TIME

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TIME – DIGIMEDIA BEST HOSPITAL SURVEY 2026

The Best Hospital Survey is an exercise to identify the best hospitals in India and provide guidance to the healthcare consumers. The rankings based on this survey will be published in **TIME INDIA EDITION.** These results would be part of this Hospital Survey 2026, you need to fill in this form.

Kindly check your hospital's eligibility to participate before going forward

ELIGIBILITY

MULTI & SINGLE SPECIALITY HOSPITALS

To participate in the survey, ensure that the hospital meets all the requirements.

Must have a minimum of 50 beds	1
Must have completed 2 years since started operation	2
Must have 5 or more specializations	3

SPECIALITY HOSPITALS

Must have a minimum of 20 beds	1
Must have completed years since started operation	2

INSTRUCTIONS

1. The data provided by the hospital will be kept confidential and used for survey and ranking purpose only http://nebresearchandsurvey.com/
2. Please enter correct information in **CAPITAL LETTERS** only.
3. Do not leave any question blank. If any question is not applicable for the hospital, write "NA" in the space given.
4. The scanned copy of the duly completed questionnaire, signed by the administrative head of the hospital, should be sent to survey@digimediatoday.com by **15TH March 2026** or by post to **DIGIMEDIA TODAY PVT. LTD., 802 ROYALE HERITAGE, NEW D N NAGAR, ANDHERI (WEST), MUMBAI – 400053**. Forms reaching us after 15th March 2026 will not be considered.
5. If you have any questions regarding this survey, you can write at survey@digimediatoday.com
6. **The Subject Line of the mail while sending the response should be: TIME -DIGIMEDIA Survey 2026**

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REPORTING PERIOD

Report data for a full 12-months period (unless otherwise mentioned) i.e., the last completed year (JAN 2025 to DEC 2025).

GENERAL HOSPITAL DETAILS

1	Name of the Hospital	TAMIRA AESTHETIC HEALTHCARE & LIFESTYLE PVT LTD
2	Corporate or other group to which the participating entity belongs (if any)	NA
3	Associated Teaching College (if any)	NA

4	Address of the Hospital	27, GOPALAPURAM 1ST ST, KANAKASRI NAGAR, GOPALAPURAM, CHENNAI, TAMIL NADU 600086							
	City and Pin Code	GOPALAPURAM, CHENNAI	6	0	0	0	8	6	
	State / UT	TAMIL NADU							

5a	Landline No. 1 (include city code)	N	A												
5b	Landline No. 2 (include city code)														
6a	Email ID														
6b	Website	WWW.TAMIRALIFE.COM													

7a	Director / Hospital Administrator Name	Dr JAYANTHY RAVINDRAN													
7b	Designation	MANAGING DIRECTOR													
7c	Email	DRJAYANTHY@TAMIRALIFE.COM													
7d	Direct Landline No. (include city code)	N	A			---									
7e	Mobile No. (10 digit mobile no.)														

8a	Name of contact person for the survey	SIVA RANJITHA								
8b	Designation	AGM-MARKETING & BUSINESS DEVELOPMENT								
9a	Email	SIVARANJITHA.A@TAMIRALIFE.COM								
9b	Mobile No. (10 digit mobile no.)	8	9	3	9	8	8	4	8	8	1

10	Year in which the hospital was established/registered	2	0	1	6
11	Year in which operations started	2	0	1	6

12	Type of Entity (Circle in the box corresponding to the relevant status)	Government	1
		Private	2
		Trust	3
12a	Name of the trust (if Trust hospital)	_____	

13	Accreditation (Circle in the boxes corresponding to the applicable accreditations)	**NABH**	1
		JCI	2
		ISO	3
		NABL	4
		Other (specify)_____	5
		Other (specify)_____	6
		Other (specify)_____	7
		None of the above	9

	Bed Availability ***Answer the following as per the status by FEB 2026***					
14a	Total no. of operating beds	2				
14b	No. of beds in ICU	2				
14c	No. of beds in emergency wards	0				

	Support Services		
15a	Top 5 Equipment's of the Hospital		
15 b	Air Ambulance Service	In House	Not Available
15c	Blood Bank	In House	Not Available
15 d	Management of Bio-medical Waste	In House	Not Available
15e	Pharmacy inside the hospital	In House	Not Available

	Other Support Services	**Availability** (Circle the relevant one)	
15e	Coffee shop	Yes	No
15f	Help Desk	Yes	No

15g	Housekeeping	Yes	No
15h	TPA Cell	Yes	No

PATIENTS TREATED

	Admissions *Answer the following for the year JAN 2025 to DEC 2025 only*								
16a	Total no. of in-patient admissions	3	2	5					
16b	Average bed occupancy	7	0		%				
16c	Average ICU bed occupancy	1	0		%				
16d	Average length of stay -	7		.					
	OPD *Answer the following for the year JAN 2025 to DEC 2025 only*								
17	Total attendance (new & old) OPD	1	7	4	1				
	Surgeries *Answer the following for the year JAN 2025 to DEC 2025 only*								
18a	No. of operation theatres	2							
18b	No. of surgeries	3	2	5					

STAFFING

Answer the following section as per the status by FEB 2026

19a	No. of Full Time Doctors (attached to your hospital only)						
19b	No. of Visiting Doctors						
20	No. of Registered Nurses						
21	No. of Trained Emergency Staff						

EQUIPMENT & TECHNOLOGY: Medical technology availability	
Equipment	**Application**
CO_2 Laser – Candela Medical	Fractional skin resurfacing, acne scar treatment, surgical scar revision, wrinkle reduction, skin tightening, removal of benign skin lesions (warts, skin tags, seborrheic keratosis), treatment of photoaging and sun damage, stretch mark improvement
Cryolipolysis (CoolSculpting) – Allergan Aesthetics (AbbVie)	Non-surgical fat reduction, abdomen and flank contouring, double chin reduction, arm and thigh fat reduction, bra roll and back fat treatment, post-pregnancy body contouring

EmbraceRF Platform – InMode Ltd.	Minimally invasive facial and neck contouring, skin tightening, treatment of facial laxity, subdermal tissue remodeling, adjunct to liposuction procedures
PicoWay Picosecond Laser – Candela Medical	Tattoo removal, pigmentation treatment, melasma management, acne scar remodeling, skin rejuvenation, treatment of lentigines and sun spots, post-inflammatory hyperpigmentation
Hydrafacial System – The Hydrafacial Company	Deep cleansing and exfoliation, hydration and antioxidant infusion, treatment of congested pores, mild acne management, improvement of skin texture and glow
Thermage RF – Solta Medical	Non-surgical skin tightening, facial contouring and jawline definition, eyelid tightening, neck and décolletage rejuvenation, treatment of body skin laxity
Nd:YAG Laser – Candela Medical	Laser hair reduction, treatment of vascular lesions, treatment of leg veins, skin rejuvenation, treatment of pigmented lesions
EmpowerRF Platform – InMode Ltd.	Vaginal rejuvenation, treatment of stress urinary incontinence, pelvic floor strengthening, vaginal laxity treatment, post-childbirth tissue remodeling
Dermapeel Gold – Dermaindia	Medical-grade chemical peeling, treatment of pigmentation and melasma, acne and acne scar management, skin brightening and rejuvenation, uneven skin tone correction
HIFU – Ultraformer III (Classys Inc.)	Non-surgical facelift, SMAS layer tightening, jawline contouring, double chin reduction, neck tightening, body contouring
Endolift X – Eufoton	Minimally invasive facial contouring, jawline and neck tightening, subdermal fat reduction, skin tightening, treatment of under-eye bags, localized body fat reduction
Diode Laser – Soprano ICE (Alma Lasers)	Laser hair reduction for all skin types, full body hair removal, treatment of ingrown hair, folliculitis management, long-term hair growth reduction
Venus Viva RF Microneedling – Venus Concept Ltd.	Acne scar treatment, skin resurfacing, wrinkle and fine line reduction, pore size reduction, stretch mark treatment, improvement of skin laxity, uneven skin tone correction

RESEARCH PUBLICATION PUBLISHED (Last 5 years)

28a

S. No.	Type	number of papers published
1	International	3
2	National	1

International Journals

1. Ravindran J, Suresh A. *Uncommon Complication of a Common Therapy: Sterile Abscess After Triamcinolone Injection for Acne.* International Journal of Plastic Surgery (2025).

2. Ravindran J, Suresh A. *Effectiveness of a Standardised Treatment Protocol in the Management of Melasma: A Retrospective Analysis.* International Journal of Plastic Surgery (2025).

3. Ravindran J, Suresh A. *Use of Radiofrequency-assisted Liposuction (BodyTite) for Chest Lift in Gynecomastia.* Aesthetic Surgery Journal (2025).

National Journal

4. Bhat U et al. *Long-Term Results Using "Nair Hospital Precision Carving" Technique of Rhinoplasty.* Indian Journal of Plastic Surgery (2024).

MEDICAL EDUCATION

Please provide the details of the courses offered by your hospital

28b

S. No.	Specializations	Type of courses offered (DNB / Diploma / Fellowship)	No. of Seats
01	Cardiology		
02	Oncology		
03	Neurology		
04	Gastroenterology		
	Liver Transplant		
05	Ophthalmology		
06	Orthopedics'		
07	Pulmonology		
08	Pediatrics'		
09	Diabetes Care		
10	Infertility		
11	Others 1 - Plastic Surgery - Cosmetic Surgery, Aesthetic and Wellness treatment	Fellowship	
12	Others 2 _____ (please specify)		
13	Others 3 _____ (please specify)		
14	Others 4 _____ (please specify)		
15	Others 5 _____ (please specify)		
16	Others 6 _____ (please specify)		
17	Others 7 _____ (please specify)		
18	Others 8 _____ (please specify)		

DECLARATION

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I certify that the information provided is correct and complete and doesn't guarantee ranking in the feature to be published.

Place: Chennai
Date:09/03/2026

Signature, Name and Designation of the authorized person with seal

Mr.Ravindran S
Executive Director
Tamira Aesthetic Healthcare & Lifestyle Pvt Ltd.

Disclaimer:
This survey is part of an independent media research initiative. Responses reflect patient perception and do not represent regulatory certification.