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# TOTAL HEALTH & WELLNESS BY AHALIA GROUP

Volume 1  
Issue 1



Health, Heritage  
& Harmony

 **AHALIA HEALTH, HERITAGE & KNOWLEDGE VILLAGE**

Ahalia Campus, Palakkad- 678557 | Ph: 04923-225000  
Web: [www.ahalia.in](http://www.ahalia.in)



## Dear Valued Members & Friends,

I'd like to wish everyone a warm welcome as we ring in the new year of 2023.

Ahalia strives to be the leading provider of independent healthcare, excelling in the provision of quality healthcare services and is committed to the highest quality standards of patient care.

I'd like to call attention to a couple of our major accomplishments, such as the introduction of our newsletter for businesses and other professional members to improve their health and wellbeing. To keep our members informed and engaged, we also intend to provide online conferences and webinars as well.

Looking ahead, we have a lot of initiatives and activities planned. We will continue to focus on providing valuable resources and opportunities for our members, while also expanding our reach and

impact. Ahalia Health and Knowledge Village is known for its high-quality medical care, state-of-the-art facilities, and commitment to providing affordable healthcare to all. Together, we can continue to make a positive impact in our community and advance our mission. Do visit our campus when time permits. We would be honored to host you and your team, and show you firsthand the innovative work we do in terms of health, art, culture & heritage.

Please contact us to schedule your visit. Thank you for your continued support, and I look forward to staying connected with you.

Best Wishes,

**Dr V S Gopal**  
Chairman & Managing Director  
Ahalia Group



## ABOUT US

Ahalia group has proved successful in creating a distinct identity of its own in India within a short span of time. The group has expanded into diversified areas like, Educational institutions, Money exchanges, Heritage Village and most prominent of all into the health care sector.

Ahalia Health Heritage and Knowledge Village is a one of its kind project in India which aims at building a healthcare city along with knowledge and heritage hub. Ahalia Health, Heritage, and Knowledge Village is a project initiated by the Ahalia Group, a conglomerate of companies based in the Middle East. The project is a comprehensive healthcare, education, and cultural development initiative that aims to provide a range of services to the community

### The Ahalia Village is an Integrated Campus consisting of;

- ✦ Ahalia Foundation Eye Hospital - The only JCI Accredited Hospital in Kerala
- ✦ Ahalia Ayurvedic Medical College Hospital
- ✦ Ahalia Diabetes Hospital
- ✦ Ahalia Women and Children's Hospital.
- ✦ Ahalia Heritage Village.
- ✦ Ahalia Children's Village.
- ✦ Ahalia Public School.
- ✦ Ahalia School of Optometry.

- ✦ Ahalia School of Engineering & Technology.
- ✦ Ahalia School of Management.
- ✦ Ahalia School of Commerce & Mathematics
- ✦ Ahalia School of Pharmacy.
- ✦ Ahalia Medical Manufacture Unit
- ✦ Ahalia School of Paramedical Sciences.
- ✦ Ahalia Multi Skill Training Institute
- ✦ Ahalia College of Nursing.

Ahalia also has 22 regional centers for eye care across Kerala.

### Green Ahalia - A step towards a better environment and bio-resources

Green Ahalia is a concept to convert the landscape to an Oasis amid the semiarid landscape around. It draws its manpower from the several institutes of the group located in the campus. The highly motivated and like-minded team plans out the strategy and action to take it to an enviable position in the state. The whole campus is visualized as a garden that caters to education, research, conservation, sustainable utilization, extension etc. Apart from direct gardening and planting Green Ahalia program also support and execute awareness programs and provides technical support to other organizations especially schools. Several programs concerning environmental protection and promotion are conducted

Thus molding this campus into a perfectly designed health city that can offer a complete healthcare solution. Ahalia Health Heritage and Knowledge Village is managed by Ahalia International Foundation. This Vast and beautiful Village is situated in a serene environment in the Valleys of Western Ghats- Palakkad- Kerala. The campus is less than 3 hours drive from Cochin / Calicut Airports and 40 minutes drive from Coimbatore Airport.

#### VISION:

Health care for all in an environment of healing.

#### MISSION:

“Our Mission is to be an inspirational force in the nation's future healthcare that would assure health and health education of the highest possible standard to people of all walks, in a safe and pollution free atmosphere.”



# Cervical Health & Treatment

Cervical health is an important issue for women's health and well-being. A balanced diet is essential for maintaining a healthy cervical environment. Eating the right foods can help reduce the risk of cervical cancer, as well as other diseases and conditions associated with the cervix. It is also important to maintain regular check-ups with your doctor to ensure that your cervical health remains in good condition. By taking steps to ensure a healthy diet and regular check-ups, women can take control of their own cervical health and reduce their risk of developing any problems associated with it.

Ensuring good cervical health is vitally important in order to maximize your comfort and productivity at work. Neglecting it can result in a multitude of issues, including neck discomfort, migraines, and fatigue. Fortunately, there are several ways that employers can help ensure their employees maintain good cervical health while at the office. From ergonomic furniture and equipment to stretching exercises and posture

reminders, employers can take proactive steps to promote cervical health in the workplace.

## **Are you aware of the PAP Test & why it is important ?**

The Papanicolaou test is a method of cervical screening used to detect potentially precancerous and cancerous processes in the cervix or colon. Abnormal findings are often followed up by more sensitive diagnostic procedures and, if warranted, interventions that aim to prevent progression to cervical cancer. Doctors generally recommend repeating Pap testing every three years for women ages 21 to 65.

The test itself takes just a few minutes and is performed in your healthcare provider's hospital or clinic. Our experienced gynecologists at Ahalia Women and Children Hospital will guide through pap smear tests. And any time you have concerns about your reproductive health, you may call us to make an appointment.

### Defeat Cervical Cancer With Hpv Vaccine And Regular Screening

- ◆ Bivalent HPV (HPV2) vaccine – Contains HPV types 16 and 18 (high risk)
- ◆ Quadrivalent HPV (HPV4) vaccine – Contains HPV types 16 and 18 (high risk) and types 6 and 11 (low risk).
- ◆ Ninevalent HPV vaccine (9v HPV) - Contains HPV genotypes 6, 11, 16, 18, 31, 33, 45, 52, and 58.

### cervical screening guidelines (ACS 2020)

Age	Screening Interval
21-24 years	NO Screening
24-29 years	HPV test every 5 years (perferred) HPV/Pap cotest every 5 years (acceptable) Pap test every 3 years (acceptable)
30-65 years	HPV test evry 5 years (preferred) HPV/Pap cotest every 5 years (acceptable) Pap test every 3 years (acceptable)
65 years and older	No screening if a series of prior test were normal

At our hospital, we take cervical health seriously. We understand the importance of providing comprehensive care and services to ensure the best possible health outcomes for our patients. Our team of experienced professionals is dedicated to providing quality care that is tailored to each patient's needs.



## Diabetes Care at Work: What you need to know?

### **Do you provide a diabetes-friendly workplace?**

Yes, we are sure you probably know someone at your company who has diabetes. But there are probably even more employees you aren't aware of because they're hiding it or they haven't been diagnosed.

Diabetes is a health condition and managing it properly is essential for keeping the body healthy. Unfortunately, due to busy lifestyles, many people find it difficult to take care of their diabetes while at work. This is where the importance of diabetic care at the office comes in.

Diabetic care at the office can help those with diabetes manage their condition better by providing them with resources and support to ensure that they are taking all necessary steps to keep their blood glucose levels in check. This includes access to doctors, nutritionists, and other healthcare professionals who can provide guidance on proper nutrition and lifestyle changes that need to be made. Additionally, employers can provide access to glucose meters so employees can monitor their own blood glucose levels throughout the day.

Companies that offer diabetic care in the office are helping to ensure their employees with diabetes stay

healthy and productive. By providing this service, employers are not only able to help their staff stay healthy, but also to maintain high team productivity levels. Employees first need to become aware of the prevalence of diabetes and pre-diabetes in their community and in their workplace.

### **Creating Diabetes Friendly Canteen**

Creating a diabetes-friendly canteen involves offering a variety of healthy food options that are low in sugar and carbohydrates, and high in protein and fiber.

Reducing portion sizes and the availability of higher protein options in cafeterias could make an important contribution to reduce excess calories in strategies to tackle obesity. Offering education and support for employees with diabetes, such as providing information on how to manage diabetes and offering opportunities to meet with a diabetes educator or nutritionist

The more diabetes is talked about and understood, the less self-conscious people with the disease will feel. Overall, creating a diabetes-friendly canteen at the workplace requires a collaborative effort between management, employees, and healthcare professionals to ensure that all employees have access to healthy and nutritious food options.

# Decoding Work ability and productivity in patients with diabetic foot

As you are aware that Foot problems are common in people with diabetes. They can happen over time when high blood sugar damages the nerves and blood vessels in the feet. The nerve damage, called diabetic neuropathy, can cause numbness, tingling, pain, or a loss of feeling in your feet.

Diabetes foot care at the workplace can include several measures to help individuals with diabetes manage their condition and prevent complications.

Organization should provide education on diabetes and its potential effects on the feet, Encouraging regular foot inspections and encouraging employees to report any changes or concerns to a healthcare provider as well.

## Some of the important points to consider

Providing comfortable and appropriate footwear options.

Encouraging regular physical activity or breaks to improve circulation.

Encouraging employees to attend regular check-ups with a healthcare provider to monitor their diabetes and foot health.

It's important to note that these are general guidelines and will vary depending on the specific work environment and individual needs.

Most diabetic foot infections start with a sore. Once the infection occurs, the risk of hospitalization and amputation rises dramatically. Early identification of potential risk factors for infection combined with prompt treatment may optimize the outcome and prevent amputation.

We offer entire diabetes related tests, executive checks; preventive care packages. It is the first comprehensive care center in Kerala solely dedicated to diabetes evaluation and management. We are proudly to be recognized for the department of Diabetes Care, Endocrinology and Metabolic Diseases all over Kerala & worldwide.

Ahalia Diabetes Hospital is known for the advanced use of technology, including analytics, to allow improved management, monitoring, and therapies for patients with Type 1 Diabetes.

At our hospital, we strive to provide the highest level of care for patients with diabetes. We understand that this condition requires careful management and monitoring, which is why we have dedicated staff and resources to ensure that our diabetic patients receive the best possible care.

For effective support & guidance meet our expertise at Ahalia Diabetes Hospital.





## Eye Conditions Every Working Professional Should Be Aware of

As you all know we are in the era of technology driven environment, vision problems have increased in recent years, owing to excessive use of digital screens be it the computer or mobile phone. Eyes are one of the most complex organs in the human body, your eyes can be affected by genetic, environmental, and age-related issues. This can range from discomfort to more serious vision problems that can damage your eyesight. This refers to abnormal health issues that impact your vision and ability to function properly due to sight impairment

### **Understanding and Treating Dry Eye**

Dry eye is a common condition that occurs when the eyes do not produce enough tears or the tears evaporate

too quickly. This can cause discomfort, blurred vision, and even damage to the eyes if left untreated.

There are several causes of dry eye, including age, certain medical conditions, and certain medications. People who spend a lot of time using electronic devices, such as computers and smartphones, may also be at a higher risk for developing dry eye.

Symptoms of dry eye include redness, itching, burning, and a feeling of grittiness or sand in the eyes. These symptoms can range from mild to severe, and they can occur at any time, but they are often worse in dry or windy conditions.



Treatment for dry eye depends on the underlying cause and the severity of the condition. In some cases, simply using over-the-counter artificial tears can help to relieve symptoms. In more severe cases, prescription eye drops or other treatments may be necessary.

**To help prevent dry eye, people can take the following steps:**

- / Blink Frequently When Using Electronic Devices
- / Limit Exposure To Dry, Windy Conditions
- / Use A Humidifier In The Home Or Office
- / Avoid Smoking And Exposure To Secondhand Smoke
- / Wear Sunglasses Or Protective Eyewear When Outside
- / Eat A Healthy Diet That Is Rich In Omega-3 Fatty Acids

If you are experiencing symptoms of dry eye, it is important to see an eye doctor for an examination. They will be able to determine the underlying cause and recommend the appropriate treatment. With proper treatment and management, most people with dry eyes can find relief from their symptoms.

Ahalia Foundation Eye Hospital is the only JCI accredited eye hospital in south India to win the prestigious Joint Commission International (JCI) US accreditation for providing eye care on par with International standards. We have also got ISO: 9001:2008 accreditations for quality of services, infrastructure and service delivery.



## Enroute to Nature Through Panchakarma

Ayurveda is an ancient method or system of healing, first described around 5,000 years ago in ancient Vedic texts as comprehensive teachings on preserving and maintaining health. The fact that this ancient medicine is still in use today is a testament to the wisdom it holds when it comes to understanding the human potential to achieve a happy and wholesome life.

One of the first things you will learn about or experience when starting to delve into the world of Ayurveda is the cleansing and rejuvenation process called panchakarma, where you quite literally clean the slate and start anew.

Some companies are now incorporating Panchakarma and Ayurvedic wellness practices into their corporate wellness programs. This can include offering employees Panchakarma treatments, Ayurvedic massages, and yoga and meditation classes. These practices can help employees reduce stress, improve their overall health, and increase productivity.

By incorporating Panchakarma and Ayurvedic wellness practices into corporate wellness programs, companies can create a culture of health and well-being that can benefit both employees and the company as a whole.

### Elements of Panchakarma

**Basti** : Herbalized oil enemas.

**Nasya** : Nasal irrigation.

**Vamana** : Therapeutic vomiting.

**Virechana** : Purgation.

**Raktamokshana**: Bloodletting.

Panchakarma treatments are usually done under the guidance of an Ayurvedic practitioner or therapist, the procedure is usually done after a thorough assessment of the person's dosha (Ayurvedic body type) and health condition. It is considered to be a powerful healing process that can help to improve overall health and well-being,

For providing genuine Ayurvedic treatments in Kerala, we are acknowledged as the top ayurvedic hospital in the state. We use both traditional and contemporary methods to deliver the best Ayurvedic treatments available. Natural resources like medicinal plants and herbs have the power to magically cure anything, and nature holds the solutions to all medical issues.

Our Corporate Wellness & Health program involves overall checkup, detoxification, lifestyle correction, diet, yoga, rejuvenation tonics & techniques.

# Art Is Universal and the Universe Can Be Viewed Through Great Art



## 'vasudhaiva kutumbakam' the whole world is one family

### AHALIA HEALTH HERITAGE AND KNOWLEDGE

VILLAGE campus is surrounded by the grandeur of the landscape, being located at the foot of the magnificent Western Ghats, with panoramic mountains, breathtaking valleys, endless fields of green, and scientifically planted herbal gardens.

We, at Ahalia heritage village, aspire to identify and transfer the ancient indigenous knowledge and technology to the new generation: both tangible and intangible. This is our way of attempting to revive and restore the legendary creativity and unique skills of the traditional artists and master craftsmen.

### KOOTHAMBALAM AND AMPHITHEATER:

A classically designed koothambalam and an Amphitheater provides venue for the theatrical activities.

### MURAL PAINTING

A mural is any piece of artwork painted directly on a wall, ceiling or other large permanent surface.

A particularly distinguishing characteristic of mural painting is that the architectural elements of the given space are harmoniously incorporated into the picture. Some wall paintings are painted on large canvases, which are then attached to the wall. Whether these works can be accurately called "murals" is a subject of some controversy in the art world. Mural painting is inherently different from all other pictures of art, in that it is organically connected with architecture in the use of colour, design and thematic treatment.



### PAINTING

Painting is a mode of creative expression, the forms of which are numerous. Drawing, composition or abstractions and other aesthetics may serve to manifest the expressive and conceptual intention of the practitioner. Paintings can be naturalistic and representational, photographic, abstract, be loaded with narrative content, symbolism, emotion, or be political in nature. Painting is one of the finest arts that have produced great painters like Michael Angelo, Leonardo Da Vinci and Pablo Picasso.



### Terracotta Sculpture Museum

Consisting of more than five 250 above pieces of terracotta artworks created by artists representing the length and breadth of India, this museum provides a snapshot of India's intellectual, cultural and historic heritage.

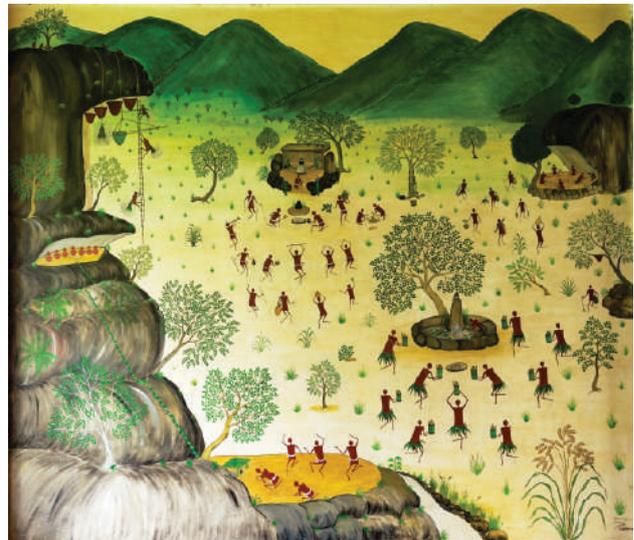
### Bust Park

Celebrated theatre personalities, social reformers, musicians and literary figures from across the world are memorialized in our little busts park.

### Knowledge Pillar

Mounted on a pedestal representing Chaturvedas -

Rigveda, Yajurveda, Samaveda and Atharvaveda- which are the first sources of knowledge to mankind is the Tortoise which is the symbol of wisdom and longevity. In Asian as well as other cultures tortoise is regarded as the wise creature. According to Indian mythology, the entire world rests on the back of four elephants standing on the shell of a tortoise. The tortoise bears a pillar representing sushumanadi(spinal cord) with shadchakras, the energy centers of the subtle body namely, Muladhara, Svadhishtana, Manipura, Anahata, Vishudhi and Ajna further leading to the Sahasrarapadma, the thousand petalled lotus, representing enlightenment. The pillar is an abstract depiction of knowledge and enlightenment on the whole.



### Tribal Mural Gallery

11 tribal mural paintings from different states of 8x12ft size echoing local and regional legends are portrayed in this gallery. Warli painting, Pattachitras of Odisha and West Bengal, Cheriya scroll painting, Gond painting, Kurumba painting etc are only a few to name.



### Parayipetta Panthirukulam

Parayipetta Panthirukulam - the 12 castes born from a



Parayi- is probably the most significant among the myths and legends of Kerala. Vararuchi and his wife Panchami who is a Parayi by caste, sets off a pilgrimage during which she gives birth to twelve kids. Upon Vararuchi's insistence, she abandons them only to be found and adopted by families of different caste and they grew as stalwarts in their respective caste. The twelve, namely Mezhatol Agnihotri, Pakkanar, Perumthachan, Rajakan, Vallon, Vaduthala Nair, Uppukkootan, Akavur Chathan, Karakkalamma, Pananaar, Naranathubhraanthan and Vaayillakkunillappan are still the most celebrated characters along Thrissur, Palakkad and Malappuram districts of Kerala. Twelve Kerala mural paintings each of 8×12ft size is depicted to convey their stories.

#### **Museum of musical instruments**

Our museum on Musical instruments exhibits 400 above musical instruments.

The rather vanished art of weaving is showcased here.

#### **Ayyanar Kovil**

Ayyanar is primarily worshipped as one of the guardian folk deities of Tamilnadu. The village temples of Ayyanars are flanked by gigantic and sometimes colourful statues of him and his companion's riding horses or elephants. The well-known shrine at Sabarimala is actually a Sastha Temple though its main deity Ayyappan is developed distinct from Ayyanar. The Tamil word Ayyanar is derived from the root word Ayyan, used in all Dravidian language to designate either respectable or elder people.



 **AHALIA FOUNDATION EYE HOSPITAL**   
Ahalia Campus, Palakkad - 678557 ☎ **04923-225000**  
**KERALA'S LARGEST EYE CARE NETWORK**



 **AHALIA DIABETES HOSPITAL**   
Ahalia Campus, Palakkad - 678557 ☎ **04923-225555**



  
**AHALIA AYURVEDA MEDICAL COLLEGE HOSPITAL**  
Ahalia Campus, Palakkad - 678557 ☎ **04923-226888**



  
**AHALIA WOMEN & CHILDREN'S HOSPITAL**  
Ahalia Campus, Palakkad - 678557 ☎ **04923-226000**

 **AHALIA HOSPITALS**

Ahalia Campus, Palakkad - 678557 ☎ **04923225555** 📞 **9496006739**