

*an era of PSG legacy continues....*

Dear Colleagues,

It gives me immense pleasure to connect with you once again through Wellness Whisper, our vibrant in-house newsletter that has quickly become a cherished platform across PSG Health Sciences Institutions. What began as a thoughtful initiative has grown into a lively chronicle of our shared journey — celebrating milestones, achievements, teamwork, and the spirit that defines us.

Each issue captures the essence of our institution — the dedication in our wards, the precision in our laboratories, the compassion in our consultations, and the camaraderie in our corridors. Through its colourful visuals and stories, Wellness Whisper not only reports events but reflects who we are as a community.

This edition is especially meaningful as we celebrate the centenary year of PSG & Sons' Charities, fondly known as the “fifth brother,” which has served society with unwavering commitment for a hundred years. This remarkable legacy in education, healthcare, and social upliftment stands as a testament to our shared vision and values.

As members of this institution, we inherit not only its reputation but also its ethos of integrity, compassion, excellence, and service. Let us continue to work together with renewed pride and purpose, contributing to this enduring legacy. I congratulate the editorial team for their dedicated efforts and thank every member whose contributions make these pages meaningful.

With warm regards,



**Dr. R. Karthikeyan**

**Medical Director, PSG IMSR Hospitals**

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Managing Trustee, PSG & Sons' Charities

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## **PSG WELCOMES....**



Dr Kavimalar - Assistant Professor  
Dental



Dr. G Anubama - Junior naturopathy  
& yoga physician



Dr. Arthi Elango  
Medical Oncologist



Dr. S. Shanthi  
ICU Intensivist



Dr. Suresh kumar  
ICU Intensivist

March 2026 Edition

# Nursing

As part of IV Nurse Week, an educational session on “Managing Blood Leak During Cannulation” was conducted on 03.02.2026 by Mr. Ananddevaprasad, from B. Braun. The session aimed at strengthening safe IV cannulation practices and was followed by an interactive quiz. A total of 66 nursing staff actively participated.



Infection Control Nurses Ms. Malarkodi R and Ms. Sofika Jayaseeli from the Department of Nursing Service, have successfully completed the Infection Control Nursing Certification Program (8 Weeks Distance Education) conducted by Amrita Institute of Medical Sciences, Kochi.



Five Infection Control Nurses (ICN) from the Department of Nursing Service participated in the 8th Advanced National Workshop on Hospital Infection Control conducted from 17th to 21st February 2026 at JIPMER, Puducherry, in association with the Antimicrobial Stewardship and Infection Control Association (AMSICA).

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Ten Staff Nurses from the Department of Nursing Service were trained in the use of the NIRAMAI SMILE-100 System, an AI-based thermal breast imaging device for early detection of breast cancer, which aids in reducing mortality through timely diagnosis.



Nine members from the RRT (Rapid Response Team), Department of Nursing Service have successfully completed the American Heart Association (AHA) BLS and ACLS Certification Programs. This accomplishment strengthens the team's competency in delivering high-quality Basic Life Support and Advanced Cardiac Life Support during critical emergencies.



A total of 39 members from the Department of Nursing Service participated in the State Level Seminar on “Beyond the Barrier: IPC for the Future” organized by Kumaran College of Nursing, Coimbatore on 05 March 2026. The programme was approved by the Tamil Nadu Nurses and Midwives Council, and participants were awarded 7 CNE credit hours for their active participation.

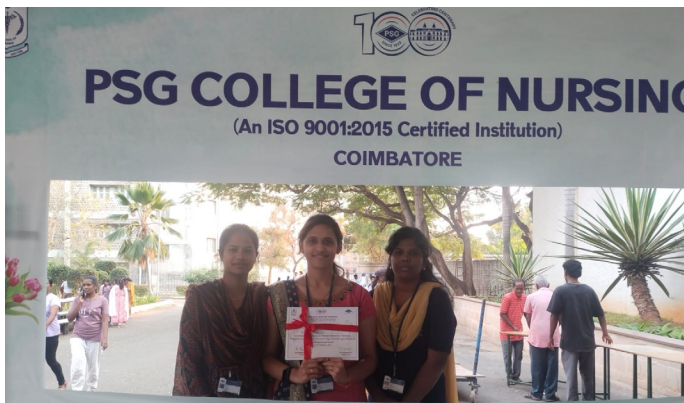


Dementia orientation certificate course was conducted by PSG Hospitals in collaboration with Dementia India Alliance on 21st February 2026. 17 members from the Department of Nursing Service attended the day long session.

Mrs. Lissy Jebarani, ward supervisor was one of the trainers.

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Three members from the Department of Nursing Service participated as delegates in the National Conference on “Innovation, Collaboration and Holistic Care: Forensic Nursing – A Futuristic Approach to Health Care & Legal System in India” held on 13th February 2026 at PSG College of Nursing, Coimbatore.



Six members from the Department of Nursing Services, PSG Hospitals, participated as delegates in the Pre-Conference Workshop on “Skill Training and Capacity Building for Forensic Nurses” held at PSG College of Nursing, Coimbatore, on 12th February 2026. The workshop enhanced their knowledge and skills in forensic nursing practice.



The Department of Nursing Service, PSG Hospitals, in collaboration with BD Company, has undertaken the SAS Initiative – Safe Access and Care, a holistic campaign focused on strengthening hospital compliance while promoting both patient safety and health-care worker safety.

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Eighteen staff nurses and a Ward supervisor participated as delegates in the Safe Surgical Practices & Innovations in Intestinal Surgeries – Hands-on Workshop organized by the Department of Nursing, G. Kuppuswamy Naidu Memorial Hospital (GKNM), Coimbatore, on 11th January 2026.



Fourteen members from Department of Nursing Service, PSG Hospitals participated in the State-level Conference on "Gen Z Mental Health Challenges : Nursing Strategies" on 7th January 2026 at College of Nursing, Sri Ramakrishna Institute of Paramedical Sciences, Coimbatore. The conference was awarded with 7 credit hours by TNNMC.



The 55th National Safety Day Awareness Program was organized by the Safety Department, PSG IMSR & Hospitals on 4th March 2026 at the PSG IMSR Mini Ground with the theme “Engage, Educate & Empower People to Enhance Safety.” The program featured safety demonstrations including dry hose drill, fire extinguisher drill, firefighter suit wearing, wet hose drill, and rescue methods.

The program was graced by Dr. K. Karthikeyan, IPS, Superintendent of Police, Coimbatore, as the Chief Guest and emphasized the importance of safety awareness in healthcare and the community.

March 2026 Edition

# Dietary

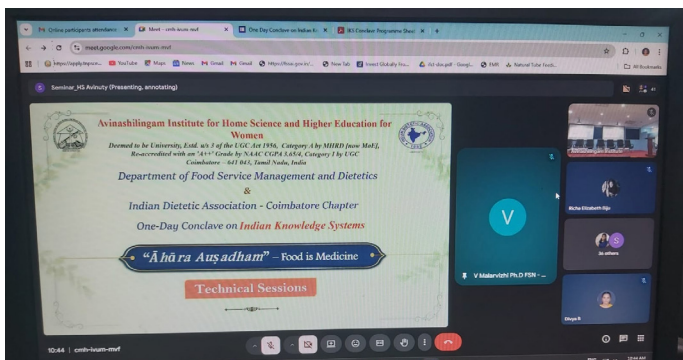


## Guest Lecture on Principles of Menu Planning & Case Study Presentation

Date: 9<sup>th</sup> January 2026

Mrs. U. Karthika (Senior Dietitian)

Conducted for 30 students of MES Mampad College & Nehru Arts and Science College students at Institute of Nutrigenetics, Coimbatore



13.02.2026 - One-Day Conclave – Indian Knowledge Systems (Ahara Ausadham: Food is Medicine) at Avinashilingam Institute for Home Science and Higher Education for Women. Mrs. B. Divya, Mrs. U. Karthika and Mrs. C. Hemalatha attended the conclave; Mrs. Divya presented e-poster on WFPBD millet implementation.



## Dietetics Day Celebration

10<sup>th</sup> January 2026: B Block Portico

Theme: Control of Obesity for a Healthier India – A Call to Action from Nutrition Science Professionals  
Conducted a “Know Your Numbers” program with assessment of height, weight, waist-hip ratio, handgrip strength, and nutrition counseling for PSG employees and public

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23–24.01.2026: International Research Conference, NGP Arts and Science College. Ms. Sri Rahavi, Dietitian: Paper presentation on nutritional status in DCLD; selected among Top 10 of 130 papers.



## Medical Nutrition Therapy – Guest Lecture

23.01.2026

PSG College of Arts and Science

Medical Nutrition Therapy for Diabetes Mellitus for II-year Nutrition, Food Service Management and Dietetics students.  
Resource Person: Mrs. B. Divya, Senior Dietitian.

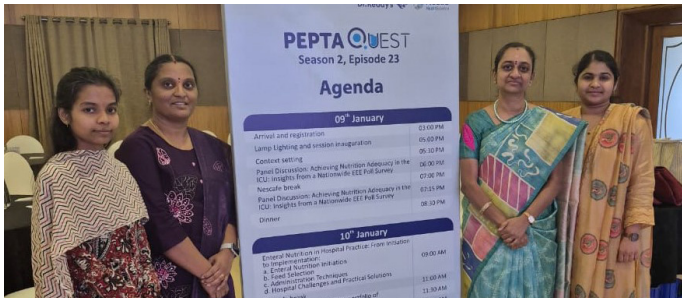


21.02.2026 - LIVER Nutricon at KMCH hospitals – Mrs. U. Karthika & Mrs. C. Hemalatha

24.02.2026 - National Level Case Study Presentation Competition: Organized by Hexagon Nutrition and Clinical Nutrition Excellence Academy; Mrs. U. Karthika, Senior Dietitian, was shortlisted for Round I among 39 selected from 119 case studies submitted nationwide.



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Pepta Quest – Masterclass on Critical Care Nutrition (9th–11th Jan 2026) was held at Sterling Fern Hill Resort, Ooty, featuring Dr. V. Kavitha speaking on enteral nutrition challenges and solutions.



26.02.2026 - Guest lecture on GI Diseases, PSG College of Arts and Science. - Mrs. C. Hemalatha, Senior Dietitian



04.03.2026 - World Obesity Day - awareness talk for our PSG employees – Mrs. C. Hemalatha, Senior Dietitian



**World Anaemia Awareness Day Program**  
Awareness talk given on iron-rich foods with display of iron and vitamin C-rich foods on 13.02.2026.

## Mindful Eating: A Moment of Care for Yourself

In a hospital setting, where work is fast-paced and demanding, meals often take a back seat. Whether it's a missed breakfast, a rushed lunch between shifts, or tea with a quick snack during charting—many of us eat without truly noticing it. Over time, these habits can affect energy, digestion, and overall well-being.



**Simple, Practical Tips**

- Don't Skip Meals**
  - Fuel up regularly.
- Eat Slowly**
  - Chew your food well and enjoy each bite.
- Avoid Distractions**
  - No screens or charts while eating.
- Keep Healthy Snacks**
  - Have smart snacks on hand.
- Stop When Full**
  - Listen to your body.

**Take 15–20 minutes** for one mindful meal each day.  
In caring for others, don't forget to nourish yourself too.

**Pause & Enjoy**

**Mindful eating** is the practice of being fully present while eating. It means noticing the look, aroma, texture, and taste of your food, and listening to your body's signals of hunger and fullness. It's not about changing what you eat—it's about changing how you eat.

### Why It Matters?

Healthcare workers often face:

- Skipped or delayed meals
  - Fast, distracted eating while multitasking
  - Stress-related snacking (especially sweets or fried items)
- These habits can lead to fatigue, acidity, poor digestion, and mindless overeating.

### Simple, Practical Tips

- Don't skip meals – even a small, timely meal can prevent energy dips
- Eat slowly – chew your food well and enjoy each bite
- Avoid screens or paperwork during meals when possible
- Keep simple, healthy snacks handy during long shifts
- Stop when comfortably full, not overly full

Taking just 15–20 minutes for one mindful meal a day can restore energy, focus, and calm—even on the busiest shifts. In caring for others, don't forget to nourish yourself too.



Mr. R. K. Selvakumar - CIO has attended the CHIME India Masterclass, held alongside the Transforming Healthcare with IT (THIT) Conference, in Hyderabad, from 28-31 January 2026



Mr. Kannan from the IT team attended Exchange India 2026, Hitachi's annual flagship customer engagement event, was held from January 28-30 in Dehradun

# Women's Day Celebration 2026



# Hospital Counselling Center



Sandhya M., Hospital Counsellor took a session on 'Understanding Dementia' as a part of Dementia Awareness & Training Program for Staff Nurses organized by the Department of Geriatric Medicine on 26th February 2026



Palani Pushpam P., Hospital Counsellor was invited for a Guest Lecture on 'Dementia Sensitisation Program and HMSE Screening tool Training' for MSW Students, Nehru College of Arts and Science, Malumichampatti, Coimbatore organized by Dementia India Alliance on 06th February 2026.



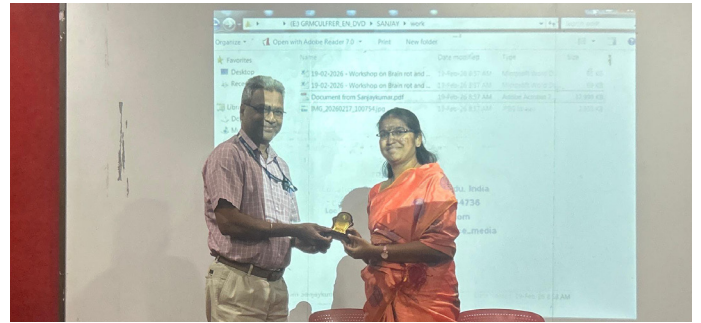
Positivity Corner: Posters on Positive Psychology were displayed outside the entrance of B- Block, PSG Hospitals on 1st of every month. For the past 3 months, the themes were Kindness, Gratitude & Optimism.

Skill Development Program: As a part of ENWOS (Enhancement of Wellbeing of Staff) Hospital Counsellors conducted sessions on 'Work Life Balance: From Stress to Stability' for the various cadre of staffs including Lab Technicians, Dietitians, Office Assistants, Cafeteria staffs and Hostel Student Mess staffs

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Sujitha R., Hospital Counsellor conducted Group therapy session for the patient attenders in the theme of Kidney Health for All in view of World Kidney Day at Waiting Area, Dialysis unit I, A- Block on 13th March 2026



Bavithra T., Hospital Counsellor, was invited for a Guest Lecture on 'Brain Rot and ABC Model' for Undergraduate & Post Graduate students, Department of Psychology, Hindustan College of Arts and Science, Coimbatore on 19th February 2026.



Palani Pushpam P., Hospital Counsellor was invited for a Guest Lecture on 'Geropsychology: The future of Aging' for B.Sc Psychology students of Sri Krishna Adithya College of Arts and Science, Kovaipudur, Coimbatore on 2nd March 2026



March 2026 Edition

# HFR Recreation

26<sup>th</sup> December 2025



31<sup>st</sup> January 2026



28<sup>th</sup> February 2026



# HR Promotion



Following faculty members promoted as Assistant Professors, effective from 1st February 2026

1. **Dr K. Lakshmi Sindhura** - Orthopaedics
2. **Dr Shanmugapriya S** - Obstetrics and Gynaecology
3. **Dr Sreevijayaraj Rajagopal** - General Surgery



The Management and Administration of PSG Institute of Medical Sciences & Research congratulate the following faculty members on their well-deserved promotions, effective from 1st January 2026:

1. **Dr. Rajakumar R** to Professor, Department of Radiology
2. **Dr. Thilagarajan S** to Associate Professor, Department of Radiology
3. **Dr. Senthil Prabu Mariappan** to Associate Professor, Department of Surgery



1. **Dr. Maida Engels S.E** promoted as Professor in Pharmaceutical Chemistry,
2. **Dr. Rama P** promoted as Professor in Pharmacy Practice
3. **Dr. Vanitha S** promoted as Associate Professor in Pharmacognosy
4. **Dr. Vijayalakshmi S** promoted as Associate Professor in Pharmaceutics



Mr. Kishore Kanna promoted as Assistant Professor cum Emergency Medicine Technologist @ PSGIMSR - AHS



Dr. Nadhini Narayanan Assistant Professor, Anesthesiology & OT Technology @ PSGIMSR - AHS

## Training Programs



Yoga & Naturopathy session by Dr. Subashini during HR Recreation program



Fire & safety drill training HR Induction program for newly joined staff nurses

Shot my Galaxy A23 vijay  
19 March 2026 4:34 pm

# Training Programs



HR learning Session by Dr.Suvetha Professor Community Medicine - 07 Jan 26



Coimbatore Healthcare Human Resources training program with Shri. Karthikeyan Deputy Director ESI



Mr. Ramesh HRO during HR Refresher training program



Sakthi - an initiative to ensure the Health fitness of Migrants working womens from PMR Team.



HR Learning & Development activity session on Stress management at the workplace by Dr. Anuja Panicker, Professor on 27.12.2025



Fire safety training & Orientation for migrant workers  
Wellness Whispers



Yoga Learning Session for Nursing Students from Switzerland

# Robust compliance and operations effectiveness are crucial in healthcare

In today's complex healthcare landscape, hospitals face numerous challenges in maintaining robust compliance and operational effectiveness. With stringent regulatory requirements, increasing patient expectations, and rising operational costs, hospitals are under pressure to prioritize compliance and efficiency to deliver high-quality care.

## Compliance: A Top Priority

Compliance is critical in super specialty hospitals, where patient safety and quality care are paramount. Hospitals must adhere to various regulatory frameworks, such as NABH, JCI, and ISO, to ensure compliance with national and international standards.

Key areas of focus include:

- Adhering to regulations (e.g., NABH, NABL)
- Patient safety and quality care
- Ensuring patient safety and data privacy
- Maintaining accurate documentation
- Conducting regular internal audits and risk assessments
- Infection control and prevention
- Medical record management
- Staff training and competency
- Risk management and mitigation

## Operations Effectiveness: Driving Efficiency

Effective operations are crucial for hospitals to optimize resources, reduce costs, and enhance patient satisfaction. Key strategies include:

- Streamlining processes and reducing waste
- Implementing technology solutions (e.g., EMR, PACS)
- Enhancing staff productivity and engagement
- Optimizing supply chain management
- Focusing on patient-centered care

## Best Practices

To achieve robust compliance and operations effectiveness, hospitals can adopt the following best practices:

- Establish a strong compliance culture
- Conduct regular audits and risk assessments
- Implement evidence-based policies and procedures
- Foster collaboration and communication among teams
- Continuously monitor and improve performance

## Conclusion

Robust compliance and operations effectiveness are essential for all hospitals to deliver high-quality care, ensure patient safety, and maintain regulatory compliance. By prioritizing compliance, optimizing operations, and adopting best practices, hospitals can enhance patient satisfaction, reduce costs, and improve overall performance.



## PSG Hospitals Operations Team



# "WE THE CARE SUPPORTERS"- *The Cleaning Bees*

## பிணி வந்தபின் குணப்படுத்துவது மருத்துவரீ பணி பிணி வராமல் பாதுகாப்பது எங்கள் பணி

PSG மருத்துவமனையில் நோயாளி அறைகள், அறுவை சிகிச்சை அரங்கங்கள், ஆய்வகங்கள், காத்திருப்பு அறைகள், அலுவலகங்கள், கல்லூரி விடுதிகள், வகுப்பறைகள், தேர்வறைகள், கழிப்பறைகள் மற்றும் அதனுடன் தொடர்புடைய அனைத்து பகுதிகளிலும், திரு. பரணி கிருஷ்ணன் அவர்களின் தலைமையில் 19 மேற்பார்வையாளர்கள் மற்றும் 430 துப்புரவு பணியாளர்கள் இணைந்து துப்புரவு பணிகளை மேற்கொண்டு வருகின்றனர்.

- ◆ சுகாதாரப் பணியாளர்கள் பெரும்பாலும் சுற்றுச்சூழல் சேவை பணியாளர்கள் அல்லது மருத்துவமனை சுகாதார உதவியாளர்கள் என்று அழைக்கப்படுகிறார்கள்.
- ◆ நோயாளிகள், ஊழியர்கள் மற்றும் பார்வையாளர்களுக்கு சுத்தமான, சுகாதாரமான மற்றும் பாதுகாப்பான சூழலை உருவாக்குவதே எங்கள் பணி.
- ◆ தொற்றுக்கட்டுப்பாடு மற்றும் சுகாதார பராமரிப்பு தொடர்பான தொற்றுகளைத் தடுப்பதே எங்கள் முக்கிய நோக்கம்.

எங்கள் முக்கிய பொறுப்புகள்:

- ◆ கழிவு மேலாண்மை  
பொதுவான குப்பைகள் மற்றும் அபாயகரமான மருத்துவக் கழிவுகளை முறையாகப் பிரித்து, பாதுகாப்பாக அகற்றுகிறோம்.
- ◆ தொற்றுக்கட்டுப்பாடு  
மருத்துவமனை விதிமுறைகளைப் பின்பற்றி, மாசுபடுவதைத் தடுக்கும் வகையில் தனிப்பட்ட பாதுகாப்பு உபகரணங்களை (PPE) பயன்படுத்துகிறோம்.
- ◆ பாதுகாப்பு மற்றும் பராமரிப்பு  
கழிவுகளை உடனடியாக அகற்றுகிறோம், பராமரிப்பு சிக்கல்களை நிர்வாகத்திடம் தெரிவித்து, அவற்றை சரிசெய்வதன் மூலம் பாதுகாப்பான சூழலை உறுதி செய்கிறோம்.

**PSG Hospitals Housekeeping Department**



# Oncology

The PSG Institute of Oncology organized HPV Vaccination Awareness Sessions in March 2026 to educate students about preventing cervical cancer through vaccination. On March 3, 2026, Dr. Ezhil Sindhanai Parvath conducted an awareness session at PSGR Krishnammal College for Women. On March 4, 2026, another session was held for students of Corporation Middle School, Masakalipalayam, The sessions aimed to improve awareness about cervical cancer prevention among young students.



## World Cancer Day 2026 @ PSG Institute of Oncology

PSG Institute of Oncology observed World Cancer Day on February 4, 2026, in association with the Coimbatore Cancer Foundation (CCF) and the Indian Medical Association (IMA), Coimbatore. The event followed the global theme *"United by Unique,"* highlighting that every cancer journey is different, but no one faces it alone. The programme began with the Tree of Unity, where patients and caregivers tied messages of hope and encouragement. An orchestral performance by medical students from PSG IMSR created a calm and supportive atmosphere. A key moment was the talk by Dr. Sangeetha Sridhar, cancer survivor and TEDx speaker, who shared her personal journey and inspired patients with her message of hope and resilience.



As part of the observance, IMA Coimbatore distributed health hampers to patients. Extending awareness beyond the hospital, Dr. Rajkumar, Medical Superintendent – Oncology, PSG Hospitals, conducted a cancer awareness session for around 300 staff members at Ramraj Cotton, Erode, focusing on early detection and prevention.

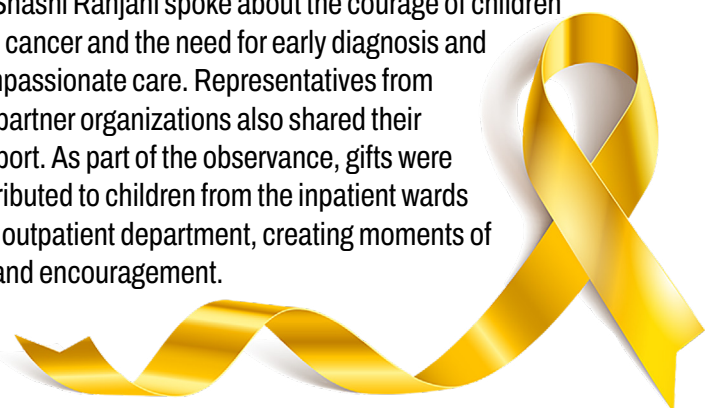


## International Childhood Cancer Day, February 14, 2026

PSG Institute of Oncology observed International Childhood Cancer Day on February 14, 2026, along with Coimbatore Cancer Foundation, World Malayalee Council, and Indian Medical Association. The event followed this year's theme, *"From Challenge to Change – Demonstrating Impact."* Dr. Pava Arunachalam and Dr. Shashi Ranjani spoke about the courage of children with cancer and the need for early diagnosis and compassionate care. Representatives from the partner organizations also shared their support. As part of the observance, gifts were distributed to children from the inpatient wards and outpatient department, creating moments of joy and encouragement.



Wellness Whispers



# Celebrations & Events

## PSG Staff Day Cultural Events - A Celebration of Talent and Togetherness

The much-awaited Staff Day Cultural Events for this year commenced on 27 November 2025, marking the beginning of a vibrant season of creativity and camaraderie. The enthusiasm among staff was palpable, with over 800 entries received across various programs—an inspiring testament to the collective spirit and artistic energy of our institution.



## PSG Institution Celebrates Staff Day Prize Distribution Ceremony

On February 13, 2026 – PSG Institution hosted its annual Staff Day Prize Distribution Ceremony, honoring the dedication and achievements of employees across cultural and sports events. Inspired by the Pancha Bhootas—*Agni, Akash, Prithvi, Samuthra, and Vayu*—the Institutions competed against each zone the celebration symbolized harmony, health, and happiness.



**PSG Staff Day 2026 Celebrity Cricket Match was held at PSGIMSR Ground on 13-02-2025.**





Inauguration Of "Amizhthini – Mothercraft Clinic," a dedicated maternal wellness clinic @ B Block, OG Op First Floor



Vaidya Home Health Services Celebrating one year of "Nurse on Bike" service



PSG Hospitals introduces the Fujifilm Synapse 3D Navigation System, enabling precise pathway planning for accurate bronchoscopy and improved diagnosis of peripheral lung nodules. This advanced technology strengthens Interventional Pulmonology services, enhancing precision and delivering better patient care.



World Safety Day Celebrated at PSG Health Science Institutions

## Patients' Appreciation

**Dinesh Rangaswamy**  
Local Guide · 59 reviews · 18 photos

★★★★★ a month ago

Heartfelt Appreciation for NSW 4D Staff – Outstanding Care and Compassion

I would like to place on record my sincere appreciation and gratitude to the entire care team of Ward NSW 4D.

My grandmother, Mrs. Chellammal, aged 91 years, was admitted for the past six days and was discharged today. During her stay, every single staff member we encountered — including the housekeeping staff, nurses, food delivery representatives, and the dietician — demonstrated exceptional kindness, patience, and professionalism.

Not even one individual, but all of them, were consistently polite, compassionate, and supportive. There was absolutely no hesitation or discomfort shown while attending to my grandmother's personal needs — whether it was gentle handling, cleaning, assisting with bed pans, or any other aspect of daily care. Their respectful and empathetic approach made a very difficult time much easier for both the patient and the family.

The dedication and tireless service of the team played a significant role in her recovery, and seeing my grandmother walk again is something I will remain grateful for all my life.

I kindly request you to please convey my heartfelt appreciation officially to each and every member (in particular the house keeping and nurses team) of the NSW 4D team for their relentless service and humanity.

Thank you for fostering such a caring and compassionate healthcare environment.

Warm Thanks 🙏  
Dinesh Rangaswamy (Grand son of Chellammal)

**Ayyaswamy Arumugam**  
4 reviews

★★★★★ 2 weeks ago NEW

I have been admitted on 16.02.26 and being discharged today. Dr.T. Saravanan Gen Med and Jayakumar Respiratory sirs service towards patients are extremely good. Both the Drs taking good lot of time towards patients to understand patients problem and explaining the course of treatments very easily even which can be understood by layman. I am happy with above Drs and in turn PSGH Nursing service is excellent particularly the nursing station situated in front of Room no.311 excellent. They all treat me like their father not feel like a patient. No word to appreciate their service.. All the nuses to be appreciated by the PSGH appropriately.

Hover to react

வணக்கம்

முக்கேஷ் கண்ணன் அண்ணன்

இதுவரை நான் எந்த மருத்துவமனையிலும் இருந்தது இல்லை ஒருநாள் கூட.

PSG மருத்துவமனையில்தான் 50 நாட்களுக்குமேல் தங்கியுள்ளேன் (sisters) சகோதரிகள் நோயாளிகளை பார்த்து கொள்வதில் உறுவீனர்களைவிட அக்கறையாகவும் பாசமாவும் பார்த்துகொள்கிறார்கள். இதுபோல வெறுமருத்துவமனையில் பார்த்துகொள்வார்களா இல்லையா என்று தெரியவில்லை.

இரவு பணியில் இருக்கும் சகோதரிகள் ஒரு இருமல் சத்தம் கேட்டாலும் உடனே வந்து பார்த்துகொள்கிறார்கள். கண்விழித்து பார்க்கும் நேரம் எல்லாம் தளவது நோயாளியை பார்த்து கொண்டுதான் இருக்கிறார்கள்.

நன்றி எப்படி சொல்வதென்றே தெரியவில்லை சகோதரிகளுக்கு .

எல்லா இடத்திலும் போய்வருகிறேன் என்றுதான் சொல்லுவோம் ஆனால் மருத்துவமனையில் மட்டும்தான் அப்படி சொல்ல முடிய வில்லை போகிறேன் என்று சொல்லும் போது கொஞ்சம் மனதுக்கு கஷ்டமாகதான் இருந்தது. ஆனால் நான் இதுவரை நினைத்தது நர்ஸ் என்றால் ஊசி மட்டும்தான் போடுவார்கள் என்று இருந்தேன். இங்கு பார்த்த போதுதான் நர்ஸ் இவ்வளவு வேலை பார்ப்பார்களா என்று ஆச்சரியமாக உள்ளது . அடுத்தவர் உடுத்தும் துணியைகூட நான் தொடுவதற்கு அச்சமாக இருக்கும் அதனால்தான் ரெடிமேட் துணியைகூட நான் எடுக்க மாட்டேன் அடுத்தவன் போட்டு பார்த்திருப்பான் அதை நான் பயன்படுத்துவதா என்ற எண்ணம் என்னுள். ஆனால் இவ்வளவு அர்ப்பணிப்போடு பணியாற்றும் சகோதரிகளுக்கு நன்றிகள் பாதம் பணிந்து கூறிக்கொள்கிறேன்

மு. விஜயகுமார்

Special Ward — A Block  
Room No: 1311

Patient Name: Mr. Subramaniam P

I hereby submit my feedback regarding the treatment and nursing care provided during my hospital stay. I would like to express my sincere gratitude to Dr. Murugan, Cardiologist, for successfully performing my aortic valve replacement surgery. Due to his expert care and treatment, I am now recovering well.

I also wish to thank all the hospital staff members who supported me throughout my treatment. I would like to place on record my special appreciation to the staff nurses Ms. Ezhishabeth, Ms. Thamarai Selvi, Ms. Thangayee, and Ms. Kowsalya (and three more night duty nurse) for their dedicated service, compassionate care, and courteous approach.

I am truly thankful to the entire team for their professionalism and commitment.

Yours sincerely,  
Mr. Subramaniam P

# Appreciations



The “Maruthuva Natchathiram” (Medical Star Award 2025) ceremony by Hindu Tamil Thisai honored outstanding healthcare leaders in Coimbatore for their selfless dedication. Distinguished practitioners including **Dr. J.S. Bhuvaneshwaran, Dr. Atmaram, and Dr. Nagalakshmi Atmaram** were recognized for their excellence and profound impact on social well-being. On January 12, 2026,



**Dr. Varunn M D** Medical Superintendent PSG Super Speciality Hospital successfully completed the NABH Assessor Training Program on 6th Edition Accreditation Standards in Delhi to advance healthcare quality and safety.



Nursing staff were appreciated for their excellent drama performance during Men's day celebrations



Visually impaired employees Ms.Muthulakshmi and Ms.Rajalakshmi from CSSD appreciated by Manager - personnel for their performance in HR Recreation activities

India's  
First

## RADIXACT TOMOTHERAPY AI Enhanced Synchrony, ClearRT and VOLO™ Ultra

### Effectiveness of Cancer Care & Radiotherapy Technology

PSG Institute of Oncology brings advanced cancer care through state-of-the-art radiotherapy technology focused on precision and patient safety. The centre integrates modern linear accelerators with image-guided (IGRT) and surface-guided radiotherapy (SGRT) to achieve sub-millimetre treatment accuracy of up to 0.5 mm. Highly conformal techniques such as IMRT, VMAT, and stereotactic radiotherapy enable precise tumour targeting while minimising dose to surrounding normal tissues. Robust quality assurance, dosimetric verification, and motion management ensure reliable treatment delivery. These outcomes are supported by a highly qualified multidisciplinary team of radiation oncologists, medical physicists, and radiation therapy technologists, enabling personalised, evidence-based cancer care in the region.



RADIATION ONCOLOGY



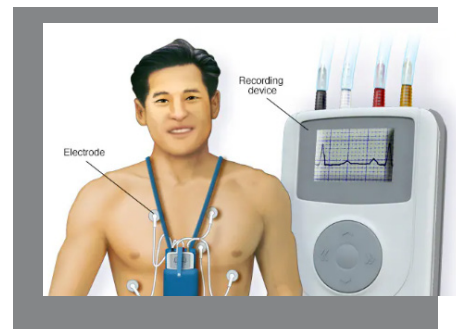
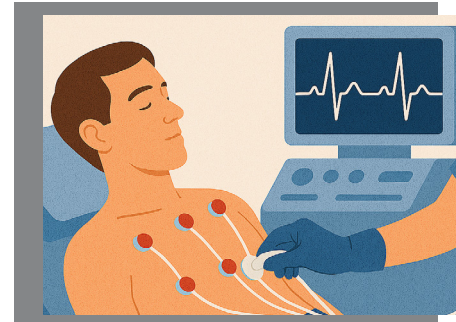
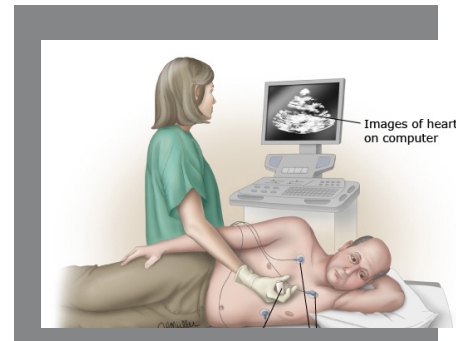
## ROLE OF CARDIAC TECHNOLOGISTS IN PSG HOSPITALS....

**W**e, the cardiac technologists of PSG, stand at the frontline of cardiac care playing a vital life-saving role during cardiac emergencies and diagnostic procedures. We are the skilled healthcare professionals who perform diagnostic procedures like ECG's, echocardiograms, stress testing, holter monitoring and ambulatory blood pressure monitoring. We also excel in performing advanced procedures like speckle tracking imaging, transesophageal echocardiogram, dobutamine stress echocardiogram, three dimensional and four dimensional echocardiograms for structural delineation in detecting complex congenital pathologies, valvular heart pathologies, cardiomyopathies and heart failure.

Our cath technologists are experts in assisting interventional and emergency cardiac procedures like angiograms, angioplasties, valvuloplasties, electrophysiology studies, device closures and advanced procedures like tavi and mitraclip in catheterisation labs.

In critical conditions like cardiac arrest and acute myocardial infarction, our role is crucial in quick acquisition of ecg, accurate monitoring and prompt assistance in life support means the difference between life and death.

Through unwavering dedication, precision and teamwork, we the cardiac technologists visioned to safeguard every precious heartbeat by our technical excellence.



### PSG Hospitals Cardiac Technologists' Team



# தாயின் முதல் உணர்வு.. குழந்தைக்கு முதல் உணவு....

தாய்ப்பால் குழந்தையின் ஆரோக்கியத்திற்கு இயற்கை தந்த அமுதம். அது குழந்தையின் உடல் மற்றும் மூளை வளர்ச்சி, நோய் எதிர்ப்பு சக்தியை அதிகரிக்கிறது; தாய்க்கும் சேய்க்கும் பிணைப்பை உருவாக்கி குறது: தாயின் உடல்நிலையையும் மேம்படுத்தி ஆரோக்கியமான வாழ்க்கைக்கு வழிவகுக்கிறது.

இத்தகைய தாய்ப்பாலை எவ்வித தடையுமுன்றி குழந்தைகளுக்கு வழங்குவதற்கான வழிகாட்டுதலை அளிப்பதே தாய்ப்பாலூட்டல் ஆலோசகர்களாகிய (Lactation counsellors) எங்களின் குறிக்கோளாகும். [- ◆ தாய்மார்களின் கர்ப்ப காலத்தில் இருந்தே தாய்ப்பாலின் நன்மைகள் ,வழங்கும் வழிமுறைகள் குறித்த ஆலோசனை மற்றும் தாய்ப்பாலூட்டுவதற்கான மார்பக பரிசோதனை பற்றிய விழிப்புணர்வு.
- ◆ குழந்தை பிறந்தவுடன் விரைவாக தோலுடன் தோல் தொடர்பின் முக்கியத்துவம் மற்றும் தாய்ப்பால் தொடங்குவதற்காக உதவியை வழங்குதல்
- ◆ தாயும் சேயும் இணைந்து சரியாக பாலூட்டுதல் பற்றிய செய்முறை விளக்கம்
- ◆ பச்சிளங்குழந்தை பருவத்தில் தாய்ப்பாலூட்டுவதில் ஏற்படும் சிரமங்களை கண்டறிந்து சரி செய்தல்
- ◆ மழலை பருவத்திலும் தாய்ப்பாலூட்டுவதில் ஏற்படும் சிக்கல்கள், உணவூட்டலில் ஏற்படும் சந்தேகங்களை நிவர்த்தி செய்தல்.
- ◆ வேலைக்குச் செல்லும் தாய்மார்களுக்கு பாலை சேமிக்கும் முறைகள் அதற்குரிய கருவிகளின் பயன்பாடு குறித்த வழிகாட்டுதல்](http://www.இதனை சிறப்பாக செயல்படுத்த தாயின் கர்ப்ப காலம் முதல் குழந்தையின் மழலை பருவம் வரை நாங்கள் வழங்கும் சேவைகள்:</a></p></div><div data-bbox=)

மேற்கண்ட ஆலோசனைகள் உள்நோயாளி பிரிவு மற்றும் வெளிநோயாளி பிரிவிலும் திங்கள் முதல் சனி வரை வழங்கப்படுகிறது.

மேலும் தீவிர சிகிச்சைப்பிரிவில் உள்ள பச்சிளங்குழந்தைகளுக்கு காமதேனு தாய்ப்பால் வங்கி மூலம் பாதுகாப்பான முறையில் பரிசோதனை செய்யப்பட்ட தானம் பெற்ற தாய்ப்பாலை மருத்துவர்களின் பரிந்துறையின்பேரில் வழங்கி வருகிறோம்.

குழந்தைக்கு முழுமையாக தாய்ப்பால் மட்டுமே வழங்கப்பட வேண்டும் என்பதே எங்களின் முதன்மை இலக்கு. இதன் மூலம் சிறந்த சமுதாயத்தை உருவாக்குவதில் முழு அர்ப்பணிப்புடன் செயல்பட்டு வருகிறோம்

வளமான சந்ததிக்கு முறையான தாய்ப்பால்..

PSG Hospitals  
Kamadenu - Mothers Milk Bank



# Marketing



**Date:** 02/01/2026 to 05/01/2026

**Event:** Kadambari 2026 Music Fest

A cultural music festival celebrating classical and contemporary performances, bringing together artists and audiences for a vibrant musical experience.

**Venue:** PSG Hospitals IMSR Auditorium



**Date:** 06/01/2026

**Event:** Niramai Breast Screening Camp

Niramai breast screening camp was conducted at the All Women Police Station, in association with Cancer Care Foundation (CCF).

**Venue:** All Women Police Station, Sulur



**Date:** 22/01/2026

**Event:** World Prosthodontics Day – Denture Camp

A special dental camp conducted to create awareness about prosthodontic care and provide consultations for denture treatment.

**Venue:** PSG Hospitals, B-Block Dental OP  
Wellness Whispers



**Date:** 26/01/2026

**Event:** General Health Camp

A community health camp offering speciality consultations and medicines to the public & vegetable market vendors.

**Venue:** Ukkadam Vegetable Market Welfare Association Hall



**Date:** 31/01/2026 to 01/02/2026

**Event:** PSG Hospitals & Cheshire Home Speciality Camp

A single speciality- Clubfoot corrective orthopedic surgery camp for the age group between 5 to 18 years.

**Venue:** Vokkaligara Kalyana Mandapam, Ooty



**Date:** 14/02/2026

**Event:** National Organ Donor Day Awareness Drive

On National Organ Donor Day, we organized a poster presentation competition to spread awareness on the Theme "From One Life to Many Lives", Participants were recognized and winners were awarded.

**Venue:** A Block, PSG Hospitals




**Date: 28/02/2026**


**Event: CME- (IMA Program)**

Continuing Medical Education program for our referral doctors and IMA doctors in the Bhavani region

**Venue: Bhavani, Erode**



**PSG IMSR & HOSPITALS**




### WOMEN WELLNESS

**Package @ Rs.2300/-**

**Venue : PSG Hospitals, B - Block**

Vitals (Height, Weight & BMI)	Urine Complete
CBC	USG Pelvis
Random Sugar	PAP Smear
TSH	Doctor Consultation
Iron	Diet Consultation
Serum Calcium	Dermatology Consultation
Vitamin D	Physiotherapy Consultation
Total Cholesterol	Mental wellness Consultation



**Date: 01/03/2026**

**Event: Women's wellness package launch**

**Venue: B Block PSG-IMSR Hospitals**

PSG Hospitals launched a Women's Wellness Pack at ₹2300 on Women's Day. It includes comprehensive health screening and consultations to support women's overall well-being.



**Date: 07/03/2026**

**Event: Health Awareness Talk**

On the occasion of International Women's Day 2026 Dr. Bhargavi - General medicine, and Dr. Arthi Elango - Medical Oncologist delivered the health awareness talk.

**Venue: Sundaram Motors, Mercedes-Benz showroom, MTP Road, Coimbatore**



**Date: 01/03/2026**

**Event: General Health Camp by Sri Sathya Sai Trust and PSG Hospitals**

Health Camp was conducted at, Kodaikanal, offering expert consultations across multiple specialties.

**Venue: Sai Shruti Ashram Kodai, Kodaikanal,**



**Date: 13/03/2026**

**Event: Corporate Health Camp**

A corporate wellness camp providing health check-ups and consultations for employees to promote wellbeing of the workforce

**Venue: Milkymist Dairy Products, Perundurai, Erode.**



**Date: 14/03/2026 to 15/03/2026**

**Event: Postgraduate Training Program**

A two-day academic training program conducted by the Department of Psychiatry to enhance knowledge and skills of postgraduate students from various medical colleges.

**Venue: PSG Hospitals B Block Auditorium.**

March 2026 Edition



Doctors and staff of PSG Health Science Institutions were honored for 25 years of service completion during PSG Staff Day celebrations 2026.



77<sup>th</sup> Republic Day celebrations at PSG Hospitals



Contents Contributors Meet Dec-2025 Edition

Email your news and events to [staffnewsletter@psgimsr.ac.in](mailto:staffnewsletter@psgimsr.ac.in)