



The Art of Observation



The Power of Sleep



Listening as Therapy



The Daily Reset



Proactivity Over Reaction



The Mind-Body Unity

## **TRUVIC** APPLAUDS CLINICIAN'S COMMITMENT TO HEALING AND HUMAN CONNECTIONS.

### **Quotes on Wellness, Empathy, Healing and Human Connection**

Every day brings both Challenges and rewards. This calendar is dedicated to supporting your well-being and reinforcing the profound human connection that defines your practice. These insights shared across centuries, and disciplines remind us a the best physician treats the person, not just the disease.

*Scan me*



## TRUVIC PRESENCE



SRI LANKA



CAMBODIA



MALDIVES

TRUVIC fosters healthcare innovation, anchored by a purpose rooted in the essential human connection of patient care: providing access to life-changing, affordable medications that support the body's natural resilience. Our regional reach, spanning Sri Lanka, Maldives, and Cambodia, broadens our perspective on global health and diverse community needs. Through strong partnerships with leading international manufacturers (including India, Pakistan, Bangladesh, and Australia) and dedicated distributor networks, we forge an ecosystem of trust that ensures patients receive reliable access to essential medicine. Our dedicated team upholds the highest standards of quality and safety through a lean, efficient network. This operational efficiency allows us to reliably provide medication, thereby helping physicians preserve their valuable time for empathy and observation, free from avoidable administrative friction. Moving forward, TRUVIC remains steadfast in its commitment to innovation, collaborative systems, and a healthier future defined by shared insight and accessibility for all.

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### TRUVIC PRIVATE LIMITED

 147/5D, Kalalgoda Road, Pannipitiya, Sri Lanka.

 +94 114 344 468

 [info@truviclanka.com](mailto:info@truviclanka.com)

 [www.truviclanka.com](http://www.truviclanka.com)

# 2026

## JANUARY

S	M	T	W	T	F	S
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04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

03 Duruthu Full Moon Poya Day | 15 Tamil Thai Pongal Day

## FEBRUARY

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01	02	03	04	05	06	07
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15	16	17	18	19	20	21
22	23	24	25	26	27	28

01 Navam Full Moon Poya Day | 04 Independence Day | 15 Maha Shivaratri Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

**EMPAVIC™**

Empagliflozin Tablets 10mg & 25 mg

**PRAZO XR**

Prazosin Hydrochloride Extended Release  
Tablets 2.5mg & 5mg

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CONNECTIONS.



### The Art of Observation

**Quote:** The good physician treats the disease; the great physician treats the patient who has the disease.

- Sir William Osler-



## The Art of Observation

A synthesis on **diagnostic fidelity**. The clinical significance of any disease is ultimately defined by its interaction with the patient's total ecosystem (socioeconomic, emotional, genetic), recommending long-term compliance and prognosis.

### Practice Prompts

- **The 10-Second Baseline:** Before opening the EMR, establish a 10-second, non-verbal baseline of the patient's current state (posture, vocal cadence).
- **Contextual Query:** Conclude with one question on lifestyle to map the context: "What is the single biggest stressor in your life right now?"



**Zithrox®**  
Azithromycin 250mg, 500mg  
Tablet & 200mg/ 5ml PFS

**Kefixim®**  
Cefixime Trihydrate 200mg Capsule

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# 2026

## MARCH

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02 Medin Full Moon Poya Day | 21 Id-UI-Fitr (Ramazan Festival Day)

## APRIL

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26	27	28	29	30		

01 Bak Full Moon Poya Day | 03 Good Friday | 13 Day Prior to Sinhala & Tamil New Year Day

14 Sinhala & Tamil New Year Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

**SITAVIC™ 50**

Sitagliptin Tablets USP 50mg

**GLIVIC™**

Gliclazide Tablets 40mg & 80mg  
Gliclazide MR Tablets 30mg & 60mg

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**Listening as Therapy**

**Quote:** The first duty of love is to listen.

- Paul Tillich -



## Listening as Therapy

The **neuroscience of rapport**. Focused, uninterrupted listening activates the patient's vagal nerve, signaling safety and dramatically increasing honesty and adherence to complex care plans.

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### Practice Prompts

- **The Paused Response:** Maintain a deliberate 5-second silence after the patient completes his main complaint to ensure all crucial details are volunteered.
- **Reflective Summary:** End the subjective history with a brief, professional summary that incorporates the patient's own key phrases.



**Norium®**  
Flunarizine 5 mg and 10 mg tablet

**BIONEX 500**  
Tranexamic Acid Capsules 500 mg

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**TRUVIC**  
PRIVATE LTD

# 2026

## MAY

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01 Vesak Full Moon Poya Day | 01 May Day (International Workers' Day)  
 02 Day Following Vesak Full Moon Poya Day | 28 Id-UI-alha (Hadji Festival Day)  
 30 Adhi Poson Full Moon Poya Day

## JUNE

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28	29	30				

29 Poson Full Moon Poya Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

# RANOLA 500

Ranolazine Extended Release Tablets 500mg

# BISOVIC™

Bisoprolol Fumarate Tablets 2.5mg & 5mg

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**Proactivity Over Reaction**

**Quote:** It is more important to know what sort of person has a disease than to know what sort of disease a person has.

- Hippocrates -



## Proactivity Over Reaction

The foundation of **predictive health modeling**. The patient's genetic and lifestyle determinants are the most powerful modifiable variables in disease trajectory, enabling true precision-based primary prevention.

### Practice Prompts

- **Lifestyle Anchor:** When discussing a therapeutic change, anchor it to a pre-existing positive habit (Habit Stacking).
- **Function-First Framing:** Frame recommended changes in terms of maintaining functional capacity (e.g., "to keep doing X") rather than avoiding failure (e.g., "to prevent Y").



## Elix-D3 5000

Cholecalciferol (Vitamin D3) Tablets 5000IU

## SOLBION®

Vitamin B<sub>1</sub>, B<sub>6</sub> & B<sub>12</sub> Film Coated Tablets

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# 2026

## JULY

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29 Esala Full Moon Poya Day

## AUGUST

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23	24	25	26	27	28	29

26 Milad-Un-Nabi (Holy Prophet's Birthday) | 27 Nikini Full Moon Poya Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

### Terbisil

Terbinafine Tablets 250mg & Terbinafine Hydrochloride Cream 1% w/w 10g

### Lindamax<sup>®</sup>300

Clindamycin Hydrochloride Capsules USP 300mg

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### The Power of Sleep

**Quote:** All the walking in the world will not compensate for a single night of bad sleep.

- Dr. Matthew Walker -



## The Power of Sleep

Sleep is the cornerstone for metabolic regulation and immune system function. It is often the highest-leverage intervention to discuss in chronic disease management.

### Practice Prompts

- **The 10-3-2-1 Prompt:** Utilize this simple mnemonic to quickly teach patients the fundamentals: Stop caffeine **10** hours before bed, stop food/alcohol **3** hours before, finish work **2** hours before.
- Aim for **1** hour of screen-free winding down.



**ELIQ10 +** | **ELIQ10 Rapid**

CoQ10, L-Carnitine, Alpha Lipoic Acid & Chromium Capsules

Fast Absorbing CoQ10 Capsules 200mg

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# 2026

## SEPTEMBER

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20	21	22	23	24	25	26
27	28	29	30			

26 Binara Full Moon Poya Day

## OCTOBER

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

25 Vap Full Moon Poya Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

# Salbuvic 200 | Formovic® 200

Salbutamol Dry Powder Inhalation  
Capsules BP 200 mcg

Formoterol Fumarate 6 mcg and Budesonide 200 mcg

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**The Daily Reset**

**Quote:** Give yourself permission to be a beginner. It's alright to be a messy artist.

- Martha Beck -



## The Daily Reset

Essential for **mitigating physician burnout**. Acknowledging the impossibility of perfection in high-stakes environments is key to maintaining compassion satisfaction and long-term career resilience.

### Practice Prompts

- **The 5-Minute Window:** Schedule a 5-minute break between patients to stand, stretch, and compartmentalize the previous encounter.
- **The 'Good Enough' Goal:** For personal tasks (e.g., home admin), aim for 80% completion rather than 100% perfection.



# Beclovic<sup>®</sup> 400 | Flutivic<sup>®</sup> 250

Beclometasone Dipropionate  
Dry Powder Inhalation Capsules  
BP 400 mcg

Fluticasone and Salmeterol Inhalation Powder,  
Pre-metered 250 mcg/50 mcg

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# 2026

## NOVEMBER

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

08 Deepavali Festival Day | 24 II Full Moon Poya Day

## DECEMBER

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

23 Unduvap Full Moon Poya Day | 25 Christmas Day

● Public Holiday ● Bank Holiday ● Mercantile Holiday ● Poya Day

**Esoral**<sup>®</sup>

Esomeprazole Tablets 20mg & 40mg

**URSOVIC**<sup>™</sup> 300

Ursodeoxycholic Acid Tablet BP 300mg

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### The Mind-Body Unity

**Quote:** The soul is the whole body as a form of its acting and its being, and the body is the soul as a manifestation of it.

- Paul Tillich -



## The Mind-Body Unity

The evidence base for **psychoneuroimmunology** continues to expand. Chronic emotional distress and trauma are now recognized as powerful drivers of physical inflammation and systemic disease progression.

### Practice Prompts

- **The Mid-Day Check-In:** Take a deep breath and quickly scan your own body for areas of tension (shoulders, jaw) and consciously release them.
- **Unified Referral:** When appropriate, pair physical treatment with a stress management or counseling referral.



**Cardon®**  
Losartan Potassium Tablets USP  
25mg & 50 mg

**MISAR**  
Telmisartan Tablets USP 20mg, 40mg, 80mg  
Telmisartan 40mg + Hydrochlorothiazide 12.5mg Tablets

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