



SRM INSTITUTES FOR MEDICAL SCIENCE
CHENNAI

CALENDAR 2024



2024 JANUARY



Institute of Orthopaedics

First to Introduce
Robotic Knee Replacement
Surgery in Tamil Nadu

Joint Conserving Procedures in
Knee correction Osteotomies & Partial Knee
Replacements and Hip Arthroscopy

Advanced Spine Surgery Centre
specialized in Paediatric & Adult
Deformity (Scoliosis and Kyphosis)

Advanced Arthroscopic and
Sports Medicine procedures
for joint and ligament injuries

Treatment for
Multiple Ortho Trauma

POMEGRANATE NUTRITION FACTS

(One medium size fruit)

CARB - 29 G | CALORIES - 234 G | FIBER - 11.3 G
PROTEIN - 4.7 G | FAT - 3.3 G

Pomegranate contains antioxidants and anti-inflammatory substances. The juice benefit people with inflammatory conditions and diabetes. It also boost digestion and help prevent cancer. This versatile fruit provides important vitamins and minerals, such as vitamin C and copper, along with a healthy dose of fiber.

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Thai Pongal

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Mattu Pongal

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Uzhavar Thirunal

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Thaipusam

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Republic Day

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2024
FEBRUARY



Institute of
Oncology

WATERMELON NUTRITION FACTS (Per cup)

CARB - 12 G | CALORIES - 46 G | FIBER - 0.6 G
PROTEIN - 0.9 G | FAT - 0.2 G

Watermelon is 92% water, making it a great choice for hydration. Your food provides about 20% of your fluid intake, and eating water-packed snacks like watermelon can help you avoid subtle headaches and dehydration. It's also a source of potassium and magnesium, two minerals that function as electrolytes to help balance fluid levels and offset excess sodium in your diet.

State-of-the-art
Stem Cell Transplant (BMT) Unit

Comprehensive Cancer care for
solid tumors, Hemato-oncology,
and Pediatric Oncology

Focus on organ-specific
Cancer Treatment

Daycare
Chemotherapy

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World
Cancer Day

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2024
MARCH



Institute of
Renal Science

A 38-bed Dialysis Unit with
online Hemodiafiltration and
night-time dialysis facility

Specialists for Andrology, Uro-gynaecology, and Paediatric Urology conditions, including Reconstructive Urology

Holmium Laser Technology for
Prostate Renal Stone & Prostate
Disorders (BPH) Robotic Urology

Uro-gynaecology and
Paediatric Urology Conditions
Reconstructive Urology

Patient-centric team approach
for all Endourology procedures
and Renal Transplant

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Obesity Day

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World
Kidney Day

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2024
APRIL

Institute of
Gastroenterology,
HPB & Transplantation

APPLE NUTRITION FACTS

(One medium size fruit)

CARB - 27.6 G | CALORIES - 104 G | FIBER - 4.8 G
PROTEIN - 0.5 G | FAT - 0.3 G

An apple a day may, in fact, keep your cardiologist away. Evidence has shown that frequent apple consumption may reduce total cholesterol, which can help reduce your risk of heart disease. This is due to the phenolic chemicals contained in apple skins, which are antioxidant compounds that aid in supporting healthy cellular function and good blood flow.

Same-day diagnostic and interventional endoscopy, including
ERCP for Biliary and Pancreatic Disease, Cholangioscopy,
and Endoscopic ultrasound-guided procedures

Day-care surgeries for
many digestive conditions

Robotic Surgery
Bariatric and Advanced
Laparoscopic Surgeries

Solid-state
high-resolution
manometry

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World
Health Day

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Telugu
New Year

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Tamil New Year

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Mahavir Jayanti

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2024
MAY



MANGO NUTRITION FACTS (Per Cup)

CARB - 25 G | CALORIES - 99 G | FIBER - 2.6 G
PROTEIN - 1.4 G | FAT - 0.6

Mangoes are a great source of carotenoids, a group of compounds that give yellow fruits their color. One of the benefits of consuming foods with carotenoids is that they are essential for boosting proper immune system functioning. The compounds also have antioxidant properties. Mangoes contain high levels of vitamin C. This nutrient is needed to produce collagen, a type of tissue that gives skin its elasticity and helps prevent wrinkles and sagging.

Specialty-centric ICUs for Neurosurgery & Neurology, Cardiac & Cardiothoracic, Orthopedics & Multi-organ Transplant ICU

100 Beds ICU for Medical, Surgical & Isolation Care

ECMO (Extra Corporeal Membrane Oxygenation) Unit

Burns Care Unit

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World Asthma Day

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World
No Tobacco Day



2024
JUNE



Institute of Neuroscience

3D C-Arm with Modular OT for
Neuro Interventions, IONM (Intraoperative
Neurophysiological Monitoring)

Comprehensive Parkinson clinic &
Deep Brain Stimulation

Acute Stroke Care & Specialized
Neuro rehabilitation

Centre of Excellence
BONDS Clinic (Botulinum Toxin
in Dystonia & Spasticity)

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World
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2024
JULY

Institute of
Craniofacial, Aesthetic
& Plastic Surgery

24x7 Emergency Services

Hand Injury, Leg & Foot Injury
Facio Maxillary Trauma | Free Tissue Transfer
Replantation of Fingers & Hand | Acute Burn Care
Brachial Plexus Surgery | Peripheral Nerve Surgery

Non-Emergency Services

Aesthetic Plastic Surgery | Aesthetic Gynecology Surgery | Burn Reconstructive Surgery
Breast Surgery | Birth Defect Surgery | Cancer Reconstructive Surgery | Cranio Maxillo Facial Surgery
Cleft Lip & Palate Surgery | Diabetic Foot & Chronic Wounds | Lymphedema & Filarial Leg
Hand Surgery | Oculoplastic Surgery | Hand, Face Transplantation

Skin Bank - Cadaver Skin
Gender Reassignment
Surgery

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National Plastic
Surgery Day

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Muharram

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World
Hepatitis Day

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2024
AUGUST

Institute of
Obstetrics,
Gynaecology & IVF

Structured Maternity Program with
High-risk Pregnancy Care and
24x7 Labour Ward. Expertise in
Assisted-reproductive Technologies
such as IUI, IVF, ICSI, FET

Laser Assisted Hatching,
Embryo Biopsy, PGT, PGTA,
Fertility Preservation
for patients undergoing
Cancer Treatment

Aesthetic Gynecology
• Surgical and Nonsurgical Vaginal Tightening.
• Labiaplasty & Labial Augmentation
• Vaginismus treatment & PRP

Gynec Oncology, Gynec Urology,
Advanced Laparoscopy/Hysteroscopy,
Robotic Hysterectomy,
Lenshooke X1 PRO - Sperm Quality
Analyser, Genetic testing and counseling

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Krishna Janmashtami

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PEARS NUTRITION FACTS

(One medium size fruit)

CARB - 27 G | CALORIES - 101 G | FIBER - 6 G
PROTEIN - 1 G | FAT - 0.3 G

Pears are rich in essential antioxidants, plant compounds, and dietary fiber. They are also free from fat and cholesterol. It benefits a person's digestion, cholesterol levels, and overall well-being. We also know that pears can help control blood sugar and lower your chances of developing type 2 diabetes and stroke. They can even help you digest food better. And, as a bonus, they're a good way to make you feel like you've had a small treat with some added nutrition.



2024
SEPTEMBER

Institute of
Cardiac Science

India's First Exclusive
Aortic Aneurysm Centre with
Indigenous Clinical Set-up

State-of-the-art Cath labs,
including a Bi-plane Cath lab
with 4D Echocardiogram

24x7 Cardiologists for
Emergencies with Complex Coronary
Intervention and IVUS Study

Complex Pacing, Physiological pacing,
CRT 2D and 3D Electro Anatomic
Mapping, and Ablation

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World
Heart Day

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2024
OCTOBER

Transplant
Services

Liver Transplantation – Adult / Paediatric,
Cadaveric / Living Donor

Renal Transplantation
Cadaveric / Living Donor

Heart & Lung
Transplantation

Hand Transplantation
Corneal Transplantation
Uterus Transplantation

GRAPES NUTRITION FACTS

(Per Cup)

**CARB - 16 G | CALORIES - 62 G | FIBER - 1 G
PROTEIN - 0.6 G | FAT - 0.3 G**

Grapes are treasures for essential minerals like potassium, sodium, zinc, calcium, iron, and phosphorus. Rich in vitamins like K, C, and B9, grapes are peerless as a timeless snack. The health benefits of grapes include helping boost heart health, preventing cancer, managing blood pressure, and protecting the eyes. Grapes are also completely free of cholesterol. As a result, they do no damage to your blood vessels.

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Gandhi Jayanti

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World
Stroke Day

Deepavali



2024
NOVEMBER

Department of
Paediatrics

Neonatology and Paediatrics services offered
24x7 Level 3 Neonatal Intensive Care.
24x7 Paediatric Intensive Care.
Antenatal counseling for high-risk pregnancy

Lactation management clinic.
High-risk newborn and preterm baby care.
Management of all emergency neonatal
and Paediatric conditions

Neonatal and Paediatric surgical conditions.
Paediatric outpatient services • Immunization clinic,
Adolescent and Behavioral Paediatric care,
Growth and Development clinic • Nutrition advice

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PAPAYA NUTRITION FACTS

(Per Cup)

CARB - 16 G | CALORIES - 62 G | FIBER - 2.5 G
PROTEIN - 0.7 G | FAT - 0.4 G

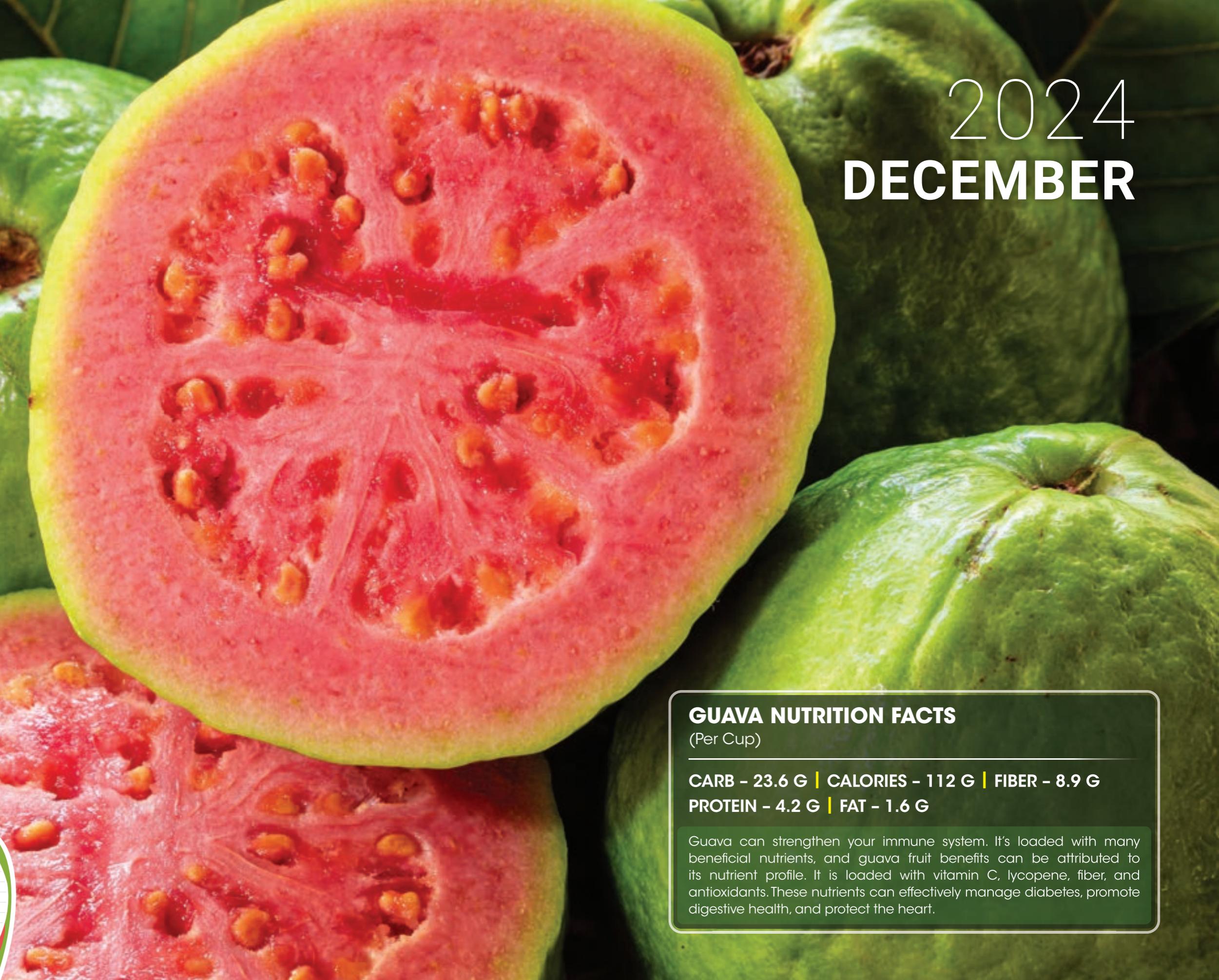
Papaya is a good source of vitamins A, C, and E, which play a role in immunity, skin health, and heart health, as well as fiber (especially if you eat the seeds, which some people may find a bit bitter, but they're totally edible). This tropical fruit boasts an impressive list of nutrients.



2024
DECEMBER



Institute of
Emergency
Medicine



GUAVA NUTRITION FACTS

(Per Cup)

CARB - 23.6 G | CALORIES - 112 G | FIBER - 8.9 G

PROTEIN - 4.2 G | FAT - 1.6 G

Guava can strengthen your immune system. It's loaded with many beneficial nutrients, and guava fruit benefits can be attributed to its nutrient profile. It is loaded with vitamin C, lycopene, fiber, and antioxidants. These nutrients can effectively manage diabetes, promote digestive health, and protect the heart.

22-Bed Well-Equipped
Emergency and
Trauma Care Unit

Ambulances Equipped with
Advanced Cardiac Life Support
System and GPS Tracker

Partner Medical Internal (PMI),
Boston Trained Doctors, and
Paramedical Professionals

24/7 Acute Neuro Services
Fellowship in Emergency Medicine

EMERGENCY NUMBER
044 2000 2020

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World AIDS Day

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Christmas

