



into each life some **rain** must fall.



Dear well-wishers and friends,

I have no words to express my sincere gratitude to all those who accepted our invitation to the 1st Naruvi Family Get Together. More than 95% of the invitees honored the invitation. This underlines the good will Naruvi has in all your hearts. The organisers and my family had a wonderful evening interacting with all the potential Naruvians and their families.

I had a breakfast meeting with Mr. Mark Cottichia, the Vice President of the Henry Ford Innovation Institute, when he visited Delhi in June. Pardon my evident pride when I say that they (HFHS) are very happy with the progress we have made in the last few months.

Work on site is progressing well. I must state my appreciation for the construction and PMC team for achieving this.

Hope you enjoy this edition of the newsletter as well.

G V Sampath



'Predicting rain doesn't count. Building arks does'.
Warren Buffett



the design

Pluviophile
*a lover of rain; someone who finds joy
and peace of mind during rainy days.*

Welcome to the Rain Drop edition.

Rain is a sublime phenomenon.

The sound of dew drops, the smell
that follows rainfall and the change
in weather is truly a wonder to
behold.

In this edition of Naruvi Print, we
have tried to embody rain.

the family

First Naruvi Family Get Together.

We had a fabulous evening with all the potential Naruvians, Naruvi well wishers and the people who are already on the Naruvi rolls as well as the crucial building experts and contractors.

It was a great time where people got to meet each other, catch up with old friends and make new friends, all under the aegis of the Naruvi Family Get Together.

There was a short, home grown film about the values and visions of the Naruvi Hospitals followed by a visual of the work on site and a photo show of our past activities.

The evening ended with a fine spread of excellent food.

'The best thing one can do when it's raining is to let it rain'.

Henry Wadsworth Longfellow

the last month

June was a very eventful month.

HIS decided.

Naruvi Hospitals is going ‘paperless’ and ‘filmless’ from day one. With immense inputs from HFHS and our own internal discussions we have zeroed in on an excellent software. Work on the ‘bespoke’ Naruvi software will start in July.

Mistakes and shortfalls are the best teachers, if one could take the effort to identify them, learn from them and most importantly take corrective measures to avoid repeating the same mistakes. Only a completely paperless system with complex software that can identify these errors, alert the appropriate personnel and provide a platform to pick up patterns of short-

*'The way I see it, if you want the rainbow,
you gotta put up with the rain'.*

Dolly Parton

-falls and the outliers, would be able to create the database to make the necessary corrections both in systems and in the personnel. This is one of the vital lessons we have learnt from HFHS. Over a year of work has gone into identifying these metrics and figuring out the algorithms to make the hospital and medical record software meaningful to the ultimate focus of the Naruvi Hospitals - efficient, cost effective and transparent health care delivery.

Dr. Karthikeyan, a senior Cardiac Imaging expert at the Henry Ford Health Systems spent almost a whole day with us at our corporate office. The session was most fruitful.

In the true spirit of the ‘Naruvi Quality Drive’, the Naruvi Quality Head, Ms. Rubeena attended the CPQIH basic – a 2 day workshop on quality.

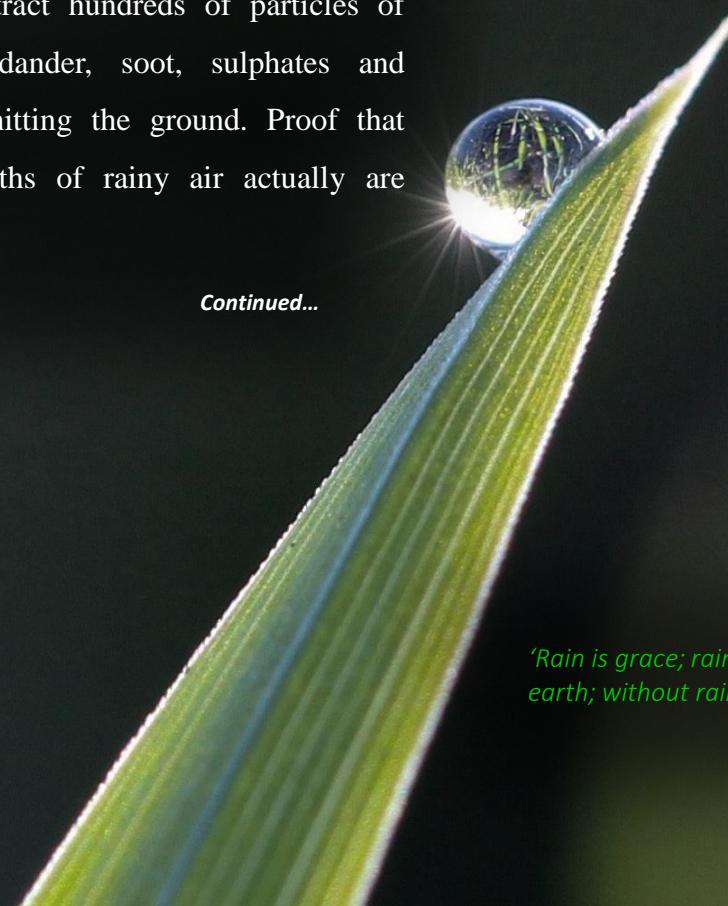
Many musicians like The Ronettes and Johnnie Ray have crooned about walking in the rain, and for good reason: Taking a stroll on *rainy days* has a host of health benefits that soothe the mind, body and soul. If you think taking *a walk in the rain* sounds like a crazy idea, then check out these convincing reasons why walking in the rain is actually healthy and something you should try on the next drizzly day.

Why should you walk in the rain?

There are typically less people: Most people run for cover when it starts to rain, meaning it's only the brave souls who continue strolling during a storm. If you crave peace and quiet during your walks, rainy days are the best. You're left alone with your thoughts and are able to destress much quicker and easier than when there are hundreds of other people out taking strolls.

The air is scientifically proven to be cleaner and fresher: An MIT study published in the journal *Atmospheric Chemistry and Physics* showed that the air is truly cleaner during and after heavy rainfall. The reason is that as raindrops fall through the atmosphere, they have the ability to attract hundreds of particles of pollutants like dander, soot, sulphates and bacteria before hitting the ground. Proof that invigorating breaths of rainy air actually are better!

Continued...



'Rain is grace; rain is the sky descending to the earth; without rain, there would be no life'.

John Updike

The smell of rain has a calming effect: You're not the only one who loves the scent of the air during rainfall. In fact, the distinct smell even has a name: Petrichor, which was coined by two Australian scientists in the 1960s. The scent, according to *Live Science*, is a mixture of chemicals released by soil-dwelling bacteria, oils released from plants during dry spells and ozone that is created when lightning splits oxygen and nitrogen molecules that then turn into nitric oxide.

The humidity is good for your skin and health:

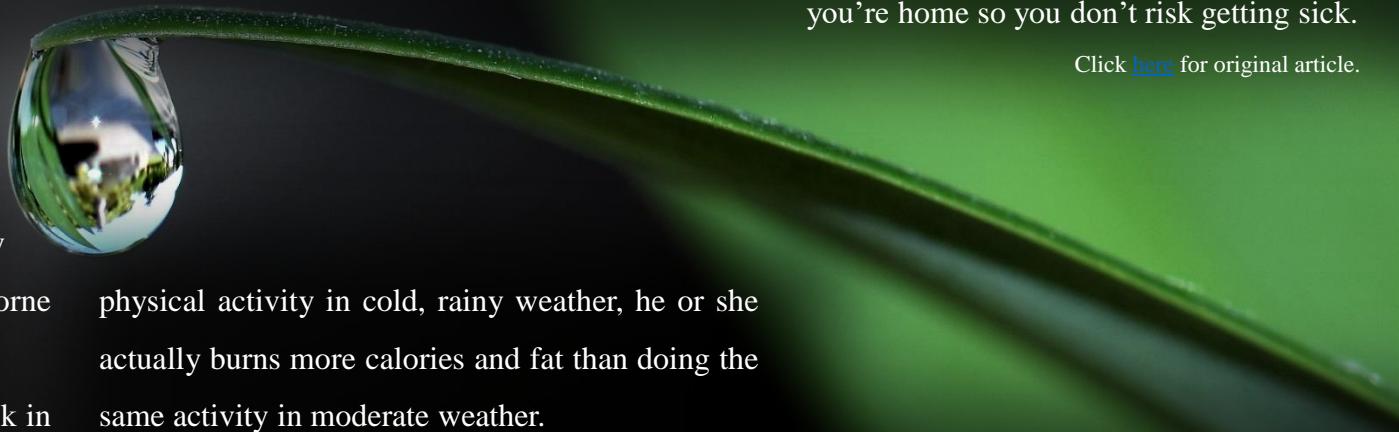
High levels of humidity in the air help keep your skin fresh, young and supple.

And some researchers believe that when humidity levels are 43% and higher, nearly 3/4 of airborne virus particles are left powerless.

Rainy walks help with acceptance: Taking a walk in the rain often makes a person feel powerless. But taking rainy day walks on a regular basis help train your mind to give up control and go about life, no matter what the weather — or anything else

— throws your way. Additionally, the temporary nature of rain can help some deal with personal loss and bad moments. Just like with a rain shower, everything has its moment and will eventually pass.

Walks in rainy weather burn more calories: Believe it or not, Japanese researchers published a piece in the *International Journal of Sports Medicine* that proved when a person does



physical activity in cold, rainy weather, he or she actually burns more calories and fat than doing the same activity in moderate weather.

Walks in the rain help you see things with a different perspective: Whether it's the darker lighting, the gloomy mood, or the reflection of streetlights in puddles, almost everything looks

different on rainy days. This can perhaps help some people to view their life problems, challenges and other daily aspects in a different light.

It feels rebellious: Sometimes you just want to break the rules, and taking a walk in the rain is a safe and healthy way to do so. Just be sure to wear proper temperature regulating gear and thoroughly dry off once you're home so you don't risk getting sick.

Click [here](#) for original article.

'The drops of rain make a hole in the stone, not by violence, but by oft falling'.

Lucretius

the gallery



the timeline

Growth Rings determine the age of a tree

September 2019: Completion of construction

June 2018: First floor roof concreting completed

May 2018: Basement 1 roof concrete started

March 2018: Basement 2 roof concrete started

January 2018: Raft concrete of basement started

May 2016: MoU was signed with Henry Ford Health Systems (HFHS)

2014-2016: Internal discussions on the size, scope and goals/objectives of the hospital.

2013-2014: General discussions about starting a super-speciality hospital in Vellore. Vellore was chosen as the destination because our Chairman belongs there, and he was very keen to serve the local public of Vellore.

2019

2018

2017

2016

2015

2014

2013



there will be clear skies after every pouring rain.



*Enhancing health
as a licensee of
American medical
technology from*

