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TOTAL HEALTH AND WELLNESS BY AHALIA GROUP

Volume 1
Issue 6



Empowering Change on
World Environment Day 2023

Health, Heritage
& Harmony

 **AHALIA HEALTH, HERITAGE & KNOWLEDGE VILLAGE**

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Dear Valued Members & Friends,

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.”



EMPOWERING CHANGE ON WORLD ENVIRONMENT DAY 2023

Every year on June 5, there is a global effort to raise awareness of and take action on urgent environmental issues known as World Environment Day. Under the hashtag #BeatPlasticPollution, the focus of World Environment Day in 2023 will be on finding solutions to plastic pollution. We at the Ahalia Foundation are honored to participate in this important initiative.

We have started a great initiative called Green Ahalia under the inspiring direction of our Chairman, Dr. Gopal, who is dedicated to protecting the environment. We have been actively striving to promote sustainable practices and protect and conserve our priceless bio resources since our organization's founding on June 5, 2017.

With more than 400 million tonnes of plastic generated each year, much of it intended for single-use purposes, plastic pollution has become a global problem. The increased use of plastic has had disastrous effects on the environment, including overflowing landfills, ocean pollution, and harm to species. It is essential that we act right away to address this problem and find a long-term solution.

Our dedication to the environment at Ahalia Foundation inspired us to create Green Ahalia. Our main priorities are the preservation of germplasm, the protection and conservation of bioresources, and the promotion of sustainable practices. To accomplish these goals, we have made tremendous strides, such as the creation of



37 different thematic gardens. We hope to inform and motivate people about the value of environmental preservation through these gardens.

Building Sustainable Facilities: To further our purpose, we have built cutting-edge facilities for seed storage, maintaining a large stock of planting supplies, and propagation. We are able to actively engage in sustainable practices thanks to these facilities, which also ensure the availability of a variety of plant species and encourage biodiversity.

Our team at Ahalia Foundation works tirelessly to promote environmental sustainability, and their efforts are what make us successful in doing so. We relentlessly work to put our programmes into action because we are dedicated to fostering a greener future. Our efforts to fight plastic pollution and build a more sustainable world rely heavily on their knowledge, experience, and unshakable commitment.

We look forward to the next level of existence where we are self-propelled and sustained, contributing significantly to the cause of the environment and

promoting green initiatives.

Some of the major achievements of Ahalia Green Project

Green Ahalia won the Vana Mithra award 2021 for the outstanding contributions towards nature conservation and biodiversity enrichment

Green Ahalia received the Kerala State Biodiversity Award for the Best Institution (Private) category. The Honorable Chief Minister Sri. Pinarayi Vijayan gave away the award on February 19-02-2023 at the Kerala State Biodiversity Congress 2023 held at Kozhikode. This award is a recognition for our activities with thematic garden development and conservation of threatened plants at the Ahalia campus. It also showcases the sustainable use and promotion of bioresources among different stakeholders. In this era of climate change and disappearing greenery, and depleting biodiversity, Green Ahalia could prove that committed efforts can change the scenario for the betterment of the community and environment

Dr. K Haridasan

Consultant - Bio Resources,
Green Ahalia



WORLD BLOOD DONOR DAY

**"GIVE BLOOD,
GIVE PLASMA,
SHARE LIFE,
SHARE OFTEN."**

World Blood Donor Day provides a special opportunity to celebrate and thank voluntary blood donors around the world for their gift of blood and has become a major focus for action towards achieving universal access to safe blood transfusions.

Every single donation is a precious life saving gift, and repeat donations are the key to building a safe and sustainable blood supply.

In many countries, blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety. Lack of access to safe blood and blood products, especially in low- and middle-income countries, impacts all patients, including those requiring regular transfusions. One of WHO strategies is to assist low- and middle-income countries in improving the availability and quality of human plasma, including optimizing the utilization of the plasma recovered from whole blood donations, and increasing patients' access to life-saving plasma protein therapies.

Every year on June 14th, a global campaign called World Blood Donor Day honors the tremendous contributions that blood and plasma donors have made all around the world. The campaign's catchphrase for 2023 is "Give blood, give plasma, share life, and share often."

The theme emphasizes the critical role each individual can play in saving lives by donating blood or plasma. Ahalia Blood Bank, established in 2014, has been at the forefront of providing excellent blood collection, component separation, and high-quality services to patients in need.

Empowering Lives through Donation at Ahalia Blood Bank

At Ahalia Blood Bank, we take great pride in our contribution to the World Blood Donor Day campaign and the continuous support we provide to patients in need. Our committed team of professionals works diligently to provide safe and effective blood and blood products to both internal patients and patients outside the hospital who need urgent transfusions.

Community Education: At Ahalia Blood Bank, we think that community participation and education are important for promoting a culture of blood and plasma donation. We run awareness campaigns and initiatives to get people to give frequently and to spread the word about how their donations can save lives. Our goal is to create a supportive network of kindhearted donors who recognize the value of helping sick patients.

Having an adequate blood supply is, obviously, necessary in every country on earth. Currently, many affluent nations may completely rely on unpaid, voluntary blood donations to meet their blood supply demands. But in developing places, it's still difficult to find donors and ensure that the blood is safe, so they frequently rely on paid or familial donations. The WHO is making great efforts to ensure that blood donations will soon be completely voluntary and unpaid around the world.



Why should you donate blood?

The most crucial part of human life is the blood, which carries oxygen and vital nutrients to the cells. Blood is a transport liquid that the heart (or a similar structure) pumps to all parts of the body, then circulates back to the heart to be repeated. This keeps all of the organs functioning. To give blood or platelets, a donor must be in excellent health, weigh at least 45 kg, and fall within the age range of 18 to 65.

Prior to donating blood

Get proper sleep and rest

Eat enough food, including meals high in iron, as this helps to keep the haemoglobin level stable.

Before giving blood, make sure you're getting enough water.

Be sure it has been at least 72 hours since you last had the flu or a cold. Get an expert advice from your doctor

Smoking should be avoided

Avoid drinking alcohol the day before giving blood.

Give 2 to 3 days time

Review the most recent requirements for donor eligibility.

Always keep a form of identification on you, such as your donor identity card.

Be sure to disclose your medical history to protect the recipient of the blood.

After the donation

Try to avoid any heavy lifting or vigorous exercise for the rest of the day

Consume more iron and leafy vegetables

Keep the strip bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water

Try to avoid heavy lifting and workout

After a donation, most people's haemoglobin levels are back to normal after 6 to 12 weeks. This is why we ask donors to wait a minimum of 12 weeks between donations (12 weeks for men and 16 weeks for women) to ensure that we don't risk lowering your haemoglobin levels over the long term.

Dr. Najma Asim

Consultant Pathologist, Blood Bank Medical Officer
Ahalia Blood Bank, Ahalia Diabetes Hospital

“Once a **c-section**,
always a **c-section**”
is no longer true



VAGINAL DELIVERY AFTER CESAREAN

The prevalence of cesarean sections is rising rapidly and is becoming a global issue. Vaginal birth after a cesarean section is one of the safest strategies that can be used to decrease the cesarean section rate. Different fragmented primary studies were done on the success rate of vaginal birth after cesarean section

Attempting a vaginal delivery after a previous cesarean is known as a vaginal birth after cesarean (VBAC). For people who want to avoid having another cesarean section, this can be a safe and beneficial method of childbirth.

Is a vaginal birth after caesarean (VBAC) safe?

It had been feared that the strain of labour would cause your uterus to open (rupture) along the scar caused by a surgical cut to your uterus. However, published

research suggests that 60% to 80% of women who had a cesarean birth also had a healthy vaginal birth in their subsequent pregnancies, according to the American Pregnancy Association. Another figure from the National Institute of Child Health and Human Development, which revealed that roughly 75% of VBAC attempts are successful, lends weight to this one.

Some risks of a VBAC are infection, blood loss, and other complications. The uterine cesarean scar having the potential to rupture (burst open) is a rare but dangerous risk associated with VBAC. Although uterine ruptures are uncommon, they are quite serious and can be harmful to both the mother and the unborn child. VBAC should not be attempted if your uterus rupture risk is high.

Recommendations

If you're thinking about a VBAC, talk to your doctor early on about the possibility, your worries, and your hopes. Ensure that he or she has a comprehensive understanding of your medical history, including any documentation of previous uterine surgeries, including C-sections. The probability of a successful VBAC may be determined by your medical professional.

Consider having your baby in a setting that can manage an emergency C-section as well. Throughout your pregnancy, keep bringing up the advantages and risks of VBAC, especially if any risk factors develop.

Be flexible above all else. The specifics of your delivery may make VBAC an obvious choice, or you and your doctor may decide to pursue it after counselling.

Women who have previously had a caesarean section may find that opting for a vaginal birth after caesarean (VBAC) is a rewarding and powerful decision. At the Ahalia Women and Children's Hospital in Palakkad, we provide thorough treatment, knowledgeable direction, and a welcoming setting for VBAC deliveries. Your VBAC experience will be a rewarding and satisfying one because to our dedication to your safety, wellbeing, and pleasure. Count on our knowledgeable team to assist you along the way as you breathe new life into

Our care at Ahalia Women and Children's Hospital doesn't cease after your baby is born. We offer postpartum care, assistance with nursing, and suggestions for a successful recovery. In order to provide you and your baby with the finest care possible during this life-changing moment, our multidisciplinary team of lactation consultants, physiotherapists, and counselors is here

Gynecologists

Dr. Suseela Thampi
Dr. Geetha Raja Krishnakumar
Dr. Jayalakshmi M
Dr. G. Thamarai Selvi

Pediatricians

Dr. Lekshmi B
Dr. Sanjeev
Dr. Preyeamvadha R

Neonatologist

Dr. Padmesh Vadakepat
Dr. Rathnapratheep. R

Pedodontist

Dr. Avani V Sudhakar.

PAEDIATRIC EYE CARE BACK TO SCHOOL



As parents prepare for the back-to-school season, there is a checklist of essential items to consider. Paediatric eye care is a crucial component that shouldn't be disregarded in addition to clothes and school supplies. The quality of your child's vision has a big impact on how well they do in school and in general. We recognise the value of paediatric eye care and provide a variety of services at Ahalia Foundation's Eye Hospital in Palakkad to protect your child's visual health.

Why the first item on your back-to-school checklist should be an eye exam for your child:

Eye experts advise getting your child's vision evaluated at the start of each academic year. Children's eyesight can change quickly, especially during puberty, therefore it's important to spot any abnormalities with vision as soon as possible so that appropriate action can be taken. Regular eye exams analyze your child's eye health and test visual acuity, ensuring that they have the

clearest vision possible for the best learning outcomes.

Recognizing the Fundamental Visual Skills Children Require to Learn and Thrive:

For kids to achieve academically and participate in a variety of activities, they need to have clear eyesight. Children's eye sight and/or eye muscle balance disorders may have been a result of their prolonged screen time and insufficient outside play. Prior to returning to school, children should get their eyes checked. While some children complain of headaches, red eyes, and poor vision, the majority of children are unaware of their issues.

Children need the following fundamental visual abilities to grow and succeed:

Visual acuity: Reading, writing, and engaging in class activities all depend on being able to see objects well at a range of distances.

Eye tracking: Following a line of text, following moving objects, and engaging in sports and leisure activities all need smooth, coordinated eye movements.

Depth perception: Children who can effectively evaluate distances and depths can navigate their environment safely, which is especially important during physical activities and sports.

Visual Perception: The ability to perceive and comprehend visual information, such as identifying forms, letters, and numbers, is a skill that youngsters need to develop

Eye and Hand Coordinations : Precise coordination between the eyes and hands is essential for tasks such as handwriting, drawing, and manipulating objects.

Guidelines for your child's eye health.

You can address eye-sight issues brought on by excessive use of computers, tablets, and other screens in various ways or with various remedies.

Encourage healthy eye care habits

It's advised to read in well-lit areas and to use electronic gadgets at reasonable distances. Sleeping for at least eight hours every night is also crucial to avoiding your child's eyes becoming tired.

Ensure better seating posture

It is very important to ensure that your child is not using the bed while doing home-work. It is always better to be seated on a chair with a table that is appropriate for screen work. Ensure that the chair enables a straight position for study.

Blinking Eye

In order to prevent the danger of dry eyes, it is crucial to blink your eyes frequently when studying. Blinking is essential for keeping the front surface of your eye wet. Additionally, it is very advised to take regular breaks

after every 30 to 40 minutes of reading, writing, or screen time.

Therefore, as your child is getting ready to start the new academic year, it is important to get a detailed eye-check to ensure there is no detrimental effect on learning and school performance. Even a slight change in this could affect vision quality, therefore it is obvious that early detection of eye disorders and ophthalmologist treatment are crucial.

Don't forget to give your child's eye health top priority as you get ready for back-to-school. The first thing on your to-do list should be to arrange for a thorough eye checkup. Your child's vision is in good hands with the paediatric eye care services provided by Ahalia Foundation's Eye Hospital in Palakkad.

Early identification and treatment of any visual impairments can provide your child the best chance for academic success and general wellbeing. You can put your child's health in the hands of Ahalia Foundation's Eye Hospital for top-notch care and a better future. An eye exam is a terrific investment in your child's education because eye health and vision development play a significant influence in academic development.

Dr. Monisha Mohan

MBBS, MS, DNB, FICO (UK), FAEH
Consultant Paediatric Ophthalmologist & Strabismus



AYURVEDIC RETREAT DURING MONSOON AT AHALIA AYURVEDA MEDICAL COLLEGE AND HOSPITAL, PALAKKAD

The monsoon season with its heavy rainfall may not seem like the ideal time to head away on a wellness break, but in actual fact, this is the best time to do an Ayurveda retreat. Ayurveda is an ancient form of healing practiced in India that holds that disease is caused by an imbalance in the body's internal energies (the doshas), and uses therapies like panchakarma and a nutritional diet to rebalance them.

Most people can agree that listening to the rain has a calming effect, especially if you don't really need to be outside in it. The calming influence of the rain might be particularly helpful when you are attempting to relax and mend. You will experience more advantages from the treatments when your mind and body are relaxed since they are far more receptive to their therapeutic effects. You will prevent overexertion, allowing your body

the chance to relax and experience the full benefits of the treatments, as the monsoon season also restricts what physical activity you can undertake during the intense rainfall.

What better way to enjoy this time of rejuvenation than to indulge in the age-old knowledge of Ayurveda? The Ahalia Ayurveda Medical College and Hospital in Palakkad, Kerala, invites you to set off on a journey of wellness and renewal. Ahalia Ayurveda is regarded as Kerala's top Ayurveda medical college and hospital thanks to its top-notch amenities, qualified staff, and tranquil settings. With their special packages designed to restore your wellbeing, experience the wonder of Ayurveda in the midst of the rainy season.

Magic of Monsoon and Health

The rain and humidity help to open the pores and soften the skin, something that will allow the Ayurveda treatments to have a greater effect on the body. With open pores and softened skin, the body is more sensitive to these types of treatments, allowing them to penetrate easier and lift the toxins with greater ease. Ayurveda therapies frequently involve the application of oils and the use of steam to flush out toxins within the body and rebalance the doshas.

The monsoon season is recommended as the finest time for Panchakarma therapies in even ancient manuscripts. This is true for several reasons: Body and mind are affected by climate change. One consequence of the increased humidity during the monsoon season is that our skin pores open up more quickly. The Ayurvedic oil is better absorbed by the skin as a result. Additionally, since the body naturally perspires more in an environment with high humidity, the release of toxins is stronger. Since the muscles are stretched, yoga poses appear to be simpler to perform. Beginners in yoga should therefore choose these months. As a conclusion, it can be said that the effects of Ayurveda are amplified since the monsoon season's climate change makes our body and mind more responsive to the treatments.

At Ahalia Ayurveda Medical College and Hospital, set off on a transformative journey this monsoon to heal and rejuvenate your body, mind, and spirit using Ayurveda. As you receive genuine Ayurvedic therapies from qualified practitioners, take in the splendor of Kerala's natural surroundings. Ahalia Ayurveda provides a holistic approach to wellbeing with their monsoon programmes, making your trip really unique

Dr. Sheba Sunil MD.

AY. PHD

Principal – Ahalia Ayurveda Medical College Hospital.



THE INFLUENTIAL PAINTINGS IN AHALIA HEALTH HERITAGE AND KNOWLEDGE VILLAGE'S ART GALLERY: ART THAT INSPIRES, CELEBRATING CREATIVITY & ARTISTIC DIVERSITY

With its stunning art collection, Ahalia Health Heritage and Knowledge Village is a refuge for art lovers and those looking for inspiration. The collection features a wide variety of paintings that honour originality, value diversity, and arouse strong feelings. The art gallery of Ahalia Health Heritage and Knowledge Village is a veritable gold mine of significant works of art, ranging from the museum of paintings and cartoon paintings to the Tribal Mural Gallery and artworks representing Indian history & puranas. We shall delve into the fascinating realm of these artworks that enthral viewers and have an enduring impression in this blog.

The Museum of Artistic and Cartoon Paintings celebrates creativity

The Art Gallery at Ahalia Health Heritage and Knowledge Village is pleased to present a collection of paintings that honour the extraordinary ability and inventiveness of its artists. Each picture conveys a distinct narrative and exemplifies a particular aesthetic movement, catching the eye and arousing feelings. Cartoon paintings are also displayed in the museum alongside the paintings, providing a fun and witty viewpoint on a variety of issues. These colourful and passionate pieces of art serve as examples of how creativity can alter perspectives and forge connections with viewers. celebrity caricatures, politicians funny caricatures & what not

Gallery of Tribal Murals: Honoring Cultural Heritage

A tribute to the extensive cultural legacy of indigenous cultures is the Tribal Mural Gallery in Ahalia Health Heritage and Knowledge Village's Art Gallery. These fascinating murals celebrate the vivid way of life of the tribes by illustrating their myths, customs, and rituals. Visitors are drawn into a world of mythology and ancient knowledge by the murals' complex intricacies and vibrant colors, developing a deep appreciation for the variety and depth of human civilization.

Paintings Of the Puranic Patterns – From the Legends

The Art Gallery at Ahalia Health Heritage and Knowledge Village goes beyond conventional art genres by characters that have been an inspiration for many. The Puranas themselves have influenced a variety of art disciplines, like as literature, sculpture, and painting.

These distinctive works of art not only hold the viewer's attention but also compel reflection on how closely humans and nature are linked. They arouse wonder and reverence for the environment around us by serving as a reminder of our complex relationship with these characters

These paintings bring the stories to life via vivid colours, minute details, and powerful symbolism, encouraging viewers to become captivated in the enthralling tales of gods, goddesses, nature and heroes that have

influenced Indian culture

Nostalgia Paintings - Birds, Fruits, Trees & Unique Emotions of Nature

Nostalgia has the amazing power to take us back in time, bringing about happy memories and a strong sense of connection. Paintings that perfectly capture the essence of nature's beauty and the feelings it arouses in us are one way that nostalgia is expressed in the realm of art. The Nostalgia Paintings collection at Ahalia Health Heritage and Knowledge Village takes us on an enthralling journey where birds, fruits, trees, and the distinctive emotions of nature come to life on paint. We shall dig into the enchanted world of these paintings in Ahalia Health Heritage and Knowledge Village, where nostalgia and artistic skill collide.

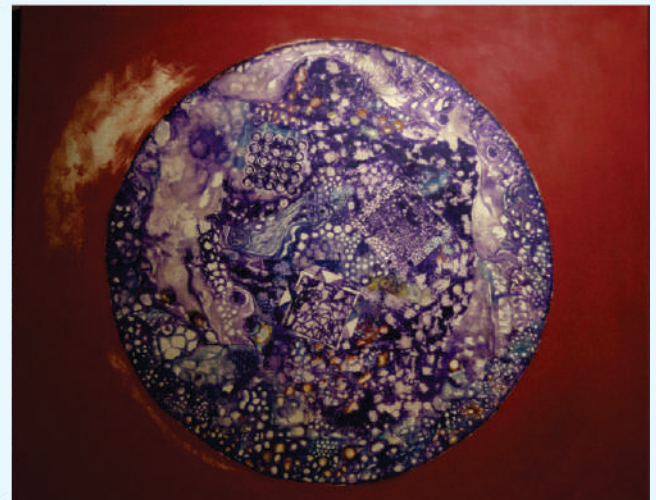
Women's Empowerment through Art

The Art Gallery in Ahalia Health Heritage and Knowledge Village honors women by displaying a variety of paintings that highlight their beauty, tenacity, and fortitude. These pieces of art celebrate the diverse roles and experiences of women while also highlighting their successes, aspirations, and difficulties. The

gallery's mission is to uplift women and encourage audiences to recognize their invaluable contributions to society by highlighting the power of artistic expression.

The Art Gallery at Ahalia Health Heritage and Knowledge Village is a powerful example of the transformational power of art. The gallery enthralls viewers, arouses emotions, and celebrates creativity, diversity, and the relationship between humans and environment via its iconic artworks. Whether it is the museum of paintings, cartoon paintings, Tribal Mural Gallery, or artworks representing the elements and women, each piece reflects the artist's unique perspective, leaving a lasting impression on those who have the privilege to explore this artistic haven. The art gallery at Ahalia Health Heritage and Knowledge Village invites you to explore its awe-inspiring universe while being inspired by the works of art to pursue your own creative endeavours.







 **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**