



ASHTAVAIIDYAN THAIKKATTU MOOSS
VAIDYARATNAM
Since 1941



NEWS LETTER



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Message

from HR Desk

At Vaidyaratnam, we firmly believe that our employees are our greatest asset. Your passion, skills, and commitment are the driving force behind our continued growth and success. As we embark on this journey together, we want to assure you that the HR department is here to support you at every step. We value your feedback, ideas, and suggestions, so please feel free to reach out to us with any concerns or initiatives you would like to see implemented.

┌ Editor : Rameshan P T ─ Sub Editor : Sreelakshmi Nair ─ Lay out & Design : Raghu Varier ─

Pedaling Towards a Healthier and Greener Future: Vaidyaratnam's Inspiring Cycle Day Celebration

An invigorating celebration of Cycle Day took place in Thrissur on 3rd June. The event was organized by the enthusiastic employees of Vaidyaratnam in association with Cyclers Thrissur, a passionate cycling community from Thrissur. It was a remarkable occasion that not only promoted the benefits of cycling but also fostered a spirit of camaraderie among the



participants. The ceremony was flagged off by esteemed District Collector of Thrissur, V.R Krishna Tejas IAS. The esteemed presence of our Executive Director Dr. E T Krishnan Mooss, further enhanced the prestige of the gathering. The celebration witnessed active participation from the employees of Vaidyaratnam, further

highlighting their commitment to the cause. The Cycle Day Celebration served as a reminder of the multiple advantages that cycling offers. Through this event, Vaidyaratnam aimed to inspire a shift towards sustainable commuting practices and encourage individuals to embrace cycling as an integral part of their lifestyle.

The Cycle Day Celebration marked a significant milestone in the journey towards a greener and more Eco-conscious society. It served as a reminder of the importance of collective action and individual choices in shaping a better world.

Sowing Seeds of Sustainability: Vaidyaratnam's Impactful World Environment Day Celebration

In commemorating World Environment Day, Vaidyaratnam took a significant step towards creating a greener and more sustainable world. With a deep-rooted commitment to nature and



sustainability, the employees of Vaidyaratnam gathered to plant saplings in the premises, symbolizing their dedication to preserving and



nurturing the environment. The members of Vaidyaratnam Foundation showcased their commitment to environmental sustainability by engaging in a meaningful activity. They took the initiative to prepare paper bags as an eco-friendly alternative.

The celebration was a powerful reminder that the





responsibility of environmental conservation rests upon each one of us.

As the saplings take root and grow, they will serve as a living testament to the commitment of Vaidyaratnam and its employees towards a greener, healthier, and more sustainable world.

Vaidyaratnam partnered with Amrita Vidyalayam, Ayyanthole, to organize Nakshatravana, a special



tree-planting initiative. During this event, trees representing the 27 constellations or Nakshatras were planted, offering diverse benefits like medicinal properties, social significance, aesthetic appeal, and economic value. The esteemed Thrissur District Collector, Shri. V R Krishna Teja IAS, inaugurated the event by planting a sapling.

Honoring Exceptional Contributions: Sabash Card Initiative Recognizes Employee Achievements

The Sabash Card initiative recognized and celebrated the outstanding achievements of four employees this month: Sandra AR, who made



exceptional contributions to promoting Swarnaprashanam; Dr. Remya, for her



instrumental role in establishing a tie-up with Attappadi tribal groups for herbal cultivation; Mrs.



Vineetha, acknowledged for her valuable contributions in cultivating herbs in the CHU unit; and Mr. Siva Prasad, commended for his diligent work in conducting internal audits.



Path to Inner Bliss : Vaidyaratnam Celebrates International Yoga Day

On the 21st of June, the tranquil premises of Vaidyaratnam Foundation came alive with the celebration of International Yoga Day. This momentous occasion brought together employees to embrace the ancient practice of yoga, promoting holistic well-being and fostering a deeper connection with oneself. The inauguration of the event was graced by the esteemed presence



of Shri Ankit Asokan IPS, the City Police Commissioner, Thrissur. Dr. Sunita K M, Physician Vaidyaratnam Nursing Home, delivered an insightful briefing on the numerous benefits of yoga. Her expertise shed light on the profound impact yoga can have on overall health, stress reduction, and inner balance.

One of the highlights of the celebration was the captivating yoga demonstration. Participants had

the opportunity to experience the grace, strength, and serenity that yoga brings to the body, mind, and spirit. International Yoga Day at Vaidyaratnam



Foundation was a testament to the organization's dedication to nurturing the well-being of individuals and the community at large.

Memento presented to Ms.Devi Krishna d/o Mrs.Sheeba Radhakrishnan - Cashier VOS as she was one of the team members representing Kerala in National level Rugby championship.



Wedding bells

May this joyous occasion mark the beginning of a beautiful journey filled with love, happiness, and togetherness. Wishing you both a lifetime of cherished moments and everlasting love. May your journey together be filled with endless love, support, and shared dreams.



Dr. Harikrishnan (VNH)



Akeesh Arumugan (VNH)



Rakesh Kumar Mohapatra
(FSO Bhubaneswar)

Welcome to Vaidyaratnam Family

Vaidyaratnam Oushadhasala Pvt.Ltd



Sujith P
(Manager Sales &
Administration)



Sharun Shajy
(Production
Supervisor)



Amaldas N H
(Driver)



SivaPrakasam
(Field Sales Officer
- Chennai)



**Shivam
Prajapati**
(Field Sales
Officer-
Haldwani)

Vaidyaratnam Nursing Home



Ashwathi
Vijayakumar
(Receptionist)



Dr.Rijo Benny
(Physician)

Vaidyaratnam Ayurveda Foundation



Kavya Krishnan K
(HR & Admin
Executive)



Dr. Jasna
Sathyan T
(Jr. Physician)

Best Physician Award 2022-23 OSK & ISK

TC Sector



Dr.Keshava Bhat Sarpangala (Bangalore Treatment Center)

Branch Sector



Dr. R.Soumya (Chennai Branch)

Branch Sector



Dr.G.Vishnu (Ernakulam Branch)

PF pension Order receiving from PF officials - Smt. K S Kumari, Sr. Therapist, VNH retiring from her service on 30th June.



Mastering the Art of Success in Workplace: 10 Key Strategies

Understand expectations: Know your company's culture and values to align with them effectively.

Maintain a positive attitude: Avoid complaining and focus on suggesting improvements.

Be a team player: Prioritize overall goals and collaborate with colleagues.

Take on extra responsibilities: Volunteer for additional duties and exceed expectations.

Avoid gossip: Stay positive and refrain from sharing sensitive information.

Show consideration: Respect shared space and develop relationships with co-workers.

Keep personal life private: Minimize personal calls and avoid oversharing in the workplace.

Use company technology appropriately: Avoid personal use and be mindful of social media posts.

Be punctual: Respect time rules and demonstrate dependability.

Meet deadlines: Always deliver on time and offer solutions when problems arise.