

# MIMA e-NEWSLETTER

## INDIAN MEDICAL ASSOCIATION

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Email : imamaduraibranch@yahoo.in Website : www.imamaduraibranch.org



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INDIAN MEDICAL ASSOCIATION  
Madurai Branch

**#Save TheSaviours**

18<sup>th</sup> June  
2021

National  
Protest  
Day

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IN DOCTORS' BLOOD  
IS HARDLY A SIGN OF  
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JUNE 2021



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98947 64672



**Dr. R. Ravindran**  
President  
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**Dr. R.R. Vijayakumar**  
Hony. Finance Secretary  
94434 39935



**Dr. R. Mahalingam**  
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**Dr. N.J. Manivannan**  
Joint Secretary  
96292 54247



**Dr. V.N. Alagavenkatesan**  
Imm. Past President & President Elect  
97877 28505

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### MAGAZINE COMMITTEE

Editor : **Dr. N.J. Manivannan**

Associate Editors : **Dr. N. Vijaya Sankaran**  
**Dr. R. Rajeev Ayyappan**

Members : **Dr. V. Kumaravel**  
**Dr. K. Arun, Dr. V.K. Aravind**

Published on behalf of IMA MADURAI BRANCH by

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## President Message

JUNE 2021



Respected Seniors and Colleagues !

Greetings!

It gives me great pleasure to write to you through this President column of MIMA, Newsletter.

July is seeing a dip in Corona cases after its peak in May. The second wave of the pandemic brought tragic losses and sufferings to individuals and community. From losing jobs to losing their dear ones young many suffered mental agony as a result of contracting the illness or caring for family member who had contracted the illness.

The second wave clearly overwhelmed the health infrastructure. Many hospitals faced difficulty catering to the influx of COVID patients with inadequate staff. COVID recognized hospital was dealing with problem of insufficient oxygen, beds and lack of availability of life saving drugs.

We have lost many of our colleagues leaving a indelible scar in our mind. We salute all frontline workers who have lost their precious lives to save others.

Tiding once crisis was possible with the united support of National, State and all brochure of IMA.

On June 18<sup>th</sup> "IMA Protest Day" was held with an objective to prevent assault on Profession and Professionals with the slogan "Save the Saviours" IMA Premises. Members of the Madurai IMA participated in large number and contributed their views about the safety of the Doctor's community.

A Demand for a Competitive Central law forbidding violence against Doctors was placed. Uniform Insurance coverage for Doctor's was also insisted. Insisting the above message a letter was handed over to Madurai Collector on behalf of IMA, Madurai Branch, By the President and State IMA NHB Office bearers Dr. S.G. Balamurugan and Dr. Ganesh.

"IMA COVID RELIEF ACTION FUND" was raised to the tune of Rs.17,95,000/- and was handed over to the State IMA with good appreciation from State President and Secretary.

We are thankful to all our members who donated liberally for the noble cause.

An urgent Governing Body was arranged in view of absence of ailing Secretary Dr.M.Amanullah, and assigned Dr.N.J.Manivannan as Secretary and Editor of the IMA, Madurai Branch.

Regarding IMA Financial Crisis Fund, resource Mobilization was discussed and covered up in the Building Committee and Magazine Committee meeting Minutes.

With united support from all quarter along with a profound sense of optimism we march forward once again serve and rebuild our community Regards!



Always in IMA Service

*R. Ravindran*

(Dr. R. Ravindran)





IMA ACTIVITIES FROM 19TH MARCH TO 22ND APRIL

## Secretary's Report

JUNE 2021



Respected Colleagues!  
Greetings!!

21.03.2021: President, Secretary, Dr.V.Amuthan, Dr. Vijayarathnam, Dr.V.N.Alagavenkatesan, Dr. Balamurugan and Dr.Aneeth Jegaraj attended 308<sup>th</sup> State council Meeting at Gopichettipalayam held at Tex Valley Erode.

With Regards !

  
(Dr. M. Amanullah)



## FROM THE EDITOR'S DESK



JUNE 2021

**Dear Esteemed members,  
Greetings!**

Editorial Committee has noted the decision to make the Joint Secretary Dr.N.J.Manivannan to act as Secretary and the Editor of IMA MIMA News Letter till Dr.M.Amanullah recovers from his present indisposition.

The burning issue was the publication of hard copy with its usual colourful grandeur. While it was emphasized that News Letter should bring all relevant information to the members, the main constraint is the terrific paucity of funds during the pandemic specifically due to scarce social functions held in the IMA Hall. Instead, E-NEWS letter was considered to be the best option and the committee is thankful for the valuable inputs by Dr. V.Kumaravel.

Request was made to Dr.V.Kumaravel to activate dysfunctional website "imamadurai.com" and improve the IMA communications through the website and Whatsapp. Dr. V. Kumaravel has graciously agreed to sponsor the installation of website and its annual maintenance for the first two years. The website will have modern key features like members data, applications for new enrollments, CM notifications, IMA newsletter/journal, gallery of photos and provisions for online voting etc. This website will be updated thrice in a year.

As it appears implausible to include all 250 in one whatsapp group, he felt multiple groups of each 250 members may be started for official communications, not allowing any clutters. Only admin will be posting official and authentic informations to avoid miscommunications.

We have resolved to prominently publish the reduction in tariff for the IMA hall in the Newsletter specifically to facilitate display of the same in their clinic / NH / Hospital to help the association to stabilise the financial crisis.

We have noted many members opinion that the Newsletter can also carry president views on important national and regional issues concerning us like "Assault on Doctors in Assam" "IMA Bihar fight against Dr. RAMDEV's utterances" and "Government Policy on integrating Ayush with modern medicine etc". Members views and articles on such matters can also be considered for publications.

The members suggestions are invited on the above matters.

*Thanking you*

*Always in IMA Service*

*(Signature)*

*(Dr. N.J. Manivannan)*

## BUILDING IMPROVEMENT COMMITTEE MESSAGE

**Dear Members,  
Greetings!**

We are concerned about the financial crises of the Association due to poor income though the IMA Halls. This is mainly because of the pandemic associated scarce utilization of our halls by the public. Moreover, all neighbourhood all marriage halls have slashed their tariff by 50% for their survival, our tariff appeared catchy to the pursue. Hence we have decided to reduce the Tariff of our IMA hall by 50% to attract the public to utilize the IMA hall for more social functions. The details of the reduced and revised tariff are given below.

### PRESENT AND REVISED TARIFF HALL RENT TARIFF

IMA ASI HALL	50% IMA A/C HALL	50%			
6 HRS 20,000	10,000	6 HRS	10,000	5,000	
<b>MEMBERS ONLY</b>					
12 HRS 30,000	15,000	12 HRS	20,000	10,000	
24 HRS 60,000	30,000	24 HRS	30,000	15,000	

The already existing rate concession for members will continue as usual. We appeal to all our members to display this information in their clinic / NH / Hospitals for the public view and help the association to improve the patronage for the IMA hall. We have resolved to advertise in the newspapers and also erect digital display of sign boards in front of the IMA Building.

The following recommendation may also help us to stabilize the financial situation of the association.

-Individual/Family photos of members can be displayed in IMA Hall for the donation of Rs. 25,000/- and Rs 40,000/- respectively

The current tenure of the Building Improvement Committee expires on July 2021, election for said committee member will be conducted as per the Bye Law of the IMA Madurai Branch.

Earnestly soliciting the co-operation of beloved members,

*With Regards!*

Dr. V.N. Alagavenkatesan  
Dr. V. Amuthan  
Dr. V.K. Aravind  
Dr. S.I. Arivazhagan  
Dr. K. Arun  
Dr. S. Babu  
Dr. M. Chidambaram

Dr. N. Durairaj  
Dr. V. Kumaravel  
Dr. R. Mahalingam  
Dr. K.S. Mayilvaganan  
Dr. P. Meenambal  
Dr. B.K.C. Mohan Prasad

Dr. A. Muthu Arumugam  
Dr. V. Rajagopalan  
Dr. R. Rajeev Ayyappan  
Dr. R. Ravindran  
Dr. V. Ravindranath  
Dr. S. Swaminathan  
Dr. R.R. Vijayakumar

*Yours Sincerely*

*(Signature)*

*Dr. P. Vijayarathinam  
Secretary*



# மறைமுக பிரச்சனைகள் - நூல்

குழந்தையின்மை, பாலியல், மறைமுக பிரச்சனைகள் நூல்கள்-மூன்று முறை அரசு விருதும், தங்கபதக்கமும், சர்வதேச, விருதுகளும், காங்கிரஸ், தி.மு.க., எம்.ஜி.ஆர்., விருதுகளும், சென்னையில் மருத்துவமாமணி, கோவையில் சேவைச் சிகரம், மதுரையில் மதுரையின் மாத்ருபூதம் விருதும் பெற்ற பாலியல் நிபுணர் :டாக்டர் என்.என். கண்ணப்பன் - SEXOLOGY & S.T.D துறைகளில் 41 ஆண்டுகளுக்கு மேல்.



"கலெக்டர் திரு. வரதராஜலு" கௌரவிப்பு

26.1.1987-ல் அரசு விழாவில் 18 ஆண்டுகால சேவைகளை குறிப்பிட்டு விருதும், தங்க பதக்கமும் பெற்ற முதல் மருத்துவர் - கலெக்டர் வரதராஜலுவிடமிருந்து. நடுவில் போஸ் கமிஷனர் K.V.S. மூர்த்தி



"கலெக்டர் திரு. கிருஷ்ணசாமி ராஜீவன்" கௌரவிப்பு

மாவட்ட ஆட்சியர் அலுவலகத்தில், அனைத்து அதிகாரிகள் முன்னிலையில் கலெக்டர் கிருஷ்ணசாமி ராஜீவன் டாக்டர் N.N.K-வை பாராட்டி, "சில உண்மைகள்" என்ற நூலை வெளியீடுகிறார்.



"கலெக்டர் திரு. காசி விஸ்வநாதன்" கௌரவிப்பு

15.8.1998 அன்று 51வது சுதந்திர பொன் விழா அரசு நிகழ்ச்சியில் கலெக்டர் காசிவிஸ்வநாதன் அவர்களிடமிருந்து விருதும், தங்கபதக்கமும் பெற்ற ஒரே மருத்துவர்



"கலெக்டர் திரு. ககன்தீப் சிங் பேடி" கௌரவிப்பு

மதுரை ராஜா முத்தையா மன்றத்தில் நடந்த விழாவில் Dr. N.N.K- யின் சேவைகளுக்கு கலெக்டர் ககன்தீப் சிங் பாராட்டு. நடுவில் S. கதிரேசன். தற்போது சென்னை மாநகராட்சி கமிஷனராக பதவியேற்றுள்ளார்.

I.M.A. மதுரை கிளையில் முதல் ஆயுள் உறுப்பினர் பாலியல் துறையில் 41 ஆண்டுகளுக்கு மேல் அரிமா இயக்கத்தில் 40 ஆண்டுகளுக்கு மேல்

**Dr. N.N.கண்ணப்பன், செக்சாலஜிஸ்ட், செக்சாலஜி கிளினிக்**

4, சர்வேயர் காலனி To மாட்டுதாவணி 120 அடி ரோடு, K. புதூர், மதுரை -7.



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- ▶ COLPOSCOPY, CRYOTHERAPY for cervical cancer.
- ▶ TUMOUR MARKERS, IHC, GENETIC SCREENING.



### OUR TEAM:

Prof. **Dr. B.K.C. Mohan Prasad**, MS., MNAMS., M.Ch.(Onco), FAIS., FAGE., FICA.

**Dr. Sarala Prasad**, MBBS., DA., MD.

**Dr. A. Jagadish Singh**, MS., M.Ch.(Onco), MRCS., FIALS.

**Dr. M. Satishkumar**, MS., M.Ch.(Onco), DNB., MRCS UK(Ed).

**Er. Rajeev Sudharsan**, MS., (USA)

Prof. **Dr. K. Mahalakshmi Prasad**, MD(RT).

**Dr. K. Jeyanthi Prasad**, MS(O&G), DNB(OG), FMIS.

**Dr. Dhauna Prasad**, MBBS., A.B.(Int. Medicine, Mayo Clinic, Rochester-USA)-Internal Medicine



11-A, Vinayaga Nagar, Opp. District Court, K.K. Nagar, Madurai - 625 020  
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Web: www.mohansmedicityhospital.com



### Family Security Scheme (FSS)

Fraternity Amount Demand Draft of Rs. 26,85,000 /- from the Family Security Scheme (FSS I & FSS II) was handedover to the Son and Daughter of late

**Dr. T.S. Krishnamoorthi**

### Obituary

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. T.S. Krishnamoorthy** on **11.05.2021**  
May his soul rest in peace



IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. K.G. Subangai** on **05.06.2021**  
May her soul rest in peace

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. R. Kanagarajan** on **13.06.2021**  
May his soul rest in peace



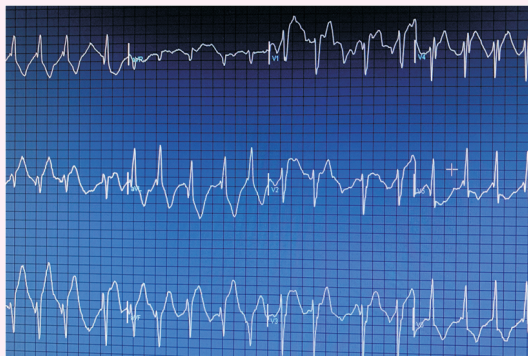
IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. S. Tamilarasi, M.B.B.S.,** on **14.06.2021**  
May her soul rest in peace

IMA Madurai is sad to intimate the demise of one of our Senior member **Dr. V. Ravindranath** on **26.06.2021**  
May his soul rest in peace





### ECG Quiz



55 year lady was admitted with sudden loss of consciousness with uneventful recovery. She had NYHA Class IV breathlessness, BP of 110/70 and her Coronary Angiogram was normal. Her ECG on admission is shown left side. What is the ECG Diagnosis and what is the final diagnosis?

### Picture Quiz



**Winners of the quiz will be honoured in the upcoming CME**

### Welcome to the Fold of IMA



**Dr. R. Harikrishnan, M.B.B.S.,**  
Plot No.12, Mahal Illam, Malaimgal Street,  
Nehru Nagar, Bypass Road, Madurai - 625 003.  
Ph. : 81899 81943



**Dr. C. Jagan, M.B.B.S., M.D.,**  
House No.11, Officers Avenue, Jawaharlalapuram Main Road,  
Suryanagar, K. Pudur, Madurai - 625 007.  
Ph : 9156 00591



## COVID Management - RULE OF 3



### **\*\*3 Must Remember Warning Signs**

1. High grade fever even after 5 days
2. Increasing dry cough while sleeping, talking
3. Exhaustion, dyspnea exertion (worsening from before)

### **\*\*3 Mistakes To Avoid**

1. Starting steroids in first 5 days( prolongs viral clearance and duration of illness, late and severe storm)
2. Early CT and lab work up (before 5th day unless sick)
3. Missing on prophylactic anticoagulation in high risk (as dimer normal despite other signs of storm)

### **\*\*3 Indicators of Cytokine Storm**

1. Re spiking/continued high fevers +/- chills, past 5th day
2. Loose stools after 5th day
3. Increasing dry cough/breathless/exhaustion on routine work

### **\*\*3 Most Important Medications To Counter Storm**

1. Steroids (oral/IV)
2. Anticoagulant(oral/SC)
3. Oxygen (rebreather mask very useful)

### **\*\*3 Supportive Care Measures Usually Neglected**

1. Prone positioning
2. Glycemic control
3. Fluid intake (dehydration increases thrombosis risk)

### **\*\*3 Mistakes With Steroids**

1. Early use from day 1 or 2 (irrespective of dose)
2. Using very high doses(IV 40-80 mg Methylpred or equivalent is sufficient in most)
3. Not tapering at the earliest improvement

### **\*\*3 Points Not To Forget on First OP/ Tele Visit**

1. 6 to 12 days is the dangerous period.
2. Report ASAP if danger signs present (give a written printed format)
3. Avoid long prescriptions with 10 + drugs, patient misses what's important.

### **\*\*3 Things To Be Monitored Daily and Inform**

1. SpO2 with 6 min walk <94
2. Temperature>101( after 4th day)
3. Heart rate (resting >100)



## COVID Management - RULE OF 3

JUNE 2021 

### **\*\*3 Lab Parameters Indicating Storm**

1. CBP - high N/L ratio >3.5, high monocyte >8%
2. CRP, Ferritin, LDH (inflammatory markers)
3. D Dimer (coagulation risk)

### **\*3 Must Do Things if Hypoxic and Waiting for a Bed(HOME or Ambulance)**

1. Inj.Dexa 2 ml bd / Tab.Predmet 32mg BD
2. Inj.Clexane 0.6 ml SC BD / Tab.Apixaban 5mg Bd
3. Dont panic if remdesvir not available, above 2 drugs make all the difference.

### **3 Minor Symptoms- Can Be Ignored**

1. Anosmia, altered taste
2. Cold, stuffy nose
3. Body aches, throat pain

### **3 Must Have Things With Home Treated Patients**

1. Thermometer
2. Pulse oximeter
3. Doctor/hosp contact details

### **3 Lab Values in Resource Poor Settings**

1. CBC - TLC above 10000, N/L ratio >3.5 High monocytes
2. CRP, ESR
3. CXR

### **3 Things To See on CT**

1. Day of illness (early CT misleads)
2. Severity Score (not CORAD 1-5, CORAD 5 doesn't mean severe covid)
3. Progressive/ resolving changes

### **3 Causes of Exhaustion in COVID**

1. Viral myalgia severe (improves over 1 st week)
2. Cytokine Storm, happy hypoxia (worsening towards end of 1st week)
3. Hyperglycaemia (weakness plus polyuria)

### **3 Clues To Catch in Early Happy Hypoxia**

1. Mandatory 6 min walk SpO2 test daily
2. afebrile resting heart rate (>110)
3. Cough on lying down, deep inspiration, interrupting speech





## COVID Management - RULE OF 3

JUNE 2021 

### 3 Complications With Steroids

1. Poor glycemic control (most need insulin)
2. Bacterial sepsis (re spiking fevers/ worsening lung)
3. Opportunistic infections (oral, esophageal candidiasis, pulmonary aspergillosis, rhinoocular mucormycosis)

### 3 Misinterpreted Lab Values

1. Increasing WBC, Neutrophil count after steroids as sepsis. (NLR in CBP is not reliable after starting steroid)
2. High CRP as sepsis in early 2nd week
3. Normal dimer value as no need for anticoagulant even in sick (False positive widal due to cross antibodies as typhoid).

### 3 Extended Tests Useful in ICU

1. IL6 (more than 10 times, >50 indicates severe cytokine storm)
2. Pro-calcitonin ( as CRP can't differentiate inflammation vs sepsis, to rule out severe bacterial infection if >2. Useful only in ICU sick cases)
3. Bacterial and fungal cultures

### 3 Unnecessary Tests

1. CT chest to see for improvement /resolution ( despite clinical improvement)
2. PCR /Rapid @ day 14( false positive even if dead virus present)
3. Lab markers despite clinical improvement, off oxygen (except dimer to be done if high)

### 3 Points on Remdesvir

1. Mild disease : Dont give
2. Moderate, Affordable, available - Dont delay. Affordable, not available -Dont panic. Not affordable, unavailable-Dont bother.
3. Severe/late - Role questionable.

### 3 Things To Avoid While on Treatment

1. Whatsapp
2. Google updates
3. NEWS

### 3 Things Which Are Making the Difference

1. Will power
2. Immunity
3. Faith in treatment (fake Remdesivir also worked)

**Dr. Deepthi**, MD, PGIMER,  
Varma Hospitals.



Founded 1928

Reg. No. 5/1934

# INDIAN MEDICAL ASSOCIATION

## MADURAI BRANCH

No.1, Panagal Road, Madurai - 625 020. Phone : 2535329

### ELECTION CIRCULAR

Madurai  
01.07.2021

**Dear Member,**

*Nominations are invited for Election of 22 members for the Building Improvement Committee 2021-2024 of Indian Medical Association, Madurai Branch.*

*Prescribed nomination forms are available at the IMA office. The nomination should be proposed and secondary by Life Members of IMA, Madurai Branch. The duly filled up nomination form must reach the Election Officer Dr. V.N. Alagavenkateshan, Indian Medical Association, Madurai Branch on or before 21.07.2021 at 5.00 P.M. The last date for withdrawal of nomination is on 23.07.2021 at 5.00 P.M.*

*The members are requested to note the eligibility rule. "Only those members who have completed four years of Governing Body Member are eligible to contest in the election of Building Improvement Committee of Indian Medical Association, Madurai Branch".*

*The Members should enclose a non-refundable deposit of Rs.2,000/- along with the nomination form. The Election, it will be through postal ballot.*

*R. Ravindran*

**Dr. R. Ravindran**  
President

*Dr. V.N. Alagavenkateshan*

**Dr. V.N. Alagavenkateshan**  
Election Officer 2021

*Dr. N.J. Manivannan*

**Dr. N.J. Manivannan**  
Hon. Secretary



*Right Care Right Here*

# JK SCAN & LABS

## JK FETAL MEDICINE CENTRE

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**DR. A. KARPAGAVALLI** MBBS., DGO., MDRD.,  
Imaging Consultant & Interventional Radiologist

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Rank**  
Tamilnadu  
PG 2015

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- ♦ ANOMALY SCAN
- ♦ FETAL ECHO
- ♦ OBSTETRIC DOPPLER
- ♦ SONOSALPHINGOGRAM
- ♦ AMNIOCENTESIS
- ♦ CHORIONIC VILLUS BIOPSY
- ♦ MULTI FETAL REDUCTION

### INTERVENTIONS

- ♦ THYROID FNAC
- ♦ PROSTATE BIOPSY
- ♦ BREAST FNAC / BIOPSY
- ♦ ASCITIC / PLEURAL TAPPING

### ELASTOGRAPHY

- ♦ THYROID
- ♦ BREAST
- ♦ LIVER



# **VOLUSON E 10 BT 20 Radiance**

**PROUD TO ANNOUNCE  
THE INSTALLATION OF VOLUSON E10 RADIANCE  
THE LEADER IN FETAL IMAGING**

**Doppler  
Scans**

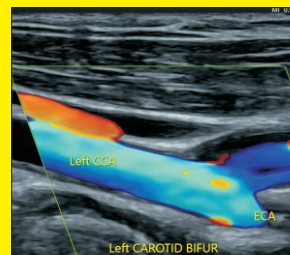
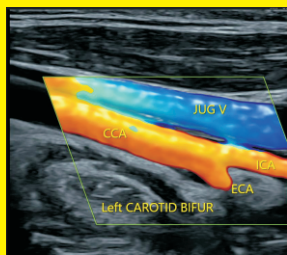
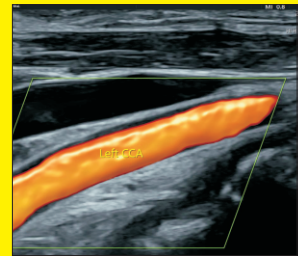
**MADURAI**



- First Color doppler 1991
- First 3D 4D Scan 2002
- First 3D Echo 2012  
Fibro scan.  
Speckle tracking.  
Elastogram.  
--- IU22
- First shearwave  
elastography 2017  
PHILIPS EPIQ 7G

- First Radiant  
slow flow 2018  
Advanced 3D & 4D  
VOLUSON E8
- First Radiant slow flow,  
Advanced 3D & 4D,  
Artificial intelligence,  
VOLUSON E10 BT 20

Consultants : **Dr. S. Manohar MD DMRD**  
**Dr. M. Mohan Karthik DMRD; (DNB) RD**



**197, Kamarajar salai Madurai-09. Ph.no.0452-2626290, 91.**





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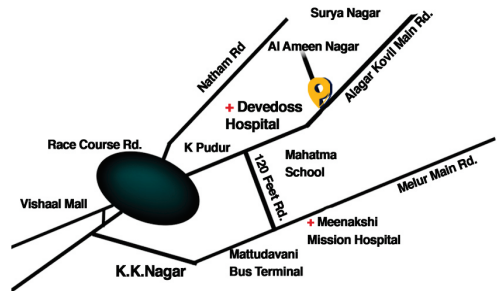
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  - CPVC pipes, SS C.P fixtures and mixer with shower and spout •
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- MDB with Breakers and ELCB with three phase power • Copper electrical cables, concealed wiring in walls • Western closets in all bathrooms, half pedestal basin • Service area will have washing machine provision • Provision for geyser in the toilets • Granite platform with stainless steel sink in the kitchen • Lifts will be automatic • R.O provision in the kitchen for drinking purpose •
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Dr. P. Vadamalayan was one of the few visionaries of the post-independence era who placed the nation over self and home. Healthcare being the cornerstone of a nation's health, he built the Vadamalayan Nursing home in 1957 which was inaugurated by the then Chief Minister of Tamil Nadu Thiru K Kamarajar. Personalised and customised healthcare has been the aim of the hospital since inception.

A super-speciality tertiary care hospital with 260 beds the hospital has branches in and around Madurai. Superb infrastructure, expert medical practitioners and support staff assure our patients a multi-dimensional protection. Our growth is a reflection of their confidence in us.

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Endocrinology | E.N.T | Emergency and critical care unit | General medicine | General surgery  
Nephrology | Neurology / neuro surgery | Nuclear medicine | Obstetrics & Gynaecology | Oncology  
Ophthalmology | Organ transplantation | Orthopaedics | Traumatology | Paediatric & Neonatology  
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