

EDITORIAL

Mentorship in neurorehabilitation

A. Veni^{1,2*} and Sanjivani Kamble³¹Department of Neurology, Rockfort Neuro Center, Tiruchirappalli, India²Department of Neurology, Prana Rehabilitation Center, Tiruchirappalli, India³Dr. N. Y. Tasgaonkar College of Physiotherapy, Karjat, India***Correspondence:**A. Veni,
drveni1980@gmail.com**Received:** 10 May 2026; **Accepted:** 10 June 2026; **Published:** 15 June 2026

This paper speaks about the mentor-mentee relationship and how it has evolved over the years. The mentor-mentee relationship is a two-way process of learning in which both the mentor and mentee learn from each other. The field of neuro rehabilitation relies not only on recent research but also on individuals who motivate, educate, and mentor others in the field. A Guru is a live road map, the Guru Pathfinding System (GPS).

Keywords: mentor-mentee, neuro rehabilitation, digital rehabilitation, two way process, supercomputer, team work, secret wisdom, Guru Pathfinding System

A live road map Guru Pathfinding System (GPS).

In India, the secret wisdom was passed along from master to pupil, from wise man to wise, for countless ages, called Guru-Shishya Parampara. Guru is not merely a teacher who imparts knowledge but a guide, role model & source of wisdom who encourages the learner's intellect, character, values and purpose. In this Parampara, the educational process was based on the principles of observation, discussion, practice, and trust.

Imagine life as a combination lock, only with more numbers. All combination locks work the same way: you turn to the first number, back past that number to the second number, and forward to the third number. If we have the right number, the lock opens, whether it is a bicycle lock or a great vault in a major bank. This is also true for our mental vault. Using the brain, our ability to think, plan, and create with great precision and accuracy allows us to solve any problem, overcome every obstacle, and achieve any goal. Our mental supercomputer is so powerful that most people could not use its full potential, which they habitually fail to use. With the guidance of mentorship, our vault would open and we could achieve extraordinary things in neurorehabilitation.

Neurorehabilitation is a journey that extends beyond the management of neurological disease. It is a specialized and

comprehensive approach that focuses on helping individuals to regain, develop, and maintain their physical, cognitive, and emotional well-being and functional abilities after a neurological illness, injury, or disorder (1).

In neurorehabilitation, mentor involvement is a key factor because the process of patient treatment is multidisciplinary. In order to help a patient achieve recovery, the collaboration of neurologists, psychiatrists, physiotherapists, occupational therapists, speech therapists, psychologists, and nurses is necessary. A great mentor sets an example of teamwork, respect, and patient-oriented care.

Moreover, mentorship continues to play an important role in the development of practitioners from the profession outside their work environment. Both mentors and mentees participate in such global platforms as the World Federation for Neuro Rehabilitation (WFNR), where they may work in different hospitals, rehabilitation centers, academic institutions, cities, or countries, having different experiences in the clinical and academic sphere (2, 3).

Mentors assist their mentees in building research concepts, scientific writing, and academic presentations and in getting insights into evidence-based clinical practice, while the mentees' experiences and views facilitate the mentoring process as well. Therefore, mentorship becomes an ongoing process of exchanging information and opinions among

professionals while continuing to contribute to their continuous professional development (4).

Mentorship is increasingly transforming into a two-way process, as senior individuals impart their experiences and medical knowledge while younger professionals share new insights and technological skills. This idea of reverse mentorship adds value to the learning experience of both sides. Both sides learn from each other and benefit from the communication. Every neurological patient has something to teach us about the importance of patience, persistence, and hope. These same qualities lead to proper mentorship. By guiding young professionals, mentors help them build careers and positively influence the future of healthcare (4).

As in the role of healthcare professionals, there is a responsibility of not only moving forward in medical science but also helping the upcoming generation. With a combination of mentoring and scientific knowledge, one can prepare well-studied, loving, ethical, and responsible medical professionals. Mentorship serves as a great advantage between regions and institutions and leads to expertise in classrooms as well as in innovations in research topics. A good mentor doesn't just impart knowledge on medical issues but makes the person understand the importance of learning throughout life (4).

Nowadays, neuro-rehabilitation is developing intensively. Artificial intelligence, robotics, digital rehabilitation, and telemedicine become a daily practice. Undoubtedly these technologies are powerful, but they cannot replace the humane qualities acquired by mentorship. Through this mentorship program we can professionally learn and connect globally from each other to create something new, strengthen research projects, improve patient care, and unleash the best outcomes across the globe (1–3).

The field of neurorehabilitation relies not only on recent research but also on individuals who motivate, educate, and mentor others in the field. Investing in mentoring is key to developing a better healthcare system and having better societies and patients (1, 4).

“In this journey of neurorehabilitation, one can feel, I am in unfamiliar terrain; it's just sensible to take directions. On one level, that is all a guru is—a live road map GPS—Guru Pathfinding System!”

Funding

The author(s) declared that financial support was not received for this work and/or its publication.

Acknowledgments

I owe my heartfelt thanks to Dr. Nirmal Surya for his remarkable contributions in the field of neurorehabilitation. The tremendous influence of his guidance on my career path in the areas of neurorehabilitation and providing patients with the best care that they deserve cannot be underestimated.

Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

References

1. World Health Organization. *Rehabilitation 2030: A Call for Action*. Geneva: World Health Organization (2017).
2. World Federation for Neuro Rehabilitation (WFNR). *Position Statements and Educational Resources on Neurorehabilitation*. World Federation for Neuro Rehabilitation (WFNR) (n.d.).
3. Indian Federation of Neurorehabilitation (IFNR). *Educational Initiatives and Professional Development in Neurorehabilitation*. Indian Federation of Neurorehabilitation (IFNR) (n.d.).
4. Chopra R, Saint S. Mentorship in medicine: a lifelong partnership. *Am J Med*. (2017) 130(2):136–7.