In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. **1 Peter 1:6**

**Chittoor Hospital Campus welcomes 2017 with local residents at special celebration**

Annual Citizens’ Day, a New Year’s programme for the residents of Chittoor, was held on the 27th of January, 2017. A large Chittoor-based gathering of leading citizens including government and bank officials, private practitioners, lawyers, school principals and business men came together at this event.

The Director, Dr Sunil Chandy, in his address, recalled the long association of CMC with Chittoor district. Since the 1930s, Dr Ida S Scudder conducted a roadside clinic in Chittoor district, which included Gudipalla and Bommasamudrum. This project marked a further strengthening of the early ties.

He stated that the campus would evolve into a model broad speciality hospital of excellence with a number of educational training programmes.

**Continuing Nursing Education in Lifestyle Diseases**

The Community Health Nursing Department of College of Nursing organised a CNE titled *Lifestyle diseases across the lifespan-Nursing challenges* on 20th January, 2017 at the College of Nursing. The workshop, presided over by Dr. Nihal Thomas, Professor and Head, Department of Endocrinology, Diabetes & Metabolism, was inaugurated by Dr. Selva Titus Chacko, Dean, College of Nursing.
Dr. Chandy acknowledged the cooperation of the Government of Andhra Pradesh and the officials of Chittoor, also extending his thanks to the various departments of CMC Vellore and its retired faculty employed for their contribution in providing quality care for the people of Chittoor. Associate Director, Dr Raju Titus Chacko and Mr JP Peter were especially thanked for the ground work during the establishment phase.

Dr Nihal Thomas then updated the gathering with the current status of the hospital – his presentation showed the speciality departments, and the diagnostic and treatment facilities, including the state-of-the-art operation theatre. He further presented the statistics which showed a sharp increase in the last few months with regards to outpatient numbers each day and a rapid increase in the number of surgeries – over 500 in the last five months. Proposed plans were also shared, inclusive of several training programmes which will help the people of Andhra Pradesh and community outreach services in the district.

CMC Vellore was also well represented at the programme, by the Associate Directors, Principal, Medical and Nursing Superintendents and several Heads of Departments.

Continuing Nursing Education in Lifestyle Diseases

Topics of discussion ranged from an overview of common Life Style Diseases (LSD), the role of Genetics in LSD, a healthy lifestyle including healthy nutrition and physical activity, community-based exercise parks, policies and programmes in the public sector, to screening LSD using Algorithms, motivational interviewing, simulated counselling exercises. The workshop also featured a symposium on the role of nurses in prevention and management of lifestyle diseases, which was dealt with by a panel of experts from different fields of medicine. Participants were engaged in four group activities in developing protocols to screen common LSD.

50 Nurses from Tamil Nadu attended the CNE, which was awarded 7 credit hours by the Tamil Nadu Nurses & Midwives Council.

Department of Paediatrics observes Adolescent Health Week

Adolescents comprise one of the largest segments of the world’s population, with 253 million in India alone. This age group marks a time of rapid physical and emotional growth and is important in laying the foundation for a healthy adult life.

In recognition of this, the Department of Paediatrics and Paediatric Nursing observed Adolescent Health Week from 9th to 14th January, 2017, during which a number of programmes were organised. Doctors, Staff and Student Nurses of the department visited 5 schools in and around Vellore, enacting skits, arranging interactive sessions, quizzes and other activities pertinent to the teenaged audiences. Through these activities and discussions, aspects of nutrition, sleep, exercise, hygiene, bodily changes, adolescent brain, substance abuse, planning of daily activities, road safety, internet safety and sexual abuse were addressed in the adolescent context.

Besides school visits, health education programmes for the same age group were carried out within the Department of Paediatrics, for the benefit of adolescents admitted to the wards, as well as their parents. The awareness building endeavor was further maximised as the corridors were stamped with posters depicting management of daily teenage health.

The week was thematically concluded with a presentation titled Parenting Adolescents delivered by Dr. Mona Basker, Professor and Adolescent Medicine Physician, Paediatrics Unit 3, attended by staff.
Maternity Nursing and OG-IV commemorate 10th Anniversary of the Nurse Led Clinic

To mark the 10-year anniversary of the Nurse Led Clinic, the Department of Maternity Nursing and Obstetrics & Gynaecology (OG) Unit-IV hosted a service of thanksgiving on 23rd January, 2017. Dr. Reeta Vijayaselvi, Associate Professor, OG Unit-IV, announced the ceremony open, following which Rev. Deborah, Chaplaincy Department, led the gathering through a time of devotion. Nursing Superintendent, Dr. Premila Lee, and Dr. Annie Regi, Professor and Head of Obstetrics & Gynaecology, commended the department for taking up this extended role, encouraging the nursing faculty to further expand this facility to OG Unit-III as well.

A brief presentation by Mrs. Dorothy Singh, Coordinator of the Nurse Led Clinic, relayed the history and evolution of the clinic over the past decade. The presentation also featured a statistical overview, which showed that the total number of women registered in the Nurse Led Clinic in 2016 was 4,436.

The programme concluded with a vote of thanks proposed by Mrs. Ebenezer Ellen Benjamin, Professor and Head of Maternity Nursing.

CMC observes Republic Day

The Community Health Department organised the Republic Day Run on 26th January, 2017 at the CMC College Campus, Bagayam.

The front yard of the Carman Block was packed with over 850 participants who registered for the 10 km, 5 km or 1 km events. The entire staff of the Community Health Department and several other participants donned specially made T-shirts imprinted with the theme of the event: Run... so others may live. This theme was chosen in keeping with an area of focus of the department – the special needs of the population in Jawadhi Hills, towards which the proceeds of the event would be used. Representing this group were 16 young boys from Jawadhi Hills who also participated in the event.
In commemoration of World Diabetes Day, the Department of Endocrinology, Diabetes & Metabolism conducted activities for schools in and around Vellore and Chittoor on 28th January, 2017 at Darling Residency, Vellore. Essay and Painting Competition for school students and Quiz for teachers were arranged on the following topics:

**Painting Competition:** My Ideal School Canteen

**Essay Competition:** Does advertising affect you, your family and your community negatively with regard to your diet?

**Teachers’ Quiz:** Science and General Health

Ms. Kate Guenther, President, CMC Vellore Association, who chaired this programme, appreciated the enthusiasm of both the children as well as the teachers. The paintings made by the student contestants were judged by Mrs. Sushila Russell, Reader in Clinical Psychology, Child & Adolescent Psychiatry Unit, Dr. Judy Ann John, Professor, PMR Unit-I and Vice Principal for AHS, and Mrs. Mary Anbarasi Johnson, Professor, College of Nursing.

The winners of the various events are as below:

- **Men 10 km:** 1st – Madhu P; 2nd – Henry Prakash
- **Women 10 km:** 1st – Chandni Chandramouli; 2nd – Jabha Mary
- **Men 5 km:** 1st – Sanoop Antony; 2nd – Raghav Bakshi
- **Women 5 km:** 1st – Pritica; 2nd – Jahnawi
- **Slogan Competition:** 1st – Mythili Vandhana; 2nd – Ranjan SS
- **Poster Competition:** 1st – Priyavelu; 2nd – Christiyal

The finish point of all the events was near the CHTC following which the CHTC Mess catered to a typically South Indian breakfast for all participants.

While participants of all ages relaxed on the CHTC lawn, they also had an opportunity to contribute to this cause with purchase of snacks, crafts and jewellery made specially for the occasion by staff and well-wishers of the department. The posters and slogans which won the competition were also displayed.

A formal flag hoisting ceremony was also held at the College and Hospital campuses, featuring a parade organised by the Security Department. Amidst a gathering of sharply dressed security personnel, staff and students, the tricolour flag was unfurled by Dr. Abraham Peedicayil, Head of Gynaecologic Oncology, at the College Campus and by Dr. Deepak Thomas Abraham (HR) at the Hospital.

For more details, please refer to the continuation on Page 3.
Congratulations!

• Ms. Malini George, MBBS batch of 2015, won the first place at the zonal level of the Elsevier Basic Sciences Olympiad 2016-17, held in Bangalore on 5th January, 2017. She has qualified for the national level final round to be held in Delhi.

• Dr. Achamma Chandy, Reproductive Medicine, completed her Masters in Bioethics from Trinity International University, Chicago.

• At the Annual Urological Society of India Conference held from 18th to 21st January, 2017 in Mumbai:
  Dr. Nitin Kekre was elected Council Member (South India) of the Urological Society of India.
  Drs. Sudhindra J., Rohan Nautiyal and Kapil Chaudhary won the IPCA National Intercollegiate Urology Quiz. The Brij Kishore Patna prize for the Best Paper was received by Dr. Sudhindra J., for the work titled “Does Mannitol affect short term allograft function in living donor renal transplantation?” Dr. Sudhindra was also awarded the USI travelling fellowship, “EUREP 2017.”

• Pulmonary Medicine registrars have won the following prizes in the Indian Chest Society South Zone Talent Search competition held from 14th to 15th January, 2017.
  Case presentation - 3rd prize - Rohit K.O.
  Image contest - 3rd prize - Sujith Chandy
  Quiz - 3rd prize - Jefferson Daniel
  Quiz - 4th prize - Avinash Nair and Rohit K.O.

• Dr. Jasmin Johney, Tutor, Forensic Medicine, was awarded Second Prize for her presentation titled “Poisoning Profile in the Community: A Study from Rural Tamil Nadu” at the 10th Annual National Conference of the Indian Society of Toxicology held from 28th to 29th December, 2016 in Kerala.

• Dr. George Koshy Chiramel, Associate Professor, Department of Radio Diagnosis has been selected as Distinguished Reviewer for 2016 by the Journal of Vascular and Interventional Radiology JVIR.

• The Department of Plastic and Reconstructive Surgery, CMC, Vellore won the Dr. Jamaal Memorial rolling shield and the Dr.C.R. Sundaraj Gold Medal for Best Paper at the recently conducted state-level Plastic Surgery Conference held in Madurai (TANPAPS 2017). The paper titled “Effectiveness of capillary lactate levels in monitoring of flaps” was presented by Dr. Shweta Patil, Final Year Registrar. The 2nd prize in Best Paper was also bagged by CMC, Vellore for the paper titled “Simple Self Adjustable Aeroplane Splint for Axillary Contractures” presented by Dr. Rahul Gorka, Final Year Registrar. Dr. Shweta Patil also received 2nd prize in the Best e-Poster category.

Memoranda

• Dr. Vikram Mathews, Professor of Haematology, is appointed Associate Director (Administration) for a four-year term with effect from 1st July, 2017.

• Dr. K. Anil Kuruvilla, Professor of Neonatology, will continue as Associate Director (Administration) till 30th June, 2017.
Memoranda

- **Dr. Simon Pradeep Pavamani**, Professor of Radiotherapy, is appointed Vice Principal (PG) for a four-year term with effect from 1st February, 2017.
- **Dr. Regi Thomas**, Professor of ENT, is appointed Acting Head of ENT Unit-I with effect from 1st February, 2017 until further notice.

Retirement

**Ms. Geetha Easterlin**, Multipurpose Health Worker Gr.I, retired after 22 years of service to the institution on 18th January, 2017.
She formerly served in the ‘Q1 West’ ward, mostly in the ‘Endoscopy’ room till 2008, after which she was transferred to the Schell Eye hospital, where she continued her remaining years of service.
The CMC Community is thankful for her years of commitment to the institution and wishes God’s blessings on her retired life.

Obituaries

**Mr. Nagaraj**, Hospital Housekeeping Attendant Gr.IV, ‘A’ Block, entered eternal rest on 28th January, 2017. He became a part of CMC in 2011. His mother, Mrs. D. Mariamma is a Hospital Housekeeping Attendant at the Personnel Manager's Office (Relief Pool) and his sister, Mrs. Sharmila is a Hospital Housekeeping Attendant in KN Ward.

**Mr. K.J. Kuriakose**, father of Dr. Cijoy K Kuriakose, Department of Medicine-IV and father-in-law of Dr. Ancy Raju, Department of Ophthalmology on 27th January, 2017.

**Dr. Prerit Thomas Jacob** (MS General Surgery Batch of 2011) on 29th January, 2017 in Orissa.

**Mr. J.L.R. Mathews**, retired Professor & Head, Math Department, Voorhees College, husband of Mrs. Esther, retired Charge Nurse, Schell OR on 29th January, 2017.
The CMC Community upholds the bereaved members of the families in prayer.

Situations Vacant

1. **One year Clinical Physiotherapist** for the **Department of Physical Medicine & Rehabilitation**
   Eligibility: BPT Graduate from IAP recognised College / University & should have completed six months of compulsory internship on or before 1st March 2017.  
   Experience: Less than 4 years after internship completion.
   Age limit: Less than 30 years.  
   Monthly stipend: Rs.8,990/-  
   Accommodation not provided.
   Apply with bio-data, certificates and testimonial copies, contact phone number, email ID & address with pincode to the Principal, Christian Medical College, Bagayam, Vellore-632 002, on or before **February 20, 2017** for Item 1.

2. **Graduate Technician Trainee (Child Therapist)** for the **Developmental Pediatrics Unit**
   Qualifications: Bachelors in any subject (regular course).  
   Age limit: 30 years.  
   Stipend: As per institutional rules.  
   Accommodation not provided.
   Job description: Assessing and offering assistance to infants and toddlers with developmental delay under supervision.

3. **Social Worker Gr.V** for the **Developmental Paediatrics Unit**
   Qualifications: M.S.W or M.A. in Social Work.  
   Salary: As per institutional rules.  
   Male candidate preferred.  
   Age limit: 35 years.  
   Language proficiency: English, Tamil and Hindi.
   Applications to be done only through online application system.  
   Please log on to [http://www.cmch-vellore.edu](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 Items 2 and 3.

4. **Inventory Assistant** (Project mode) - to work in **Inventory Section** of **Accounts Department**
   Qualification: Graduate with Computer knowledge.  
   Salary: Rs.10,000/- (Gross).
   Please log on to [home.cmcvellore.ac.in](http://home.cmcvellore.ac.in)
   Link: Vacancies.

5. **Fire Guard**
   Qualification: 10th Standard pass.  
   Technical qualification: 1 year Diploma course in Fire Safety.
   Work experience: Not less than 3 years in a NABH accredited 1000 bedded Hospital with hands-on experience in firefighting, maintenance of hydrants, sprinklers, fire extinguishers, fire alarm, hydrant water lines, rescue operation, preliminary servicing of firefighting equipment and imparting fire training in local language.
   Salary: As per institutional rules.  
   Age limit: 35 years.
   Please log on to [home.cmcvellore.ac.in](http://home.cmcvellore.ac.in)
   Link: Vacancies.
   Applications for items 4 and 5 are invited only through online application system on or before **February 16, 2017**.

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