

CMC NEWSLINE

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The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31: 8

CMC's Kerala Flood Relief Endeavour



The state of Kerala was devastated by floods in the first two weeks of August, for which the CMC community responded by sending relief teams to various flood affected places. The Emergency Department of CMC co-ordinated the relief efforts and multiple teams were sent based on the need conveyed by our alumni and mission hospitals in Kerala. Relief materials like food items, water, clothes, toiletries and medicines were bought and collected from various places. The residents of the various campuses of CMC, (Bagayam, Hospital, KPTR), students of Ida Scudder School and the students of MBBS and AHS were actively involved in collecting and packing the relief materials onto the supply trucks that were sent with the teams.

Team 1: Wayanad, 19th to 20th August, 2018

Team Members: Naveen Shelly, Jeremiah Joseph, Abin Karipal, Joel Raju, William Alex and Dr. Sivanandan.

The first team was a student based initiative. They visited four relief camps in Wayanad and also did a house to house survey and offered assistance. Medical aid, in the form of supplies and drugs were given to the Mananthavadi Government Hospital.

Team 2: Kottayam, 20th to 22nd August, 2018

Team members: Dr. Roshan, Dr. Joshua, Dr. Andrew, Ms.Anju, Ms. Hannah Phillipose.

On day one, they conducted medical camps in Kumarakom after which they also visited a school based relief outlet. On day two, they made field visits to Kurichi, Thiruvappu, Thiruvathikal and the relief camp at Sri Vishnu Temple.

Team 3: Thrissur and Aluva, 21st to 23rd August, 2018

Team Members: Dr. K.P.P. Abhilash, Dr. Deepu David, Dr. Ruben Thomas, Dr. Sidharth Babu, Dr. Adarsh Phillip and Medical and AHS students (Preethi SM, Roshani Shajan, Prashanth and Ivy George).

Special Prayers :

September 30 - October 06, 2018

The Salvation Army India South Western Territory

Council Members : Colonel Nihal Hettiarachchi
Lieutenant Colonel Joginder Masih

The Salvation Army India Western Territory

Council Members :Colonel Edwin Masih
Major Andrews D. Christian

Hospital :Evangeline Booth Hospital, Ahmednagar.

The Salvation Army India South Eastern Territory

Council Members : Colonel Gabriel Christian
Lieutenant Colonel Davidson Varghese

Hospital : Catherine Booth Hospital, Negercoil.

Sunday Services : October 07, 2018

6.00 pm : **Scudder Auditorium**
Rev. Lalbiaksanga Pauchua

6.30 pm : **Hospital Chapel**
Mr. Lipoktemshi

5.00 pm : **Friendship Chapel, KPTR Campus**
Rev. Dr. T. Arul Dhas

4.30 pm : **Chittoor Chapel**
Dr. Pushparaj Singh

Welcome :

Dr. Debasis Das Adhikari, Physician / Associate Professor, Department of Paediatrics-Paediatric Emergency Services, on his return from sabbatical leave.

Congratulations :

• **Dr. Nihal Thomas**, Professor and Head, Department of Endocrinology, Diabetes and Metabolism Unit-I and Associate Director, received the award for "Lifetime Devotion to Medical Sciences" by the Rajasthan Endocrine Society on 15th September, 2018 in Jaipur, Rajasthan.

• **Dr. Babeesh Chacko**, Consultant in Physical Medicine and Rehabilitation was awarded the first prize for the 3 minute research presentation at the IAPMR (Indian Association of Physical Medicine and Rehabilitation) Midterm CME 2018 at CMC, Vellore on 14th & 15th September, 2018.

• **Pulmonary Medicine Department PG registrars** presented oral and poster presentations in the 4th Tamil Nadu and Puducherry State Conference on Pulmonary Diseases (TAPPCON 2018) on 8th September 2018 and **Dr. Anisha** won the 3rd prize for poster presentation.

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This team went to eight relief camps, each housing between seventy five to two thousand people. Various food items, toiletries, utensils and clothes were distributed to them. On day two, the team organised medical check-ups in four of the relief camps. Many people had an acute shortage of their regular diabetic and hypertensive medications. The team prescribed Doxycycline prophylaxis to all the people exposed to the flood waters and treated many people with fungal skin infections that were rampant in the relief camps.



Team 4: Chenganoor, 22nd to 24th August, 2018

Team Members: Dr. Ajay Christopher, Dr. Darpan Hazra, Dr. Ankita Chowdary, Dr. Benjamin Mathew, Dr. Richu Bob, Dr. Jonathan Aruljeevan, Mr. Jeshwanth, Mr. John Vimal Raj, Mr. Abin Iype, Mr. Joseph Davis, Ms. Reshma Thomas. Initially this group visited Kumbanad where they went to three different camp sites, most of which were organised by local authorities. On day two, they split into two teams and provided relief material and medical aid in Maraman, Cherukolepuzha, Otheza and Mavelikara.

Team 5: Kottayam, 27th to 30th August, 2018

Team Members: Dr. Sujith Chandy, Dr. Aby Charles, Dr. Jackwin Paul, Dr. Harsh Regi, Mr. Andrew, Mrs. Jasmine. At their first camp, they saw nearly eighty patients, where they provided care for generalized aches and pains, diabetics with neuropathy and children with upper respiratory tract infections. The second camp was in Chapath, where they provided care for the elderly. At Thuthooty, the relief materials were handed over to the priests. They had a camp at St. George retreat centre, where more than hundred patients were seen. The last camp was in Irambam, an isolated village, where medications were provided for people with uncontrolled sugars and blood pressure.



Team 6: Pattanamthitha and Alapuzha, 5th to 7th September, 2018

Dr. Dawn Kuruvilla, Dr. Marimuthu, Dr. Manthreshwar, Dr. Jagadesh, Ms. Joyce Priskillal and Ms. Soumya Susan Varghese. This team was guided by the Believers Church in Thiruvella. They treated chronic diseases, musculoskeletal complaints and viral illnesses.

The relief teams sent by CMC were able to help the people of Kerala in their time of distress and it was a very satisfying experience. Through these teams, the CMC community was able to lend a helping hand to the flood ravaged victims.

World Diabetes Day-2018: Cookery Competition



On the 15th of September the Department of Endocrinology organised the cookery competition, with the theme “Diabetic biriyani” to mark the World Diabetes Day. The event was graced by a panel of experts from CMC, Professor Bala Seetaraman, College of Nursing, Dr. Santhosh, Department of Obstetrics and Gynaecology and Mrs. Manimegalai, Department of Dietetics and Professor Asha, Department of Endocrinology. More than thirty participants displayed their skills in cooking biriyani from healthy ingredients like millets, brown rice, horse gram, leafy vegetables and sprouts. Professor Bala Seetharaman in his address emphasized on the

importance of physical activity and healthy diet for all in a family. Considering the increase in diabetes and obesity, it is essential to follow a healthy lifestyle which includes balanced nutrition and physical activity. The event concluded with the announcement of winners by Mrs. Manimegalai, incharge, Department of Dietetics.

The first prize was bagged by Ms. Janani and Ms. Divya from DKM College, 3rd Year BSc Nutrition & Dietetics and food service management students who prepared Biryani from germinated Millets with Guava and Sweet Corn Raitha. The Second prize went to Ms. Sumitha and Ms. Malathi, Nursing students from Sri Narayani College of Nursing who prepared Thinai Vegetable Biryani and Kambu Vadai and Third prize went to Mrs. Sudha and Ms. Asha nursing staff from A1 ward who prepared Ragi Vermicelli Chicken Biryani.

The first consolation prize was bagged by Ms. Ida Florence Emily and Ms. Evangeline Ida Mary, nursing staff from and the second consolation prize went to Ms. Monishree Mohana Priya and Ms. Manonmani Arul Doss.

7th Family Enrichment Seminar organized

The 7th family enrichment seminar for married couples was held between 8th and 9th September, 2018 at New Exam Hall at Bagayam campus. Twenty eight couples participated and



benefited from the seminar. The topics discussed were 'Firm on Foundation', 'Availability for Each Other', 'Money Handling', 'Led by Love', 'Integrity Yearning' and 'Communication with God through Prayer'. The discussions and seminars were led by Dr. Mathew Cherian, Mrs. and Mr. George Jacob, Mrs. and Mr. Ashok Vedhanayagam, Director, SISHYA and other members from SISHYA team. The seminar was a beneficial exercise which truly enriched all the participants.

Memoranda

- **Dr. Bala Seetharaman**, Professor in Nursing is appointed as Deputy Nursing Superintendent for a period of four years with effect from 30.09.2018.
- **Dr. Solomon Sathishkumar**, Professor of Physiology, is appointed as Secretary, CMC Vellore Association and Council with effect from 1st October 2018 for a 4 year term.

Retirement



Mr. Vetrivelvan Xavier, Sel. Gr.I Pharmacist, Department of Pharmacy, retired on 10th September 2018 after 19 years of dedicated service to the institution. Mr. Vetrivelvan joined as a student in 1977 and completed his Diploma in Pharmacy and joined as a junior Pharmacist in 1980. After a short sabbatical he rejoined the CMC family in 1999. He worked in various divisions of Pharmacy and in different levels in Dispensing and Manufacturing areas. He was a dedicated and hard working person. He has a deep rooted interest in participating and organizing sports events. He was the convener of CMC Football team and Vice President of Football Association, Vellore district. His wife, Mrs. Regina Xavier is Professor and Additional Deputy Nursing Superintendent, College Of Nursing. They have two daughters, elder daughter Mrs. Linda Xavier has completed M.Sc Nursing and is working as a lecturer in Rajalakshmi Medical Institution and younger daughter Ms. Melinda Xavier is studying 11th Std. in Holy Cross Matriculation School. The CMC community is thankful for his years of commitment to the institution and wishes God's blessings on his retired life.

Obituaries

- **Mrs. Stella Raju**, mother of Mrs. Rita Antonydas, Secretary, Department of CHIPS, on 21st September, 2018.
- **Mrs. Gunabooshanam**, mother of Mrs. Mercy Suresh, Instructor, Department of Clinical Microbiology, mother-in-law of Mr. Suresh, Secretary (Retired), Nursing Service, grand mother of Ms. Patricia Anne, OT Staff, Ms. Priscilla, M.Sc. Student, College of Nursing and Ms. Pamela Jane, Research Staff in Wellcome Trust Unit, on 21st September, 2018.

- **Mrs. Christabel Manuel**, wife of Late. Mr. R.S. Manuel and mother of Dr. Nylla Shanthly, Professor, Department of Nuclear Medicine on 23rd September, 2018.
 - **Mrs. Lakshmi**, mother of Mr. M. Dhandapani, Hospital Attendant in the Department of Clinical Immunology and Rheumatology on 24th September, 2018.
 - **Mrs. Prisca Raja**, mother of Mr. J.S. Asokan, Selection Grade Training Officer, RUHSA Department on 25th September, 2018 at Madurai.
 - **Mr. R. Ramasamy**, father of Mr. Jotheeswaran R., MRT in Radiology Department on 27th September, 2018.
- Our thoughts and prayers are with the bereaved members of the families at this time of grief and loss.

Situations Vacant

1. Senior Resident with MD (Psychiatry) for the Department of Psychiatry Unit-II

Age limit : <40 years. Salary : As per institutional rules.

Accommodation provided (Partly furnished, depending on availability).

2. Tutor for the Department of Clinical Biochemistry

Qualification : M.Sc. (Bio. Chemistry) with Ph.D (Biochemistry). Accommodation not provided.

3. Registrar (Non PG) with MBBS for the Department of Paediatrics (Paediatric Emergency)

Salary : 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 **October 06, 2018** for Items 1, 2 and **October 13, 2018** for Item 3.

4. Staff II Developmental Therapist for the Department of Developmental Paediatrics

Qualifications : B.Sc. in any specialty with PG Diploma in Clinical Child Development or PG Diploma in early intervention or PG Diploma in Developmental Therapy : Multiple Disabilities (Physical & Neurological) (PGDDT) or PG Diploma in Developmental Therapy (PGDDT) or equivalent.

Salary : As per institutional rules. Accommodation not provided. Age limit : 35 years.

Job description : Assessing and offering assistance to children with developmental delay.

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 **October 08, 2018** for Item 4.

5. Three Months Competency Based Training for Staff Nurses to work in : Christian Medical College, Vellore, Tamil Nadu (Candidates must have registered with the Tamil Nadu Nurses and Midwives Council).

Qualification : B.Sc. / Diploma in Nursing with one year experience in minimum of 150 bedded hospital.

Age limit : 21-30 years. Stipend : Will be given at 2nd and 3rd month of training, as per rules.

Prescribed Application form and the terms and conditions for the above training programme are available at www.cmch-vellore.edu Link : "Vacancies". Apply with photograph, certificates and testimonial copies to the Nursing Superintendent, Christian Medical College, Vellore - 632 004.

6. Schieffelin Institute of Health - Research & Leprosy Centre, Karigiri invites applications for the following posts :

(a) **Orthopaedic Surgeon** : Qualifications - MS (Ortho.) or D.Ortho.

(b) **Obstetrician & Gynaecologist** : Qualifications - MD / DNB / DGO (Obest. & Gynae).

(c) **Dermatologist** : Qualifications - MD (Derm.) or DNB (Derm.).

(d) **Anesthesiologist** : Qualifications - MD / DA (Anesthesiology)

(e) **Pathologist (Full time / Part time)** : Qualifications - MD (Pathology).

(f) **Medical Officer** : Qualifications - MBBS.

Apply with bio-data along with photocopies of certificates and a demand draft for Rs.50/- in favour of "SIH-R & LC., Karigiri" addressed to the Director, SIH-R & LC., Karigiri, Pin - 632 106.

Email: director@karigiri.org

Last date for receipt of applications is **October 06, 2018** for items 6(a), 6(b), 6(c), 6(d), 6(e) and 6(f).