

CMC NEWSLINE

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AUGUST 27, 2018

But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children.
Psalm 103:17



Annual Alumni Reunion 2018



MBBS Batch of 1993

The Medical Alumni Reunion was held from 9th to 11th August, 2018 with participation from over 250 alumni from various parts of the world. The special batches were 1943, 1948, 1953, 1958, 1958-59, 1963, 1968, 1973, 1978, 1983, 1988 and 1993.

As part of the Centenary Year celebrations, a photograph exhibition was organised which was inaugurated by Dr. Sethu Bhaskaran (1942). Dr. J.V. Peter, Director released the song book "100 Years of Campus Music" and Dr. Joyce Ponnaiya received the first copy.

On 10th August, 2018 the celebrations commenced with the representatives of the special reunion batches sharing their experiences with the medical students. The alumni who spoke included Dr. Sethu Bhaskaran (1942), Dr. Razia Doshi (1958), Dr. Uma Khanduri (1963), Dr. Ajit Varki

(1968), Dr. Solomon S. Chelliah (1973), Dr. Monika Bhola (1978), Drs. Darly Mathew and Thelma Suresh (1983), Drs. Premkumar Mony and Madulika Jonathan (1988), Drs. Divyan Paul Pancharatnam and Anita Victor (1993). This was followed by a CME session for which the speakers were Dr. Bala Venkatesh (1978), Dr. Pramod David Jacob (1983) and Dr. R. Giridharan (1993).

The highlight of the evening was the 'First Inter-House Alumni Music and Dance Programme' that involved medical students, post graduate students, junior and senior staff, alumni who had superannuated and extramural alumni spanning over fifty years. The evening was magical and electrifying. The fun, interaction and bonds that formed during the practices that went into this event and the final programme far exceeded everyone's expectations.

The General Reunion on 11th August, 2018 began with the traditional tree planting ceremony and the Alumni meeting in Scudder Auditorium. Dr. Anna B. Pulimood, Principal released the book "Hundred Years, Hundred Stories". The first copy was received by Dr. Jacob Abraham.



Special Prayers : August 26 - September 01, 2018

Ophthalmology: Dr. Andrew David Braganza and Staff

Dr. Sheeja Susan John and Staff
Dr. Padma Paul and Staff
Dr. Shirley David and Staff

Low Cost Effective Care Unit :

Dr. Sunil Abraham and Staff
Dr. Shirley David and Staff

Department of Family Medicine:

Dr. Sunil Abraham and Staff
Dr. Shirley David and Staff

Shalom Family Medicine Centre:

Dr. Sunil Abraham and Staff
Dr. Shirley David and Staff

Van Allen Hospital, Kodaikanal

International Service Fellowship (Interserve)

Council Members: Mr. Eappen John
Mr. Vijay Alexander

Christoffel Blinden Mission

Council Member : Dr. Sara Varughese

Sunday Services : September 02, 2018

6.00 pm : **Scudder Auditorium**
Rev. P. Rainard Pearson

6.30 pm : **Hospital Chapel**
Rev. B.S. Edwin Sam

5.00 pm : **Friendship Chapel, KPTR Campus**
Rev. Lalbiaksanga Pachuau

Chapel Service starts at CMC Chittoor Campus : September 02, 2018

04.30 p.m. : Rev. Mani Bhushan Das
1st, 3rd and 5th Sunday services will be in Telugu.
2nd and 4th Sunday services will be in English.

Welcome :

Dr. D. Sathish Kumar, Professor, Department of Anaesthesia, on his return from study leave.

Memoranda :

• **Dr. Thomas Palocaren**, Professor of Orthopaedics, is appointed as Head of Paediatric Orthopaedics Unit with effect from 17th August, 2018 for a four year term.

• **Dr. Sneha Deena Varkki**, Professor of Paediatrics, is appointed as Head of Paediatrics Unit-III with effect from 28th August, 2018 until further notice.

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The Director, Dr. J.V. Peter and the Principal, Dr. Anna Pulimood presented some of the newer developments in CMC to the alumni followed by felicitations by the Medical Superintendent, Dr. Prasad Mathews. The President of the Student's Association Mr. Paul Timothy Prabhu welcomed the alumni on behalf of the student body. The Alumni Association presented the Alumni Award of Distinction to Dr. Aravindan Nair, in recognition of his immense contribution to CMC. This was followed by the General Body Meeting of the Alumni Association and the special batch introductions and photographs. The alumni proceeded to the Men's and Women's Hostels, where the current students, along with the alumni, entertained the crowd.

At the Thanksgiving Service, the message was delivered by Dr. Felsie Daniel (1978). The newest batch of alumni (the present interns), were given the charge to serve and not to seek to be served. Dr. Thomas Sen Bhanu (1956) and Dr. Stanley Cecil Macaden (1963) passed on the torch of light to the representatives of the batch of 2013. Later that evening, Drs. Ashita Singh (1993) and Deepak Singh (PG Alumnus) were honoured with the College Motto Award followed by the informal entertainment, which had the packed Scudder auditorium in splits of laughter. The alumni left with loads of photographs and memories of happy times spent in Vellore.

College Motto award citation:

Ashita Waghmare joined the Christian Medical College Vellore in the year 1993. Her motivation to do medicine and commitment to Christ was evident through her life and example. Blessed with a wonderful voice, she was a regular member of the college choir. She married Dr. Deepak Singh, who like her, had a heart to serve in needy areas of India. Pursuing their higher studies, Ashita did her MD in General Medicine while Deepak completed MS in General Surgery, both from CMC Ludhiana.



After completing their postgraduate studies in the year 2004, they moved to work in Baptist Christian Hospital, Tezpur, Assam. There was a great need for this hospital to be revived. Malnutrition, anemia, infectious diseases like tuberculosis and malaria were rampant in that region. Challenged and moved by the healthcare situation, they began their work with much prayer. Very soon people from near and far started flocking to the hospital. With excellent surgical skills, Deepak performed both open and laparoscopic surgical procedures. In the year 2006, there was a severe outbreak of cerebral malaria and seeing the enormous need for critical care, Ashita started an Intensive Care Unit.

During their time in Tezpur, the hospital grew leaps and bounds in terms of number of patients, manpower, services, infrastructure, equipment and research. Deepak ably led the hospital as the Medical Superintendent. Many people from surrounding districts and from Arunachal Pradesh came there for treatment. The lab services which were started as a one room facility became a full-fledged three-floor laboratory with services in clinical pathology, biochemistry and microbiology. As many patients presented with acute renal failure, they started peritoneal dialysis services for them. The hospital became well equipped with Ultrasound and CT scan machines.

Ashita was part of the team that was instrumental in alerting the government of an outbreak of Japanese Encephalitis. She has published research papers on Acute Undifferentiated Fever and Japanese encephalitis. She was instrumental in starting the DNB training program in Family Medicine in the hospital.



MBBS Batch of 1963



MBBS Batch of 1968

The time they spent in Tezpur from 2004 to 2011 was a testimony of their commitment, hard work and trust in God. During this period, they built a team to run the hospital. Amidst their busy schedule, they ensured they spent quality time with their lovely children Arnav and Tara. Integrating into the community, Arnav went to the local school in Tezpur.

In the year 2011, Ashita and Deepak moved to CMC Vellore as Deepak got an opportunity to pursue M.Ch. in Paediatric Surgery, to better equip himself. Ashita worked as a faculty in Medical ICU and further enhanced her knowledge and skills, especially in ICU sonology. The next phase of their life from the year 2014, took them to another rural mission hospital in Chinchpada, Maharashtra. The hospital had all but shut down as there was no full-time doctor there. There were just buildings with insufficient equipment. Ashita and Deepak started their work by praying with the local church leaders and staff. Slowly as the word got around, people started coming to the hospital. Deepak again played the dual role of surgeon and Medical Superintendent, ensuring smooth running of the hospital and obtaining various hospital licenses from local regulatory bodies. Today, due to their sincere dedication and God's provision, the hospital has a well-equipped Intensive Care Unit, Operation Theatre and diagnostic laboratories. Seeing the desperate need to care for terminally ill patients, who were in pain and many times uncared for, they started the palliative care program, giving them dignity in death and a blessed hope. They partner with churches in the area to improve health education in the community. They are also involved in research and training programs in collaboration with CMC, Vellore.

Their trust in God for wisdom, provision and healing was strengthened in Chinchpada. They have inspired and kept the hospital community together by hosting fellowship meals at their home and regular potluck dinners for all sections of the staff. They formed a choir that sang three-part harmony at Chinchpada and Tezpur. Even though geographically far from CMC, Vellore, they continue to influence and inspire students from their Alma Mater in a unique way whenever students from CMC visit the hospital. The students not only have an academic treat at Chinchpada, but also witness great role models in Ashita and Deepak.

Working in a remote place with minimal schooling facilities, they recently decided to send their children to a boarding school, a decision taken after much prayer and thought. Both the children have been influenced by their parents' work that whenever there is a family conversation of moving to a city, the children are very clear that their lives have to be spent in Chinchpada. CMC's motto of 'not to be ministered unto but to minister' is being lived out daily by them. They have been steadfast to their calling and selfless in service. They have made a significant contribution to improve healthcare in the country. Through their life and service, they have been a blessing to so many lives, bringing honour and glory to God.

The CMC Alumni Association is proud to present the College Motto Award 2018 to Drs. Ashita and Deepak Singh.

Alumni Award citation

The Christian Medical College Alumni Association is proud to present the Alumni Award of Distinction 2018 to Dr. Aravindan Nair for his commitment and years of dedicated service to the Christian Medical College, Vellore, and our Alumni, as a staff of CMC and after his retirement. Dr. Aravindan Nair obtained the MBBS degree from Madurai Medical College, and then worked in CMC as a Senior House Officer between 1976 and 1979. He completed his post graduation in General Surgery from the Madurai Medical College, following which he joined the Institution in 1981.



MBBS Batch of 1973



MBBS Batch of 1978

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During the 1980s, he mastered a range of general surgical procedures and helped develop the transhiatal esophagectomy, earning a reputation as a highly competent surgeon. He then developed his interest in Endocrine Surgery from his mentor Dr.A.S.Fenn, using his study leave to train in breast and endocrine surgery in the U.K. Dr. Aravindan used the experience to develop a team approach, functioning smoothly with his medical and laboratory colleagues, to enhance the multidisciplinary care of endocrine and breast cancers and familial tumours. His great commitment to clinical care of patients inspired many students to dedicated clinical service in surgery. His personal touch to the care of patients endeared him to so many families that generations were seen coming to CMC to experience his loving care.

Dr. Aravindan promoted clinical and laboratory research and played an active role in the development of subspecialties in the Department of General Surgery. He helped consolidate the annual CME programme run by the Department. He was a very popular teacher in the institution helping generations of students grasp the fundamentals of surgery. He was awarded the Best Teacher Award in 2004 by the MBBS students. He was well known for his spiritual approach to life and many struggling staff and students of CMC have been supported by his all embracing love and concern. His special concern for sick members of the CMC community, the alumni, retired staff and relatives endeared him to a wide network in the CMC fraternity. His trademark door to door clinical and counseling services were experienced by so many staff in need on the campus and outside. Dr. Aravindan gave freely and completely of his time and energy to the institution, and was a source of inspiration to colleagues in promoting it's ethos of serving others first.

His wife Dr. Sheila Nair (MBBS 1971) and their children Anupama (MBBS 2001) and Adarsh formed a close knit family and were an integral part of the community. At the Ultimate Lecture given to mark his superannuation, Dr. Aravindan spoke of the many influences in his life and shared his mother's inspiring injunction 'to be as patient as mother earth'. Dr Aravindan always exhorted the students to make use of the great learning opportunities provided to them in the Institution, and imbibe the work culture enshrined in its motto.

The Alumni Association joins the CMC community in thanking Dr. Aravindan Nair for his immense contribution to the Christian Medical College, its patients, staff, students, and and to those in need of love and kindness through his exemplary characteristics of integrity, high level of commitment and compassion, and is proud to honour him with the Alumni Award for the year 2018.



MBBS Batch of 1983



MBBS Batch of 1988

3rd Certificate Course in Hospital Infection Control and Antimicrobial Stewardship

Hospital Infection Control Committee conducted the 3rd Certificate course on Hospital infection control and Antimicrobial Stewardship from 30th July to 3rd August 2018, which was awarded thirty credit points from the Tamil Nadu Dr. MGR Medical University. Twenty eight candidates from different parts of India such as Tamil Nadu, Puducherry, Andhra Pradesh, Telangana, Kerala, Maharashtra, Utrakhand, Haryana and Bihar attended the course. The inaugural function on 30th July began with an invocation from the infection control nurses which was followed by a prayer from Chaplain Mrs. Saramma Kuruvilla. Welcome address was given by Dr. George M Varghese, Deputy Chairman of Hospital Infection control committee and felicitations by Dr. Prasad Mathews, Medical Superintendent and chairman HICC, Dr. Simon Pavamani, Vice Principal PG and

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Mrs. Florence Segaran, Deputy Nursing Superintendent. Dr. Joy S. Michael, the organising Chairperson of the course and the secretary of the Hospital Infection Control committee compered the ceremony and gave the overview of the course. The inauguration programme ended with the presentation of the report by Dr. Jai Ranjan, HIC officer a vote of thanks by Dr. Dhanalakshmi, Organising secretary.



The objective of the course was to equip doctors involved in areas of infection control and antimicrobial stewardship in their hospital, with the tools and resources required for combating Healthcare Associated Infections (HAIs) and to enable professionals involved in hospital infection control to freely exchange ideas and enrich their knowledge base. The five day workshop had various sessions on patient safety, health care associated infections, environment and healthcare worker safety, antimicrobial resistance and antimicrobial stewardship and infection control in specialised areas and training in hand hygiene. The interactive sessions were led by the external faculty Dr. Vijay Samuel Richard and Dr. Malini R. Capoor on setting up an infection control programme and new biomedical waste management guidelines. Dr. Joy S. Michael, Head, Department of Clinical Microbiology led the case studies and group discussion on investigating and managing outbreaks. Various surveillance methods and antimicrobial susceptibility techniques with other demonstrations were also provided. The sessions came to an end with an open discussion on needle stick injuries and blood borne viruses led by Dr. Priya Abraham, Joint Secretary, HICC followed by a post test with discussion conducted by Dr. Joy S. Michael.

72nd Independence Day Celebrations



Hospital Campus



College Campus



RUHSA Campus

The 72nd Independence Day celebrations were observed in a grand manner at the various campuses of CMC. In the College Campus the flag was hoisted by the former Director Dr. Sunil Chandy and the

parade was inspected by Mr. K. Sundaram, Chief Security Officer. At the Hospital Campus, Dr. Deepak Abraham, Associate Director (HR) hoisted the flag and Mr. W. Abdul Latheef, Security Officer inspected the parade. The Chief Guest for the flag hoisting at RUHSA Campus was Mr. Kalaimani, retired Rural Community Officer. Dr. Shantidani Minz, Professor

and Head of RUHSA organised a tree planting ceremony to mark the occasion.

Congratulations !

• **Mr. S. Ramesh**, Jr. Officer and **Mrs. B. Manimegalai**, Incharge, Department of Dietetics were awarded the "Best Paper Award '18" for their article titled, "Importance of Plate Waste Assessment in a Hospital Kitchen" at the Rula International Awards '18 given by the International Journal for Research Under Literal Access on 15th August, 2018 at Trichy.

Upcoming Event

The TNAI Local unit of CMC has planned for a fund raising sale on 1st September, 2018 Saturday at 8.30 am near ISSCC building area.

Obituary : Dr. Violet Rajagopalan (*nee* Sudarsanam) on 7th August, 2018



Dr. Violet worked in the Tamil Nadu Government Service for most of her career and was the Professor and Head of the Department of Pharmacology at Stanley Medical College at the time of her retirement. She then worked in the private sector for some years. She leaves behind her son Dr. Mani Rajagopalan (1981), daughter in law Dr. Bishakha Rajagopalan (1984) and two grandsons. For those who would like to get in touch with the family, the contact details of her son, Dr. Mani Rajagopalan are given below: Email: rajagopalanmani@optusnet.com.au

Our thoughts and prayers are with the bereaved members of the family at this time of sorrow and loss.

Situations Vacant

1. Senior Resident with MS (E.N.T) for the Department of E.N.T. Unit-I

Candidates with Head and Neck Surgery Fellowship / experience will be given preference.

Salary scale : As per institutional rules. Accommodation provided (Partly furnished, depending on availability).

2. Senior Resident with MD (Dermatology) for the Department of Dermatology Unit-I

Salary scale : As per institutional rules. Accommodation provided (Partly furnished, depending on availability).

3. Registrar (Non PG) with MBBS for the Department of Pulmonary Medicine

Salary scale : As per institutional rules. Accommodation provided (Partly furnished, depending on availability).

Opportunities for clinical experience and to publish. Working hours : 8 am to 4.30 pm. No On call responsibilities.

4. Registrar (Non PG) with MBBS / MD for the Department of Endocrinology

Salary scale : As per institutional rules. Accommodation provided (Partly furnished, depending on availability).

Apply with bio-data, certificates and testimonial copies with contact phone number, e-mail ID and address to the Principal, Christian Medical College, Bagayam, Vellore-632 002, email: princi@cmcvellore.ac.in on or before **September 01, 2018** for Item 1 and **September 08, 2018** for Items 2, 3 and **September 10, 2018** for Item 4.

5. Associate Research Officer for the Department of Clinical Genetics

Job Code : 1262

Qualification : M.Sc. Life Sciences / MPH (Master of Public Health).

Mode of appointment : Project mode. Consolidated salary : As per institutional rules. Accommodation not provided.

6. Associate Research Officer (NM) for the Department of Pulmonary Medicine

Job Code : 1263

Qualification : B.Sc. Biotech / PGDMM / B.Sc. or M.Sc. Micro / B.Sc. MLT.

Mode of appointment : Project mode. Consolidated salary : As per institutional rules. Accommodation not provided.

7. Research Officer for the Department of Endocrinology. Qualification : MBBS / MD.

Job Code : 1264

Mode of appointment : Project mode. Consolidated salary : As per institutional rules. Accommodation not provided.

Download application from this link: <http://www.cmch-vellore.edu/> → General → Vacancies → Application Form for Project Staff. The print out of the application with certificates and testimonial copies should be sent to the Principal, Christian Medical College, Bagayam, Vellore - 632 002 on or before **September 03, 2018** for Item 5 and **September 07, 2018** for Item 6 and **September 10, 2018** for Item 7.

8 Social Worker Gr.V (Project) for the Department of Endocrinology, Diabetes and Metabolism

Qualifications : MSW / MA (Social Work / Sociology). Only male candidates need to apply.

Salary scale : As per institutional rules. Age limit : 35 years. Job description : To work in Clinical Trials as a Social Worker.

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 **September 17, 2018** for Item 8.

9. Jr. Engineer Gr.IV for CHIPS

Qualification : Diploma in Electronics & Communication Engineering. Salary : As per institutional rules.

Age limit : 35 years and below. Preference will be given to candidates with knowledge in Computer Hardware and Networking.

10. One year Orientation Training Programme for Clerk Typist

Qualifications : Graduate (Regular Course) + English Typing Lower + D.C.A.

Age limit : 30 years. Consolidated stipend : As per institutional rules.

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 **September 01, 2018** for Item 9 and **September 17, 2018** for Item 10.