantine
11. Psychological Care of Patients

## WEBINAR ON SMART CLINICAL OCCUPATIONAL THERAPY PLAN DURING COVID-19 LOCK DOWN, JAMIA HAMDARD, NEW DELHI

Department of Rehabilitation Sciences, Jamia Hamdard, New Delhi in association with the AIOTA had organized a national

level webinar on “Smart Clinical Occupational Therapy (OT) Plan during COVID-19 Lockdown” on 13<sup>th</sup> June, 2020 aiming to create various platforms of e-learning, modes of instructions & ways of preparation to be carried out by the faculty as well as students for the presentation of tasks & activities assigned to them after every teaching session.

Dr. Manju Chhugani, Dean, School of Nursing Sciences and Allied Health, Jamia Hamdard delivered welcome address and appreciated the effort of Department of Rehabilitation Sciences in organizing the smart education webinar during the Corona Pandemic; President, AIOTA Dr. Anil K. Srivastava, in his opening address highlighted the need for developing “The Smart Clinical OT Educational Plan during COVID-19 Lockdown” by the Academic Council of Occupational Therapy (ACOT) for overcoming the clinical learning challenges & the loss of clinical learning hours in occupational therapy during the COVID-19 pandemic.

The resource person for the webinar: Dr. Jyothika N. Bijlani, Dean, ACOT emphasized that the e-learning program through the use of technology would prove to be an effective smart clinical educational tool, which not only supports the students & the faculty but also restores learning & fulfills the credit hours of clinical education as per the minimum standards of OT education. She further informed that the e-learning module is based on the various evidences from other fields of science & suggests novel way of clinical teaching guidelines for Bachelor’s & Master’s OT program in India for effective use of e-learning technology during the Lockdown period. The panelists for the webinar were: Dr. Sebastina Anita D’Souza (Manipal), Dr. Anurupa Senapati (Cuttack) and Dr. Ruchi Nagar (New Delhi). Prof. Ona P. Desai, Head, Department of Rehabilitation Sciences, Jamia Hamdard was the organizing convener of this exemplary academic event with registered 964 delegates from more than 30 universities in India. Participants from different countries like USA, UK, South Africa, Qatar, and Malaysia had also registered themselves for the webinar. The webinar was hosted both on the Google Meet platform and was also streamed live on YouTube.

### E-CONFERENCE ON “INTERDISCIPLINARY APPROACH OF OCCUPATIONAL THERAPY IN COVID-19”, AHMEDABAD

The Association of Occupational Therapists (AOT), a State Branch of the AIOTA, had successfully conducted a two-days’ E-conference with the title “Interdisciplinary Approach of Occupational Therapy in COVID-19” on 18<sup>th</sup> & 19<sup>th</sup> July, 2020 with 185 registered participants.

The pre-conference webinar on ‘Splinting’ (Klinert’s Splint) was also arranged on 18<sup>th</sup> July by Dr. Deepak Ganjiwale. This was attended by 88 participants (OT professionals and students) across the nation. The talks on various areas of occupational therapy intervention during COVID pandemic were delivered by the eminent experts Dr. S. R. Apte, Mrs. Jaishree Ganjiwale, Dr. Hiral Khatri, Dr. Veena Ramnani, Dr.

Santosh, Dr. Titiksh Verma, Dr. Anu Yadav, Dr. Hetal Tripathi and others. Under the competitive category 15 posters were displayed by the undergraduate students of occupational therapy colleges from all over India. The event was conducted on single meeting ID on Cisco WebEx meeting application under the leadership of Dr. Deepak Ganjiwale, President/Convener, AOT Gujarat.

### WEBINARS ORGANISED BY SRI RAMACHANDRA UNIVERSITY, CHENNAI IN COLLABORATION WITH TAMIL NADU BRANCH OF AIOTA

**12<sup>th</sup> March, 2020:** Students of Department of Occupational Therapy at Sri Ramachandra Institute of Higher Education and Research, Chennai have made an exemplary record by writing on different perspectives of OT under the theme ‘Marvels of Occupational Therapy’ in 37 minutes and 12 seconds to publish the articles/book with an aim to create awareness and significance of OT for all ages of people. The students were honored for inclusion of their performance in the Kalam’s Book of World Record.

Department of Occupational Therapy, Sri Ramachandra Institute of Higher Education and Research in collaboration with Tamilnadu branch of AIOTA organised the following webinars under the leadership Dr. Raghuram, Head of the Department and Convener of the TN AIOTA.

**13<sup>th</sup> June, 2020:** “The First 1000 days of our Lives - From Babies’ Perspective”. Dr. Kannan Natchimuthu, Senior Neonatal/Paediatric Occupational Therapist, Cork University Maternity Hospital, Ireland was the resource faculty. (Number of Participants: 228).

**27<sup>th</sup> June, 2020:** “Developmental Coordination Disorder - A Hidden Disability”. Dr. Bharath Senthivinayagam, Government Health Service, HSE, Ireland was the resource faculty. (Number of Participants: 376).

**4<sup>th</sup> July, 2020:** “Promoting Low Vision Rehabilitation: OT Perspective”. Dr. Jeyachandran Vetrayan, Faculty (OT), Riyadh, Saudi Arabia was the resource speaker. (Number of Participants: 279).

**11<sup>th</sup> July, 2020:** “Home Accessibility Assessment and Recommendation for Safety in Adults “. Dr. Indra Suresh Babu, Occupational Therapist, HMC, Qatar was the guest speaker. (Number of Participants: 228).

**July 22, 2020:** “Back Care in the Work Places”. Dr. D. Sridhar, Assistant Professor, MCHP, MAHE, Manipal University was the resource faculty. (Number of Participants: 247).

### WEB COURSE ON ERGONOMICS: OFFICE, HOSPITAL & SCHOOL

The Academic Council of Occupational Therapy (ACOT) has successfully conducted the AIOTA’s three days web course on ‘Ergonomics: Office, Hospital & School’ with the resource faculty Dr. Amol Sangekar, Occupational Therapist & Certified

Ergonomist from Mumbai. The web course is dispersed into two modules:

**1<sup>st</sup> & 2<sup>nd</sup> August, 2020** Module 1 (Office Ergonomics)

**8<sup>th</sup> August, 2020** Module 2 (Hospital & School Ergonomics)

After the successful completion of the modules, participants were provided certification with 3 credit units (CEU's). Dr. Jyothika N Bijalani, Dean, ACOT and Dr. Joseph Sunny, Secretary, AIOTA organised the program under the leadership of the President, AIOTA.

## SRM OT ALUMNI WEBINAR SERIES - 50

SRM College of Occupational Therapy, Chennai conducted the OT Alumni webinar series 2020 during the Covid-19 pandemic exclusively for its alumni's and students to enlighten and enrich them during this lockdown. The webinar series was started on 24<sup>th</sup> July 2020 and continued till 12<sup>th</sup> September 2020 with an overall of 50 consecutive webinars in various disciplines of occupational therapy. The webinar series was conducted in the zoom meeting every evening from 6.30 and lasted for nearly 3 hours with 300 participants from SRM family. 53 speakers including resource persons from different countries such as UK, USA, UAE, Australia, Canada, Doha and Africa shared their expertise. Pro Vice Chancellor, Medical and Health Sciences, SRMIST, President and Honorary secretary of AIOTA participated in the valedictory function on 12<sup>th</sup> September 2020 and appreciated the efforts of Dr. Ganapathy Sankar U, Dean of the College.

## WEB COURSE ON RESEARCH METHOD AND SCIENTIFIC WRITING

The Indian Journal of Occupational Therapy under the aegis of Academic Council of Occupational Therapy organised a course on Research Method and Scientific Writing from 2<sup>nd</sup> October to 4<sup>th</sup> October 2020. Dr. Lakshmanan Sethuraman, Executive Editor, Dr. Kamal N Arya, Dr. U Ganapathy Sankar, Associate editors of the journal, Dr. Sureshkumar K, Editorial Board Member, Dr. Christopher V Amalraj enriched the participants with their expertise. 25 Participants registered for the program and certified with 2 CEUs after the completion of the course.

## WORLD OCCUPATIONAL THERAPY DAY & AIOTA'S OTINDIA MONTH 2020

The World Federation of Occupational Therapists (WFOT) has launched its promotional materials for the **World Occupational Therapy Day** that will take place on the 27<sup>th</sup> October 2020.

The theme for this year's World OT Day is **"REIMAGINE DOING"**. In this unprecedented year of uncertainty and change, WFOT is celebrating the expertise of occupational therapy for reimagining participation in occupations that provide value and meaning to everyday life. Promotional materials including the World Occupational Therapy Day logo,

poster and social media images are available on the WFOT website <https://www.wfot.org/resources>. Further resources will be added during the coming weeks.

As in past years, the members, Branches and Institutions are hereby requested to enthusiastically celebrate the AIOTA's OTIndia Month 2020 from 27<sup>th</sup> October to 26<sup>th</sup> November, 2020. The celebration in India should focus on valued contribution of OT in re-building of life and fostering well-being & interpersonal connections, which is grossly affected due to occupational disruption following COVID-19 pandemic.

## E-SCIENTIA ON 'REIMAGINE DOING: INNOVATIONS IN OCCUPATIONAL THERAPY'

**(Oct.27-28, 2020)**

To commemorate the World OT Day (Oct. 27) and AIOTA's OTIndia Month-2020 (Oct. 27-Nov. 26), UP Branch of AIOTA & Academic Council of OT in collaboration with Santosh OT College, Santosh University, Ghaziabad is organising E-Scientia on 27-28 October 2020 with no Registration Fee. It is likely to be attended by 600+ participants from Occupational therapy, medical and Allied Healthcare areas.

The Theme of this e-event is 'Reimagine Doing: Innovations in Occupational Therapy'. Dr. Nathan Vyatlingam (Malaysia), Dr. Harsh Vardhan (New Zealand), Dr. Shovan Saha (Manipal), Dr. Raviraj Shetty, Dr. Manjusha Wagal, Dr. Priya Tawde & Dr. Pratibha Vaidya (Mumbai) Dr. Manish Samnani (Gurugram) and Dr. Neeraj Mishra (Davangere) are the resource faculties on various areas of post pandemic occupational therapy intervention. Dr. Jyothika Bijalani-Dean ACOT is Principal Coordinator and Dr. Shivani Bharadwaj, Asst. Prof. Santosh OT College; Ghaziabad is Organising Convener of E-Scientia.

## WFOT: E-VOTE COUNCIL MEETING

COVID-19 pandemic continues to escalate in many parts of the world and it is unlikely that it will be eliminated by August 2020. Following careful consideration of different options and possibilities, the WFOT Executive proposed that the WFOT Council Meeting should be further postponed to January/February 2021. WFOT Full Member organisations were requested to e-vote on the motion to this effect.

### Motion

'To move the date of the WFOT Council Meeting from August 2020 to an alternate date in early 2021'.

Moved: Marilyn Pattison, President

Seconded: Margarita Gonzalez, Vice President

The motion is **carried**

## ICHA MITRA PROJECT IMPLEMENTATION

The Indian Council of Healthcare Accreditation's ICHA Mitra project is an initiative to help the Corona Warriors

- From Fear to Care. The AIOTA is founder member organization of ICHA. It aims to generate a city wise and region wise database of volunteers/nodal coordinators who would be able to render help to any Corona Warrior seeking help and support. The on ground working of ICHA Mitra project is specified as below:

- The request for support/help received from Corona Warriors will be redirected to the respective city/area nodal coordinator. (S)he in turn, through a local WhatsApp group or other such means redirect to the registered volunteers or assign the issue to a particular volunteer on phone.
- The volunteer after determining the veracity of issue received will start resolving the issue on phone or escalation to appropriate levels: Regional/State/National level. This will be done in a time bound manner with information to ICHA Team.
- An online briefing / training will be done to equip the volunteers and clear all doubts.
- The entire records and summary will be visible on a dashboard on the platform and the progress of each submission will be continuously monitored by the ICHA Team.
- This will be a yeoman service to our COVID warriors and build a credible connect amongst them from fear to care and a feeling that they have support to bank upon ICHA being “Main Hoon Na”.

The link to enroll as volunteers from the AIOTA for this project is: <https://www.icha.in/mitra/>

For more information write to National Task Force ntf@icha.in

### ONLINE ELECTION OF TAMIL NADU BRANCH OF AIOTA

AIOTA conducted the branch election for the first time by online mode. On recommendation of Dr. Amitabh K. Dwivedi, Coordinator AIOTA Branches, President AIOTA nominated Dr. Neeraj Mishra as Election Officer to conduct online TNAIOTA Election in consultation and coordination with Chairman AIOTA Election: Dr. Lakshmanan Sethuraman and Coordinator AIOTA Branches Dr. Amitabh K. Dwivedi. The Election process was started on 16<sup>th</sup> July 2020 and the newly elected EC, Dr. Raghuram P, Convener and his team tookover the charges from 16<sup>th</sup> August 2020. The tenure of the elected EC will be till 31<sup>st</sup> March 2024.

### PUBLIC STATEMENT BY WORLD OCCUPATIONAL THERAPISTS ASSOCIATION MAY 2020

A public statement on “Occupational Therapy and Rehabilitation of People Affected by COVID-19” was released on 25<sup>th</sup> May, 2020 by WFOT. The statement is available in English, French, German, Portuguese and Spanish languages. The statement is available at the link:

<https://www.wfot.org/news/2020/wfot-public-statement-occupational-therapy-and-rehabilitation-of-people-affected-by-the-covid-19-pandemic>

### VIRTUAL OTICON'2021

March 6-7 2021

It will be for the first-time that AIOTA Conference will be held virtually. The 58th Annual National Conference of All India Occupational Therapists' Association is being organised as e-Conference on March 6 & 7, 2021 with national and international participation. The theme of the conference chosen is ‘Responding to Challenges in Pandemic: Exploring New Horizons in Occupational Therapy’. The conference will also have challenging scope of Students' exciting cultural events.

Dean ACOT, Dr. Jyothika Bijlani is the Organising Secretary and Executive Editor, IJOT, Dr. Lakshmanan Sethuraman is Chairman, Scientific Program of OTICON 2021. Kindly visit AIOTA website for further information on Registration and abstract submission.

### TOLL-FREE HELPLINE NUMBERS FOR PERSONS WITH DISABILITIES BY MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT, DEPARTMENT OF EMPOWERMENT OF PERSONS WITH DISABILITIES, GOVERNMENT OF INDIA

  
 F. No. 54/03/2020-Media  
 Government of India  
 Ministry of Social Justice and Empowerment  
 Department of Empowerment of Persons with Disabilities  
 5th floor, Antyodaya Bhawan  
 CGO Complex, New Delhi-110003

**Toll -Free Help line numbers for Persons with Disabilities**

1. For understanding and identifying symptoms of autistic disorder among children, parents may dial All India Institute of Medical Sciences 24x7 toll free help line number 1800-11-7776.
2. Call the toll free help line number 1800-572-6422 of National Institute of Empowerment of persons with Intellectual Disability for information regarding (I) Mental Health related issues, (II) Special Education, (III) Occupational therapy (IV) Vocational Counseling (V) Speech Therapy and Physiotherapy of persons with intellectual disabilities from 9:00 am to 5:30 pm from Monday to Friday.
3. For information relating to aids and assistive devices and services thereof, call ALIMCO Toll Free Helpline 1800-180-5129 from 9:00 am to 5:00 pm from Monday to Saturday.
4. For information regarding and guidance on loan scheme, Skill Training, Divyangjan Swavalamban Yojna, Vishesh Microfinance Yojana (VMY) call NHPDC toll free help line number 1800-11-4515 from 9:30 am to 5:30 pm from Monday to Friday.

davp 38117/11/0009/2021

# The All India Occupational Therapists' Association

National Headquarter : 801, 8<sup>th</sup> Floor, Business Bay, Kamdhenu Realities, Above Indian Academy of Paediatrics, Plot No. 51, Sector No. 1, Nerul, Navi Mumbai - 400706, Maharashtra, India

Telephone No.: +91-22-27701801 | Email: admin@aiota.org

Website: www.aiota.org

## Office Bearers and Executive Committee, The AIOTA (April 2020 - March 2024)

### Dr. Anil K. Srivastava

President AIOTA, Executive Chairman ACOT & WFOT Delegate Lucknow

+91-9415405095, +91-9140879761 | president@aiota.org

### Dr. Surendra Kumar Meena

Vice-President

Jaipur

+91-9820962641

vicepresident@aiota.org

### Dr. Joseph Sunny

Honorary Secretary

Cochin

+91-9600005002

secretary@aiota.org

### Dr. Pratibha Milind Vaidya

Honorary Treasurer

Mumbai

+91-9821536404

treasurer@aiota.org

### Dr. Shashi Oberai

Ex-Officio Member

Mumbai

+91-9820962641

shashioberai@gmail.com

## Executive Committee

### Dr. Amitabh Kishor Dwivedi

Jaipur

+91-9785400214

akdwivedi123@yahoo.com

### Dr. M. Arun Kumar

Chennai

+91-9841544004

arunbot@rediffmail.com

### Dr. Punita V. Solanki

Mumbai

+91-9820621352

therapistindia@gmail.com

### Dr. S. Murali Krishnan

Chennai

+91-8939708089

murali.ot@gmail.com

### Dr. Pankaj Bajpai

Kolkata

+91-9433098374

pankajdaa@gmail.com

### Dr. Raj Kumar Sharma

Gurgaon

+91-9811147423

kumarrk52003@yahoo.co.in

## Executive Committee : The Academic Council of Occupational Therapy (ACOT) (April 2020 - March 2024)

### Dr. Jyothika Nand Bijlani

Dean

Mumbai

+91-9820964567

deanacot@aiota.org

### Dr. Kamal Narayan Arya

EC Member

New Delhi

+91-9899897408

kamalnarya@yahoo.com

### Dr. Shailaja Sandeep Jaywant

EC Member

New Delhi

+91-9820848040

shailaja.ot@gmail.com

### Dr. Vijay Batra

EC Member

New Delhi

+91-9811147917

vijaybatras@gmail.com

### Dr. Zarine Darius Ferzandi

EC Member

Mumbai

+91-9820742360

zarine.ferzandi@gmail.com

For AIOTA / WFOT Accredited BOT / MOT Education Programs in India, visit:  
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Contact: Dr. Hemant P. Nandgaonkar

Assistant Editor, IJOT

Email: asst\_editor\_s@ijotonweb.org

Website: www.ijotonweb.org

# The Indian Journal of Occupational Therapy on Web

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- Images (jpg/jpeg/png/gif/tif/tiff): Submit good quality colour images. Each image should be less than 10 MB) in size
- Upload copyright form in .doc / .docx / .pdf / .jpg / .png / .gif format, duly signed by all authors, during the time mentioned in the instructions.

## Help

- Check Frequently Asked Questions (FAQs) on the site
- In case of any difficulty contact the editor

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**COVID-19 pandemic: Exploring opportunities to combat the challenges**

The global health emergency unleashed by the COVID-19 pandemic disturbed our psyche with fear and uncertainties. The situation is getting worse in the country as thousands of individuals getting tes...

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#### Original Article

**Effect of upper back brace with auditory feedback for forward head rounded shoulder posture among office workers with chronic neck pain – A pre-post single group study**



**Background:** Forward head and rounded shoulder posture (FHRSP) is a poor habitual neck posture among office workers. The posture results in muscle tension and pain around the neck and shoulder...

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#### Original Article

**Normative data of developmental test of visual motor integration for Chennai population**



**Objectives:** The main purpose of this study was to establish normative data of the developmental test of visual-motor integration (VMI) among Chennai population. The study was also intended to...

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#### Original Article

**Premature infant oral motor intervention (POMI) with and without massage therapy on social emotional development in preterm infants**



**Background:** Feeding functions are generally affected in preterm infants. This has long-term impact on emotional development, social learning, and health. Occupational therapists use a variety...

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