In a bid to enable local awareness of air pollution, a cyclothon was conducted on 26th January, 2017, spanning a distance of 7Km from the premises of Vellore Institute of Technology (VIT) to the Asha Building at CMC Hospital. This event also set the precedent in uniting CMC and VIT as collaborators towards more such eco-friendly ends.

The Director, Dr. Sunil Chandy, Principal, Dr. Anna Pulimood and Dr. Vishwanathan, Chancellor, VIT, came together to officiate at the cyclothon. As an initiative with the dual objective of (i) reminding citizens to be more environmentally responsible, as well as (ii) demonstrating a healthier lifestyle, the event was met with an eager response as more than 200 cyclists set off from the start point at 6 a.m.

Cyclothon marks CMC’s partnership with VIT towards ecofriendly initiatives

The Lord is good, a refuge in times of trouble. He cares for those who trust in him. *Nahum 1:7*
The Department of Anaesthesia and Cardiac Sciences conducted a three-day workshop and CME on Perioperative Echo Cardiography from 2nd to 4th February, 2017. The workshop included hands-on sessions in 3D Echocardiography and Epicardial Echo conducted by Dr. Lalitha Manickam, National University Hospital, Singapore, Dr. Thomas Koshy, Dr. Unni Krishnan, Sree Chitra Titunal Institute for Medical Sciences & Technology, Trivandrum, Dr. Kumar, Madras Medical Mission (MMM), Chennai and Dr. Muralidhar K, Narayana Hrudayalaya, Bangalore.

This was followed by a CME where Dr. Kanagarajan (MMM), Dr. Ranjit Karthikeyan, Sri Ramachandra Medical College, and the internal faculty Dr. Raj Sahajanandan, Dr. Tony Thomson Chandy, Dr. Dr.Balaji, K, Kirubakaran, Dr. Rahul Pillai, Dr. Gladdy George and Dr.Varsha. A.V, along with the workshop faculty, taught the basics of Perioperative Echo Cardiology and advanced echocardiography.

The highlight was a TransEsophageal Echocardiography (TEE) and TransThoracic Echocardiography (TTE) simulator (CAE- Vimedix), the demonstration of which updated the delegates’ acumen in the generation of usages. The simulator featured an option to view various pathologies in the cardiovascular system. The hands-on workshop was made up of 5 stations:

- Focus Assessed Transthoracic Echocardiography [FATE] (Dr. Kumar. K, Cardiology)
- Lung Ultrasound (Dr. Atul More, Critical care)
- TEE Simulator
- Central Venous Cannulation
- Knobology

The workshop offered insight into the field of cardiac anaesthesia to the general anesthetists who handle patients with cardiac comorbidities or patients who are haemodynamically unstable, and who approach the hospital for non-cardiac surgeries. Over eighty delegates, from within the institution and without, were brought up to date by the educational talks and the practical experience with cutting edge technologies, in particular the ultrasound examination of the lung and ultrasound-guided vascular access.

This CME was awarded 25 credit points by the Tamil Nadu Dr. MGR Medical University.

The Department of General Pathology conducted a two-day Continuing Medical Education workshop – An Update in Uropathology – on 3rd and 4th February, 2017. Eminent faculty from India and abroad presented informative lectures, slide sessions and interactive slide seminars and provided a comprehensive overview of the ever-changing world of Uropathological Oncology.

Dr Vijay Joshi from the United States elaborated on the Paediatric Renal Tumours. He stressed upon the role of pathologists in not only providing a definite diagnosis but also in guiding therapy and prognostication based on histological substaging of these tumours. A passionate speaker and world-famous researcher, the audience was in awe when he took to the stage.

Drs Sangeeta Desai and Santosh Menon from Tata Memorial Hospital, Mumbai dealt with the diagnosis, pitfalls and updated schemes of reporting bladder and penile lesions. Dr M. Feroze, Head, Pathology, Thrissur Medical College discussed renal tumours including their molecular characteristics, while Dr Greta Rodrigues, Hull Royal Infirmary, UK and Dr Sandhya Sundaram, Head, Pathology, Sri Ramachandra Medical College, Chennai, shed light on testicular neoplasms and prostatic lesions.
Department of General Pathology updates Postgraduates in Uropathology through CME

A poster competition was incorporated into the programme, which was won by Amrita Institute of Medical Sciences, Kochi. The CME workshop was awarded 15 credit points by the Tamil Nadu Dr. MGR Medical University and 3 credit hours by the Tamil Nadu Medical Council. The academic content of the conference was well received by the delegates, comprising practising pathologists and postgraduates from different parts of the country.

Dietitics students explore facets of Enteral Nutrition in academic workshop

The Department of Dietetics put together the Tenth Workshop on Enteral Nutrition for final year undergraduate as well as postgraduate students of Nutrition and Dietetics on 4th February, 2017. The first of this workshop was conducted back in 24th February, 2012 and has been a regular programme since.

Ms. N.V. Mahendri, Head of Dietetics, at the outset of the workshop, delineated its academic objectives which were mainly to expose students to the current evidence-based practice in enteral and parenteral nutrition. The Director, Dr. Sunil Chandy, Deputy Medical Superintendent, Dr. Rajiv Michael and Vice Principal, Dr. Solomon Satishkumar, chaired the programme.

The workshop was well stocked with an assortment of sessions – it included empirical training and exercise for students planning feeds and formulas. Assessment of nutritional status, estimating nutrient needs, calculating energy and protein requirement, types of formula feeds in enteral nutrition and their selection – these were just a few of the diverse areas delved into by the following dietitians: Ms. N.V. Mahendri, Ms. Manimegalai, Ms. Jayalakshmi, Ms. Kavitha, Ms. Priya Kanthan and Ms. Samundeeswari.

More than 75 students from different States of India participated in the workshop.

Cytogenetics Unit facilitates practical guidance in FISH procedure for Pathologists

The Cytogenetics Unit conducts a workshop on Interphase Fluorescence in-situ Hybridisation designed for those desiring to learn the steps of the FISH procedure which is useful in the management of common genetic syndromes and cancers especially leukemias and other tumors. The ninth edition of this workshop was conducted by the Unit from 8th to 10th February, 2017.

Practicing pathologists and senior medical laboratory technologists from different parts of the country participated in the hands-on workshop. They were guided to perform all the steps of the procedure including reading of the signal patterns under the fluorescence microscope. Participants and staff remained in constant dialogue throughout the programme, which made for a time of responsive learning.

The Tamil Nadu Dr. MGR medical University, Chennai awarded this workshop with 30 credit points.

Department of Nephrology hosts Workshops on Renal Transplant for Postgraduate Trainees

The 2nd Annual Renal Symposium and the 12th Renal Clinical Conference were held on 20th and 21st of January, 2017 respectively, at the College Campus, Bagayam. The objective of the symposium was to provide postgraduate trainees and consultants in Nephrology with a comprehensive and updated approach to the evaluation and management of renal transplantation. The clinical conference was aimed at preparing Nephrology trainees towards their board practical exit examination.

It involved case work-up and presentations by the trainees before the faculty and delegates, with extensive interactive discussions and a Nephro-Radiology session.

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Department of Nephrology hosts Workshops on Renal Transplant for Postgraduate Trainees

Faculty at the programme were eminent national and international nephrologists. International faculty included Professors Graeme Russ from Adelaide and George T. John from Brisbane, while Professors N. Gopalakrishnan from Chennai, M. Sreelatha from Kozhikode, N.K. Hase from Mumbai, Narayan Prasad from Lucknow and Sishir Gang from Nadiad formed the national faculty. Intramural faculty for the programme were Professors Denny Fleming, Clinical Pharmacology, Dolly Daniel, Transfusion Medicine and Immunohaematology and Anu Eapen, Radiology.

The programme featured keynote addresses by Professor Chakko Korula Jacob, former teacher and Head and Professors V. Tamilarasi, Head, Department of Nephrology, Dr. Joy Mammen, Deputy Director, and Dr. Solomon Sathishkumar, Vice-Principal. Professor Russ, one of the world’s leading renal transplant physicians, spent the next week (22nd to 25th January) teaching and training postgraduates and faculty on the varying aspects of the field. He is presently the Senior Director, Consultant Nephrologist and Transplant Physician at the Renal Unit of Royal Adelaide Hospital, and Professor of Renal Medicine at the University of Adelaide, South Australia. He is also the Chair of Executive for the Australia and New Zealand Dialysis & Transplant Registry (ANZDATA) and holds the additional responsibility as Director of the Cancer Directorate at the Royal Adelaide Hospital. About 15 trainees from all four southern states joined in for his sessions, which included interactive lectures, case-discussions and ward rounds. There were also meaningful interactions with other departments including Clinical Pharmacology, General Pathology, Transfusion Medicine & Immunohaematology and the Stem Cell Center.

The two days’ programme was endorsed by the International Society of Nephrology, the Transplantation Society, and the Indian Society of Nephrology and carried 20 CME credit points from the Tamil Nadu Dr MGR Medical University. About 150 delegates from different parts of the country were present, who turned in highly positive reviews in their feedback evaluation forms.

Research Methodology Workshop for Trainees of Endocrinology

The Third Annual Endocrine Society of India - Research Methodology Workshop was conducted by the Department of Endocrinology, Diabetes and Metabolism at the Centre for Stem Cell Research, on 3rd and 4th February, 2017. The workshop was inaugurated by Dr. M.S. Seshadri, former Professor and Head of the Department of Endocrinology along with Professor S.K. Singh, President of the Endocrine Society of India.

A spectrum of topics including research ethics, grant writing, formulating research questions and interpretation of research data were addressed during the workshop by prominent speakers from Vellore and other premier institutes in the country. Thirty-six first year DM (Endocrinology) residents from across the country attended the two-day programme.

CMC College of Nursing hosts Annual Sports Meet 2016-17

The College of Nursing hosted its Annual Sports Meet on 4th February, 2017. The event brought together staff and students of the college in the spirit of sportsmanship, at the CMC Oval Ground, Bagayam. The college is divided into 4 houses, namely Taylor, Houghton, Nightingale and Pitman, and every year they compete for the Overall Sports Championship.

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Mrs. Jabin Khaja, Sports Advisor, who greeted the gathering, called upon Dr. Selva Titus, Dean of the College of Nursing, to declare the Sports Meet open.

The event was inaugurated in the presence of the guest of honour, Dr. Alfred Job Daniel, Professor and Head of Orthopaedics Unit. Dr. Daniel, in his address, drew attention to the difference between games and sports and the unique roles that both play in one’s life. Ms. Neena Thresya Joseph, Sports Committee Chairperson, formally pledged the Athletic Oath, following which she presented the Annual Sports report. The students put on a cultural show alongside the athletic events: a traditional performance of dance and drill was executed by student nurses of Year II and a marching parade was put together by those of Year I.

Winners of various sporting events were honoured by Dr. Anita Alfred Job; the following were the prominent wins of the day:

• Rolling Shield for Overall Sports Championship – Houghton House
• Rolling Cup for March-Past – Taylor House
• Individual Championship – Women - Ms. Jinu Jose (Taylor House)
• Individual Championship – Men – Mr. Arun K (Nightingale House)

At the close of the event, Mr. Naveena Krishnan, Physical Director, proposed the vote of thanks.

Notifications

Congratulations!

• At the Indian Association for Physical Medicine & Rehabilitation Conference (IAPMRCON) 2017 held in Kolkata:
  Dr. Samuel Barnabas Sikha, Final Year PG Registrar, PMR Department, was awarded the Dr. Bindeshwari Sudarshan Gold Medal for presenting the best PG paper titled “The Role of Ultrasonography in the Non-Invasive Assessment of Upper Airway for Decannulating Tracheostomy in Patients with Acquired Brain Injury – A Pilot Study.”

• Dr. Gourav Gomez, Final Year PG Registrar, PMR Department, was awarded the Dr. P. Hanumantha Rao Gold Medal for the 2nd Best PG Paper Presentation titled “Ambulation Augmentation in Low Level Paraplegics Using Resistance Bands – A Pilot Randomised Control Trial.”

• Dr. Gourav Sannyasi, 1st Year PG Registrar, PMR Department, won the Best Poster Presentation for his work titled “Post-Partum Paraplegia Following Spontaneous Spinal Epidural Hematoma with Hellp Syndrome.”

• Candidates who applied to the Senior Training Fellowship (STF) for the year 2017-18, together with the Heads of their Departments/Units, made their presentations before a committee of five senior faculties on 23rd January, 2017. Based on an inherent merit-based prioritisation, the following members of staff have been awarded STF for 2017-18:

  Dr. K. Subramani, Professor, Critical Care
  Dr. Kala Ebenezer, Professor, PICU
  Dr. Jacob Peedicayil, Professor, Pharmacology
  Dr. Rajinikanth J, Associate Professor, Head & Neck Surgery Unit-II
  Dr. Vivek Mathew, Professor, Neurology

• Dr. Prithviraj Bose, MBBS Batch of 2010, was awarded the Tamil Nadu Dr. M.G.R Medical University Gold Medal in Ophthalmology at the recently held university convocation.
Situation Vacant

1. Senior Programmer Gr.V (Project) for Wellcome Research Laboratory


Only male candidates need apply. Preference will be given to trainees who underwent training in CHIPS and who have experience in android applications.

Salary: As per institutional rules.

Age limit: 35 years. Job description: Project work in Wellcome Research Lab.

Applications to be done only through online application system. Please log on to http://www.cmch-vellore.edu

Link: “Vacancies”. Note: Only online applications will be accepted; Hard copies will not be accepted.

Applications will close on February 20, 2017 for Item 1.

Obituaries

Mr. Tennison Inbaraj W, Technician (VCTC), Department of Infectious Diseases, departed to be with the Lord on 6th February, 2017. He joined CMC in 2008 after completing his Diploma in Laboratory Technician’s course at the Scudder Memorial Hospital, Ranipet. He is survived by his mother and brother.

Mr. Sigamani, father of Mr. Sathiya Jayasingh, Library Assistant Gr.II, Chaplaincy on 8th February, 2017.

The CMC Community upholds the bereaved members of the family in prayer.

Admission Notices

• Applications forms and prospectus for admission to Balavihar Kids Corner (Junior) and Playgroups (Balavihar & Sunset) for the year 2017-18 will be available at Balavihar on payment of Rs.150/- from 13th - 24th February, 2017 between 1.00 pm and 4.00 pm.

Balavihar Kids Corner: Children of CMCH staff, who have completed 2½ years by 31st May, 2017 and not more than 3 years by 1st June, 2017 are eligible to apply. Priority will be given to children residing in the Hospital campus. Parents residing in the Hospital campus, whose child will complete 2½ years by 30th November, 2017 and would like to admit their child, also must apply now. Parents will be intimated if and when a vacancy arises after their child completes 2½ years.

Play Group (Balavihar & Sunset): Children of CMCH staff, who have completed 1½ years by 31st May, 2017 are eligible to apply. Priority will be given to children residing in the Hospital/College campus. Parents residing in the Hospital/College Campus, whose child will complete 1½ years by 30th November, 2017 and would like to admit their child, also must apply now. Parents will be intimated if and when a vacancy arises after their child completes 1½ years.

The last date for submission of completed application forms along with a photocopy of the child's birth certificate is 24th February, 2017 by 4.00 pm.

• Ida Scudder School invites applications for Classes 6 to 9

Ida Scudder School, Vellore announces the availability of Application Forms for admission to Classes Six to Nine at the school office between 10.30 AM and 1.00 PM on all working days between 13th February, 2017 (Monday) and 22nd February, 2017 (Wednesday).

Cost of each Application Form is Rs.500/- to be paid at Karur Vysya Bank (near CMC Hospital) or HDFC Bank, Gandhi Nagar Branch; the challan is to be produced at the school office.

An entrance exam will be conducted at the school on 4th March, 2017 (Saturday) in Math and English between 8.30 AM and 11.00 AM. The last date to submit filled in Application Forms is 24th February, 2017.

Admission will be given based on the performance and against available vacancies.

CMC PROMOTIONS OFFICE
New E-mail ID: cmc.promotionsoffice@cmcvellore.ac.in