



December 2025

www.anchorphysiotherapy.com

Pattom, Trivandrum

VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

NEWSLETTER, ISSUE 2 | VOLUME 12

A SEASON OF CARE, GRATITUDE, AND CHRISTMAS CHEER

The spirit of Christmas filled Anchor Physiotherapy & Sports Fitness Studio with warmth, joy, and togetherness as we came together to celebrate a season of hope and gratitude. The clinic was beautifully adorned, creating a cheerful atmosphere that reflected the true essence of Christmas through love, care, and giving.

The celebration offered a moment to pause, smile, and appreciate the journey shared with our patients and team throughout the year. Simple festivities, heartfelt conversations, and moments of laughter made the occasion meaningful, reminding us that healing goes beyond treatment and is rooted in human connection.

As we celebrated Christmas, we were reminded of the values that guide our work every day, compassion, kindness, and commitment to care. The occasion reinforced the belief that wellness is nurtured not only through therapy, but also through positivity, trust, and a strong sense of community.

We extend our warm Christmas wishes to all our patients, well wishers, and team members. May this festive season bring peace, good health, and renewed hope to everyone.



A Year of Gratitude and Reflection

As this year comes to a close, it offers a meaningful pause, to reflect with gratitude on the many individuals who made this journey purposeful and rewarding.

My sincere thanks to the patients, whose trust, commitment, and hope guided every effort and reinforced the values we stand for. Being part of your recovery journeys has been both a privilege and a responsibility that we hold with the utmost respect.

Looking back, this year has been especially productive, both in terms of patient care and academic contribution. Alongside clinical practice, I had the opportunity to publish articles in magazines and share professional knowledge beyond the treatment room. I extend my sincere appreciation to the journals and publishers who supported this platform for learning and knowledge dissemination.

I am deeply grateful to the mentors and professional guides whose experience, insight, and constant support shaped our clinical thinking and standards of care. Your guidance has been invaluable throughout this journey.

To the staff and team members, thank you for your dedication, professionalism, and consistency. Your efforts, often quiet and behind the scenes, formed the backbone of this year's progress.

I also extend my appreciation to colleagues and well-wishers within the profession, whose discussions, insights, and shared learning experiences have contributed to my continuous growth. Finally, heartfelt thanks to family and close supporters, whose patience and encouragement provided strength beyond the clinic walls.

This year stands as a reminder that meaningful progress is built collectively, through trust, guidance, teamwork, and shared purpose. As we move forward, we do so with gratitude, humility, and renewed commitment.

Warm regards,
Rahul Rajeev
Chief Physiotherapist



PREVENTING TENNIS ELBOW: SIMPLE MEASURES FOR A PAIN-FREE GAME



Dr Rahul Rajeev (PT)
MPT Sports, KCMT(UK)
Director & Chief Physiotherapist
Anchor Physiotherapy & Sports
Fitness Studio

Tennis elbow, a common affliction among sports enthusiasts and commoners can be a major setback for all. However, with the right preventive measures, you can reduce your risk and enjoy an injury-free game.

The Importance of Prevention

Tennis elbow's unpredictable nature makes prevention crucial. While treatment options are available, preventing the condition altogether is ideal. By taking proactive steps, players can avoid the discomfort, pain, and potential long-term damage associated with tennis elbow.

Targeted Exercises and Stretches

Targeted exercises and stretches are essential in preventing tennis elbow. Strengthening extension, flexion, and rotational movements greatly reduce risk. These exercises improve forearm, wrist, and elbow strength, enhancing overall stability.

Proper Equipment Fit and Technique

Proper equipment fit and technique adjustments also play vital roles in prevention. Ensure your grip size and racket weight are suitable for your playing style. Additionally, focus on proper serving, forehand, and backhand techniques to minimize strain.

22 | PhysioZine Vol. 2, Issue 1, Feb 2025

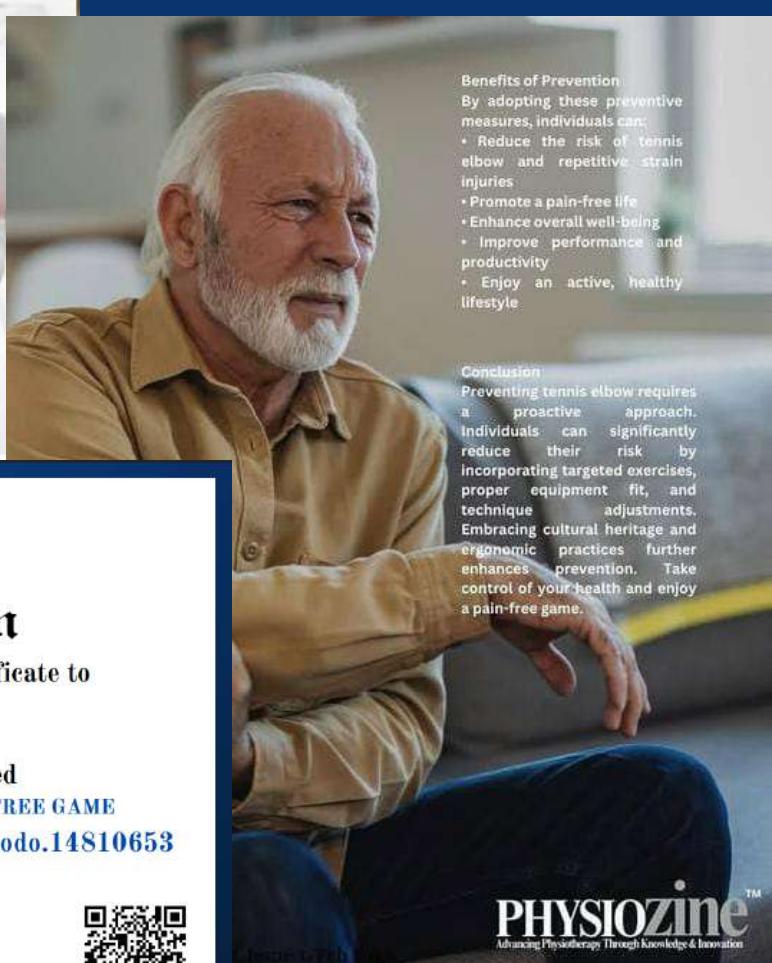


Beyond Tennis: Prevention for All

Prevention extends beyond tennis or sports. Household ladies often face challenges, as diagnosis typically precedes treatment. Simple adjustments, however, can make a difference. Adjusting the heights of kitchen slabs to one's height or even personalised kitchen tools to one's physical activity is advisable. IT professionals can benefit from positioning their mouse and keyboard closer to their body, while everyone can reduce strain by keeping frequently used items within easy reach. Treatments are always personalised and individualised. It's never the same for X and Y.

Cultural Influence on Prevention

Interestingly, cultural gestures also influence prevention. Indian culture promotes gestures like folded hands, and keeping hands close to the body, whereas Western traditions involve extending hands away from the body. Embracing cultural heritage and blending it with ergonomic practices can help mitigate the risk of tennis elbow and other repetitive strain injuries.



Benefits of Prevention

By adopting these preventive measures, individuals can:

- Reduce the risk of tennis elbow and repetitive strain injuries
- Promote a pain-free life
- Enhance overall well-being
- Improve performance and productivity
- Enjoy an active, healthy lifestyle

Conclusion

Preventing tennis elbow requires a proactive approach. Individuals can significantly reduce their risk by incorporating targeted exercises, proper equipment fit, and technique adjustments. Embracing cultural heritage and ergonomic practices further enhances prevention. Take control of your health and enjoy a pain-free game.



Certificate of Publication

The Board of PhysioZine is hereby awarding this certificate to

Rahul Rajeev

in recognition of the publication of the article entitled

PREVENTING TENNIS ELBOW: SIMPLE MEASURES FOR A PAIN-FREE GAME

published in **Volume 2, Issue 1, Feb. 2025** with doi: [10.5281/zenodo.14810653](https://doi.org/10.5281/zenodo.14810653)



Ministry of MSME, Govt. of India

Reg No.: GJ-01-0443513


Dr. Darshan Parmar
Founder


Dr. Jaspreet Kaur Kang
Chief Editor



Issue 1



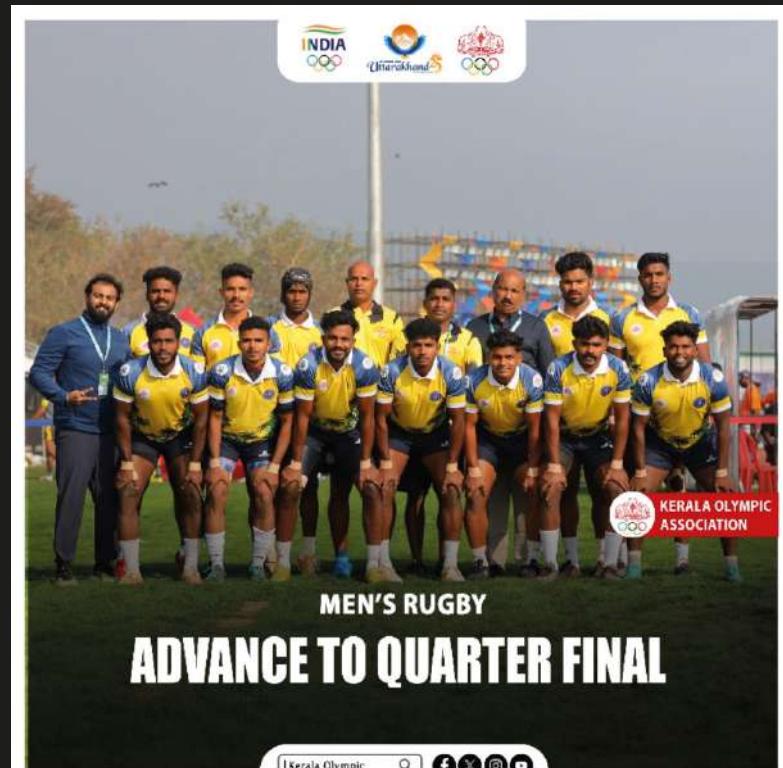
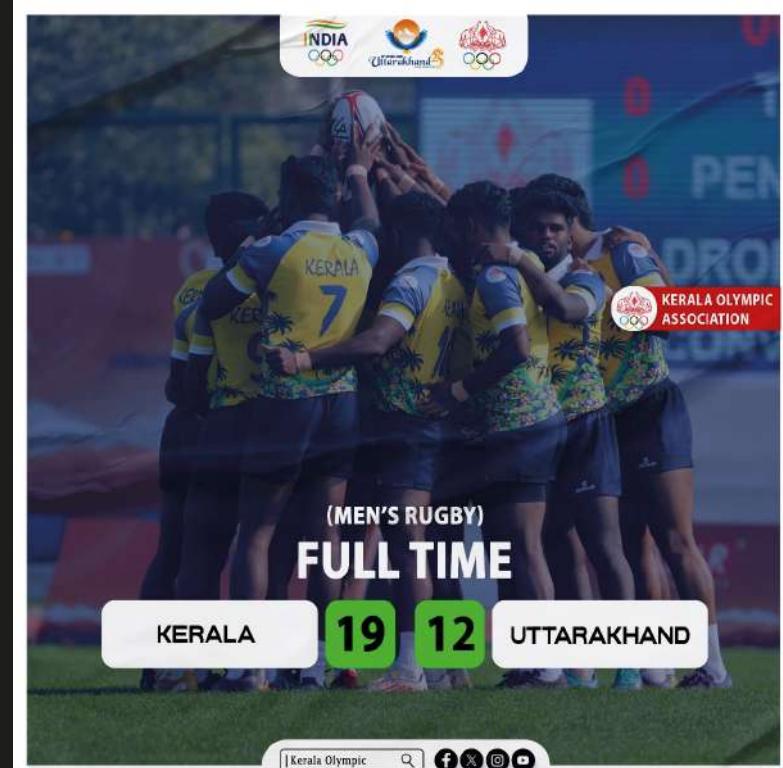
A Year of Growth, Learning, Service, and Recognition - Our Journey in 2025

February — Knowledge in Action

An article on "Preventing Tennis Elbow: Simple Measures for a Pain-Free Game" by Rahul Rajeev was published in the February edition of PHYSIOZINE- Volume 2, Issue 1 (February 2025), sharing practical prevention strategies for athletes and active individuals.



Additionally, Anchor Physiotherapy proudly restarted its Functional Training Cross-Fit area, offering upgraded performance-focused fitness services.

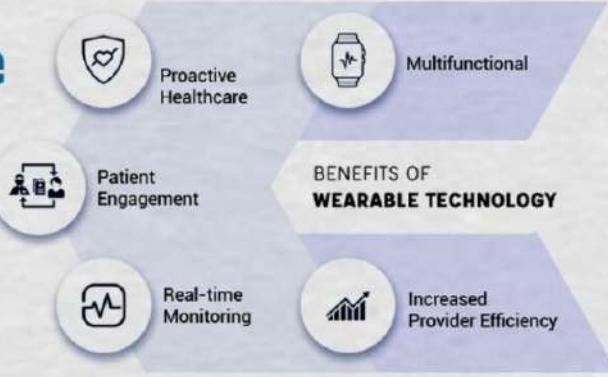


March - Beyond the Clinic

Rahul Rajeev was featured in the international health e-magazine, InnoHEALTH Magazine (March 2025), with his blog "The Future of Rehabilitation: Leveraging Digital Health Solutions" published in the March 2025 edition, highlighting innovation and digital transformation in rehabilitation care.

Wearable Technology in Physiotherapy and Rehabilitation

How AI Wearable Technology in Healthcare Helps Serve Patients Better



We're thrilled to announce that Rahul Rajeev, CEO & Director of Anchor Physiotherapy & Sports Fitness Studio, has been featured in InnoHEALTH, India's leading health and medical e-magazine. His latest blog, 'The Future of Rehabilitation: Leveraging Digital Health Solutions,' showcases innovative healthcare solutions and solidifies Rahul's position as a thought leader in the industry.

Inno Health Magazine



DIGITAL MEDICAL DEVICE



APRIL - 2025

April — Excellence Recognised



17 April 2025

Rahul Rajeev was honoured with the BNI Notable Network Award – Green Pin Achiever, recognising consistent professional contribution and leadership.



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TRAVANCORE EXCELLENCE AWARDS 2025

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23 April 2025

Anchor Physiotherapy & Sports Fitness Studio received a Token of Appreciation at the Travancore Excellence Awards 2025, held at Hotel Dimora, Thiruvananthapuram, celebrating excellence in physiotherapy and sports fitness.

 **VOICE OF ANCHOR**
ANCHOR Physiotherapy & Sports Fitness Studio

OSHIRO '25 Osteopathic Workshop

14-15 June 2025

SPINAL & JOINT MANIPULATION
INCLUDING OSTEOPATHIC,
CHIROPRACTIC & VISCERAL
MANIPULATION TECHNIQUES

KEY HIGHLIGHTS

- ✓ ANATOMY OF SPINE, VISCERA, JOINTS & OTHER STRUCTURES
- ✓ POSTURAL ASSESSMENT & CORRECTION TECHNIQUES
- ✓ HVLA THRUSTS
- ✓ JOINT & SPINAL MANIPULATION TECHNIQUES
- ✓ OSTEOPATHIC & CHIROPRACTIC APPROACHES
- ✓ VISCERAL MANIPULATION TECHNIQUES
- ✓ CRANIO-SACRAL TECHNIQUES

20 SEATS left

Contact:
9447824164
7012812103



Early Bird offer ends soon
4500/- till 31/05/2025
5500/- till 05/06/2025
Registration closes on 5th June

RESOURCE PERSON
Dr. SHAILENDRA MEHTA (PT.PH.D.)
Professor in Physiotherapy,
Diploma in Osteopathic Manual Therapy,
Certified Spinal & Joint Manipulation Physiotherapist
Certified Lymphedema Management Physiotherapist

Venue:
SSB Seminar Hall
Govt. Medical College
Trivandrum
9 am to 5 pm

Course Transcript

OSHIRO '25

OSTEOPATHY AND CHIROPRACTIC WORKSHOP

Resource Person

Dr. Shailendra Mehta
Principal & Professor, Department of Physiotherapy
JRN Rajasthan Vidyapeeth University,
Udaipur, Rajasthan, India

RAHUL. R.

Day 1: June 14, 2025 (Saturday)

Theme: Introduction to Osteopathic Principles & Techniques

Session	Description
Foundations of Osteopathy	Understanding the philosophy, principles, and history of osteopathy
Biomechanics in Osteopathy	Applied biomechanics in spinal & peripheral joints manipulation
Spiral Manipulation Techniques	Demonstration & hands-on practice: cervical, thoracic, lumbar
Case-Based Discussion	Clinical applications, indications, contraindications, Q&A

Day 2: June 15, 2025 (Sunday)

Theme: Chiropractic Techniques & Visceral Manipulation

Session	Description
Chiropractic Approach to Joint Dysfunction	Evidence-based techniques for joint realignment and neuro-musculoskeletal optimization
Visceral Manipulation Techniques	Theory and practice of osteopathic visceral manipulation
Integrated Clinical Management	Combining osteopathic and chiropractic techniques for holistic care
Advanced Techniques & Participant Practice	Supervised hands-on session with individual feedback

Key Learning Outcomes

Gain practical skills in osteopathic spinal and joint manipulations
Understand the biomechanical and pathophysiological basis of techniques
Develop competence in visceral manipulation and its therapeutic roles
Integrate evidence-based chiropractic approaches into clinical practice
Learn directly from a global leader in physiotherapy and manual therapy

For Further Details Contact

Course Coordinator: Bina James, Physiotherapy in Charge,
Department of Neurosurgery, Govt. Medical College, Trivandrum, Kerala
Email Address: physiotherapy@trivmed.com


BINA JAMES
Physiotherapy Unit
Neurosurgery Dept.
Govt. Medical College
Trivandrum



14-15 June 2025

Rahul Rajeev successfully participated in OSHIRO '25, a two-day advanced workshop on Osteopathy and Chiropractic Techniques, conducted by the Department of Neurosurgery, Govt. Medical College, Thiruvananthapuram.



PHYSIOZINE™ Magazine for Physiotherapy

Certificate of Publication

The Board of PhysioZine is hereby awarding this certificate to

Dr. Rahul Rajeev

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REHABILITATING THE STARS: A PHYSIOTHERAPIST'S PERSPECTIVE ON ASTRONAUT RECOVERY

published in **Volume 2, Issue 3, June 2025**

 **MSME**
Ministry of MSME, Govt. of India
Reg No.: GJ-01-0443513

 **Dr. Darshan Parmar**
Founder

 **Dr. Jaspreet Kaur Kang**
Chief Editor

 **Website**

VOL. 2 | ISSUE 3 | JUNE 2025

PHYSIOZINE™
Advancing Physiotherapy Through Knowledge & Innovation

BEYOND PAIN

UNLOCKING THE POTENTIAL OF LITTLE BRAINS

PHOTOBIO MODULATION

ASTRONAUT RECOVERY

SMART REHABILITATION

DR. MOHAMMED AMJAD KHAN (PT)

Journey from India to Saudi Arabia

www.physiozine.vercel.app

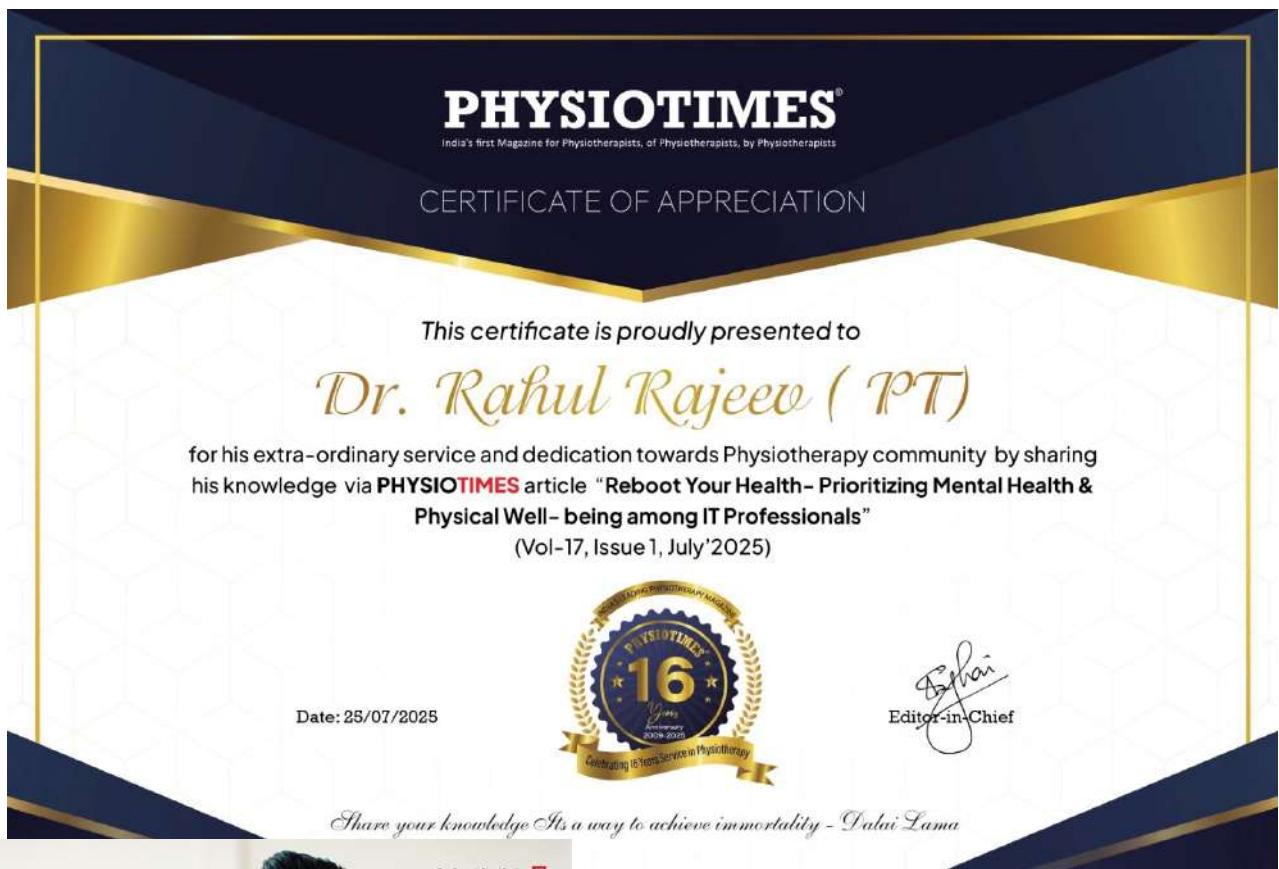
22 June 2025

Anchor Physiotherapy & Sports Fitness Studio celebrated its 3rd Anniversary, marking three years of dedicated patient care and community impact under the motto "Empowering Movement, Enhancing Lives." The celebration included gifting yoga mats and badminton kits to patients and staff, reflecting the studio's commitment to wellness and sports excellence.



June 2025

The article "Rehabilitating Stars: A Physiotherapist's Perspective on Astronaut Recovery" was published in PHYSIOZINE- Volume 2, Issue 3 (June 2025), exploring rehabilitation challenges in space medicine.

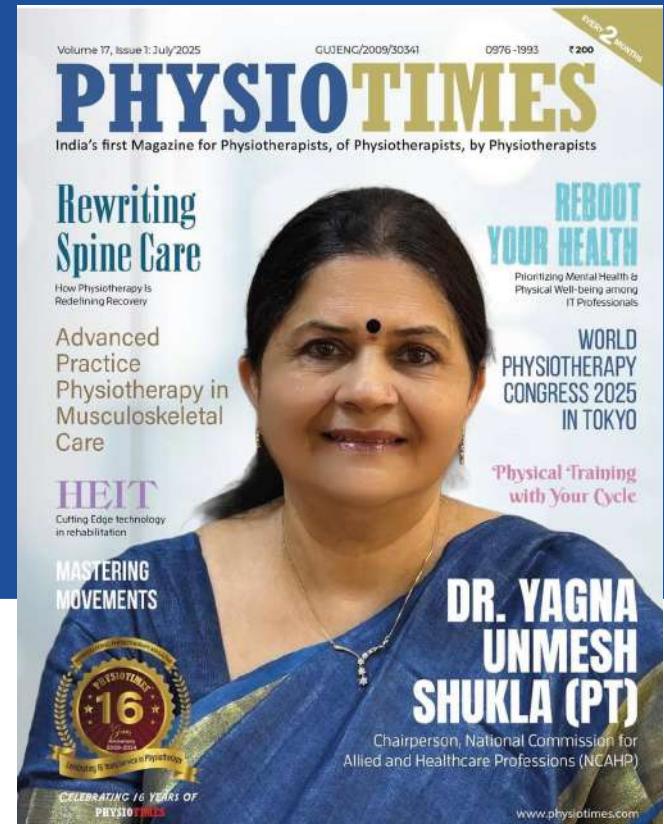


July — Health Where Work Happens

July 2025

Rahul Rajeev (PT) was featured in the July 2025 edition of **PHYSIOTIMES** with the article "Reboot Your Health: Prioritizing Mental Health & Physical Well-being among IT Professionals."

The article highlighted the mind-body connection, workplace-related physical strain, mental health challenges among IT professionals, and the role of physiotherapy in improving productivity and long-term health.



August Service with Purpose

15 August 2025 The 79th Independence Day was celebrated at Araiz International School, Kochulloor, in association with the Trivandrum Rajadhani Lions Club. Rahul Rajeev, Director & Chief Physiotherapist of Anchor Physiotherapy and Treasurer of the Lions Club, addressed the gathering on patriotism, education, and community service.



30-31 August 2025

Rahul Rajeev (PT) attended an advanced 2-day Shoulder Rehabilitation Workshop led by Dr. Sumit Gupta (PT) at Windsor Rajadhani, Thiruvananthapuram, strengthening evidence-based shoulder rehabilitation skills.

September — Learning, Leadership, and Community Care

8 September 2025

Anchor Physiotherapy celebrated World Physiotherapy Day with a free medical camp focused on healthy ageing, fall prevention, joint & muscle health, nutrition, and mind-body wellness.



Volume 17, Issue 2: Sept'2025 GUJENG/2009/30341 0976-1993 ₹200 EVERY 2 MONTHS

PHYSIOTIMES

India's first Magazine for Physiotherapists, of Physiotherapists, by Physiotherapists

Wearable Technologies in SPORTS INJURY PREVENTION

Healing the Heart

The Need for Research Opportunities in Physiotherapy Education

Case Study Achilles Tenotomies

THE REHAB HOUSE

Ortho & Neuro Rehabilitation Center with Admission Facility

Fertility Through Physiotherapy

ZIXA STRONG 2 IN 1 Pain Relief Gel PROFESSIONAL SERIES

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Powerful Plant Actives Dilates Blood Vessels For Faster Penetration

Effectiveness of MYOKINETIC STRETCHING TECHNIQUE

The Surprising Link Between Wallet Placement and Health Issues

Maximize the Potential of Ultrasound Therapy

ZIXA STRONG 2-in-1 Pain Relief Gel is Revolutionizing Ultrasound Therapy

www.physiotimes.com

The article "A Surprising Link Between Wallet Placement and Health Issues" was published in PHYSIOTIMES – Volume 2, Issue 2 (September 2025), highlighting posture-related musculoskeletal concerns.



29 September 2025

In connection with World Heart Day, the physiotherapy team completed a Certification in Cardio-Respiratory Rehabilitation, strengthening cardiac and pulmonary recovery expertise.

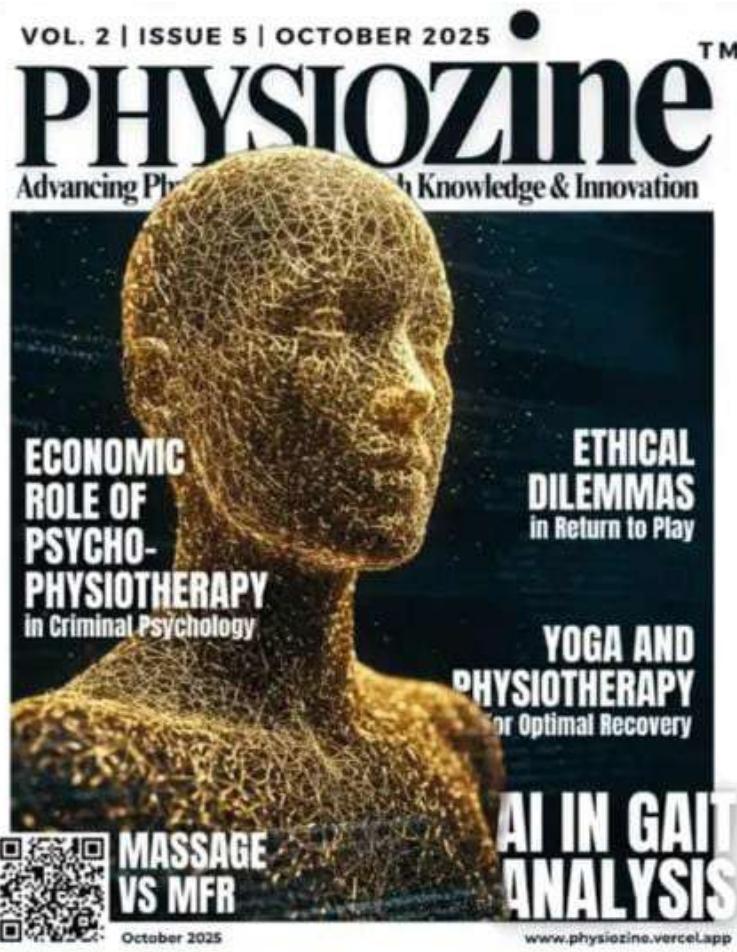


OCTOBER - 2025



October 2025

The article "Massage vs Myofascial Release: A Physiotherapist's Perspective on Hands-on Healing" was published in PHYSIOZINE- Volume 2, Issue 5 (October 2025), comparing manual therapy approaches in clinical practice.



October — Awareness in Action

October 2025

During the Centurion BNI Networking Meet, Rahul Rajeev was honoured with the Centurion Badge, recognising professional excellence and collaboration.

21–28 October 2025

Anchor Physiotherapy served as part of the physiotherapy team for the 67th Kerala School Sports Meet, conducted across 12 venues in Thiruvananthapuram.

3 October 2025

As part of Cerebral Palsy Day, Rahul Rajeev (PT) was featured on Aakashavani for a special physiotherapy awareness program.

PHYSIOZINE™ Magazine for Physiotherapy

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Dr. Darshan Parmar
Founder

Dr. Jaspreet Kaur Kang
Chief Editor



DECEMBER - 2025



December —
Recognition
Beyond the Clinic

25 December 2025

Rahul Rajeev was featured in The Hindu newspaper's December Supplement, recognising his professional journey, contributions to physiotherapy, and impact in sports and community health.



THROUGH - 2025

VOICE OF ANCHOR

VOICE OF ANCHOR
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

January 2025

NEWS LETTER, Volume 01 | Issue 01 | www.anchorphysiotherapy.com | Patnam, Trivandrum

Konkani Twins: 10th vs 18th national games
Expert insights: Managing rotator cuff & Physiotherapy programs
Director's desk: Know rotator cuff, exercises and Prehabilitate management
Case study: Recovery from severe asthma - scores free pain and panic
MESSAGE FROM THE DIRECTOR

As we welcome 2025, it's time the New Year resolution. Here are our year-end achievements for 2024. We thank all our patients, clients, and staff for their support and dedication. We are grateful to have a healthy, safe, and successful year ahead. We look forward to his improvement in your health and well-being. We are grateful for your support and encouragement, and we are grateful for your trust and support. Let's work together to make this year one of strength, stability, and stability. Remember, every step forward is a step forward.

Anchor Physiotherapy & Sports Fitness Studio wishes each of you a healthy and successful year ahead. Our Physiotherapists are dedicated to helping you achieve your fitness aspirations, whether you're starting a journey, experiencing a setback, or recovering from an injury. We are here to support you every step of the way, providing expert advice and guidance to help you reach your goals.

We are deeply grateful to all of you who have joined our mission, and we are committed to continuing that mission by continuing to provide the highest level of care and support to our patients. Thank you for your continued support and trust. Let's make 2025 a year of health and happiness for everyone.

Wish you a year full of progress and success.

Best regards,

RAHUL RAJEEV

WISHING EVERYONE A HAPPY NEW YEAR!

VOICE OF ANCHOR
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

April 2025

NEWS LETTER, Volume 01 | Issue 01 | www.anchorphysiotherapy.com | Patnam, Trivandrum

MESSAGE FROM DIRECTOR: NEW MEMBER AND FAMILY MESSAGE
DIRECTOR'S DESK: PHYSIO-KARMA: REHABILITATION & ACCOMPLISHMENT LETTER TO PARENTS
THONA'S EXCELLENCE: SPOTLIGHT ON A MEMBER
EXERCISE FOR THE MONTH: PLANTAR FASCIITIS EXERCISE

TRIBUTE TO THE LOVED ONES WHO LOST THEIR LIVES AT PAHALGAM

Paahalgam's Darkest Hour: A tragedy that will forever be told

In the aftermath, the valley stands tall. A memory etched, a love that gave her all. A life cut short, a heart that beat. A love that will never fade, a heart that will never beat.

The valley's beauty, restored by time. The memories, forever to remain. The forever lost, a moment in deep grief. But the love never dies.

The valley's beauty, restored by time. A peaceful place, lost to fate. The echoes of tears, still linger on. A memory that will never be known.

May the departed souls find peace and rest. May their loved ones find the strength to be blessed. May moments of love be the bright light to our existence.

Rahul Rajeev
Anchor Physiotherapy & Sports Fitness Studio

August 2025

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NEWSLETTER, ISSUE 01 | VOLUME 01

PHYSIOTIMES
In the July edition of PHYSIOTIMES, Dr. Rahul Rajeev (PT) sheds light on the health issues that IT professionals face in his article, "Reboot Your Health: Prioritizing Mental Health & Physical Well-Being Among IT Professionals."

KEY POINTS: REBOOT YOUR HEALTH FOR IT PROFESSIONALS

- Mental health impacts recovery; stress delays healing.
- Common physical issues: back pain, eye strain, heart risks.
- Mental challenges: anxiety, burnout, sleep loss.
- Mind and body are linked; both need care.
- Physiotherapy aids posture, stress, and productivity.
- Regular check-ups prevent chronic issues.
- IT pros often delay care due to lack of awareness.
- In-house physio can boost well-being.

Read the full article. Get your copy of PHYSIOTIMES and stay up-to-date with the latest news and gain valuable insights on maintaining optimal health and well-being.

Stay informed. Stay healthy!

October 2025

VOICE OF ANCHOR
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

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NEWSLETTER, ISSUE 01 | VOLUME 01

GANDHI JAYANTI
Serving with Simplicity and Compassion

On October 2, we observed Gandhi Jayanti with a renewed sense of purpose and gratitude. At Anchor Physiotherapy & Sports Fitness Studio, we believe that true healing begins with empathy – an idea that resonates deeply with Mahatma Gandhi's philosophy of simplicity, service, and compassion.

The occasion encouraged our team to reflect on how these values shape our daily practice – from how we connect with each patient, to how we design personalized rehabilitation programs that focus not just on recovery, but on overall well-being.

We are inspired by Gandhi's belief that "the best way is to lose yourself in the service of others."

In physiotherapy, this translates to serving with humility, listening deeply, and walking every step of the recovery journey alongside our patients.

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

VOICE OF ANCHOR
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

February 2025

NEWS LETTER, Volume 01 | Issue 01 | www.anchorphysiotherapy.com | Patnam, Trivandrum

Promoting fitness theme: Simple Measures for a Pain-Free Game
Expert insight: Shoulder, Impact, Success! The Power of Digital
Editor's choice: Self-Improving Exercises

DEAR READERS

We are delighted to announce that our Director, Dr. and Chief Physiotherapist, Rahul Rajeev, has been listed as an author in the February edition of Physiozine, a leading physiotherapy magazine.

In this informative article, Rahul shares his expertise on how to prevent common sports injuries, providing valuable tips and insights on biomechanics, prevention, and recovery training to maintain healthy and active lifestyles.

Key Takeaways:

- Understand the causes and symptoms of tennis elbow.
- Learn simple exercises and stretches to prevent injury.
- Discover how to modify your tennis technique to reduce risks to your elbow.

Read the full Article:

To access the full article, please go through Vol 2 Issue 1 February 2025 edition of Physiozine.

Meet the Author:

Rahul Rajeev is a Senior Physiotherapist (MPT Special), Central Movement Therapy (CMT) Fellowship program in Pelvic Rehabilitation & Lower-Shoulder Clinic, Certified Trainer (CCT) with extensive experience in sports and orthopedic rehabilitation. He has organized his expertise in various publications, and he is a sought-after speaker on topics related to sports medicine and physiotherapy.

His latest article, "Simple Measures for a Pain-Free Game," is now available online. Please stay updated on the latest news, articles, and expert insights from our website to keep updated on our activities and follow us on social media. Best regards,

Anchor Physiotherapy & Sports Fitness Studio
Manager, Patnam, Kerala

CERTIFICATE OF PUBLICATION

The author is pleased to announce that his article, "Simple Measures for a Pain-Free Game," has been published in the February edition of Physiozine, a leading physiotherapy magazine.

RAHUL RAJEEV

CELEBRATING A MILESTONE GLOBAL ARTICLE PUBLICATION

EXERCISE FOR THE MONTH PELVIC FLOOR EXERCISE

ANCHOR'S VOICE: WOMEN'S HEALTH AND WORKING LIFE: A SCOPING REVIEW

EMPOWERING WOMEN THROUGH SPORTS ADANI FOUNDATION HOSTS WOMEN'S BEACH FOOTBALL TOURNAMENT

PHYSIOTHERAPY MYTH BUSTING (DIOPTIC SCOLIOSIS)

Happy Women's Day

CELEBRATING A MILESTONE GLOBAL ARTICLE PUBLICATION

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March 2025

NEWS LETTER, Volume 01 | Issue 01 | www.anchorphysiotherapy.com | Patnam, Trivandrum

THONA: INVESTING IN THE FUTURE OF YOUNG MINDS
AVITHOM THIRUMAL ADITYA VARMA: A PRINCE WITH A HEART OF GOLD: A PERSONAL REFLECTION

DIRECTOR'S DESK SESSION

ADDITION OF NEW MEMBER TO ANCHOR FAMILY

EXPERT INSIGHT GRIP LIFE AGAIN: EFFECTIVE TREATMENT FOR WRIST PAIN

BACK to school

August 2025

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INDEPENDENCE DAY CELEBRATION AT ARAIZ INTERNATIONAL SCHOOL KOCHULLLOOR
In Association with Trivandrum Rajendran Lions Club, District 318A (2025-2026)

The 75th Independence Day was celebrated with great pride and enthusiasm at Araiz International School, Kochulloor, on Friday, 15th August 2025, in association with the Trivandrum Rajendran Lions Club.

The program began at 8:30 AM with the flag hoisting ceremony, which was followed by the singing of the National Anthem. The students, parents, and faculty members gathered together to witness the sacrifice that won us freedom.

A series of cultural programs brought color and energy to the celebration. Students presented patriotic songs, dances, and skits that depicted India's freedom struggle, unity in diversity, and the responsibilities of citizens in building a stronger nation. The sports competition on the theme 'Freedom and Independence' was a testament to the spirit and confidence of the young learners.

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September 2025

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FLORAL CARPETS, FESTIVE HEARTS, AND TIMELESS TRADITION

Onam was celebrated with great pomp and splendor at Anchor Physiotherapy & Sports Fitness Studio on September 8, 2025. This event turned into a joyful family gathering that strengthened the bond among everyone present.

A full-fledged Onam was served, offering the traditional flavors of Kerala, while Onattakal (traditional Onam games) added fun, energy and laughter to the occasion. The celebrations beautifully reflected the spirit of Onam: togetherness, happiness, and cultural richness.

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A series of cultural programs brought color and energy to the celebration. Students presented patriotic songs, dances, and skits that depicted India's freedom struggle, unity in diversity, and the responsibilities of citizens in building a stronger nation. The sports competition on the theme 'Freedom and Independence' was a testament to the spirit and confidence of the young learners.

FLORAL CARPETS, FESTIVE HEARTS, AND TIMELESS TRADITION

Onam was celebrated with great pomp and splendor at Anchor Physiotherapy & Sports Fitness Studio on September 8, 2025. This event turned into a joyful family gathering that strengthened the bond among everyone present.

A full-fledged Onam was served, offering the traditional flavors of Kerala, while Onattakal (traditional Onam games) added fun, energy and laughter to the occasion. The celebrations beautifully reflected the spirit of Onam: togetherness, happiness, and cultural richness.

November 2025

VOICE OF ANCHOR
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

www.anchorphysiotherapy.com | Patnam, Trivandrum

CONGRATULATIONS TO SREENATH V

We are delighted to celebrate the remarkable achievements of Sreenath V, a dedicated fitness personal trainer who continues to inspire many through his discipline and determination.

Sreenath secured the Mr. Trivandrum 3rd place (Older number) in the Open Category Championship 2025-26. Adding to his accomplishment, he also earned the title of Mr. Kerala (runner-up), achieving 2nd place in the 80+ kg weight category at the same prestigious event.

These achievements reflect his hard work, consistency, and passion for fitness. We are especially proud of the fact that Sreenath was once a patient at Anchor Physiotherapy & Sports Fitness Studio, and seeing him reach new heights brings us immense joy.

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ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO



Pattom-Marappalam Road
(Opp. HP World) , Pattom PO ,
Thiruvananthapuram 695004
Ph: 9447334823, +91 8921639779



anchor physiotherapy



rahul rajeev (anchor physiotherapy)



rahul rajeev physio