

A brief On IISER Tvm Health Centre

Dear All,

Heartiest Greetings from all of us (your friends in need , service providers and partners in progress) here at IISER Tvm Health Centre.

The primary aim of IISER Tvm Health Centre is to keep you all fit. It will be our endeavour to keep you all hale and healthy, during your stay here .

“ Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” - WHO.

“ Health is the Greatest gift,
Contentment the greatest wealth,
Faithfulness the best relationship.”

- Buddha

“

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits. ”

-Thomas Jefferson

One cannot always do wonders alone and neither can one always look up to others for making decisions .

The onus of health rests primarily on the individual .We wish all of you to take up a healthy life style and follow it up for your own good.

We assure you that, we will remain your partners in all your endeavours to achieve and maintain good health during your tenure here.

We wish and implore every individual of IISER Tvm family to take up the initiative, own up responsibility, resolve , be committed and follow a healthy life style. Simply put , it involves adopting a healthy diet, possessing a progressive mind set, maintaining harmonious relationships, doing the daily work, exercise / sports , study , hobbies etc with joie de vivre and then retiring to bed contentedly for a blissful sleep.

“ For yesterday is but a dream
And tomorrow, only a vision
But today well lived
Makes every yesterday, a dream of Happiness
And every tomorrow, a dream of Hope “

- Salutation to Dawn (Sanskrit)

Live therefore to this day and live it well.

Adhering to safety precautions , using one’s own common sense at all times , heeding to sound advice of the learned / wise and following recommended guidelines are essential to move forward in your life’s path ahead.

We ‘ the Health care providers’, will always be available, to provide you the necessary health information, guidance, and treatment as and when needed .

Once again we reiterate that , the hearts and hands of

all IISER Tvm health care providers and the doors of our IISER Tvm Health Care Centre will always be open to serve you all and take care of your health needs 24/7 , 365 days a year.

Facilities available in Health Centre:

Man Power: 3 Doctors

3 Nurses

& 3 Nursing Assistants

Transportation Facility :

Two Ambulances

Medical and Nursing services round the clock (24/7)

(assured 24/7 doctor ,nurse , nursing assistant and ambulance availability ensured)

Tie up with outside Hospitals

Out Patient Services & In Patient Services

(consultation, counselling , dispensing drugs, administration of injections & IV fluids, application of dressings , suturing , Medical & surgical procedures , Referral and transport to higher centres based on needs)

Emergency / Casualty care & Admissions

Exclusive Male and Female In Patient wards

Exclusive Male and Female Isolation Wards

Exclusive Ward for Staff

Nebulisation & Suction Apparatus , Diathermy

and Oxygen Concentrators, ECG, Defibrillator, Infusion Pump , Patient Monitor, Pulse Oximeters, vaporizers , Glucometers and other Essential equipments are readily available and used routinely.

As both sound body and sound mind work in tandem and are going to be invaluable partners in scientific pursuits / life, to help you deal with matters of the mind -if need be, our institute's Psychologist counsellor Dr.Neelima Gopinath and Psychiatrist Consultant Dr.P.R.Mary are available to render professional help in house.

So, If you fall ill, as you might at times , feel free to come to us and we'll do all we can to get you back on your feet as soon as possible .

Last but not the least, we wish and pray that each and every one of you remains healthy throughout your stay here and also keep fit for life.

For information on First Aid kindly follow the link:

<https://www.nhp.gov.in/miscellaneous/first-aid>

<https://www.indianredcross.org/publications/FA-manual.pdf>