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CANCER SURVIVOR'S DAY AND INTERNATIONAL YOGA DAY – JUNE 4, 2025

On June 4, 2025, PSG Institute of Oncology, Naturopathy & Yoga Department and NATCO Oncology in collaboration with Coimbatore Cancer Foundation (CCF), came together to observe two significant events - Cancer Survivor's Day and International Yoga Day. The event took place at Sangamam Hall, PSG Institute of Oncology and witnessed the participation of cancer survivors, caregivers, healthcare professionals. The day was marked by inspiration, healing, and a celebration of resilience.

The event commenced with a serene and soulful prayer song that set a positive tone for the gathering. This was followed by a welcome address and opening remarks by **Dr. Bharadhwaj**, Consultant Medical Oncologist, PSG Institute of Oncology. In his address, Dr. Bharadhwaj emphasized the importance of celebrating Cancer Survivor's Day as a tribute to the strength and courage of those who have faced and overcome the challenges of cancer. He also highlighted the significance of International Yoga Day and elaborated on the growing body of evidence supporting the integration of yoga into cancer care. He stressed how yoga contributes to physical and emotional well-being during and after cancer treatment, helping patients manage symptoms and improve quality of life.



Following this, the event was graced by **Dr. Prasanna N Kumar**, MS Diagnostics, who served as the Chief Guest. Dr. Prasanna Kumar shared her personal journey through a cancer diagnosis and treatment. Her powerful and deeply personal testimony left a lasting impression on the audience. She spoke about the emotional and physical struggles she endured, and how determination, medical support, and mental resilience helped her emerge victorious. Her story served as a source of immense motivation and hope to all in attendance, particularly for those still undergoing treatment or in recovery.

The next speaker, **Dr. M. Subhashini**, a Naturopathy and Yoga Consultant, delivered a comprehensive talk on the benefits of yoga for cancer patients and their caregivers. She explained how yoga practices such as pranayama (breathing exercises), meditation, and gentle physical postures can help reduce stress, anxiety, and fatigue while promoting better sleep and overall vitality. Her session was informative, practical, and deeply aligned with the holistic approach to cancer recovery. After her talk, her team & **Dr. M. Kaviya Varshini** guided the participants through a brief, engaging yoga session that included simple breathing exercises and stretching, tailored to suit individuals of all physical capabilities.

Dr. T. Balaji, Managing Trustee of Coimbatore Cancer Foundation and Director of PSG Institute of Oncology, addressed the gathering and spoke passionately about the importance of a holistic

approach to cancer treatment. He advocated the inclusion of complementary therapies like yoga, nutrition, and emotional counseling alongside conventional medical treatment to ensure comprehensive healing. Dr. Balaji also acknowledged the contributions of healthcare providers, caregivers, and families in the recovery journey of cancer survivors.



To conclude the event on a thoughtful note, **Mrs. Shailaja** and **Dr. Bharadhwaj** distributed dry fruit hampers and yoga instruction manuals to all participants as a gesture of care and encouragement to maintain healthy lifestyles. The thoughtful giveaways symbolized nourishment, wellness, and continued support in their journey of recovery and strength.

The event concluded with refreshments provided to all attendees, offering a moment for informal interaction and community bonding. Overall, the celebration of Cancer Survivor's Day and



International Yoga Day served as a powerful reminder for the value of community support and the importance of integrating wellness practices into medical care. It was a day of reflection, gratitude and renewed commitment to healing.



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CELEBRATING COMPASSION AND EXCELLENCE: International Nurses Day 2025 at PSG Hospitals

The Department of Nursing Service at PSG Hospitals marked **International Nurses Day 2025** with a heartfelt celebration on **May 12, 2025**, under the inspiring theme: "Our Nurses. Our Future. Caring for Nurses Strengthens Economies." The event served as a grand acknowledgment of the vital role nurses play in the healthcare system and their tireless dedication to patient care.

The celebration began with a warm welcome address by **Ms. Sangeetha D, Deputy Nursing Superintendent**, followed by the official unveiling of the day's theme by **Ms. Anuratha M. D, Nursing Superintendent**.

Esteemed dignitaries in attendance included:

- **Dr. J.S. Bhuwaneswaran**,
Director, PSG Super Specialty Hospitals
- **Dr. T. Balaji**,
Director, PSG Institute of Oncology
- **Dr. T. M. Subbarao**,
Principal, PSG IMSR
- **Mr. V. Jaganathan**,
General Manager, PSG Hospitals
- **Dr. K. S. Rajkumar**, Medical Superintendent,
PSG Institute of Oncology
- **Dr. Karthikeyan S**,
Medical Superintendent, PSG Hospitals
- **Dr. Karthikeyan R**,
Medical Superintendent, Clinical Services

Their presence added immense value to the occasion and motivated the nursing community to continue striving for excellence.



Honoring Our Heroes in White Coats:

The highlight of the celebration was the **awards ceremony**, which recognized and rewarded outstanding service in the nursing profession. A total of **15 nurses received the Best Nurse Award** for their unwavering dedication, while **2 nursing assistants** were conferred with the **Best Nursing Assistant Award**. The **Best Supervisor Award** and **Best Maintained Ward Award** were also announced, applauding departments and individuals who exemplified the highest standards of care and organization.

These awards not only honored individual excellence but also encouraged a culture of recognition and professional growth within the nursing team.

As part of the month-long International Nurses Day observance, a series of events was conducted from **April 7 to May 6, 2025**, featuring awareness activities, educational sessions, and engagement programs aimed at enriching the professional and personal well-being of nurses.



The event concluded on a note of gratitude, with a **Vote of Thanks** delivered by **Mrs. D. Jeyamoni**, Assistant Nursing Superintendent, followed by a cultural program that brought together joy, talent, and celebration of the nursing spirit.

PSG Hospitals takes immense pride in its nursing staff and remains committed to supporting and empowering them in every possible way - for it is through their hands that healing begins.

INTRODUCING NALAM : Panchakosha based holistic health check-up

A Groundbreaking Step in Holistic Health:

PSG Super Speciality hospitals is proud to launch NALAM, Panchakoshas-based Holistic Health Check-up the First-Ever in the World through Naturopathy & Yoga Department.



Rooted in ancient Indian wisdom and supported by modern medical science, NALAM offers an evidence - based, five - dimensional assessment of health to identify root causes of illness and promote holistic wellbeing.

This revolutionary approach draws from the Panchakosha concept in Yogic philosophy - recognizing the five sheaths (layers) of human existence:

- Annamaya Kosha (Physical body)
- Pranamaya Kosha (Energy body)
- Manomaya Kosha (Mental body)
- Vijnanamaya Kosha (Intellectual body)
- Anandamaya Kosha (Bliss body)



With NALAM, we aim not only to detect health conditions but to restore balance across these five vital aspects of life - helping individuals live healthier, fuller and more conscious lives.

With NALAM, we aim not only to detect health conditions but to restore balance across these five vital aspects of life - helping



What's Inside the NALAM Health Check-up?

All-Inclusive Wellness Package - ₹2900 Only A carefully crafted health screening that combines:

- Comprehensive medical tests
- In-depth wellness assessments
- Customized naturopathy therapies and yoga practices



Blood & other medical investigations:

CBC, ESR, Blood grouping & Typing, TSH, Extended Diabetic Profile USG Abdomen & Pelvis, Sr. Uric acid, X-ray chest (PA view), hs CRP, Body Composition Analysis Test, LFT

Questionnaires:

Panchakosha Assessment, Tridosha Analysis

Holistic Health Counseling:

Customized wellness Take-Home routine

Naturopathy Therapies and Yoga practices:

Pranayama and Meditation, Foot reflexology, Diet Counseling, Mindfulness practices.

Who Can Take the NALAM Package & Why?

For All Age Groups

Whether you're a working professional under stress or an elderly person managing chronic conditions or a caregiver after someone simply wanting to prevent disease and boost vitality - NALAM is for you.

This program is:

Preventive – Detect issues before symptoms appear

Holistic – Looks beyond physical symptoms into mental, emotional and energetic health

Natural – Uses drug-free, non-invasive, traditional therapies

Personalized – Customized recommendations just for your body type and lifestyle

NALAM – More Than a Check-up, It's a holistic health Reset

Join us in redefining health and wellness in natural way.

Start your journey to total well-being - inside and out.

To Book Your Package:

Please contact us at: Team NALAM

☎ 99521 75481 / 0422 434 5432

✉ Email: naturopathy@psgimsr.ac.in

📍 PSG Hospitals – Naturopathy & Yoga Department



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PIONEERING ROBOTIC WHIPPLE PROCEDURES AT PSG IMSR, COIMBATORE



Dr. BALU KUPPUSAMY

Department of
Surgical Gastroenterology

At PSG Institute of Medical Sciences and Research (PSG IMSR), we continue to advance the frontiers of surgical care through innovation, skill, and dedication to excellence. In a significant stride towards furthering minimally invasive gastrointestinal surgery, our Surgical Team has performed a series (4 in last 4 months) of robotic Whipple procedures (pancreatico_dudenostomy) placing us among a select group of centers in India advancing minimally invasive surgery in complex gastrointestinal oncology

Whipple's procedure, a complex and technically demanding surgery typically indicated for tumors of the pancreatic head, distal bile duct, duodenum, ampulla or periampullary region, has traditionally been performed via open surgery. While open pancreaticoduodenectomy has long been the gold standard, it is not without its limitations.

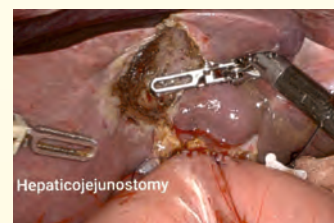
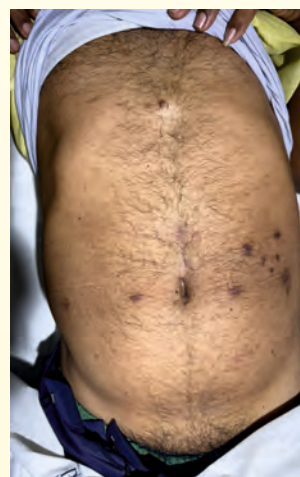
Limitations of Open Whipple Surgery:

Although effective, open surgery is associated with several challenges:

- Large abdominal incisions result in more postoperative pain and longer recovery times
- Increased risk of wound-related complications, including infections, hernias, and delayed healing.

- Longer ICU hospital stay, delay in adjuvant treatment
- Slower return to normal activity and higher overall physiological stress for the patient

These drawbacks have fueled the search for minimally invasive alternatives that can maintain surgical efficacy while improving recovery profiles.



Current Landscape in India:

Very limited leading institutions have initiated minimally invasive pancreatic surgeries

Despite these advancements, the adoption of minimally invasive Whipple procedures remains limited. A significant concern is the longer operative duration, high conversion rates, and potential for inferior oncological outcomes in low-volume centers. Consequently, these procedures are predominantly performed in specialized centers with experienced surgical teams.

Our Experience with Robotic Whipple at PSG IMSR:

Our centre has done numerous laparoscopic procedure including laparoscopic Whipple's procedure Leveraging the advanced capabilities of the da Vinci robotic surgical system, our team has performed successful robotic Whipple procedures.

Key Advantages Observed:

- Enhanced 3D visualization and instrument dexterity enable meticulous dissection and reconstruction, even in anatomically complex areas.
- Smaller incisions results in reduced

postoperative pain and faster wound healing.

- Lower blood loss ,fewer complications and quicker patient mobilization.
- Shorter hospital stays, translating to improved patient satisfaction and cost efficiency in the long term.

With recent advancements in robotic technology, minimally invasive approaches are now becoming increasingly feasible and beneficial. At PSG IMSR, we are proud to be among the few centers in the region to have adopted and successfully implemented this advanced technique.



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VALVE VENTURES AND BEYOND: The Cutting Edge of Cardiac Interventions



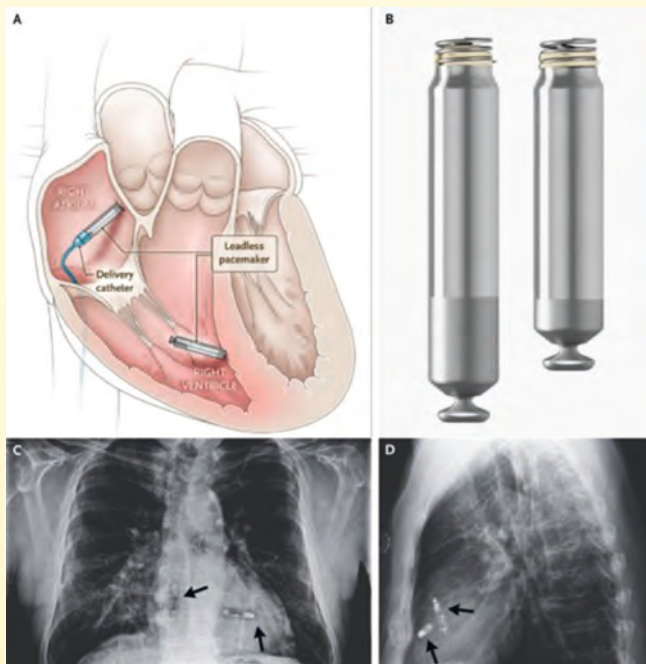
Dr. K. TAMILARASU

Head
Department of Cardiology

Interventional cardiology has evolved rapidly, introducing transformative technologies that are reshaping how cardiovascular diseases are diagnosed and treated. From **leadless pacemakers** and **bioresorbable stents** to **transcatheter valve replacements**, innovation is improving patient outcomes and enabling less invasive approaches.

01. Game - Changing Devices in Cardiac Rhythm Management:

Leadless Pacemakers:

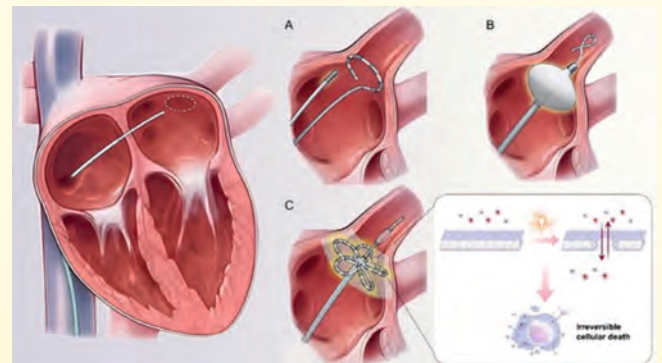


A leap in pacing therapy, **leadless pacemakers** eliminate the need for surgical pockets and transvenous leads. These capsule-sized devices are implanted directly into the heart via a femoral vein catheter. Suitable for patients needing single-chamber pacing (e.g., atrial fibrillation, AV block), they reduce infection risk and allow same-day discharge. Although dual-chamber options are in development, they are currently unsuitable for patients requiring defibrillation.

02. Non-Thermal Ablation & Vascular Innovations:

Pulsed Field Ablation (PFA):

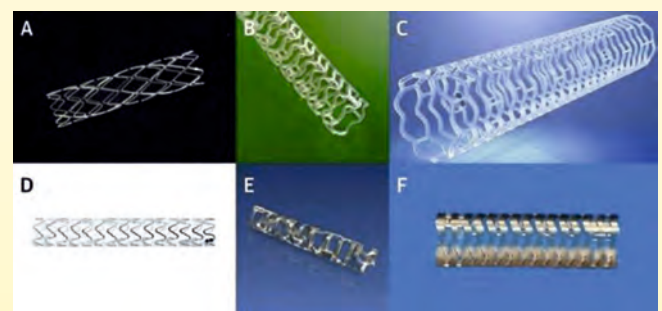
PFA is a non-thermal energy source for **atrial fibrillation (AF)** treatment. By using high-voltage pulsed electric fields, PFA precisely targets cardiac



cells while sparing nearby structures (like the esophagus). Devices such as Farapulse have shown strong efficacy and improved safety, with quicker procedures and fewer complications than conventional methods.

Bioresorbable Stents (BRS):

Unlike permanent metallic stents, BRS dissolve after vessel healing, reducing long-term risks like

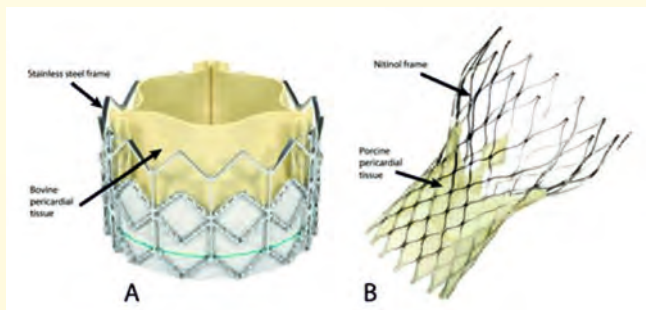


restenosis or imaging interference. Innovations in **magnesium - based** (e.g., Magmaris) and **polymer** designs are enhancing durability and safety. BRS use is expanding, especially in **peripheral artery disease (PAD)** and **below-the-knee interventions**, despite ongoing challenges in balancing strength and resorption rates.

03. Transcatheter Valve Therapy: A Revolution in Structural Heart Disease:

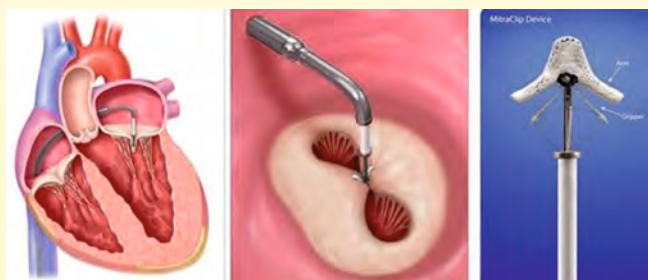
TAVR (Transcatheter Aortic Valve Replacement):

TAVR / TAVI offers a life-saving, minimally invasive solution for severe aortic stenosis. It avoids open-heart surgery by delivering the valve through a femoral artery catheter. Originally for high-risk patients, newer data (e.g., PARTNER 3 trial) supports TAVR in low-risk groups too. In India, devices like MyValve by Meril Life Sciences are boosting accessibility and outcomes.



MitraClip for Mitral Regurgitation:

The **MitraClip** enables Transcatheter Edge-to-Edge Repair (TEER) for mitral regurgitation (MR), reducing



regurgitant flow by clipping valve leaflets. Beneficial for patients unfit for surgery, it improves symptoms and survival, supported by trials like **COAPT**, which showed significant reductions in hospitalizations and mortality.

TriClip for Tricuspid Regurgitation:

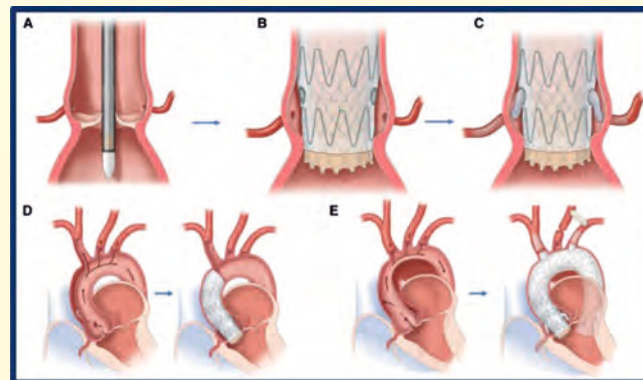


Abbott's **TriClip** extends TEER to the tricuspid valve, treating **tricuspid regurgitation (TR)** effectively. Delivered via a vein, it clips valve segments to minimize backflow, without the need for surgery. With excellent safety and efficacy shown in **TRILUMINATE trials**, TriClip is now FDA-approved and used in over 50 countries.

04. Hybrid Procedures & Imaging Innovation:

Endo-Bentall Procedure:

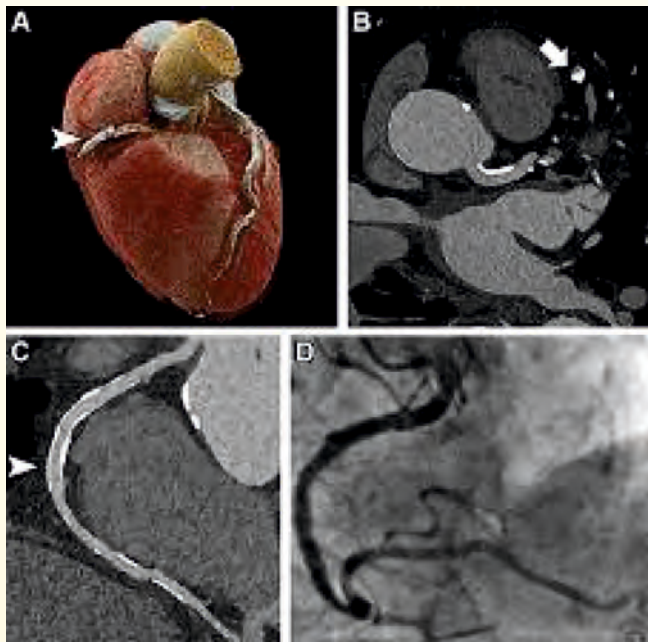
This hybrid endovascular solution addresses complex **aortic root pathologies**, such as acute type



A dissections, in high-risk patients. Combining **TAVR and TEVAR**, it avoids open surgery and bypass. Early trials report 100% success with no in-hospital mortality, and feasibility studies show eligibility in 66 – 73% of patients with aortic dissection.

Photon-Counting CT (PCCT):

A leap in cardiac imaging, **PCCT** captures individual photons and distinguishes their energy, offering ultra-high resolution and improved plaque assessment. Compared to conventional CT, it offers **greater accuracy**, reduces image noise, and avoids overestimating stenosis in calcified vessels. This



improves diagnostic precision and reduces unnecessary interventions.

Conclusion: Charting the Future of Cardiac Care

From **wireless pacemakers** to **non-surgical valve replacements**, interventional cardiology is undergoing a paradigm shift. Technologies like **PFA**,

bioresorbable scaffolds, and **PCCT imaging** are redefining safety, efficiency and patient experience.



Looking ahead, the integration of **AI**, **robotics** and **customized implants** promises even greater personalization and precision. These advancements offer hope for millions with cardiovascular disease, transforming once life-threatening conditions into manageable or curable ones—without open surgery.

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VEGAM: PSG Hospitals' Two-Wheeler Responder Service Crosses 579 Emergency Cases in One Year

June 2024 – May 2025: **A Year of Swift, Life-Saving Action**

PSG Hospitals proudly celebrates a significant milestone in emergency response innovation - VEGAM, the hospital's dedicated two - wheeler first responder service, has successfully responded to 579 emergency cases between June 2024 and May 2025. This achievement marks a powerful testament to the impact of quick, accessible, and responsive healthcare delivery in Coimbatore and surrounding areas.

What is VEGAM?

Launched with the vision of reaching emergency scenes faster and more efficiently, especially in congested or narrow localities, VEGAM is a pioneering two-wheeler FIRST RESPONDER service. Operated by PSG Hospitals,



VEGAM is designed to

01. bridge the critical gap between an emergency call and the arrival of full-scale ambulance support.
- 2). Aid in decision making with the help of clinical experts
- 3). Deliver urgent care at home

In emergency scenarios where seconds matter, VEGAM's agility and reach provide an edge that can

save lives. Whether maneuvering through peak-hour traffic or accessing locations where four-wheeler ambulances face restrictions, VEGAM ensures that help arrives as swiftly as possible.

Key Features of VEGAM:

Rapid Response: VEGAM is equipped to respond within minutes, significantly reducing the wait time for initial medical care.

First Aid on Two Wheels: Each VEGAM responder is trained and equipped to deliver essential first aid, stabilizing patients until they can be transferred to an ambulance or hospital.

Scope of Services: The service covers a broad range of medical emergencies including elderly care, pediatric support, trauma response in accidents, and on-the-spot stabilization.

Round-the-Clock Availability: VEGAM is operational 24/7, reinforcing PSG's commitment to being there when it matters most.

Milestone Impact:

Crossing 579 cases in one year is not just a number - it's 579 lives potentially impacted by timely care. From providing immediate help to accident victims, assisting elders in distress, or ensuring quick aid to children in need, VEGAM has proven its value as an agile and responsive healthcare innovation.

This milestone is also a reflection of the dedication and skill of PSG's Expert emergency physicians and medical technicians trained emergency responders who operate VEGAM with professionalism and compassion.