



# G.KUPPUSWAMY NAIDU MEMORIAL HOSPITAL

( A unit of the Kuppuswamy Naidu Charity Trust for Education and Medical Relief )

(Super Speciality) Coimbatore - 641 037



Volume : 10 | October – December 2024 | Issue No : 4

NEWS 18

தமிழ் நாடு

## மருத்துவ

விருதுகள் - 2024

G.KUPPUSWAMY NAIDU MEMORIAL HOSPITAL

Valavadi Narayanaswamy Cancer Centre

has been awarded as the

**BEST CANCER CARE HOSPITAL**

IN KONGU REGION (ADULT & PAEDIATRIC)



# THEWEEK

INDIA'S  
**BEST HOSPITALS RANKING 2024**  
by The Week - Hansa Research Survey 2024



**GKNM**  
**HOSPITAL**  
We care. And it shows...

has been recognized as one of the  
**BEST MULTI-SPECIALITY HOSPITAL**  
**IN COIMBATORE**  
(RANKED 3<sup>rd</sup>)





# GKNMH Medical Research Institute and Out-Patient Centre Received **LEED v4 Certification Platinum**

U.S. Green Building Council India certifies GKNM iOP with the LEED v4 platinum certification for Building Design and Construction.

LEED Certification identifies GKNM iOP as a showcase example of sustainability and demonstrating the leadership in transforming the healthcare sector in India.



# INDEX

Editorial	1
From the CEO's Desk	2
Interesting Case Capsule	3
Articles	4
Publications	5
Congratulations	10
Felicitations	15
Welcome on Board	16
What's new at GKNMH?	17
Focus	19
We Care & It Shows	21
CME & Workshop	22
Events & Activities	30
Outreach Program & Camps	47

Dear Friends,

Wishing all of you a fabulous new year. Last year saw our Integrated Outpatient Centre become functional – a reflection of GKNMH's commitment to provide convenient and compassionate healthcare to the community. As we expand and grow, we have to be conscious that the expansion does not diminish the quality and ethics of healthcare that GKNM has always been known for.

Quality depends on making sure that our workflow is process-centred with a focus on continuous improvement and ensuring that we are patient-centric in our approach. It is therefore important that we as individuals and as departments continue to excel at what we do; to do ordinary tasks with extraordinary care to ensure that we provide a world class service locally.

**“Every job is a self-portrait of the person who did it. Autograph your work with excellence.” – Vince Lombardi**

With warm regards,



**Dr. Latha Balasubramani**

DGO, MD, DNB, MRCOG  
Consultant Gynae Oncosurgeon  
GKNM Hospital

## GKNM Hospital: Reflecting on Our Successes and Looking Ahead to Excellence

Dear Team GKNM,

It is my pleasure to begin by wishing each of you a very Happy New Year, filled with happiness, health, and success in all your endeavours.

As we reflect on the past year, it fills me with immense pride and gratitude to recognize all that we have accomplished together. Your commitment, dedication, and passion have been instrumental in driving our hospital forward on our journey to becoming a Center of Excellence.

Over the last 12 months, GKNM Hospital has achieved remarkable milestones:

**Inauguration of the Integrated Outpatient Center:** This state-of-the-art facility, inaugurated by our honorable Chief Minister, Mr. Stalin, was recognized in the Asia Book of Records as the largest Integrated Outpatient Centre in Asia. This achievement is a proof to our commitment to redefining patient care.



**Dr. Ragupathy Veluswamy**  
BSc, MBBS, DCH, AB, FAAP, CHCQM, MMM, CPE, FACPE  
Chief Executive Officer - GKNM Hospital

**Recognition of Leadership and Excellence:**

I am humbled to have received the Best CEO of the Year in Southern India award from the Indian Chamber of Commerce.

GKNM was honoured as the \*Best Hospital of the Year in Quality Control.

Ranked as the third-best multispecialty hospital in Coimbatore 2024 by the Week Magazine and Hansa Research.

Recognized as the Best Hospital for Cancer Care in the Kongu Region for both adults and paediatrics by the Tamil Nadu News Channel “ Maruthuva Viruthugal 2024”

**Sustainability Milestones:** Our GKNMH Medical Research Institute and Outpatient Centre received the prestigious LEED v4 Platinum Certification, affirming our commitment to sustainable practices.

**Strategic Recruitment and Expansion:** We on-boarded highly skilled physicians across multiple specialties, bolstering our ability to provide world-class, multidisciplinary acute care. Additionally, our expanded marketing efforts—both digital and traditional— have enhanced public awareness of the services we offer.

**Paediatric Cardiac Surgery Leadership:** Our partnership with the Mayo Clinic through the Children’s Heartlink has positioned us as a leader in paediatric cardiac surgery. We have successfully performed complex procedures, providing life-saving care to neonates and young patients up to 18 years of age.

**Advancements in Organ Transplants:** We achieved significant progress in renal and cardiac transplants, solidifying our expertise in these critical areas.

**A Milestone Ahead: Launching the GKNM Nursing Institute**

As part of our vision for excellence, I am excited to announce that this year we will be opening the GKNM Nursing Institute. This marks a significant step forward in our journey, as we welcome aspiring students for the BSc Nursing program. Through this initiative, we aim to nurture a new generation of compassionate and skilled healthcare professionals who will carry forward the legacy of GKNM.

Vision for 2025

As we step into the new year, our focus will shift toward further improving patient experience, physician engagement and employee engagement. Additionally, we have several exciting projects in the pipeline that will help us expand our services, reach new milestones, and strengthen our position as a leader in healthcare. With these developments, we look forward to making 2025 our best year yet.

Here are some key areas we will prioritize:

**1. Enhancing Patient Experience:**  
Every one of you plays an integral role in creating positive and meaningful experiences for our patients. Let us continue to work collaboratively to ensure that GKNM remains synonymous with compassionate, high-quality care.

**2. Engaging Physicians and Employees:**  
By fostering a culture of collaboration and joy, we can create an environment where physicians practice the best medicine, and employees find purpose and fulfilment in their work.

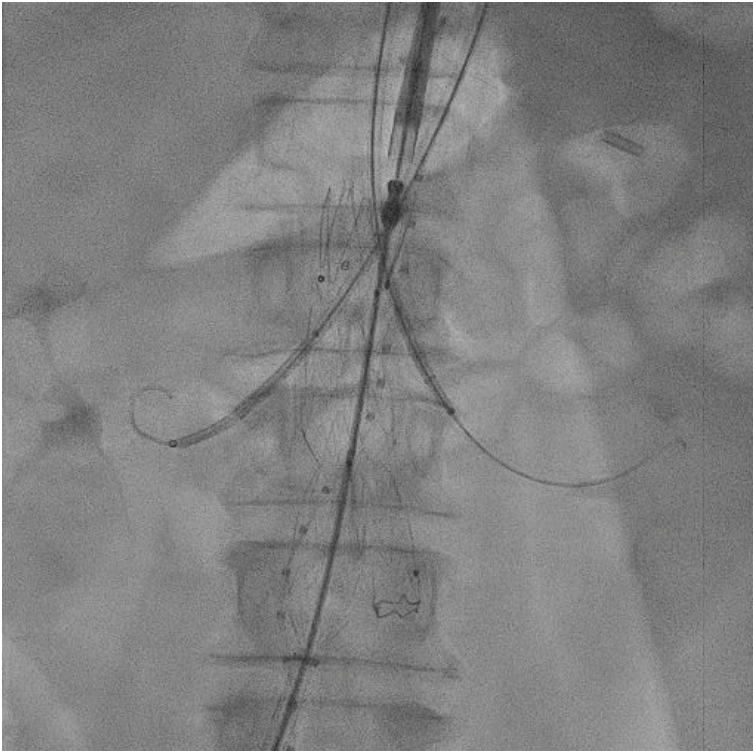
**3. Expanding Technological Platforms:**  
We will continue upgrading our technological infrastructure to deliver care that is on par with international standards. Our focus remains on utilizing innovation to enhance outcomes for our patients.

**4. Service Expansion:**  
Building on the momentum of 2024, we aim to broaden our specialties and services, ensuring access to world-class care for all.

Together, we have demonstrated that GKNM is not just a place of work—it is a community dedicated to making a difference in the lives of our patients. With your continued support, we are well on our way to becoming not only the best hospital in Tamil Nadu but also a benchmark of excellence across India.

Let us move forward with the same passion, perseverance, and pride. Thank you for making GKNM a great place to work, an excellent place for physicians to practice, and above all, a place where patients receive unparalleled care.

# CHIMNEY ENDOVASCULAR ANEURYSM REPAIR (CHEVAR)



A significant milestone achieved at our hospital, another feather added to the cap, with the successful completion of the first-ever Chimney Endovascular Aneurysm Repair (ChEVAR) procedure for a complex infrarenal abdominal aortic aneurysm.

The procedure was performed on **Mr. J, a 76-year-old male** patient. The groundbreaking surgery was skillfully led by Dr. K.A. Sambasivam, with the able assistance of Dr. R. Ramkumar.

ChEVAR is an advanced endovascular technique used to manage complex aortic aneurysms when fenestrated endovascular aneurysm repair (FEVAR) is not feasible. This cutting-edge procedure involves chimney stenting of the renal arteries to maintain blood flow, alongside the placement of a stent graft to repair the abdominal aortic aneurysm. It serves as an innovative alternative to FEVAR and is particularly useful for anatomically challenging cases.

In this case, bilateral renal artery chimney stenting was successfully performed in conjunction with endovascular abdominal aortic aneurysm repair (EVAR), ensuring optimal outcomes for the patient.

The success of this procedure highlights the exceptional expertise and dedication of our vascular surgery team and marks a new chapter in our hospital's commitment to adopting advanced techniques for the benefit of our patients. This landmark achievement is a testament to our hospital's continuous pursuit of excellence in healthcare delivery and innovation. We extend our heartfelt congratulations to the entire surgical team and wish Mr. J a swift and smooth recovery.



**Dr. K. A. Sambasivam**  
Department Chairman -  
Consultant Interventional Cardiologist



**Dr. R. Ramkumar**  
Associate Consultant - Cardiologist

# APANA VAYU MUDRA:

## MUDRA FOR A STRONG HEART!!

### Introduction to Apana Vayu Mudra:

Apana Vayu Mudra is a hand gesture (Mudra) in Yoga that is designed to promote the free flow of vital energy (Prana) in the body, particularly focusing on the downward-moving energy (Apana) which is associated with elimination, detoxification, and grounding. This Mudra is highly regarded for its role in heart health, digestion, and stress relief. It involves the positioning of the fingers in a specific way that influences the body's energy system.

### Mudra Formation:

To perform Apana Vayu Mudra:

1. Sit in Padmasana [Lotus Pose].
2. Stretch your hands outward and allow them to rest on the thighs.
3. Let the palms face the ceiling.
4. Now, fold your middle and ring fingers towards the palm such that they touch the tip of your thumb.
5. Fold the index finger inward allowing it to touch the base of your thumb.
6. The small finger should be stretched outward.
7. Keep your eyes closed and hold the Mudra.



**Dr. S. Gandhi**  
Consultant Alternative Medicine

**Do it daily - thrice a day - for 15 minutes - on an empty stomach:**

### Physiological Benefits:

**1.Cardiovascular Health:** Apana Vayu Mudra is often referred to as the "heart mudra" because it is believed to improve cardiovascular function by regulating the flow of energy in the body. The gesture has been reported to reduce symptoms of angina and high blood pressure, promoting better circulation and overall heart health.

**2.Digestion and Detoxification:** This mudra is also associated with improved digestion. By regulating Apana Vayu, it helps the body with the elimination process. It is believed to stimulate the digestive system, reduce bloating, and ease constipation.

**3.Stress Reduction:** This mudra helps calm the nervous system, thus reducing anxiety and stress levels. It has a grounding effect, which helps an individual to feel more centered and relaxed.

**4.Respiratory System:** This mudra has been shown to support the respiratory system by improving the flow of oxygen and aiding in the removal of toxins. This may be helpful for individuals suffering from respiratory issues like asthma or chronic obstructive pulmonary disease (COPD).

### Physiological Benefits:

**1.Mental Clarity:** Practitioners report enhanced mental clarity and focus. The grounding effect helps to quiet the mind and create a peaceful state of being, making it easier to meditate.

**2.Emotional Balance:** Apana Vayu Mudra can help in the release of emotional blockages, allowing for emotional healing. It supports emotional stability and reduces feelings of anxiety, fear, or restlessness.



### Scientific Research on Apana Vayu Mudra:

**1.Impact on Blood Pressure:** A study published in the International Journal of Yoga explored the effects of various mudras, including Apana Vayu Mudra, on hypertension. The study concluded that regular practice of Apana Vayu Mudra can help lower systolic and diastolic blood pressure, which can be beneficial for individuals dealing with hypertension.

**2.Digestive Health:** Research in alternative medicine has suggested that Apana Vayu Mudra can enhance digestive functions. It was found to be effective in managing constipation and improving overall gut health. A study in The Journal of Alternative and Complementary Medicine showed that practicing certain mudras helped balance the digestive system.

**3.Reduction in Stress:** Psychological studies have shown that hand mudras like Apana Vayu Mudra can have a significant impact on reducing stress and promoting a calm mind. Research conducted in The Journal of Ayurveda and Integrative Medicine highlights the therapeutic use of mudras for stress management and emotional regulation.

**4.Heart Health:** A small-scale study published in the Journal of Clinical Hypertension investigated the effects of yoga and mudras on heart health. It found that Apana Vayu Mudra may help improve heart function and reduce symptoms of heart-related ailments like chest pain and discomfort.

**Conclusion:** Apana Vayu Mudra is a simple yet powerful technique in Yoga that offers numerous benefits for both the physical and mental well-being of practitioners. The research on its physiological and psychological effects is promising, with findings suggesting its usefulness in managing cardiovascular health, improving digestion, and reducing stress.



## THE CHALLENGE OF ANTIMICROBIAL RESISTANCE **CARBAPENEM-RESISTANT GRAM-NEGATIVE BACTERIA**

**Dr. Sudharshan**

Clinical Pharmacist

Congratulations **Dr. Sudharshan!** Your contribution to addressing the global challenge of antimicrobial resistance – The focus on carbapenem-resistant Gram-negative bacteria and the strategies outlined in your chapter are critical in shaping the fight against AMR. This work will surely inspire innovation and collaboration across healthcare globally.

I am excited to share that I had the honor of co-authoring a chapter in the prestigious Digital Textbook on **Global Infection Prevention and Management in Healthcare**, published by the Global Alliance for Infections in Surgery in recognition of AMR Awareness Week 2024.

Volume: 1 > Chapter: 17 > Title: The challenge of antimicrobial resistance in carbapenem-resistant Gram-negative bacteria (Page: 152)

**Theme: Antimicrobial resistance and One Health**

**Link :** <https://lnkd.in/dJcR2-Gz> <https://infectionsinsurgery.org/global-digital-textbook/>

This publication is a monumental effort to address the global challenge of antimicrobial resistance, emphasizing the importance of collaborative approaches in tackling this crisis.

A short summary of our article "**The Challenge of Antimicrobial Resistance in Carbapenem-Resistant Gram-Negative Bacteria**" examines the global health crisis posed by carbapenem-resistant organisms (CRO), including pathogens like *Klebsiella pneumoniae*, *Escherichia coli*, *Acinetobacter baumannii*, and *Pseudomonas aeruginosa*. These bacteria are highly resistant due to mechanisms like carbapenemase production, efflux pumps, and biofilm formation, leading to limited treatment options and high mortality rates. The review highlights strategies to address this crisis, such as:

- > Novel antibiotics and beta-lactamase inhibitors for resistant pathogens. Antimicrobial and diagnostic stewardship to optimize treatment and reduce misuse.
- > The One Health approach to improve health across humans, animals, and ecosystems.
- > Infection prevention and control (IPC) measures to curb pathogen transmission in healthcare settings.
- > By integrating these measures, the article emphasizes the need for global cooperation, innovation, and investment in combating antimicrobial resistance (AMR).



# MID-TERM RESULT OF PULMONARY VALVE-SPARING REPAIR FOR TETRALOGY OF FALLOT WITH PULMONARY STENOSIS



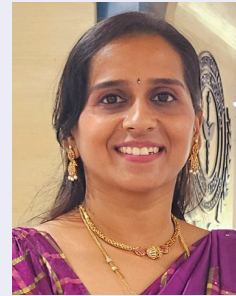
**Dr. R. Vijayakumar**

Director-Centre for Paediatric  
Congenital Heart Disease



**Dr. P. Naveen**

Consultant Urologist



**Pavithra Ramanath**

Senior Research Associate

## Abstract

**Objective** – The transannular patch remains the most common procedure performed for patients with Tetralogy of Fallot (TOF) with pulmonary stenosis. Pulmonary regurgitation has a negative impact on early and late outcomes. To address this issue pulmonary valve-sparing repair (PVSR) has been developed. Our study goal is to evaluate the mid-term outcomes (five years) of PVSR at our institution.

## Material and Methods

The data were collected retrospectively from June 2014 to June 2022. A total of 390 patients had total repair of TOF. Among these, PVSR was performed in 154 (39.4%) patients. The mid-term outcomes on the status of the pulmonary valve gradient, degree of pulmonary regurgitation, reintervention rate, and mid-term survival after PVSR were investigated.

## Results

The median age at time of TOF repair was 12 (interquartile range [IQR]: 8-48) months and the median weight was 7.9 (IQR: 3.1-49.5) kg. The mean preoperative right ventricular outflow tract (RVOT) gradient was  $77 \pm 19.6$  mm Hg. All patients had a pulmonary valve Z score of more than  $-2.5$ . The post-repair mean RV/LV pressure ratio was  $0.49 \pm 0.12$ . There was no surgical mortality. The median follow-up was 3 years (6 months to 8 years). The reintervention rate on the pulmonary valve was 4/154 (2.6%) at five years. The freedom from reintervention and from developing moderate pulmonary valve regurgitation at 5 years was 95% (151/154) and 77% (119/154), respectively.

## Conclusion

Pulmonary valve-sparing repair gives good mid-term outcomes in a specific group of patients with TOF. Reintervention rates are very low and the peak gradient across the pulmonary valve came down in the majority of patients during mid-term follow up. An RVOT gradient more than 40mm Hg at discharge predicts a high risk of need for reintervention. We continue to monitor our patients for the long term outcome.

Journal Link : <https://pubmed.ncbi.nlm.nih.gov/39506299/>

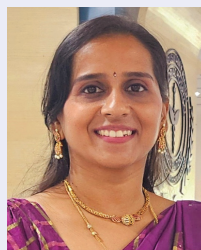
# SHORT-TERM RESULTS WITH OZAKI VALVED CONDUIT - A SIMPLE SOLUTION FOR PATIENTS NEEDING RIGHT VENTRICLE TO PULMONARY ARTERY CONDUIT IN A LOW-RESOURCE SETTING



**Dr. R. Vijayakumar**  
Director-Centre for Paediatric  
Congenital Heart Disease



**Dr. P. Naveen**  
Consultant Urologist



**Pavithra Ramanath**  
Senior Research Associate



**Rajalakshimi**  
Physician Assistant

## Abstract

### Background

The repair of certain types of complex congenital cardiac defects may require a right ventricle-pulmonary artery (RV-PA) conduit. Using the Ozaki Aortic valve neocuspidization (AVNeo) technique, a valved RV-PA conduit was constructed with an Ozaki valve inside a Dacron graft. This study aims to evaluate the short-term outcome of the Ozaki valved RV-PA conduit.

### Material and Method

A total of 22 patients received the Ozaki valved RV-PA conduit from November 2019 until December 2023. The median age was 12 years (interquartile range [IQR], 5.5-21), median body weight was 35 kg (IQR, 15.8-48.5). The conduit was used in 16 patients (72.7%) under 18 years of age. Indications for conduit placement included: anatomic repair of corrected transposition of the great arteries, ventricular septal defect/pulmonary stenosis, conduit replacement, pulmonary atresia with associated anomalies, pulmonary artery aneurysm with dysplastic pulmonary valve, tetralogy of Fallot with coronary artery crossing the right ventricular outflow tract, bioprosthetic pulmonary valve regurgitation, and rheumatic heart disease. Native pericardium was used for the Ozaki valve in 12 patients and bovine pericardium for 10 patients. Conduit sizes ranged from 18 mm to 30 mm.

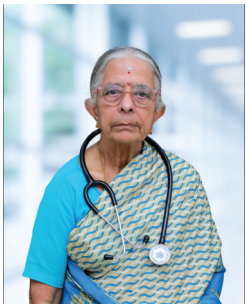
### Results

The median intensive care unit stay was 4 (IQR, 2-6) days and the median hospital stay was 9 (IQR, 5.5-13.5) days. There were two perioperative mortalities (9.1%) both unrelated to the conduit. The median follow-up was 12.3 (IQR, 4.43-21.2) months. There was no infective endocarditis of the conduit. The median peak gradient across the conduit was 22 mm Hg (range 0-44 mm), and all were competent with trivial regurgitation on follow up.

### Conclusion

Creation of an Ozaki valved conduit is an attractive option due to low cost, reproducibility, and excellent hemodynamics. Longer-term studies are needed to confirm the durability.

# RARE PRESENTATION OF MYELIN OLIGODENDROCYTE GLYCOPROTEIN ANTIBODY-ASSOCIATED DISEASE IN FOUR CHILDREN



**Dr.G. Srimathi**  
Senior Consultant Paediatrics



**Dr. Antony Terance Benjamin**  
Consultant Paediatrics & Paediatric Pulmonologist



**Dr. N. V. Anupama**  
Consultant Radiologist



**Dr. Vinothini Venkatachalam**  
Paediatrics - DNB

*Vinothini Venkatachalam, Ayyammal Palaniappan, Ramakrishanan Tirupur Chinnappan Ramalingam, Srimathi Gopalakrishnan, Antony Terance Benjamin, Anupama Maheswaran I*

Departments of  
Paediatrics and Radiology,  
GKNM Hospital

## Background:

Myelin oligodendrocyte glycoprotein antibody associated disease (MOG-AD) is an inflammatory disorder of the central nervous system, identified more frequently in children than adults. We report 4 children with MOG-AD.

## Clinical Description:

Cases 1–3 presented with fever, headache, and vomiting for varying durations. Case 4 presented with acute-onset impaired vision, after a prior episode of meningoencephalitis-like picture. Examination showed that Cases 1 and 2 had neck rigidity, and Case 4 had papilloedema along with reduced visual acuity. Other cranial nerves, power, tone, and reflexes were normal in all children.

## Management and Outcome:

Laboratory investigations were largely normal except elevated total leukocyte count and C-reactive protein in Cases 1 and 3 with a marginal rise in C-reactive protein in Cases 2

Journal Link : [https://journals.lww.com/ipcr/fulltext/2024/04040/rare\\_presentation\\_of\\_myelin\\_oligodendrocyte.2.aspx](https://journals.lww.com/ipcr/fulltext/2024/04040/rare_presentation_of_myelin_oligodendrocyte.2.aspx)

4. Cerebrospinal analysis showed pleocytosis with lymphocytic predominance and increased protein in Cases 3 and 4. Magnetic resonance imaging revealed features consistent with meningoencephalitis in Cases 1 and 3, acute disseminated encephalomyelitis in Case 2, and optic neuritis in Case 4. All the children had positive titers of anti-MOG, thus being diagnosed as MOG-AD. All the children were treated with intravenous methylprednisolone with a few of them requiring additional immunomodulator therapy. All the cases showed excellent recovery and remained in remission till the last follow-up.

## Discussion:

Myelin oligodendrocyte glycoprotein antibody disease (MOG-AD) is a condition in which antibodies develop against MOG, resulting in a CNS inflammatory condition. Earlier considered a part of MS, now MOG-AD is a separate entity, which, unlike MS, is probably more common in children than in adults, with an estimated incidence of 3.1 per 1 million. The MOG is a protein present on the surface of myelin, acting as an adhesion molecule, a regulator of microtubule integrity as well as mediator of immune and myelin interactions. Children, unlike adults, especially those younger than 5 years of age, are more likely to present with features of ADEM and have a lower risk for relapses. The systematic review including 100 articles with over 1600 pediatric cases of MOG-AD reported ADEM being the most common phenotype (38%–66%), followed by ON (17%–40%) and transverse myelitis (1%–14%), with ON more common above 11 years of age.

In our series, too, we found ON as a presentation in the adolescent boy of 14 years, while the other three children at 5 years of age presented with encephalitis. However, recently, authors have reported ON as the presenting feature in two very young children at 5 and 2 years of age. Reviews have shown no difference in clinical presentation based on gender. Although predisposing factors are unclear, MOG-AD may be associated with demyelinating N-methyl-d-aspartate receptor encephalitis, postinfectious demyelination following herpes simplex virus, *Borrelia*, and Epstein–Barr virus infections.

Only Case 4 in our series, had a preceding encephalitis-like episode, around 6 weeks prior to his ON presentation. The ON in MOG-AD usually affects both eyes, as seen in our case. Unlike NMOSD, MOGAD is usually not associated with other systemic autoimmune disorders. The International MOGAD Panel proposed criteria for diagnosis including neuroimaging, CSF analysis, and serum studies. Seropositivity for MOG-IgG autoantibodies is to be considered only in the context of specific clinical features and neuroimaging findings. Typically, cranial lesions in MOG-AD are “fluffy” T2 hyperintense lesions, usually  $\leq 3$ , bilateral in half of the patients. While thalamic and pontine lesions are more common than NMO, Dawson’s fingers and U- or S-shape lesions are uncommon. Optic nerve lesions show more extensive inflammation, sparing optic chiasm, and optic tracts. Children may show cerebellar peduncle lesions.

Three of our cases showed hyperintense lesions in the white matter, thalamus, and basal ganglia, and one case had enhancement in the optic nerve. The acute treatment protocols recommended by the Paediatric European Collaborative Expert Consensus in children with MOG-AD include intravenous methylprednisolone.

Except in case of children with poor recovery even 1–3 months after acute-phase treatment, in all other children with MOGAD, maintenance therapy is recommended only after relapse. This is because most children are likely to have a monophasic disease, thus subjecting them to adverse effects of immunosuppressants is not justified. For maintenance therapy, various options may be adopted with a step-wise approach, including oral corticosteroids, azathioprine, rituximab, immunoglobulins, mycophenolate mofetil, and others. It is generally recommended to taper maintenance immunotherapy after 2 years of complete remission without relapses.

Most children with MOGAD tend to have a favourable clinical outcome including excellent visual prognosis, with some showing neurological disability. The median expanded disability severity score expanded disability status scale (EDSS) scores were  $\leq 1$  in nearly 90% of children assessed in the systematic review by Santoro, et al. Compared to AQP4-positive ON, MOG-positive patients have better visual field outcomes.

Although relapses have been reported in 44%–83% of all patients with MOG-AD, in children, the relapse rate is much lower around 23% with the first relapse usually occurring within 1 year and the latest by 3 years. Nearly 64% of relapsing children manifest ON.

The 4 cases reported by us have been followed up for durations ranging from 6 months to 18 months and have been found to be in remission till such times. It is believed that relapses lead to worsening disability.



*Congratulations!*

**DR.G. SATHYAMURTHY**

Consultant Intensivist, GKNM Hospital  
for getting listed in

# EMINENT DOCTORS SOUTH 2024

**TAMILNADU + KERALA**

# GKNMH - DEPARTMENT OF PULMONARY MEDICINE AT THE INTERNATIONAL STAGE AT WCBIP 2024

## The Department of Pulmonary Medicine

proudly represented GKNMH at the prestigious World Congress for Bronchology and Interventional Pulmonology (WCBIP), organized by the World Association of Bronchology and Interventional Pulmonology (WABIP). Held biennially, this global congress is a premier event in the field,

with host sites rotating across the Asia-Pacific region, the Americas, and Europe. This year, the conference was hosted in Indonesia, bringing together leading experts, researchers, and practitioners from around the world.

It was a moment of pride for GKNMH as the Department of Pulmonary Medicine had the distinguished honor of presenting two groundbreaking papers at this esteemed international platform. These papers showcased the department's expertise in diagnosing and managing complex pulmonary cases:

### 1. "Malignant Transformation of a Tubercular Bronchogenic Cyst Managed by Rigid Bronchoscopic Debulking and Chemotherapy"

### 2. "Pulmonary Tuberculosis: A Case Series of Clinical Mysteries"

Both papers reflected the department's ability to handle complex and rare cases with precision and innovation, drawing attention to the high standards of clinical practice and research at GKNMH.

The event not only provided a platform to share their experiences but also facilitated invaluable exchanges of knowledge and ideas with international experts. The recognition received for the presentations highlighted the institute's growing prominence in the global pulmonary medicine community.

Participation in WCBIP 2024 was a testament to the Department of Pulmonary Medicine's dedication to advancing the field of interventional pulmonology and reinforcing GKNMH's reputation as a center of excellence on the international stage.



**Dr. Vijayaravindh**  
Consultant - Interventional Pulmonologist

# LIVE GYNAECOLOGY LAPAROSCOPY WORKSHOP

## AT TIRUPUR GOVERNMENT HOSPITAL

Under the esteemed banner of GKNM Hospital, I had the privilege of participating as an operating faculty in a Live Gynaecology Laparoscopy Workshop held at Tirupur Government Hospital. This event brought together a dynamic group of over 50 gynaecologists and general surgeons, creating an enriching environment for sharing advanced surgical techniques and fostering collaborative learning.

The workshop was designed to provide hands-on exposure and an in-depth understanding of cutting-edge laparoscopic procedures in gynaecology. As a part of the live demonstration segment, I performed two challenging surgeries that highlighted the precision and efficacy of minimally invasive techniques even in complex scenarios.

The first case involved a patient diagnosed with carcinoma of the endometrium for which the laparoscopic approach offered the advantages of reduced postoperative pain, quicker recovery, and minimal blood loss. This case was an excellent demonstration of how advanced laparoscopy can be a cornerstone in the surgical management of gynaecological cancers.

The second case featured a large fibroid uterus, a condition often associated with significant technical challenges due to anatomical distortion and vascularity.

Through strategic preoperative planning and intraoperative precision, the surgery was completed with finesse.

Both cases were successfully managed with minimal complications, underscoring the potential of laparoscopy in addressing even the most demanding gynaecological conditions.

Following the live surgical demonstrations, I had the honor of presenting a lecture titled **“Complex Laparoscopic and Robotic Surgeries in Gynaecological Disorders.”** This session focused on sharing insights and experiences in managing challenging cases through advanced laparoscopic and robotic surgical techniques. The presentation covered various aspects, including case selection, surgical strategies, intraoperative troubleshooting, and postoperative care. Emphasis was placed on the transformative role of robotic surgery in improving precision and patient outcomes, especially in complex scenarios such as deep infiltrating endometriosis, large myomas, and gynaecological malignancies.

The response from the audience was overwhelmingly positive, with engaging discussions that highlighted the enthusiasm and curiosity of the attending surgeons. The interactive Q&A session provided an opportunity to address queries related to laparoscopic oncology, the nuances of robotic surgery, and optimizing surgical outcomes in resource-limited settings. The response from the audience was overwhelmingly positive, with engaging discussions that highlighted the enthusiasm and curiosity of the attending surgeons.

The interactive Q&A session provided an opportunity to address queries related to laparoscopic oncology, the nuances of robotic surgery, and optimizing surgical outcomes in resource-limited settings.

The workshop was an exemplary platform for skill enhancement, knowledge dissemination, and professional networking. It also reinforced the pivotal role of mentorship and collaboration in advancing surgical practice. The challenges presented by the cases and the resource constraints of the setting underscored the importance of adaptability, innovation, and teamwork in achieving surgical excellence.

This event marked another milestone in GKNM Hospital's commitment to promoting advanced surgical techniques and improving patient care standards. It was an honor to contribute to the professional development of my peers and to witness the collective effort toward enhancing gynaecological surgical care.

In conclusion, the Live Gynaecology Laparoscopy Workshop was a resounding success, leaving an indelible mark on all participants. It served as a testament to the evolving landscape of gynaecological surgery and the shared commitment of the surgical fraternity to patient-centered innovation and excellence.



**Dr. Praveen Ravishankaran**  
Consultant Surgical Oncologist (Robotics)

## Dr. Rasmiranjan Padhi

Academic and Clinical Excellence

**Dr.** Rasmiranjan Padhi, Chief of the Neurointerventional Unit, has had the honor of contributing as a distinguished faculty member at both national and international platforms, sharing his expertise in the field of neurointervention and imaging.

Dr. Padhi was invited as a National Faculty for the Indian Society of Neuroradiology

**M**idterm Conference 2024 held in Kochi. During the event, he delivered an insightful lecture titled "Imaging and Intervention of Pediatric Stroke – Our Approach," where he elaborated on innovative methodologies and shared his team's approach to managing pediatric stroke cases, a critical and evolving area of neuroimaging and intervention.

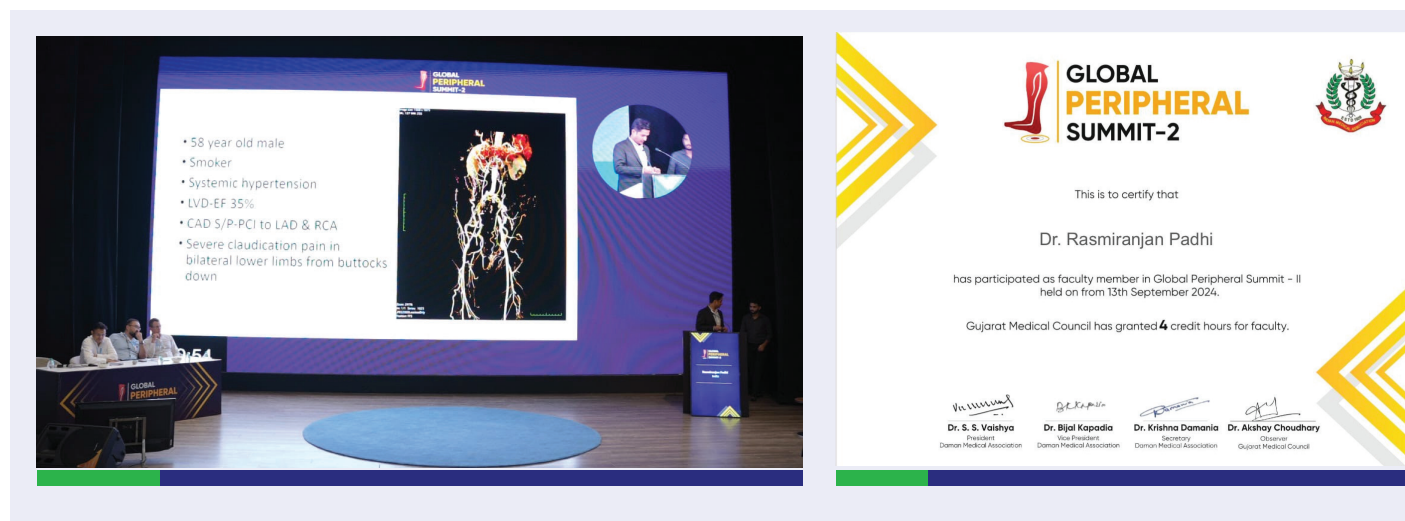




Dr. Padhi was also a National Faculty at **SPECTRUM 2024**, a renowned medical conference held in Mumbai. At this event, he presented a lecture on "Intranodal Lymphangiography," shedding light on its applications and significance in diagnosing and managing lymphatic disorders. His talk was widely appreciated for its depth and clinical relevance.



Adding to his list of esteemed engagements, Dr. Padhi served as an International Faculty at the Global Peripheral Summit hosted in Vapi, Gujarat. His lecture, titled "Challenging Scenarios in Peripheral Intervention" addressed complex cases and innovative solutions in peripheral interventions, highlighting his expertise in handling intricate medical conditions with precision and care.



Dr. Fouzeamol was awarded by the Indian Medical Association (IMA) Women's Doctors Wing of IMA – Coimbatore,

## “THE DISTINGUISHED SERVICE TO MEDICAL COMMUNITY AWARD”

Congratulations Mam !!!

### Dr. Fouzeamol

Consultant, Paediatrics, GKNM Hospital





## Dr. Sivaranjani

MDS

Consultant, Department of Dentistry



## Dr. P. Dinesh Kumar

MBBS., MD (Geriatric Medicine)

Consultant, Geriatric Medicine



## Dr. M. Haripriya

MS (Ophthalmology)

Consultant, Department of Ophthalmology



## Dr. Preetha Solomon

MBBS, M.D., FMAS

Consultant, Department of Obstetrics & Gynaecology



## Dr. S. Sridevi

Consultant, Paediatric & Cardiac Critical Care Medicine

## INAUGURATION OF ADVANCED EMERGENCY COMPLEX & HIGH DEPENDENCY UNIT

OCTOBER 4, 2024

GKNM Hospital has taken a significant leap forward in emergency care with the inauguration of its most advanced Emergency Complex in Coimbatore.

The Hon'ble Health Minister of Tamil Nadu, Thiru **Ma. Subramanian**, inaugurated the Advanced Emergency Complex and High Dependency Unit on October 4th at the A Block of GKNM Hospital.

The event was graced by notable dignitaries, including Coimbatore District Collector **Thiru.Kranti Kumar Pati**, Coimbatore City Municipal Corporation Commissioner **Thiru.Sivaguru Prabhakaran**, KNC Trust Vice President **Sri. R. Gopinath**, and the Chief Executive Officer of GKNM Hospital, **Dr. Ragupathy Veluswamy**.



### Key Highlights of the Facility:

- **State-of-the-Art Infrastructure:**

- 19 beds dedicated for adult and pediatric emergencies.
- 17-bed High Dependency Unit within the Emergency Complex.

- **Specialized Areas:**

- Dedicated zones for pediatric, cardiac, stroke, resuscitation, isolation, urgent dialysis, and obstetrics emergencies.

- **Expert Team:**

- Over 25 dedicated emergency physicians and specially trained nursing staff.

- **Advanced Technology:**

- Equipped with advanced point-of-care diagnostics and an exclusive Emergency Command Centre.
- This new facility reaffirms GKNM Hospital's dedication to delivering world-class emergency care to the community.



POOJA & INAUGURAL OF  
**OBSTETRICS & GYNAECOLOGY (WARD 5)** NOVEMBER 8, 2024



POOJA OF RENOVATED  
**CARDIOLOGY GENERAL WARD PHASE -1 (WARD 14)**  
NOVEMBER 27, 2024



# WORDS OF WISDOM

## Take Time for Ten things

Take time to work:

**It is Price of Success**

Take time to think:

**It is a source of Power.**

Take time to heal:

**It is secret of youth.**

Take time to read:

**It is the foundation of your knowledge**

Take time to keep and enjoy friends :

**It is a source of happiness**

Take time to dream:

**It hitches the soul to the stars.**

Take time to laugh:

**It is signing that helps with life load.**

Take time to Love:

**It is the one sacrament of the life.**

Take time to Plan:

**It is the secret of being able to have time for all above things..**

## Life Style :

Talk - **Softly**

Eat - **Sensibly**

Breath - **Deeply**

Sleep - **Sufficiently**

Dress - **Smartly**

Work - **Patiently**

Think - **Truthfully**

Act - **Fearlessly**

Believe - **Correctly**

Behave - **Decently**

Learn - **Practically**

Plan - **Orderly**

Earn - **Honestly**

Save - **Regularly**



**S.Nagappan**  
General Manager - HR

# MASTERING TIME: THE ART & IMPORTANCE OF SCHEDULING

The term "schedule" refers to a plan or timetable that outlines when specific tasks, events, or activities are supposed to take place. It can be a daily, weekly, or long-term plan that helps organize and manage time effectively. A schedule typically includes specific times or dates for various activities and ensures that tasks are completed in an orderly and timely manner.

Proper scheduling involves creating an effective plan to manage your time and tasks efficiently. Here's a step-by-step guide to scheduling effectively

**IDENTIFY YOUR TASKS:** List all the tasks you need to complete. Include work responsibilities, personal commitments, and any other activities that require your time.

**PRIORITIZE YOUR TASKS:** Determine which tasks are most important or urgent. Use methods like the Eisenhower Matrix (urgent/important matrix) to categorize tasks based on their urgency and importance.

**SET DEADLINES:** Assign realistic deadlines for each task. Consider any external deadlines or time constraints you may have.

**ALLOCATE TIME SLOTS:** Decide how much time each task will take and assign specific time slots in your schedule. Be realistic about the time required and include buffer time for unexpected delays.

**USE A SCHEDULING TOOL:** Utilize a planner, calendar, or digital scheduling tools like Google Calendar, Microsoft Outlook, or task management apps such as Trello or Asana. Visualizing your schedule can make it easier to stick to your plan.

**STAY FLEXIBLE:** Be open to changes. Sometimes, unexpected tasks or priorities will arise, so it's important to adapt your schedule as needed.

**STICK TO YOUR SCHEDULE:** Commit to following your schedule as closely as possible. Discipline and consistency are the keys to effective scheduling.

By following these steps, you can create a well-organized schedule that helps you manage your time efficiently and stay on top of your responsibilities.

## TRAINING INITIATIVE IN THE PHARMACY DEPARTMENT

This month, the pharmacy department will conduct training on Scheduling, Prioritization, and KRAs (Key Result Areas). The goal is to educate team members on how to:

1. Segregate daily work plans.
2. Handle time management effectively.
3. Understand the interconnection between scheduling, prioritization, and KRAs.

With a clear understanding of daily work plans, roles, and responsibilities, employees can accomplish their tasks efficiently and on time. Scheduling is crucial for managers and supervisors as it supports prevention strategies and ensures comprehensive coverage of all work areas.

### Key Benefits of Scheduling:

- Reduced stress, anxiety, and health problems.
- Increased happiness and success.

### REFLECTIONS ON THE VALUE OF SCHEDULING

During my schooling, I didn't fully understand the importance of a timetable. Now, I realize its transformative power.

- What is a schedule? A structured plan to organize time.
- Why is scheduling important for your career? It enhances productivity and accountability.
- How to create a good daily work schedule? By identifying tasks, prioritizing, allocating time, and using tools effectively.

When you practice and maintain a schedule, you'll experience improvements in:

- Positive thinking
- Time management
- Discipline
- Creativity and innovation
- Team management
- Critical thinking
- Accountability
- A sense of ownership

Scheduling isn't just a tool; it's a pathway to growth and success.

"Work in silence; let your success speak for itself."

I am thrilled to reflect on this remarkable journey in this organization. I consider Dr. Ragupathy Veluswamy a significant source of guidance and inspiration. He has consistently exhibited exceptional leadership, starting each day with a well-structured schedule, clear priorities, and defined KRAs and KPIs. This disciplined approach has fostered immense job satisfaction and a positive work environment. His visionary organizational skills and unwavering commitment to excellence have driven significant transformations, earning him the prestigious Healthcare Excellence Award 2024 and the Indian Chamber of Commerce Best CEO of the Year 2024 (South India).



**Thamilarason M**  
AGM Pharmacy

# HEROIC ACT OF LIFESAVING



**Mr. Karthick S**  
Staff Nurse, MICU



**T**his is a powerful story of quick thinking and heroism! It shows the value of composure, skill, and initiative in emergencies. The need of the hour is more people like you – Bravo

**Mr. Karthick!!!** And at GKNMH we have the staff who are ready to go overboard and stretch themselves to show that We Care. And it shows.

On an ordinary afternoon following my morning shift, my colleague and I decided to have lunch at a nearby restaurant. Amidst the hustle and bustle of the busy place filled with hungry clientele, a sudden commotion drew our attention to a family seated at a nearby table. Their younger son, who had been happily eating moments earlier, began choking on his food and soon lost consciousness.

The panic-stricken parents frantically tried to rouse him but to no avail. Sensing the gravity of the situation, I immediately stepped in to help. I attempted back blows to dislodge the obstruction, but the child remained unresponsive.

Realizing the situation was critical, I urged the parents to rush to the nearest hospital. However, they were too shocked and paralyzed by fear to act promptly. Taking charge, I carried the child and accompanied them in an auto-rickshaw to the hospital.

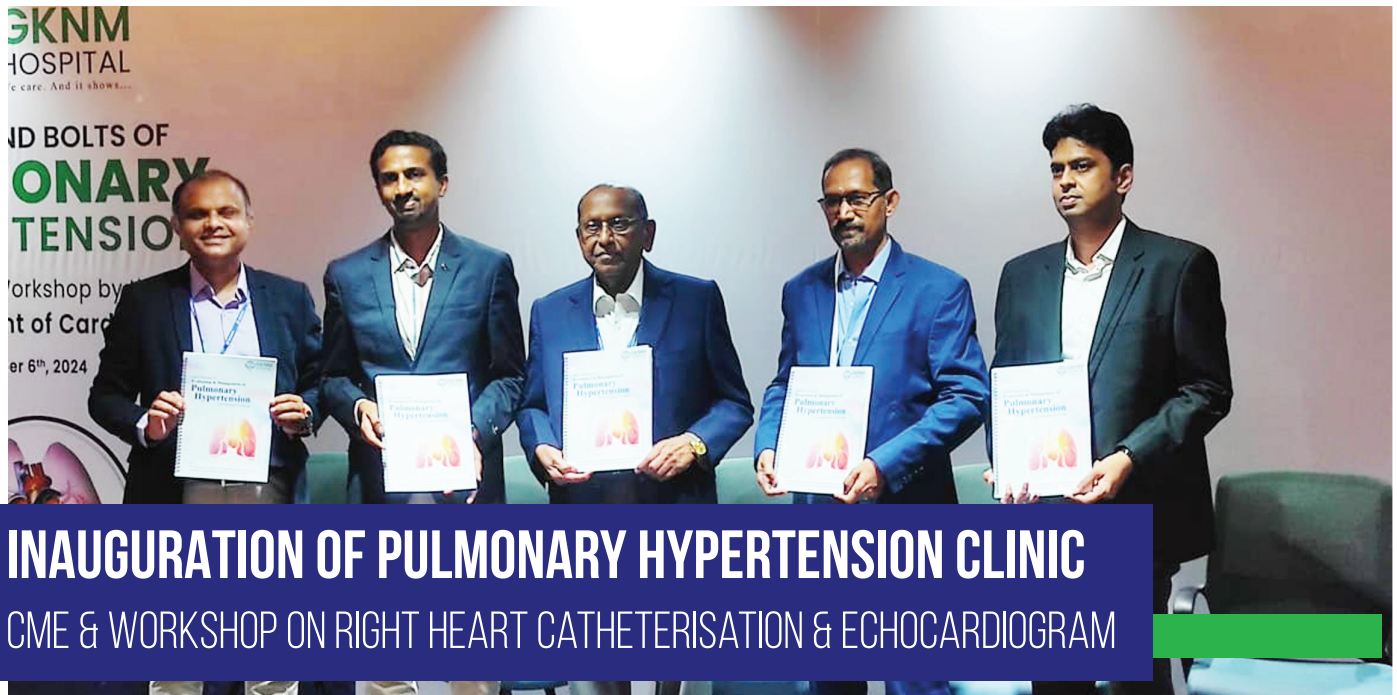
Along the way, I performed abdominal thrusts, a life-saving technique I had learned as part of my training. Moments before we arrived at the hospital, the child vomited the food that had obstructed his airway.

As we entered the hospital campus, I checked the child's mouth for any remaining obstructions and stimulated his cough reflex. Gradually, he began to regain consciousness, though he appeared disoriented.

After explaining the situation to the doctor, I was relieved to hear that my timely intervention had been pivotal in stabilizing the child. The doctor assured us that his vital signs were normal and that he would recover fully without any long-term complications.

After ensuring the boy was in safe hands and his parents' anxiety had somewhat subsided, I quietly left the hospital. That day reaffirmed the significance of quick thinking, professional training, and compassion in healthcare. Moments like these remind us why we chose this profession—to make a difference, even outside the walls of our workplace.





## INAUGURATION OF PULMONARY HYPERTENSION CLINIC

### CME & WORKSHOP ON RIGHT HEART CATHETERISATION & ECHOCARDIOGRAM

*A Continuing Medical Education (CME) program and workshop on **Right Heart Catheterisation & Echocardiogram** was successfully organized by*

With the launch of its Specialized Pulmonary Hypertension Clinic, coinciding with a Continuing Medical Education (CME) program and workshop organized by the Department of Cardiology at the GKNM iOP Auditorium, GKNM Hospital celebrated a milestone on October 6, 2024. The clinic was inaugurated by Dr. Ragupathy Veluswamy, CEO of GKNM Hospital, alongside key medical leaders: Executive Medical Director Dr. Santhosh Kumar Dora, Medical Director - Operations Dr. Santhosh, Dr. Sambasivam, Head of the Cardiology Department, and Dr. Shanmugasundaram, Head of the Heart Failure Clinic and Echo Cardiology Department. A notable highlight was the release of the Pulmonary Hypertension Ready Reckoner, a valuable resource for healthcare professionals.





The CME program and workshop, spearheaded by Dr. K. A. Sambasivam and Dr. R. Shanmugasundaram, focused on Right Heart Catheterization and advanced echocardiographic techniques. With an impressive attendance of 183 participants, including leading cardiologists, physicians, pulmonologists, rheumatologists, and postgraduate students, the event featured interactive sessions, live demonstrations, and detailed case discussions. Esteemed faculty members provided hands-on training and addressed participant queries, fostering a collaborative and engaging learning environment.

The program also highlighted the latest advancements and treatment strategies for managing pulmonary hypertension, emphasizing early diagnosis and comprehensive care.



Expert presentations by cardiologists, pulmonologists, and other specialists attracted over 200 doctors. Quiz competitions added to the vibrancy, with prizes awarded to winners, encouraging knowledge sharing.



## NATIONAL WORKSHOP ON MEDICAL THORACOSCOPY

The Department of Pulmonary Medicine at our institute successfully hosted a prestigious National Workshop on Medical Thoracoscopy, attracting delegates from across the country. The event served as an enriching platform for knowledge-sharing and hands-on learning in this specialized field.

The workshop featured a lineup of esteemed speakers, with notable international faculties including **Prof. Dr. Munnavar** from the United Kingdom and **Prof. Dr. Jamsak Tschikuma** from Thailand. Their expert insights and engaging lectures added immense value to the program, making it a standout academic event.



**Dr. Vijayaravindh**

Consultant - Pulmonologist

The workshop was thoughtfully structured into two sessions. The morning session comprised a series of insightful lectures delivered by the faculty, covering key advancements and best practices in medical thoracoscopy. In the afternoon, participants moved to hands-on training at five dedicated workstations, meticulously designed to provide practical learning opportunities. Three of these workstations featured biopsy techniques using semirigid, rigid, and mini thoroscopes on animal models.

This unique arrangement ensured that all delegates received adequate hands-on exposure to refine their skills and build confidence in the art of medical thoracoscopy.

The enthusiastic participation of delegates in every session was a testament to their eagerness to learn and excel in this niche area of pulmonary medicine.

Their active engagement, coupled with the faculty's commitment to teaching, created an environment of dynamic learning and collaboration.

The workshop concluded on a high note, earning accolades from both faculty and participants. The event was hailed as a

resounding success, further cementing our institute's reputation as a center of excellence in medical education and training. The response from the audience was overwhelmingly positive, with engaging discussions that highlighted the enthusiasm and curiosity of the attending surgeons. The interactive Q&A session provided an opportunity to address queries related to laparoscopic oncology,

the nuances of robotic surgery, and optimizing surgical outcomes in resource-limited settings. The workshop was an exemplary platform for skill enhancement, knowledge dissemination, and professional networking. It also reinforced the pivotal role of mentorship and collaboration in advancing surgical practice.

The challenges presented by the cases and the resource constraints of the setting underscored the importance of adaptability, innovation, and teamwork in achieving surgical excellence.

This event marked another milestone in GKNM Hospital's commitment to promoting advanced surgical techniques and improving patient care standards. It was an honor to contribute to the professional development of my peers and to witness the collective effort toward enhancing gynaecological surgical care.

In conclusion, the Live Gynaecology Laparoscopy Workshop was a resounding success, leaving an indelible mark on all participants. It served as a testament to the evolving landscape of gynaecological surgery and the shared commitment of the surgical fraternity to patient-centered innovation and excellence.

# NATIONAL WORKSHOP ON MEDICAL THORACOSCOPY



# CME PROGRAM **PROSTATE 360**

## BY THE DEPARTMENT OF UROLOGY & ONCOLOGY



GKNM Hospital Hosts CME Program

## **PROSTATE 360°**

The Departments of Urology and Oncology at GKNM Hospital proudly organized a Continuing Medical Education (CME) program titled “PROSTATE 360°” on November 16, 2024, at The Grand Regent Hotel, Coimbatore.

This thoughtfully curated event brought together medical professionals for an in-depth exploration of prostate health, fostering education, collaboration, and innovation.

The program featured a series of engaging interactive sessions, where expert speakers delved into the latest advancements in the diagnosis, management, and treatment of prostate-related conditions. A highlight of the event was the dynamic panel discussion, which provided a platform for specialists to exchange ideas, share clinical experiences, and discuss emerging trends and challenges in prostate care.



The event witnessed the enthusiastic participation of around 45 medical professionals from Coimbatore and neighboring regions. Their active involvement created a vibrant atmosphere of knowledge sharing and collaboration, enhancing the overall learning experience.

With its focus on holistic insights into prostate health, “PROSTATE 360°” served as a valuable opportunity for healthcare providers to stay updated on cutting-edge developments and strengthen their commitment to delivering exceptional patient care. The CME program underscored GKNM Hospital’s dedication to advancing medical education and fostering professional growth within the healthcare community.



## CME &amp; WORKSHOP

# MASTERING CONUNDRUM HEART FOR NON-CARDIAC SURGERY



The Continuing Medical Education (CME) event and workshop titled "Mastering Conundrum Heart for Non-Cardiac Surgery" was successfully held on December 15 at the IOP Auditorium, GKNM Hospital.

The event brought together over 150 enthusiastic delegates, including consultants, postgraduates, and practitioners from across the region, to delve into the complexities of perioperative cardiac management in non-cardiac surgeries.

The program featured nine meticulously curated scientific sessions that offered a deep dive into various aspects of perioperative care, complemented by interactive hands-on workshops.

The workshops, which were a highlight of the day, provided practical training in:

- Central line placement
- Arterial line placement
- PICC line placement
- Transthoracic echocardiography

The hands-on sessions were designed to equip participants with essential skills, ensuring they left with enhanced confidence in handling perioperative cardiac challenges.

Adding a touch of intellectual excitement to the day, a quiz competition was conducted, fostering engagement and camaraderie among participants. The quiz winners were as follows:

- **Session 1 Winner:**  
Dr. Prathiba (Consultant, Bhavani)
- **Session 2 Winner:**  
Dr. Keerthana (Postgraduate, KMCH, Coimbatore)
- **Session 3 Winner:**  
Dr. Jamuna (Consultant, Kumbakonam)
- **Overall Winner:**  
Dr. Reena (Postgraduate, Ganga Hospital, Coimbatore)

The event was highly appreciated for its blend of scientific rigor, practical learning, and collaborative atmosphere. It served as a platform to enhance knowledge, foster skill development, and inspire the medical community to master perioperative cardiac care in non-cardiac surgical settings.

CME & WORKSHOP

# MASTERING CONUNDRUM HEART FOR NON-CARDIAC SURGERY



# OT PERSONNEL TRAINING AND WORKSHOP

OCTOBER 20, 2024

The Department of Nursing successfully organized a one-day training and workshop exclusively designed for Operation Theatre (OT) staff on October 20, 2024, at GKD Auditorium. This thoughtfully curated event aimed to enhance the knowledge and skills of OT personnel, focusing on best practices, modern techniques, and updated protocols essential for delivering high-quality patient care.

The workshop featured a comprehensive agenda, including engaging panel discussions and insightful expert talks led by renowned specialists in the field. These sessions delved into various critical aspects of OT management, ranging from infection control to advanced surgical procedures.

In addition to the theoretical sessions, the workshop emphasized practical learning through hands-on training modules. Participants had the opportunity to gain real-time experience under the guidance of experienced trainers, ensuring a holistic approach to skill development. The event witnessed enthusiastic participation from approximately 50 delegates representing various healthcare institutions across Coimbatore. Their active engagement and collaborative spirit made the workshop a resounding success, fostering an enriching exchange of knowledge and expertise. This initiative by the Department of Nursing underscores its commitment to empowering healthcare professionals and enhancing the standards of surgical care in the region.





## WORLD PHARMACY DAY CELEBRATION AT GKNM HOSPITAL OCTOBER 5, 2024

In observance of World Pharmacy Day on September 25th, the Department of Pharmacy at GKNM Hospital, along with GKNM iOP, organized a series of engaging competitions for pharmacists. These included poster presentations and a medication management quiz, aimed at promoting knowledge and awareness in the field of pharmacy. The valedictory function, held on October 5th at the GKD Auditorium, recognized and celebrated the achievements of the winners. Dr. Ragupathy Veluswamy, CEO of GKNM Hospital, presided over the event, where the winners were awarded trophies and certificates for their outstanding contributions. The event highlighted the importance of pharmacy in healthcare and encouraged continuous learning and innovation in the profession.



## INTERNATIONAL INFECTION PREVENTION WEEK OCTOBER 6, 2024

To commemorate International Infection Prevention Week, the Department of Infection Control at GKNM Hospital organized a series of competitions and awareness sessions for employees. The valedictory function, held on October 19th at the GKD Auditorium, marked the conclusion of the week-long activities. Dr. Ragupathy Veluswamy, CEO of GKNM Hospital, presented prizes to the winners, recognizing their active participation and commitment to infection prevention. The event successfully highlighted the importance of infection control in maintaining a safe healthcare environment.



## WORLD BREAST CANCER AWARENESS MONTH 2024

OCTOBER 14<sup>TH</sup> TO 26<sup>TH</sup>, 2024

In observance of World Breast Cancer Awareness Month, GKNM Hospital organized a Free Breast Screening Camp from October 14th to 26th at the C Block VNCC.

The camp aimed to raise awareness among women over 30 about the importance of Breast Self-Examination. A total of 327 women were screened, and Community Oncology Volunteers provided education on self-examination and the symptoms of breast cancer.

Dr. Latha Balasubramani, Consultant Gynea Onco Surgeon at VNCC, delivered an informative session on the importance of self-examination, vaccination options, and regular screenings.

Additionally, a **Pink Day Human Chain Program** and pledge campaign took place on October 19th in front of GKNM iOP, supported by students and faculty from the Institute of Nursing. To mark the occasion, the facades of **GKNM iOP & VNCC** were illuminated in Pink, aligning with the theme of Pink October and symbolizing support for breast cancer awareness.



## CERTIFICATE COURSE IN CLINICAL RESEARCH - 1<sup>ST</sup> BATCH GRADUATION OCTOBER 26<sup>TH</sup>, 2024

Health care professionals play a crucial role in the healthcare delivery system, generating vast amounts of healthcare data through their care processes. Understanding how to transform this data into useful information is essential for integrated patient care management. Information literacy goes beyond basic reading and computer skills; it involves the effective transformation of health data into information and the competent use of this knowledge for clinical decision-making and improved patient outcomes.

Clinical research involves identifying research problems related to clinical practice and implementing findings to improve patient care quality. The goal is to provide the highest quality and most cost-effective care. Practicing evidence-based medicine requires an understanding of research concepts and the ability to evaluate research accurately.

At GKNM Hospital, a course was designed to help working professionals understand research methodology and statistical methods. This course aims to assist in identifying research problems, planning, and implementing research plans to enhance patient care quality. The first batch of scholars successfully completed their course in September 2024 and were awarded their course completion certificate by our CEO, Dr.Ragupathy Veluswamy in the presence of our CMO Dr.Manoharan and the entire administration and other consultants on October 26th, 2024.



### Batch I Graduates:

(Left to Right) Dr.Antony Terrance, Dr.Bivin Wilson, Dr.Koushik Jothinath, Dr.Piyush Joshi, Dr.Naveen, Dr.Karthik Babu Murugesan, Dr.Priya Karthick Prabhu, Mrs.Vijayalakshmi, Mrs.Lakshmi, Mrs.Mary, Mrs. Sumathi, Mrs. Kulandai Terasa

## WORLD STROKE DAY ACTIVITY 2024

OCTOBER 26, 2024

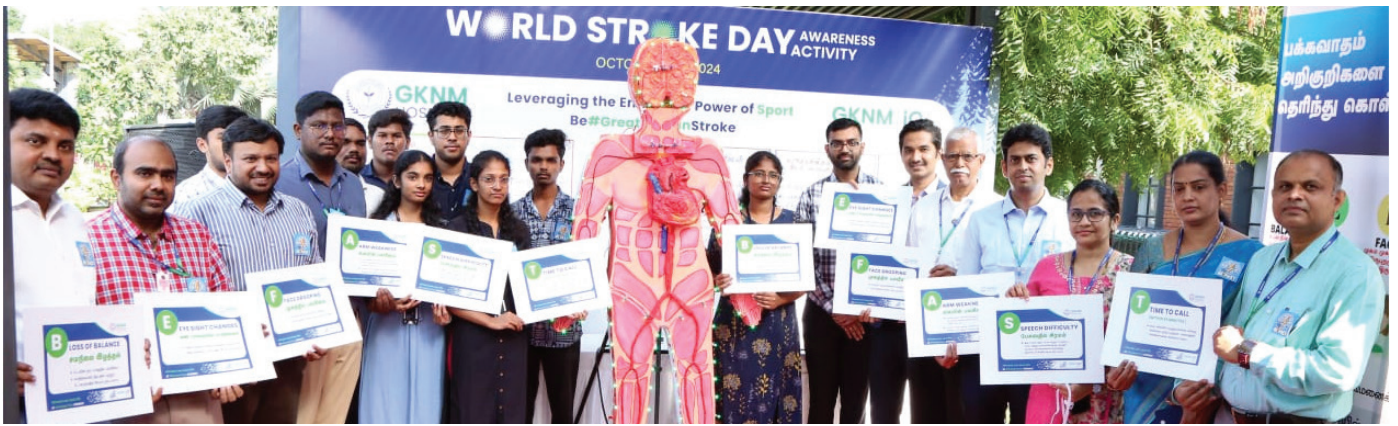
On October 26th, GKNM Hospital organized several activities to raise awareness about stroke and its symptoms, as part of **World Stroke Day**.

**Stroke Symptoms Live Size Model & Physical Activity:** In collaboration with AHS students, GKNM Hospital set up an interactive Live Size Model demonstrating stroke symptoms and the flow of blood in the human body. This educational display, aimed at raising awareness about the importance of recognizing stroke symptoms through

the BE FAST acronym, was set up at Lakshmi Mills Urban Centre, Coimbatore, and was well-received by the public.

**Quiz & Competitions:** To further engage the staff and students, GKNM Hospital organized a stroke awareness quiz, MIME act, and fashion show competition. The winners were awarded trophies by the hospital's administration team.

**Interactive Session:** On September 29th, Dr. Parvathy, Neuro Consultant, and Dr. M. R. Balasenthilkumar, Neurosurgeon at GKNM Hospital, conducted an informative session for GKNM Nursing students, nurses, physician assistants, and technicians. They addressed topics such as stroke symptoms, risk factors, preventive measures, and treatment options. The session also emphasized the importance of timely diagnosis and immediate action in stroke care. The event took place at the GKD Auditorium and was aimed at improving staff readiness in managing stroke cases.



## NATIONAL PHYSICIAN ASSISTANT DAY 2024

OCTOBER 26, 2024

On October 26th, GKNM Hospital celebrated National Physician Assistant Day with a special event organized by the Physician Assistants (PA) team. The day was dedicated to recognizing the invaluable contributions of Physician Assistants in the healthcare field.

The event featured a variety of competitions aimed at fostering teamwork, knowledge, and professional skills among the PA staff.

These activities provided a platform for participants to showcase their abilities and creativity in a friendly and engaging environment.

Winners of the competitions were recognized and awarded prizes for their outstanding performances. The event not only celebrated the hard work of the PA team but also highlighted the essential role they play in delivering quality care to patients at GKNM Hospital.



## INTERNATIONAL RADIOLOGY DAY 2024

OCTOBER 29, 2024

On October 29th, GKNM Hospital celebrated International Radiology Day with a special event organized by the Department of Radiology. The ceremony was held to honor and recognize the dedication and long-standing contributions of staff members in the radiology field.

The highlight of the event was the Award Ceremony, where Radiology staff who had served for over 10 years were recognized for their outstanding service and commitment to excellence in patient care and diagnostic imaging.

Their expertise and dedication have played a crucial role in the hospital's ability to provide high-quality radiological services. Dr. Ragupathy Veluswamy, CEO of GKNM Hospital, presided over the ceremony and presented the awards to the deserving staff members, acknowledging their hard work and contributions.

In addition to the awards, the **Radiology Department brochure** was officially released, highlighting the department's achievements, advancements in imaging technology, and the team's ongoing commitment to innovation and quality care.



## “SARKARAI KU ENI AKKARAI KAATUVOM” WORLD DIABETES DAY AWARENESS EXHIBITION AND SCREENING CAMP“ NOVEMBER 14, 15 & 16, 2024

To mark World Diabetes Day, the Department of Diabetology, in collaboration with the Institute of Nursing, organized a three-day Diabetes Awareness Exhibition at GKNM iOP. The event was inaugurated by Sri. R. Gopinath, Vice President of KNC Trust, in the presence of dignitaries including Chief Medical Officer, Dr. Manoharan, Executive Medical Director, Dr. Santhosh Kumar Dora and Consultant Diabetologists Dr. Srinivasan, and Dr. Muthulakshmi.

The exhibition aimed to educate the community on diabetes prevention, early detection, and management. Activities included vital screenings, foot care evaluations, retinal screenings, doctor consultations, a diabetic diet display, fitness evaluations, and an alternate medicine stall.

A highlight was the innovative "Diabot 2.0" robot model, created by GKNM Allied Health Science students to educate the public on symptoms, risks, and treatments, along with a unique pyramid-shaped diet guide. The event also featured lucky draws and fun games, drawing enthusiastic participation from the public.



## CHILDREN'S DAY CELEBRATION FOR LITTLE WARRIORS

NOVEMBER 16, 2024

As part of the extended celebrations for National Children's Day, the VNCC team organized a special engagement event for children battling blood cancer at the GKD Auditorium, GKNM Hospital.

The event was graced by Dr. Manoharan, Chief Medical Officer of GKNM Hospital, as the Chief Guest. The day was filled with joy and inspiration, featuring a captivating magic show, a creative art and craft session, and engaging games that brought smiles to the children's faces.

To make the occasion even more memorable, exciting gifts were distributed to these brave little warriors, who participated enthusiastically in all activities. The event showcased the hospital's unwavering commitment to bringing happiness and hope to young patients and their families.



## GKNM HOSPITAL AT COIMBATORE VIZHA 2024: OBSTACLE COURSE RACE

DECEMBER 1, 2024

As part of the vibrant Coimbatore Vizha 2024 celebrations, GKNM Hospital collaborated to organize an exhilarating "Obstacle Course Race" on December 1st at the PRS Ground, Coimbatore. This exciting event aimed to promote fitness, teamwork, and community spirit, drawing enthusiastic participants from across Tamil Nadu and Kerala.

The event was inaugurated by Commissioner of Police, Thiru. V. Balakrishnan IPS, whose presence added significance and motivation to the occasion. The Obstacle Course Race featured a variety of challenging yet fun-filled tasks designed to test participants' endurance, agility, and resilience.

GKNM Hospital played a pivotal role in ensuring the safety and well-being of all participants. A dedicated team of physiotherapists and emergency physicians from the hospital was on-site, providing first aid and medical assistance whenever needed. The Obstacle Course Race was not just a physical challenge but a celebration of the collective energy and spirit of the Coimbatore Vizha, leaving lasting memories for all who participated.



## ROBOTIC ASSISTED SURGERY – EXHIBITION

DECEMBER 26 & 27, 2024

- To showcase the latest advancements in robotic-assisted surgery and how it's transforming the medical field. Two day exhibition was organized at GKNM iOP on Dec 26th and 27th
- The Experience centre vehicle had Davinci Xi Robot with fully functional simulator was displayed to educate the general public about the Robotic assisted surgeries.
- The exhibition had expert guidance from the Intuitive technical team, real time visual assistants, advanced instruments, suturing and simulation exercises.
- Doctors, Post graduates and general public participated in the exhibition and gained knowledges about Robotic assisted surgery.



## HPV VACCINATION DRIVE DECEMBER 28, 2024

On December 28th, the second soft launch of the HPV Vaccination Drive was held at the iOP Auditorium, GKNM Hospital. This initiative, spearheaded by Coimbatore Rotary Metropolis with State Bank of India as the CSR partner, continues its mission to protect girl children aged 9-20 years from cervical cancer through timely vaccination. GKNM Hospital proudly serves as the implementation partner for this impactful program.

The launch event was inaugurated by Dr. Ragupathy Veluswamy, Chief Executive Officer of GKNM Hospital, alongside Mr. Chandrashekhar B Naik, Deputy General Manager (Commercials) of State Bank of India, dignitaries from Rotary Metropolis, and specialists from the hospital's Oncology Department. This phase of the drive aims to benefit approximately 700 girl children, building on the program's ambitious target of vaccinating 3,000 girls by March 31, 2025. The collaborative effort underscores the importance of community-driven healthcare initiatives in fostering awareness and prevention of life-threatening diseases. Through this continued effort, GKNM Hospital, Rotary Metropolis, and their CSR partner, State Bank of India, are paving the way for a healthier, cancer-free future for young girls, further solidifying their commitment to community health and preventive care.





# FROM THE NURSING DEPARTMENT ENGAGING GUEST LECTURE ON HEALTH, HYGIENE, AND SELF-CARE AT IFGTB

DECEMBER 18, 2024

**A.Christy Babuji**  
Head Nurse - Cardiothoracic ICU



On December 18, 2024, I had the privilege of delivering a guest lecture on Health and Hygiene in the Workplace and Self-Care to the esteemed scientists and staff of the Institute of Forest Genetics and Tree Breeding (IFGTB).

The session proved to be a remarkable two-way learning experience. While preparing for the lecture, I had the opportunity to revisit and deepen my understanding of these critical topics, which further enriched the discussion.

The audience demonstrated exceptional participation, focus, and enthusiasm throughout the session. Their insightful questions made the interaction dynamic and thought-provoking. Topics ranged from the judicious use of antibiotics and the role of natural immunity to the science of sleep, dream recollection, skipping breakfast, and the benefits of intermittent fasting.

It was heartening to see the high level of engagement and thoughtful discussions among the participants. Their curiosity and eagerness to explore health and wellness themes were truly inspiring.

The session concluded with kind words of appreciation from Dr. Kunhikannan, Director of IFGTB, and Mrs. Anandhalakshmi, the organizing chairperson, along with her team. They extended their heartfelt thanks to our institution for facilitating this enriching session.

I am deeply grateful to our management and our Chief Nursing Officer for entrusting me with this opportunity to contribute to such a distinguished platform.

# FROM THE NURSING DEPARTMENT

## NURSING TEAM - APPRECIATION



## FROM THE HUMAN RESOURCES DEPARTMENT

### GKNMH HOSTEL DAY CELEBRATIONS

OCTOBER 25, 2024

The **HR Department of GKNMH** organized a vibrant Hostel Day event on October 25, 2024 clubbed with celebration of the Diwali festival. The occasion was marked by a lively and colourful atmosphere, bringing together staff and hostel residents for a day filled with fun, creativity, and togetherness. A competition for the Best Decorated Room was held, and the winning rooms were awarded prizes. Adding to the festive spirit, the event featured food stalls managed by GKNMH staff

members. This initiative not only offered a delightful variety of snacks and dishes but also provided a platform for employees to showcase their culinary talents. The celebrations were further enriched by a series of cultural programs and engaging games that kept the audience entertained throughout the day. With vibrant performances, enthusiastic participation, and a strong sense of camaraderie, the event created memorable moments for all who attended.



### EMPLOYEE REWARD PROGRAM

OCTOBER 29, 2024

The Employee Engagement Committee of GKNMH organized a special event on October 29, 2024, to recognize and celebrate the outstanding contributions of employees for the first quarter of the financial year. The program, held at the prestigious GKD Auditorium, highlighted the organization's commitment to appreciating and motivating its workforce.

delivering excellence in healthcare. Both individuals and teams were honoured during the ceremony, with appreciation certificates presented to them. This heartfelt gesture served as a testament to the leadership's genuine acknowledgement of employee achievements and their role in driving organizational success.

The event was graced by the presence of the CEO of GKNMH, Dr. Ragupathy Veluswamy, who presided over the occasion. In his inspiring address, the CEO emphasized the importance of recognizing hard work and dedication, underscoring how every employee's effort contributes to the hospital's mission of

The event fostered a sense of pride and motivation among the employees, creating a vibrant atmosphere of celebration and encouragement. It was a memorable occasion that reinforced the culture of recognition and engagement at GKNMH.



## FROM THE HUMAN RESOURCES DEPARTMENT

### CHILDREN'S DAY OUTING FOR GKNM HOSPITAL EMPLOYEE CHILDREN

NOVEMBER 16, 2024



The HR Department organized a delightful one-day outing and interactive program for the children of GKNM & iOP staff at Mani Higher Secondary School as part of the Children's Day celebrations.

The event featured exciting sports activities and a creative coloring session, providing a perfect blend of fun and engagement for the young participants. It was a day filled with laughter, energy, and cherished memories, showcasing the hospital's commitment to fostering a joyful environment for its employees and their families.



## FROM THE HUMAN RESOURCES DEPARTMENT

### CAREER PLANNING DAY FOR GKNM EMPLOYEE CHILDREN

NOVEMBER 23, 2024

The HR Department organized a dedicated Career Planning Day for the children of GKNM employees, aimed at guiding and inspiring young minds as they prepare for their future.

The program welcomed around 25 students from grades 10 to 12, providing them with valuable insights into career opportunities through expert-led sessions on education pathways and professional growth. Additionally, the participants were taken on an engaging hospital tour, offering a firsthand look at various healthcare roles and operations.

This initiative served as a platform to empower the next generation with knowledge, helping them make informed decisions about their future careers.



### FIRE SAFETY AWARENESS SESSIONS AT GKNMH DECEMBER 16, 2024

Fire safety awareness sessions were conducted at GKNMH on the 15th and 16th of December 2024 for the hospital staff, an initiative by the Human Resources Department. These sessions, led by Mr. Ramachandran from the Coimbatore Fire and Rescue Stations, witnessed enthusiastic participation from approximately 200 staff members.

The sessions aimed to enhance preparedness and response in case of fire emergencies, reflecting GKNMH's commitment to safety and readiness. The hospital's Emergency Response Team (ERT), which remains vigilant as part of the fire safety framework, plays a crucial role in ensuring swift action during emergencies.

Additionally, GKNMH conducts regular mock drills to equip its staff with the necessary knowledge and skills to manage fire incidents effectively. These initiatives reaffirm the hospital's dedication to maintaining a safe environment for patients, staff, and visitors alike.



## FROM THE HUMAN RESOURCES DEPARTMENT

### NEW YEAR 2025 CELEBRATION: FUN AND FITNESS FOR GKNM EMPLOYEES

DECEMBER 28, 2024

On December 28th, the HR Department of GKNM Hospital organized a vibrant and engaging day of fun-filled activities to usher in the New Year 2025. The event, held for the employees of GKNM Hospital and iOP, aimed to foster team spirit, promote physical wellness, and spread cheer among the staff.

The celebration featured an exciting lineup of 11 games and activities, where employees participated both as individuals and in teams. The activities were designed to be inclusive and entertaining, ensuring that everyone could join in the fun and feel part of the celebration. The event saw enthusiastic participation from around 400 employees, who competed with high energy and camaraderie. This New Year activity not only brought employees together but also strengthened bonds, encouraged teamwork, and emphasized the importance of work-life balance. The HR Department's initiative was met with great appreciation, marking a memorable start to the year for the GKNM family.



# FROM THE INSTITUTE OF NURSING

## STROKE DAY 2024 OCTOBER 25 & 26, 2024

The Stroke Day awareness program was organized by Institute of Nursing. The outdoor event at Lulu Mall (25.10.2024) was graced by Dr. Manoharan, CMO, Dr. Santhosh Kumar Dora, Executive Medical Director, and Dr. Santhosh V, Medical Director Operations. The AHS students presented an innovative dance and working model on stroke progression.

The next day, Dr. Parvathy gave a talk on early stroke recognition, Dr. Rasmi Ranjan Padhi on endovascular treatments, and Dr. Balasenthil Kumaran on surgical innovations, complemented by interactive student activities at GKD Auditorium on 26.10.2024.



## FROM THE INSTITUTE OF NURSING

### NATIONAL NEWBORN WEEK 2024

NOVEMBER 11, 2024

The National Newborn week was organised by Institute of Nursing, A comprehensive program at GKNMH-IOP commenced with hands-on training (19.11.2024) where Dr. Parthasarthy, Pediatric Resident conducted Neonatal Resuscitation Program at three specialized stations for DGNM and AHS students, followed by a seminar (21.11.2024) featuring Prof. S. Rajeswari, Professor Institute of Nursing, who delivered a session on newborn care and hypothermia management. Dr. Priyadharshini R, Medical Officer Alternative Medicine GKNMH, who demonstrated breathing exercises and pranayama techniques.



### STATE LEVEL QUIZ COMPETITION 2024

NOVEMBER 15, 2024

The State Level Brainy Quiz Competition was organized by Ganga Institute of Nursing (17.12.2024), witnessing participation from 13 colleges across Tamil Nadu. The Third-year Physician Assistant students from GKNM Institute displayed an exceptional knowledge by securing the First Prize in Quiz competition.





# FROM THE INSTITUTE OF NURSING

## WORLD DIABETES DAY 2024

NOVEMBER 14,15, 2024

The World Diabetes Day awareness campaign was organized by Institute of Nursing with a comprehensive two-day program at GKNM IOP (15.11.2024). AHS students showcased innovative robotic model, while DGNM and AHS students managed informative stalls on diet, screening, free consultation, and alternative medicine for diabetes, along with public engagement through fun games.



# HEART SCREENING CAMP HELD AT PALANI

DECEMBER 8, 2024



# CORPORATE ENT CAMP HELD AT SLB CAMRON COMPANY,

TIDEL PARK DECEMBER 10 TO 11, 2024



# POLLACHI TIRUVIZHA EVENT AND EXHIBITION PROGRAM

HELD AT POLLACHI DECEMBER 25 TO 29, 2024



# HEALTH AWARENESS PROGRAM AT LECS COMPANY IN ARASUR DECEMBER 25 TO 29, 2024



# CME PROGRAM HELD AT GOPICHETTIPALAYAM DECEMBER 27, 2024










YOU NEED TO FORM MEANINGFUL WORDS FROM THESE LETTERS. YOU WILL HAVE TO THINK OUT OF THE BOX!



Answers:



## "GKNMH UPAKARA"

-  "GKNMH UPAKARA" fund is created to accept donations / contributions under CSR Scheme from Individuals / Public / Companies.
-  To provide the core oncological services including Radiation oncology, Medical services, Haemato oncology, and Surgical oncology to the poor cancer patients.
-  To offer subsidized payment for Bone Marrow Transplant patients.
-  To subsidize payment to poor and needy cancer patients.
-  To subsidize care of poor patients, department wise, as designated by the donor.
-  The payment shall be made by Cheque / DD in favour of **"The Kuppuswamy Naidu Charity Trust for Education and Medical Relief"** payable at Coimbatore.
-  These donations are eligible for the exemptions u/ sec. 80G of the Income Tax Act.

*Published by*

*Dr. Ragupathy Veluswamy on behalf of The Kuppuswamy Naidu Charity Trust for Education and Medical Relief form G.Kuppuswamy Naidu Memorial Hospital, Nethaji Road, Pappanaickenpalayam, Coimbatore - 641 037, Tamil Nadu.*



Newsletter Team

**Editor:** Dr.Latha Balasubramani | **Sub-Editor:** Mrs. Usharani G. Lal,  
**Technical Coordinator:** Mr.Gokulakrishnan.K | **Creative Designer:** P.Mathavan

**For suggestions: [healthcareinfo@gknmh.org](mailto:healthcareinfo@gknmh.org)**



**GKNM**  
**HOSPITAL**  
We care. And it shows...



**GKNM** | **IOP**  
Integrated  
Out-Patient  
Centre

