



MARCH 2026

NEWSLETTER



Women's day Celebration

Sai Healthcare proudly celebrated Women's Day with creativity and inspiration.

This beautiful rangoli symbolizes the strength, care, and resilience of women.

The design reflects the limitless potential and nurturing spirit of womanhood.

Our Branches:

Mylapore Medavakkam Anna nagar Porur



Neck pain is a common condition that affects people of all ages. The neck supports the head and allows it to move in different directions, so it is used constantly throughout the day.

For Appointment
99414 38815



Entrepreneurship for Physiotherapists to start a clinic-In UCA College





From the Founder Director

At Sai Healthcare Foundation, financial stewardship goes hand in hand with our mission of delivering quality healthcare. Over the past two months, our organization has seen steady growth, disciplined resource management, and thoughtful investments that strengthen both clinical care and operational efficiency. I appreciate the collaborative efforts of our teams who ensure transparency, accountability, and sustainability in every initiative—from patient services and technology upgrades to training and outreach programs. These collective inputs help us plan responsibly, support innovation, and build a strong foundation for long-term impact. Together, we continue to balance purpose with prudence, ensuring every resource creates meaningful value.

Er. Nisha Harish Kumar, BE

Financial Director - Sai Healthcare Foundation.

Founder - Harsha Naturals

Every two months, Sai Healthcare Foundation experiences fresh growth, learning, and teamwork. This time has been especially meaningful as our clinical teams and support staff have worked together to provide our patients with compassionate, evidence-based care. Every milestone demonstrates our shared dedication to healing and service, from improved patient outcomes and cutting-edge therapeutic techniques to team training, outreach activities, and academic endeavors. I genuinely value each team member's commitment and moral character. Together, we continue to fortify our base, increase our influence, and get closer to our goal of providing healthcare that is ethical, accessible, and focused on excellence.

**Dr. Harish Kumar Rajendran, PT Founder Director,
Sai Healthcare Foundation**



Financial Director





STAFF JOURNEY

I joined Sai Healthcare Foundation in 2021 as an Observer while completing my final-year BPT at Union Christian Association College. My goal was simple to learn clinical skills, understand professional ethics, and experience the real world functioning of a physiotherapy department. That first year shaped me deeply. I gained not only knowledge but also discipline, professional ethics, communication, and confidence. From day one, Dr. Harish believed in me and encouraged me to be bold, strong, and capable.

In 2022, I was promoted to Junior Physiotherapist. This role strengthened my clinical knowledge, decision-making skills, and my bond with the clinic, which began to feel like a second home. It never felt like following rules; it felt like building something of my own.

In 2023, I became Branch Manager at the Anna Nagar branch. I was nervous at first, but Dr. Harish's words — "Go. I will be your back. You can do it" — gave me the confidence to step up. That year was not just a promotion; it was a transformation. I began seeing myself not just as a physiotherapist but also as a leader. Even today, I continue learning from Dr. Harish every day — through guidance, corrections, and encouragement. Patient satisfaction is what truly matters. Recognition is not certificates or awards; it's seeing a patient walk without pain, receiving blessings from families, and earning their trust.

Sai Healthcare Foundation is more than a workplace, it's a space for growth, responsibility, and family. From Observer to Branch Manager, my journey has been full of learning, courage, and transformation. *I am grateful for the trust and guidance I have received, and this is just the beginning of many more milestones.*



Dr. VIDYA SEKAR , PT

PHYSIOTHERAPIST & ANNA NAGAR BRANCH MANAGER

(4+ YEARS OF JOURNEY WITH OUR ORGANIZATION)





Entrepreneurship for Physiotherapists to start a clinic In UCA College



Dr. Harish Kumar visited UCA College of Physiotherapy. He delivered a session on Entrepreneurship Skills for Future Physiotherapists. The workshop focused on building successful clinical practice. Students learned about patient management and business strategies.

Career growth opportunities were clearly explained. The session was highly informative and interactive and Students actively participated and gained practical knowledge. It was an inspiring experience for all aspiring physiotherapists.





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Introducing Our Latest Product

Charcoal Face Wash



Harsha Natural's Charcoal Face Wash is a refreshing, nature-powered solution designed to deeply cleanse and purify your skin. Infused with the goodness of activated charcoal, it effectively removes dirt, excess oil, and impurities caused by pollution, leaving your skin feeling clean, fresh, and revitalized. Its gentle yet powerful formula helps control oil, prevent breakouts, and promote a natural glow without drying out your skin. Perfect for daily use, this face wash gives you a healthy, clear, and confident look—naturally.

Biodegradable-Homecare Products



NISHA HARISH KUMAR

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24, East Abiramipuram 3rd St,
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Cosmetic Formulator

Founder - Harsha Natural's

Follow us on:



Our Website:

harshanaturals24@gmail.com

To place your order, contact:
9403890403 , 9600058815



NECK PAIN

Neck pain is a common condition that affects people of all ages. The neck supports the head and allows it to move in different directions, so it is used constantly throughout the day. Because of this, the neck can easily become strained or uncomfortable. Neck pain may cause stiffness, soreness, or difficulty in moving the head, and it can affect daily activities if not properly managed.

கழுத்து வலிஎன்பது
எல்லாவயதினருக்கும்
ஏற்படும்ஒரு
பொதுவானபிரச்சனை.
நமதுதலையை தாங்கி,
அதை பலதிசைகளில்
அசைக்கஉதவுவது
கழுத்துஆகும். அதனால்,
அது தினமும்அதிகமாக
பயன்படுத்தப்படுகிறது.

இதன் காரணமாக, கழுத்தில்
எளிதில்வலி
அல்லதுஇறுக்கம் ஏற்படலாம்.
கழுத்து வலிஏற்பட்டால்
தலையைதிருப்புவதில்
சிரமம், இறுக்கம் அல்லதுவலி
உணர்வுஇருக்கலாம்.
சரியானகவனம்
மற்றும்பராமரிப்பு
இல்லையெனில், இது
நமதுதினசரி
செயல்களில்பாதிப்பை
ஏற்படுத்தலாம்.



Skin Hyperpigmentation cream



Fades dark spots and evens skin tone naturally.
Reveal brighter, clearer skin every day.

For more info: 9403890403

**For Appointment
99414 38815**





Symptoms of Neck Pain



Your neck feels painful or sore.

கழுத்தில் வலி உணர்வு இருக்கும்.

It feels stiff, and you cannot turn your head easily.
தலையை எளிதாகத் திருப்ப முடியாமல் இறுக்கமாக இருக்கும்.

You may feel tightness in your neck.
கழுத்து பகுதி இறுக்கமாக உணரப்படும்.



The pain can spread to your shoulders or upper back.
வலி மேல்முதுகு பகுதிக்குப் பரவலாம்.

You may get a headache along with neck pain.
கழுத்து வலியுடன் தலைவலியும் இருக்கலாம்.

It may hurt more when you sit for a long time or look down at your phone.
நீண்ட நேரம் உட்கார்ந்தால் அல்லது மொபைல் பார்க்கும் போது வலி அதிகரிக்கலாம்.

Causes of Neck Pain



Sitting or standing badly.
தவறாக உட்கார்வது அல்லது நின்றிருத்தல்.

Looking down at phone or computer too long.
மொபைல் அல்லது கணினி பார்ப்பதில் மிகவும் நேரம் கழிப்பது.

Stress or tension.
கழுத்தில் அழுத்தம் அல்லது உடல் இறுக்கம்.

Injuries from falls or accidents.
விபத்துகள் காரணமாக ஏற்பட்ட காயம்.

Working or sitting too long without rest.
நீண்ட நேரம் வேலை செய்வது அல்லது உட்கார்வது.

Getting older.
வயதாகும் போது.

Sleeping in a bad position.
தவறான நிலைமையில் தூங்குவது.



~Anti Dandruff Care Kit~

Anti Dandruff Care Kit is a complete solution designed to gently eliminate dandruff and soothe your scalp. Enriched with natural ingredients, it helps reduce flakes, itchiness, and dryness effectively. Its nourishing formula cleanses the scalp while maintaining moisture balance. With regular use, it strengthens hair and promotes a healthy, flake-free scalp. Experience fresh, clean, and confident hair every day.

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Matrix Rhythm Therapy

Invented By Dr. U.G. Randall, Germany
An Innovation of 21st Century in
Management
of Pain & Restricted Mobility





How physiotherapy works on neck pain

IFT (Interferential Therapy)

How it works:

- Relaxes tight neck muscles
இறுக்கமான தசைகளை
தளர்த்துகிறது
- Improves blood circulation
இரத்த ஓட்டத்தை அதிகரிக்கிறது
- Reduces muscle spasm
தசை பிடிப்பை குறைக்கிறது

www.saihealthcarefoundation.com



IFT (Interferential Therapy)



Ultrasound Therapy

How it works:

- Increases blood flow deep inside muscles
தசைகளின் உள்ளே இரத்த ஓட்டத்தை அதிகரிக்கிறது
- Reduces inflammation
வீக்கத்தை குறைக்கிறது
- Speeds up healing
குணமாவதை வேகப்படுத்துகிறது

For more info: 99414 38815



Cervical Traction

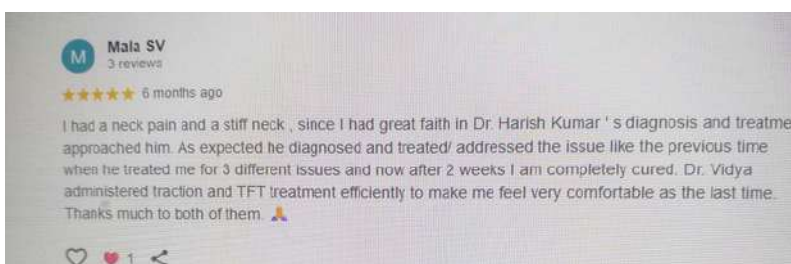
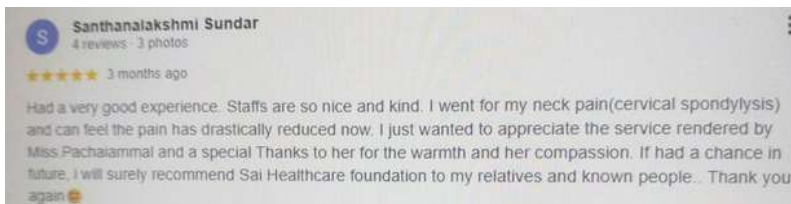
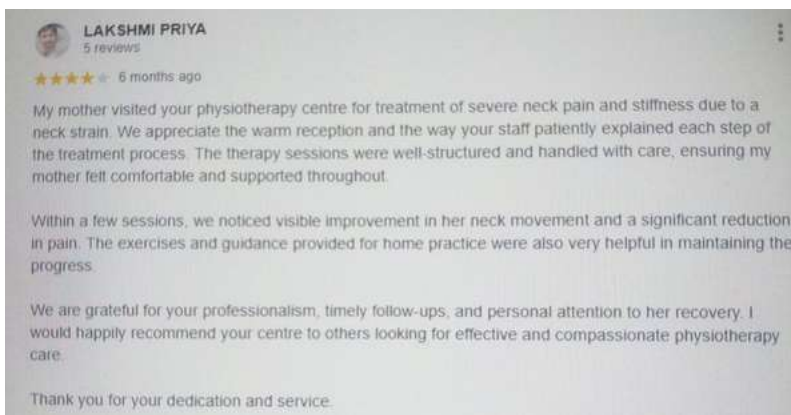
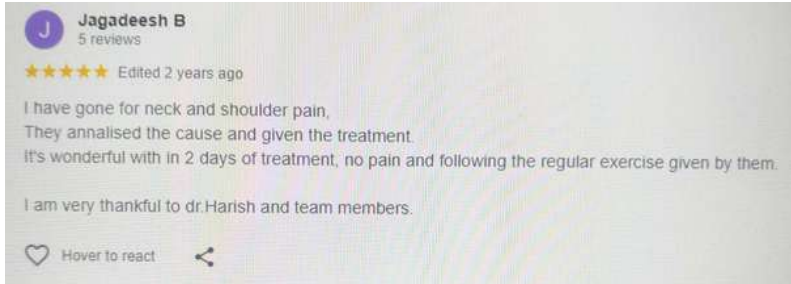
How it works:

- Decreases pressure on spinal discs
டிஸ்க்கின் மீது உள்ள அழுத்தத்தை குறைக்கிறது
- Relieves nerve compression
நரம்பு அழுத்தத்தை குறைக்கிறது
- Reduces radiating arm pain
கையில் பரவும் வலியை குறைக்கிறது

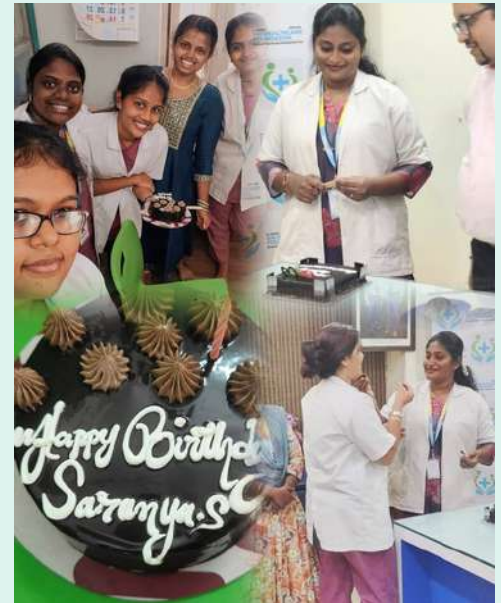




Patient Feedback



Birthday celebration



We happily celebrated our staff member's birthday at the clinic with great joy and togetherness. The celebration brought smiles to everyone, creating a positive and friendly atmosphere among the team. It was a wonderful moment to appreciate their dedication and contribution, making the day truly special and memorable

**For Appointment
99414 38815**





MYTHS AND FACTS OF NECK PAIN

MYTHS	FACTS
Neck pain happens only in old people.	Neck pain can affect all age groups due to poor posture, mobile use, and long sitting hours.
Complete bed rest is best for neck pain	Gentle movement and exercises help recovery faster than prolonged rest.
Neck pain always means a serious problem	Most neck pain is caused by muscle strain or posture issues, not serious disease.
Using a cervical collar will cure neck pain	Long-term collar use can weaken neck muscles; it is only for short-term.
Surgery is required for all disc problems.	Most disc problems improve with physiotherapy and exercises.
Posture doesn't affect neck pain	Poor posture is one of the main causes of neck pain today.

Detan Soap & Lotion work together as a complete care solution to remove tan and restore your skin's natural brightness. The soap deeply cleanses by removing dirt, oil, and tanning, while the lotion hydrates and repairs sun-damaged skin. Enriched with skin-loving ingredients, this duo helps even out skin tone and improve overall texture. With regular use, your skin feels clean, soft, and refreshed. Reveal a healthy, radiant glow every day.

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Backbone of Sai Healthcare Foundation





HOW MATRIX RHYTHM THERAPY WORKS ON NECK PAIN

Matrix Rhythm Therapy is an gentle mechanical vibrations to stimulate the body's natural cell rhythm. In neck pain, muscles often become tight, stiff, and poorly supplied with blood due to stress, bad posture, or prolonged computer use. This therapy works by delivering rhythmic oscillations to the affected neck muscles, which helps relax muscle fibers, improve blood circulation, and enhance lymphatic drainage. As circulation improves, oxygen and nutrients reach the tissues better, and waste products causing pain and inflammation are removed more efficiently. This reduces muscle spasm, decreases pain, and improves neck mobility. It is especially helpful in chronic neck pain, muscle tightness, and cervical spondylosis, and is usually combined with exercises and posture correction for long-term relief.



Matrix Rhythm Therapy is an effective and safe treatment for Neck pain, as well as for diabetic wound healing, postoperative recovery, and various types of musculoskeletal pain. Each session typically lasts around 60 minutes and can be done once or twice a week. Patients often notice improvement from the very first session, experiencing reduced pain, relaxed muscles, improved blood flow, and faster tissue healing. MRT works by gently stimulating the muscles and soft tissues, enhancing circulation and the body's natural healing processes. It is non-invasive and has no reported side effects, making it a reliable option for pain relief, rehabilitation, and overall tissue recovery.



SAI HEALTH CARE FOUNDATION

ADVANCED PHYSIOTHERAPY & MULTISPECIALITY CLINIC

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SAI HEALTHCARE FOUNDATION NEWSLETTER

24, EAST ABIRAMAPURAM 3RD STREET, MYLAPORE, CHENNAI - 600 004

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OUR BRANCHES:

1. Mylapore
2. Medavakkam
3. Anna nagar
4. Porur

This newsletter is released 2 months once. Its to keep connected with our patients and share the updates happening in the clinic. It is also to educate the society about the common medical conditions and its scope of treatment.

ADDRESS

BRANCH - 1:

Door No 50, Vimala, Jeyachandran Nagar 1st Main Rd, near Dominos Pizza, Medavakkam, Chennai, Tamil Nadu 600100.

BRANCH - 2:

AJ 109, 10th Main Rd, near Samco Hotel, Sriram Nagar, A J Block, Shanthi Colony, Anna Nagar, Chennai, Tamil Nadu 600040.

BRANCH - 3:

No.3/492, Kambar Street, Shanmuga Nagar, Madhanandhapuram, Chennai - 600125, Near akshara restuarant

For Appointment 99414 38815

For Emergency Extn - 1 (Mylapore)

Extn - 2 (Medavakkam)

Ext 3 - (Anna Nagar)

Ext 4 - (Porur)

WEBSITE

www.saihealthcarefoundation.com