

Wellness hisppers



Vision Beyond Sight: PSG Hospitals Extends Opportunities to Eight Visually Impaired Trailblazers

Launches

FIRST EVER IN THE WORLD



Launching Panchakosha Health Check-up packages to Promote Holistic Wellbeing (first-ever in the world)

PATRON'S MESSAGE



Pleasant Greetings!

We have a workforce in our healthcare campus which is more of a family than just a workforce. We always see the cordial hospitable atmosphere within the campus where patients seek remedies from their illnesses. As our USP (Unique Selling Potential) has always been quality healthcare at an affordable cost, this service always gets delivered through compassionate, empathetic hospital colleagues of mine. I am happy that the current HR initiatives bring a lot of courtesy and relaxedness amongst our employees who are all adorned with a pleasant smiling face especially after the current compensation revision. God bless all.

Dr. J. S. Bhuwaneswaran
Director PSG SSH

CHIEF PATRON

Shri. L. Gopala Krishnan
Managing Trustee, PSG & Son's Charities

PATRONS

Dr. J. S. Bhuwaneswaran

Director PSG SSH

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Wellness Whispers

WELCOME TO THE PSG FAMILY!

Dr. Athmaram
SMO, Neelambur RHC



Dr. Nagalakshmi Athmaram
SMO, MHC & Special Wards



Dr. Sai Krishna
Consultant, EMD



Dr. Suja Star Padma Jeyakumar
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AP - Surgical Oncology



Dr. Ezhil Sindhanai M P
AP - Radiation Oncology



Dr. Arun Prasath
AP - Radiology



Mr. Putarjunan G
Manager Marketing - SSH



Nursing

Seven members from the department of Nursing Service attended the 7th Asian Congress of Neuro Nursing ACNN on 13th and 14th June 2025 conducted at Chennai.



The senior nursing professionals (49 members) from the Department of Nursing Service attended the Workshop conducted by the department of student wellness centre PSG IMSR on 'Accelerate Action for Growth' on 4th April 2025, Friday from 2:30 - 4:30 pm at the A-Block Seminar Hall, 3rd floor, PSG Hospitals. The session was handled by Mrs. Lakshmi Subramanian, Executive Director, Global Adjustments Foundation.

Life skills... Leadership... emotional resilience... Workshop for our senior nurses PSG Institute of Medical Sciences and Hospitals by Shri. Lakshmi Subramanian Champion Woman - Global Adjustments Foundation with Dr Anuja Panicker.



Five members from the department of Nursing Service attended the Mid Term meet, pushing the envelope with marginal liver donors, workshop on empowering nurses in liver critical care conducted in a private hospital on 15th June 2025.



The senior nursing professionals from the Department of Nursing Service, RRT Nurses and few staff nurses attended the session conducted by the Lifesigns on '**DIGITAL AI ALERT**' on 25th April 2025, Friday from 3:00 - 5:00 pm at the A-Block Seminar Hall, 3rd floor, PSG Hospitals. The session was handled by Col. Anuradha Sangal, VP - Clinical Operations.



On 4th April, PSG College of Nursing conducted a session on "National Nursing & Midwifery Commission" attended by 55 Nursing Service department members. Dr. Bimla Kapoor, Chairperson of the Review Committee for Development of Nursing Services (MoH & FW), Chairperson of the Committee of Experts on the National Nursing and Midwifery Bill 2020, and Former Director, Professor, School of Health Sciences, IGNOU, briefed the topic.

On 15th April 2025, nurses and employees at Suraksha attended fire and safety training along with a hands-on session on patient positioning and transfer.



On 12th June, 64 staff nurses from the Department of Nursing Service attended CVC care training conducted by Mr. Maria Arul Rex from B Braun, in collaboration with the Department of Microbiology, PSG Hospitals.



District-level one-day awareness programme on Gender Sensitisation and Elimination of Violence Against Women held on 26-04-2025 at PSG Hospitals, B Block Auditorium, Coimbatore. Organised by GSICC, Coimbatore District.



PRESIDENT DR. BINU JOE **WORLD NURSES DAY HONOR AWARD**

This certificate is proudly presented to Dr. Anuratha "FOR BEING FRONT HERO NURSES" on 12th of May 2025 In celebration of International Nurses Day / Florence Nightingale's Birthday.



INTERNATIONAL NURSES DAY - 2025

THEME: "OUR NURSES. OUR FUTURE. CARING FOR NURSES STRENGTHENS ECONOMIES."

Wellness Whispers

The Department of Nursing Service at PSG Hospitals proudly celebrated International Nurses Day 2025 with a series of engaging and vibrant events held from 7th April to 6th May 2025.



NURSING DAY AWARDS - 2025



Dietary

FUELING THE ROAD TO HEALTH

Date: March 19–20, 2025

Venue: GP Grand Galaxy, Gandhipuram

Focus Areas: As part of community outreach, a health camp for Red Taxi drivers and their families was organized by PSG Super Speciality Hospital. Optimizing meal timings, Building better breakfast habits, Practicing portion control for everyday health.

Counseling Team: Dietitian M. Sundari Lakshmi & Registered Dietitian Interns.



FROM CLINIC TO CLASSROOM

Date: April 17, 2025

Role: External Examiner for Food Science and Nutrition – Undergraduate B.Voc Final Exams, Periyar University, Salem

Representative: Dietitian Mr. Naveen Kumar.



VITAL NUTRIENTS, CRITICAL CARE

Date: April 2, 2025

Venue: Taj Vivanta, Race Course Road, Coimbatore

Program Title: “Vital Nutrients for Recovery from Metabolic Stress During Hospitalization – Focus on Discharge”

Organized by: Dutch Medical Food in collaboration with the Indian Society of Critical Care Medicine – Coimbatore Branch.

Attended by: Dietitians Mr. Naveen Kumar, Ms. Keerthana, Mr. Karthik, Ms. Surabi, Ms. Nithyasri, and Ms. Ramani Sri.

Session Highlights: Nutritional strategies for critically ill patients, Optimizing discharge nutrition to reduce readmissions, Elevating dietitian roles in the recovery continuum.



PEPTA QUEST 2025:

WHERE SCIENCE MEETS STRATEGY

Dates: April 18–20, 2025

Venue: Taj Malabar Hotel, Kochi

Event: “Pepta Quest” Scientific Symposium

Organized by: Dr. Reddy's & Nestlé

Participants: Dietitians Ms. Mythili and Mr. Karthik

Key Discussions Included: Debunking myths around enteral nutrition in critical care, Tackling hospital-based malnutrition, Exploring leadership styles and clinical communication skills.



WORLD HEALTH DAY SKIT : A STAGE FOR WELLNESS

Date: April 7, 2025

Venue: OG OPD – A Block & B Block, PSG Hospitals

Theme: “Healthy Beginnings, Hopeful Futures”

Occasion: World Health Day Celebration

Performed by: Six-month dietary interns

Also Featured: A vibrant visual display reinforcing the theme was screened across all OPDs, reaching patients and staff with messages on maternal and newborn nutrition. “Every healthy future begins with a nourished start.”

CAHO CON 2025: ELEVATING HEALTHCARE THROUGH NUTRITION

Dates: April 11–13, 2025

Venue: Hotel Pullman Aerocity, New Delhi

Theme: “Enhancing Quality through Collaboration: Transforming Healthcare Together”

Organized by: Consortium of Accredited Healthcare Organizations (CAHO)

Main Conference Participation: Dr. V. Kavitha actively contributed to discussions on integrating clinical quality across hospital systems.



PRECONFERENCE SPOTLIGHT: **CLINICAL NUTRITION & FOOD SAFETY**

Venue: Amrita Hospitals, Faridabad | **Date:** April 11, 2025
Session Title: "Bridging Health & Nutrition: Elevating Healthcare Quality Through Clinical Nutrition & Food Safety"
Moderator: Dr. V. Kavitha
Online Participants: Senior Dietitians Mrs. B. Divya, Mrs. U. Karthika, Mrs. C. Hemalatha

COLORFUL FOOD PLATE AND MINDFUL EATING

Dates: April 24 & 25, 2025
Venue: Ramalingam Institute of Cooperative Management, Saibaba Colony
Focus: Nutrition in Vulnerable Groups & Everyday Healthy Eating
Speakers: Dietitians Ms. Mekhana, Ms. Mythili
Highlights: Promoted the Colorful Food Plate for balanced eating, Shared practical tips on Mindful Eating and food variety, Encouraged sustainable habits for youth and community health.



CASE IN POINT: **CLINICAL EXCELLENCE AT IAPEN**

Date: April 26, 2025
Venue: GB Auditorium, KG Hospitals, Coimbatore
Event: IAPEN – Coimbatore Chapter Meeting
Organized by: India Association of Parenteral and Enteral Nutrition (IAPEN)
Presenter: Mrs. B. Divya, Senior Dietitian
Topic: Clinical Case Study Presentation on Whole food plant based diet
Audience: Approximately 50 dietitians from various hospitals in and around Coimbatore.



Wellness Whispers

GRACEFUL AGING, GUIDED BY NUTRITION

Date: May 4, 2025
Venue: Gopichettipalayam
Event: Free Geriatric Health Camp
Organized by: PSG Hospitals in collaboration with Bhuvana Dharma Arakattalai
Diet Counseling Provided By: Dietitians Ms. Ramani Sri, Ms. Surabi
Focus Areas: Age-appropriate dietary modifications, Nutrient-dense, easy-to-digest meal planning, Hydration and lifestyle guidance for elderly well-being.



DIABETES DIALOGUES ON A GLOBAL PLATFORM

Dates: May 10–11, 2025
Venue: Hotel The Grand Regent, Coimbatore
Event: 11th International Conference on Diabetes
Organized by: Kovai Diabetes Speciality Center and Hospital
Attended by: Senior Dietitians Mrs. B. Divya, Mrs. C. Hemalatha
Conference Highlights: Latest updates in diabetes care and research, Integrated nutrition strategies for blood glucose control, Multidisciplinary approaches in diabetes management.



LIVER STRONG, LIFE LONG

Date: May 10, 2025
Venue: B Block Auditorium, PSG Hospitals
Occasion: World Liver Day
Focus: Awareness Through Education
Organized by: Department of Dietetics
Speakers: Dr. L. Venkatakrishnan, Professor & Head, Dept. of Gastroenterology & Mrs. U. Karthika, Senior Dietitian
Session Highlights: "Food as Medicine" – Power of diet in liver health, Practical tips for liver detox and damage prevention, Everyday habits to reduce liver load.





PSG Hospitals' IT Department has launched an innovative new software called *AssistANT*, designed to revolutionize how Hospital Service Assistants operate. This

clever application helps automate their movements by using QR code scanning, allowing a "supervisor in the pocket" to continuously monitor their location from department to department, rather than relying on GPS.

The primary goal of AssistANT APP is to tackle manpower shortages and ensure staff nurses receive immediate assistance, ultimately benefiting patients by improving efficiency and response times. PSG Hospitals envisions expanding this technology across all departments to manage their workforce even more effectively in the future.

WHY ASSISTANT?

- ✓ REAL-TIME TASK NOTIFICATIONS
- ✓ CLEAR VISIBILITY OF "FROM" AND "TO" LOCATIONS
- ✓ SAVES VALUABLE TIME FOR HOSPITAL STAFF
- ✓ ACCURATE TASK ACCEPTANCE AND COMPLETION TRACKING
- ✓ REDUCES MANUAL ERRORS AND CONFUSION



MATERNAL MENTAL HEALTH WEEK (5TH – 10TH MAY 2025)

Maternal Mental Health Week was observed by the Hospital Counselling Center from 5th – 10th May 2025.

The day highlighted the significance of mother's mental health by displaying posters with message cards, awareness card distribution and group therapy sessions to mothers and their family members.



SKILL DEVELOPMENT PROGRAM: MIND RECHARGE

Hospital Counsellors Bavithra T. & Palani Pushpam P., conducted a Skill Development Program-Mind Recharge: Program for Strengthening Psychological Wellbeing for the wellbeing of PSG Staffs on 7th June 2025 at Seminar Hall, A Block.

TIPS FOR EMOTIONAL REGULATION

C **CONNECT WITH YOUR EMOTIONS**
Acknowledge and accept your feelings.

A **ACCEPT THE MOMENT**
Focus on the present and let go of worries about the past or future.

L **LABEL YOUR EMOTIONS**
Identify and name your emotions to better understand and manage them.

M **MINDFULLY BREATHE**
Practice deep, slow breaths to calm your mind and body.



HR PROMOTION REPORT 2025:

Based on the work performance and Annual Appraisal by the Head of the department this year 157 employees from various Nursing, Paramedical and Non Medical Department were promoted and redesignated with an additional Increment in this year April 2025.

- SENIOR STAFF NURSES -81NOS
- SENIOR STAFF NURSE INCHARGE -5NOS
- WARD SUPERVISOR -2NOS
- SENIOR INFECTION CONTROL NURSE -3NOS
- SENIOR RRT NURSE -2NOS
- SENIOR ASSSITANT -8NOS
- EXECUTIVE HSA -1NO
- SR.HOUSE KEEPING SUPERVISOR -1NO
- SENIOR SUPERVISOR -1NOS
- SR.SERVICE ASSISTANT -16NOS
- OFFICE ASSISTANT I -2NOS
- OFFICE ASSISTANT II -2NOS
- CUSTOMER RELATION EXECUTIVE -1NO
- SUPERVISOR -3NOS
- SUPERVISOR II -3NOS
- SR.FOOD SERVICE ASSISTANT -1NO
- CHIEF LIBRARIAN -1NO
- ASSISTANT LIBRARIAN -1NO
- SYSTEM ENGINEER -1NO
- SYSTEM ANALYST -1NO
- SR.SYSTEMS ENGINEER -2NOS
- SOFTWARE DEVELOPMENT EAM LEAD -1NO
- SOFTWARE DEVELOPER -1NO
- SR.ELECTRICIAN -1NO
- ELECTRICAL SUPERVISOR -1NO
- ASSISTANT COOK -4NOS
- SENIOR COOK -1NO
- SR.DIET SERVICE ASSISTANT -2NO
- MRI TECHNICIAN -1NO
- SR.CSSD TECHNICIAN -1NO
- CSSD ASSISTANT -2NOS
- WELDER -1NO

POSH TRAINING:

Dr.J.Jegadeeswararaj Vice principal IMSR during HR Induction session on Internal complaints committee and POSH act awareness for the newly joined Nursing Staff.



Work life Balance Training session for Medical professionals.
Wellness Whispers



Dr. Deepthi Shetty

Paediatrics

Promoted as Assistant professor

w.e.f. 01.06.2025



Dr. Vartika Goel

Pathology

Promoted as Assistant professor

w.e.f. 01.06.2025



TALENTS

STRESS BUSTER 29 MAR 25



STRESS BUSTER 26 APR 25



STRESS BUSTER 31 MAY 25



CREATIVE CARE: WORLD HEALTH DAY POSTER CONTEST INSPIRES NURSING TALENT



In celebration of World Health Day, the Nursing Department buzzed with color, creativity, and care as it hosted a spirited Poster Competition. The event saw enthusiastic participation from staff nurses, with more than 50 captivating entries making it to the final round.

The competition not only showcased the artistic talent but also their deep commitment to health awareness. Nursing Superintendent, Dr. Anuradha M.D. took on the commendable task of selecting the finalists, appreciating the thoughtfulness and visual storytelling in each poster.

As a token of recognition and encouragement, the finalists were awarded with gifts adding a practical and thoughtful touch to the celebration. The event stood as a vibrant reminder that health isn't just practiced—it's also passionately expressed.



அரும்புகள் நலத்திட்டம்

பிஎஸ்ஜி மருத்துவமனையில் அரும்புகள் நலத்திட்டம் ஜனவரி மாதம் - 2025-ல் தொடங்கப்பட்டது. இத்திட்டத்தின் கீழ், சிசு பிறந்தது முதல் ஒரு வயது பூர்த்தியாகும் வரை குழந்தைகள் பயன் பெற்று வருகின்றனர்.

அரும்புகள் நலத்திட்டத்தின் மூலம், குழந்தைகள் நல மருத்துவரின் ஆலோசனைகள், தேராய் தடுப்பூசுகளை தடுப்புக் கழிவுகூடம், குழந்தைகளின் வளர்ச்சி மற்றும் மேம்பாட்டு மதிப்பீடுகள், தாய்ப்பால் உற்பத்தியைக்கான வழிகாட்டுதல் மற்றும் குழந்தைக்கான உணவியல் ஆலோசனைகள் இலவசமாக வழங்கப்படுகின்றன.



மேற்கண்டவை அனைத்தும், சிறப்பு குழந்தைகள் நல மருத்துவரால் வழங்கப்படுகிறது. இத்திட்டத்திற்கான பதவு கட்டணம் ரூபாய் 120/- மட்டுமே. குழந்தைக்கு ஒரு வயது ஆகும் வரை, இத்திட்டத்தின் பயன்களை பெற்றுக் கொள்ளலாம். உங்கள் குழந்தைகள் நலம் பேணி, இத்திட்டம் ஒரு சிறந்த வாய்ப்பாகும். ஆயிரத்திற்கும் மேற்பட்டோர் இத்திட்டத்தில் இணைந்து பயன்பெற்று வருகின்றனர்.

வருமூன் கர்ப்பேரம் என்ற கொள்கையின்படி செயல்படும் பிஎஸ்ஜி அரும்புகள் நலத்திட்டத்தில் இணைய முன்பதிவு மற்றும் விவரங்களுக்கு:

குழந்தைகள் நல சிகிச்சைத் துறை
நொலபேசு எண் 9894098869 அல்லது 0422-4587140 க்கு
அனுப்புகலாம்.


பி எஸ் ஜி மருத்துவமனை
வழங்கும்


பி எஸ் ஜி அரும்புகள் நலத்திட்டம்
(பிறந்த குழந்தை முதல் 1 வயது வரை)

பதிவுக் கட்டணம்
ரூ. 120 மட்டும் செலுத்தி
 மற்ற செலவுகளை*
"கட்டணமில்லாமல்" பெற்றீடுங்கள்.

கட்டணமில்லாமல் இத்திட்டத்தின் கீழ் வழங்கப்படும் சேவைகள்

- ▶ குழந்தைகள் நல மருத்துவ ஆலோசனை
- ▶ நோய்த்தடுப்புகளை தடுப்பூசி திட்டம்
- ▶ குழந்தையின் வளர்ச்சி மற்றும் மேம்பாட்டு மதிப்பீடு
- ▶ தாய்ப்பால் உற்பத்தியைக்கான ஆலோசனைகள்
- ▶ குழந்தைக்கான உணவியல் ஆலோசனை
- ▶ திட்டப்பயன்கள் குழந்தையின் 1 வயது வரை மட்டுமே.



முன்பதிவு மற்றும் விவரங்களுக்கு :
குழந்தைகள் நல சிகிச்சைத் துறை
98940 98869 / 0422 458 7140



Have you ever stopped to think about how much we rely on hearing and communication in our daily lives?

Listening to a baby's first word, singing your favourite song, and a grandparent sharing stories with loved ones, all these moments seem simple, but they're incredibly meaningful. For some, speaking, understanding, or even hearing those moments doesn't come easily. That's where **Audiologists and Speech-Language Pathologists (SLPs)** step in.

In the **Developmental and Behavioural Paediatrics department**, SLPs help children find their voice, sometimes for the very first time! As part of a multidisciplinary team, we support children with communication and feeding challenges through early intervention and parent empowerment. By guiding families and celebrating each milestone, we help children grow and be independent, leaving a lasting difference in their lives.

At the **Physical Medicine Rehabilitation (PMR) department**, SLPs assess **speech, language, communication, and swallowing functions across all age groups using standardized tools and clinical expertise**. We work with individuals affected by conditions like **aphasia, dysarthria, apraxia, stuttering, dysphagia, and cognitive-communication disorders often resulting from neurological, surgical, or structural causes**. Based on each assessment, SLPs develop therapy plans using targeted techniques such as **speech-language interventions, swallowing exercises, compensatory strategies, and neuromuscular electrical stimulation** to support recovery and improve quality of life.

Audiologists manage the technical aspects, including **diagnostic evaluations, amplification device activation, and speech processor programming**, leading to the success of **cochlear implant rehabilitation**. We provide critical guidance and support to families, provide **Auditory Verbal Therapy**, which focuses on helping children interpret sounds and develop spoken language. Early intervention after implant leads to significantly better language outcomes.

Together, Audiologists and Speech-Language Pathologists play a pivotal role in facilitating communication and improving quality of life across the lifespan through **early identification, individualized intervention, and evidence-based care**.

Contact Numbers :- **0422 - 4345746 (PMR)**
0422 - 4345110 (ENT)
0422 - 4587120 (Developmental Paediatrics)



EVENTS



Managing Trustee during special ward opening ceremony



Dr Subba Rao principal PSG IMSR opening the CMMT



PRM practice for working women training session



Launch of Thunai by Director PSG SSH on 11 Jun 25



Team PSG Marketing staff in the PSG Institute of Management Conclave
Wellness Whispers



↑ Helmet Awareness Campaign-1 dated 21 Jun 25



← Mr. Pharthiban Senior Physiotherapist has won a 1st place for his paper presentation in a conference conducted by Tamil Nadu Dr. MGR Medical University on 30.04.25

நலம்

பஞ்சகோச உடல்நல பரிசோதனை:

முழுமையான ஆரோக்கியத்திற்கான புதிய அணுகுமுறை

பிஎஸ்ஜி சூப்பர் ஸ்பெஷாலிட்டி மருத்துவமனை, உலகின் முதல் பஞ்சகோச உடல்நல பரிசோதனைத் திட்டங்களை அறிமுகப்படுத்தியுள்ளது. இது வழக்கமான உடல் பரிசோதனைகளை விட மேம்பட்டது. ஏனெனில் இது உடல், ஆற்றல், மனம், அறிவு மற்றும் ஆனந்தம் என மனித இருப்பின் ஐந்து அடுக்குகளை ஆராய்கிறது. வழக்கமான மருத்துவப் பரிசோதனைகளுடன் (இரத்தப் பரிசோதனைகள், அல்ட்ராசவுண்ட், எக்ஸ்-ரே) விரிவான நல்வாழ்வு மதிப்பீட்டை இணைப்பதன் மூலம், இந்த பரிசோதனை தனிநபரின் உடல், உணர்ச்சி, மன, அறிவுசார் மற்றும் ஆன்மீக நல்வாழ்வு பற்றிய பன்முகப் புரிதலை வழங்குகிறது. மேலும், இது ஆயுர்வேதத்தின் திரிதோஷ பகுப்பாய்வையும் உள்ளடக்கியது. ஒட்டுமொத்த சமநிலையைப் பராமரிப்பதில் வாதம், பித்தம் மற்றும் கபத்தின் முக்கியத்துவத்தை எடுத்துக்காட்டுகிறது.

இந்த தனித்துவமான பஞ்சகோச பரிசோதனை, பொதுவான பரிந்துரைகளுக்குப் பதிலாக தனிப்பட்ட பரிந்துரைகளை வழங்குகிறது. எந்த 'கோசத்திற்கு' கவனம் தேவை என்பதைக் கண்டறிந்த பிறகு, தனிநபர்களுக்கு அவர்களின் குறிப்பிட தேவைகள் மற்றும் அன்றாட வாழ்க்கை முறை மாற்றங்கள், இயற்கை சிகிச்சைகள், யோகா மற்றும் மனநிறைவுப் பயிற்சிகள் போன்ற தனிப்பட்ட ஆலோசனைகளை வழங்குகிறது. வழக்கமான மருத்துவப் பரிசோதனை முறைகள் தவறவிடும் ஏற்றத்தாழ்வுகளை இந்த விரிவான மதிப்பீடு வெளிப்படுத்துகிறது. மனம் மற்றும் உடலின் சமநிலை குறித்த ஆரம்ப அறிகுறிகளில் கவனம் செலுத்துவதன் மூலம், இது உடல் ரீதியாக வெளிப்படுவதற்கு முன்பே நோயைத் தடுப்பதற்கு வழி வகுக்கிறது.

நலம் பேக்கேஜ்: ரூ.2900 மட்டுமே

முன் பதிவுக்கு: இயற்கை மற்றும் யோகா துறை, 9952175481.

பி.எஸ்.ஜி மருத்துவமனை
சூப்பர் ஸ்பெஷாலிட்டி

இயற்கை மருத்துவம் & யோகா துறை
அறிமுகப்படுத்தும்

உலகில் முதல் முறையாக

பஞ்சகோசங்களின் மூலம் முழு
உடல் ஆரோக்கியப் பரிசோதனை

*அறிவியல் பூர்வமான ஆதாரங்களை அடிப்படையாக
கொண்டது

ஐந்து மூலக்கிவ பரிமாணங்களில் நோய்களுக்கான
மூல காரணத்தைக் கண்டறிந்து, இயற்கையான
மற்றும் பயனுள்ள அணுகுமுறைகளைப்
பயன்படுத்தி அவற்றைத் தீர்க்க விரும்புகிறீர்களா?

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இப்போது எங்கே செய்வது

*அனைத்து வயதினருக்கும்

தொடர்புக்கு: 99521 75481 / 0422 434 5432

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INTERNATIONAL YOGA DAY 2025 CELEBRATIONS



ONCOLOGY

WORLD NO TOBACCO DAY

The theme for this year is "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products." Col CST Swamy was the chief guest of the day who gave a brief idea about how to start the mission in Coimbatore along with NCC. The special invitee Mr. Swapnil Sankhe and Dr. Tharini gave a speech on the impact of tobacco. The pharmacy college students did a skit to create awareness amongst the attendees for the program.



SURVIVORS DAY & INTERNATIONAL YOGA DAY

National Survivors day was celebrated on 4 June, 2025. Dr. Prasanna Kumar came as chief guest for the program and motivated the cancer patients and their attenders. The day started with a prayer song and speech by Dr. Bharadhwaj and Dr. Prasanna Kumar, followed by Yoga for the patients and attenders to enhance the quality of life and well being. The Yoga session was conducted by Dr. Subhashini for the patient attenders and patients.



THALASSEMIA DAY

8th of May, the International Thalassemia Day is devoted to raising awareness amongst the general public and decision-makers about thalassemia, highlighting the lifelong and difficult struggle of patients against Thalassemia. "Together for Thalassemia: Uniting Communities, Prioritizing Patients" is this year's theme for Thalassemia Day, underlying the importance of bringing the entire community together in this fight against the disease. Dr. Shashi Ranjini, Pediatric Hematologist and Oncologist gave an awareness talk to the nursing college students at PSG College of Nursing, Coimbatore, stressing the importance of monthly blood transfusion, chelation therapy, bone marrow transplantation as a curative treatment modality and finally on the importance of antenatal diagnosis.



BONE MARROW TRANSPLANTATION

The second pediatric BMT was conducted successfully in PSG C block in March 2025 by our BMT team. Miss M, a pediatric oncology patient (6 years old), was diagnosed with Burkitt's lymphoma and has been treated with chemotherapy and surgery at our center. She underwent Bone Marrow Transplantation in March 2025 and is presently going well. Over the past year, she and the family have shown remarkable resilience and strength.

Team: Dr Shashi Ranjini (Pediatric hematologist/Oncologist) Dr Leo (Clinical hematologist), Dr Bharadhwaj and Dr Kavi Shankar (Medical Oncologist)

BLOOD BANK: TRANSFUSION SERVICES AT PSG HOSPITALS

The journey of the Blood Bank in PSGIMSR where the hospital and Blood bank stand inseparable in its services.

The first milestone of our blood bank was in 1990, when only whole blood was available for transfusion. The second milestone was in 2001, when our blood bank started separation of whole blood into components like RBCs, plasma, platelets and cryoprecipitate. Patients could be given any one component or a combination of the blood components, as per the need of the patient. It was in this year that the blood bank was upgraded to a regional blood centre.

The third milestone was the emergence of Apheresis in which required quantity of any one component could be harvested from the donor. The rest of the blood drawn is reinfused to the donor himself. This was a remarkable step in patient care. The fourth milestone was harvesting of stem cells from oncology patients and reinfusing the same at a later date. (autologous stem cell transplant) This has proved to be a record breaking advancement in the treatment of leukemias, some solid organ tumours and multiple myeloma. In October 2024, the blood bank raised the bar of safety of blood products to provide NAT tested blood to our patients. Ours is the first blood bank to start NAT testing in this part of Tamilnadu. We are very proud to say that ours is one of the largest blood centres in this part of the state, doing state of the art tests in Immunohaematology and transfusion transmitted infections to assure quality and safety of blood and blood products.



NEWS



Coimbatore Judges & Advocates special committee conducted an awareness programme on " Gender Equity, Gender Equality and Women's empowerment and Prevention of Sexual Harassment of Women in workplace" at PSG IMSR & Hospital B- block Auditorium on 26.04.2025



Vocational Excellence is awarded to the institution head for excellence in their vocation and social care by Rotary centennial Club



March 2025 Edition Content Contributors Meet-dated 06 Apr 25 - B block Auditorium

SURAKSHA NURSING CARE FACILITY – NOW AT A BLOCK, PSG HOSPITALS

Following the successful launch of our Suraksha Nursing care facility at Edayarpalayam, we are pleased to announce the opening of a similar Facility at A Block, PSG Hospitals.

This unit is designed to provide transitional care for patients who require continued support after hospital discharge. In addition to dedicated nursing services, the facility also offers physiotherapy and other rehabilitative therapies, helping patients recover faster and transition safely back to their homes.

Being located within PSG Hospital ensures that patients stay close to their Doctors, enabling timely medical reviews and seamless continuity of care. With a focus on comfort, safety, and recovery, Suraksha delivers supportive care tailored to each patient's needs.

For more details, please contact: 98940 13739



MARKETING

Date: 19/03/2025

Event: CME on Reconstructive Surgical Techniques in Gynecology – Recent Advances

By Dr. T.V Cithra And Dr.R Chithra

Venue: IMA Hall, Coimbatore



Date: 07/04/2025

Event: World Health Day Awareness Talk for School Students By Dr S. Bavishna ,Consultant-Child & Adolescent Psychiatry, Ms. Sushmita Sushrut, Psychologist.

Venue: Sri Suka Brahma Maharishi Vidyalaya Matriculation Higher Secondary School, Peedampalli Coimbatore.



Date: 23/04/2025, 24/04/2025 & 25/04/2025

Event: Corporate Eye Camp

Venue: Pricol Limited, Plant-1 Periyanaickenpalayam, Coimbatore & Plant-3 Chinnamathampalayam, Coimbatore.



Date: 24/04/2025 & 25/04/2025

Event: General Health Camp & Preventive Cardiology Health Talk to state Co-operative society employees.

Venue: Co-operative Management Institute, Saibaba Colony, Coimbatore.

Date: 26/04/2025

Event: Corporate Health Camp & Yoga and Naturopathy Awareness Session

Venue: Coral Manufacturing Works, Erode



Date: 29/04/2025

Event: In-house General Health Camp & Health Talk for Neyveli Lignite Corporation India Limited Retired employees & dependents by Good life TPA, Vidal TPA.

Venue: B-Block, 2nd Floor Auditorium, PSG Hospitals.

Date: 02/05/2025, 03/05/2025

Event: IVF Workshop by PSG Institute of Advanced Studies & Hospitals

Venue: A-Block, Seminar Hall, PSG Hospitals



Date: 04/05/2025

Event: Geriatric & General Health Camp

Venue: Bhuvana Bhavanam Hall, Gobichettipalayam



Date: 18/05/2025

Event: General Health Camp for The Coimbatore District Central Cooperative Bank Ltd (CDCC) employees

Venue: Mani Mahal, Peelamedu, Coimbatore.



Date: 02/06/2025

Event: PSG Hospitals Receives ₹36-Lakh worth Advanced Auditory Screening Equipment Press Meet

Venue: Board Room, A Block, PSG Hospitals

PSG IMS&R, In Collaboration With The Medical Intervention Team (MIT) From Germany, Shanti Ashram Of Coimbatore, And The International Centre For Public Health (ICPH), Launched A Notable Initiative To Support Children And Students With Hearing Impairments.



Date: 13/06/2025

Event: Blood Donation Camp by PSG Collage Of Physiotherapy

Venue: Blood Bank, PSG Hospitals

As Part of Its 25th Anniversary Celebrations, PSG College of Physiotherapy Is Organizing Monthly Events Throughout the Year. In June, The College Marked World Blood Donor Day by Hosting a Blood Donation Drive, During Which 46 Students Donated Blood on 13th June 2025, At PSG Hospitals.



Date: 16/06/2025

Event: Yoga & Naturopathy Department press meet

Venue: Board Room, A Block, PSG Hospitals

NALAM (Panchakosha based holistic health checkup) launch



PSG: Leading the Way in Multi-Organ Transplants

Since its first transplant in 1998, PSG Hospitals has become a trusted center for advanced, compassionate transplant care.

Kidney Transplants

- ⊖ 378+ successful procedures
- ⊖ ABO-incompatible & dual kidney transplants since 2017
- ⊖ Minimally invasive donor surgeries for faster recovery

Liver Transplants Since 2014, 76 transplants including:

- ⊖ Living/Deceased Donor, Split, Pediatric, and Combined Liver-Kidney
- ⊖ Emergency care for Acute Liver Failure

Heart & Lung Transplants Started in 2016 with:

- ⊖ 23 Heart and 3 Lung Transplants
- ⊖ ECMO support for critical cases

Robust Infrastructure & 24/7 Support

- ⊖ Dedicated transplant ICUs and skilled teams
- ⊖ Real-time diagnostics and coordinated care

Accessible & Patient-Focused

- ⊖ Insurance support (CMCHIS & PM-JAY)
- ⊖ Remote follow-up and emotional care services

Deceased Donor Program Over 30 donors since 2012 have helped give others a second chance at life.

"One donor can save up to eight lives. At PSG Hospitals, this truth guides every step we take."

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Championing Heart Health: PSG's Pioneering Preventive Cardiology Initiative



With the alarming rise in heart and lifestyle-related diseases in India, the Department of Preventive Cardiology at PSG Super Specialty Hospital has taken a bold step forward by launching a comprehensive cardiac care initiative - the PEARL CLINIC. Officially inaugurated on the eve of World Heart Day, 29th September 2021, PEARL CLINIC stands for Prevention and EARLY detection of Cardiovascular and other Lifestyle diseases by Novel methods and Integrated & Continued care.

The PEARL Clinic offers an exclusive Cardiac Master Health Check-up designed to identify early risk factors for heart disease using advanced diagnostic tools. These include HsCRP, Homocysteine testing, Pulse Wave Analysis, EndoPAT, CT Coronary Calcium Scoring, Ankle-Brachial Index (ABI), and Cardiopulmonary Exercise Testing (CPET). What sets this program apart is its personalized approach - each participant receives one-on-one consultation with specialists, along with regular follow-ups to guide lifestyle modifications.

A dedicated multidisciplinary team—comprising Cardiologist, Lifestyle Medicine Physician, Psychiatrist, Dietitian, Physiotherapist, Psychologist, Yoga & Naturopathy Consultant, Social Worker, and Nurse—ensures holistic, high-quality, and continuous care. The clinic offers a range of packages: Basic, Comprehensive, and Premium, catering to varying health needs and preferences.

As a part of its ongoing commitment to preventive health, the department rolls out new awareness initiatives each year on World Heart Day. Notable programs under the PEARL CLINIC banner include:

PEARL SAIL (Systematic Approach for Inch Loss): A workplace wellness initiative focused on weight loss and reducing cardiovascular risk factors among PSG staff.

PEARL CHILD (CHildhood Lifestyle Disorders): In collaboration with the Pediatrics Department, this program aims to detect and prevent lifestyle disorders in children at an early stage.

PEARL DREAM (Diabetes Reversal through Eating and Activity Management): Partnering with the Endocrinology Department, this initiative targets early-stage/Pre diabetes with evidence-based lifestyle interventions.

In 2019 and 2020, the department organized walk/run events for women employees, promoting physical activity. Building on this momentum special attention is also given to women's cardiovascular health, **HEARTATHON 2022 and 2023, a large-scale public marathon exclusive to women, was launched.** These events also marked the debut of **WIN (Women In Nurturing your heart)** - a community-driven program aimed at fostering heart health among women, their families, and the wider society.

Beyond the hospital walls, the team actively engages with the community through health talks and preventive awareness sessions in schools, colleges, corporations, and government institutions, including the Tamil Nadu Electricity Board and Tamil Nadu Cooperative Society.

PSG's Department of Preventive Cardiology continues to lead the way in redefining cardiac care — by shifting the focus from treatment to prevention and empowering individuals with the tools for lifelong heart health.





Best Staff Nurse Award



Best Ward Award



Best Supervisor Award