



# CMC NEWSLINE

## Heal

*"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. Isaiah 55:8-9*

**OCTOBER 18, 2021**

**SHILOH 2021**

The annual students' medical missions' conference **SHILOH 2021** was held virtually (online) from 30<sup>th</sup> September to 3<sup>rd</sup> October, 2021. The theme this year was '**Changing Times; Unchanging God**'. The theme was based on Malachi 3:6 which is an expression of God's unchanging love and faithfulness during this uncertain time. It is also a reassurance that His standards and His holiness are unchanging.

This was the 14<sup>th</sup> year of SHILOH which is a movement that aims to develop leaders in the healing ministry of Christ in India and all over the world. It is meant to provide students, a perspective on medical missions by meeting leaders in the field and being challenged of their role in Christ's mission. This year there were nearly 2000 registrations for the event.

The plenary speakers were Dr. Vijay Kanth, Founder-Director of GIFT (Growth in Faith & Truth) and Rev. Isaac Johnson - Senior Pastor / Presbyter of St. Andrew's Church (The Kirk) in Chennai who shared the word of God in a simple yet powerful manner. The sessions were interspersed with moving presentations covering mission hospitals both from India and abroad. It was a great opportunity to listen to and be challenged by those who lived out their calling in the challenging circumstances. The group discussion gave an opportunity to closely interact with the participants and provided a time for reflection.



The John Scudder Oration for the year 2021 was delivered by Mrs. Bharathy Jacob, the former dean of the college of nursing, CMC, Vellore. She was recognised for her simplicity, humility, gentleness, an abiding faith in the Lord Jesus blended with courage, brilliance, and wisdom apart from her contribution to the field of nursing in the country.

Dr. Anna Pulimood, Principal gave the participants a window into CMC through her eyes as someone who had grown up in campus, studied and worked here subsequently. It was nice to be reminded of the many Godly people who lived sincere lives in this place and built up people.

This was followed by a moving and inspiring testimony of Mr. Reny George, a prisoner who changed his ways through his faith in God. This was a powerful reminder of how God can marvellously change even the worst person for the better.

The young participants were stimulated to dream big and look at the world like God does through their interactions with Dr. Monica Chandy - Neurologist, Holy Family Hospital, Delhi and Dr. Bobby John - Managing Director, Aequitas Consulting.

The Bible quiz organised by CMC's seasoned quiz masters, Dr. Rohit Benjamin, and his wife, Dr. Sharon Lionel, CMC, Vellore was again a fun experience and has challenged many to read God's word more carefully.

## SHILOH 2021

The department of chaplaincy organised a time of meaningful worship, praise and singing which was an important session for all the days. The 'Glorious' youth choir from Bangalore and groups of medical, nursing and allied health students led the audience during this time of praise and worship.

PG SHILOH was held as a hybrid programme on Sunday afternoon, 3<sup>rd</sup> October, 2021. There were nearly 100 participants who attended it in the New Examination Hall, Bagayam and there were an additional 200 participants online. Dr. Arpit Mathew and his wife, Dr. Amy from Madhepura Christian Hospital were the resource people for this programme. It was wonderful to experience the warmth of fellowship physically while being reminded of how God brings about transformation in remote places through people who are yielded to him.

SHILOH again proved to be an opportunity for members of the CMC community to voluntarily come and work together in conjunction with partner organisations for the glory of God.

Soli Deo Gloria!!



## Cancers Survivors Meet 2021

The month of September is observed as the Gynaecological Cancer Awareness month. The Department of Gynaecologic Oncology, CMC celebrated this month by organising the cancer survivors meet ; the aim of which was to spread awareness through handouts that contain information on signs, symptoms and management of Gynaecological cancers.

The meeting was organised by Juliana Samuel (Social Worker) and 100 participants were invited to the meeting. The meeting began with an opening prayer and message by Rev. Dr. T. Arul Dhas, head department of chaplaincy. Dr. Anitha Thomas, Associate Professor, Acting Head gave the welcome address. The meet was attended by Dr. Abraham Peedicayil, former Professor and Head (from Muscat), Dr. Rachel Chandy, Professor, Dr. Ajit Sebastian, Associate Professor, Dr. Vinotha Thomas, Associate Professor and Dr. Dhanya Thomas, Assistant Professor. They greeted and interacted with the audience in various languages making the diverse group feel united and comfortable .

This was a session on fitness by Mr. Senthil from PMR followed by a session on Nutrition by Mrs. Manimegalai from the Department of Dietary. These were very informative and enjoyable. There was an interesting cookery session on very delectable dishes by Mrs. Roja Rekha, Secretary, Department of Gynaecologic Oncology.

The participants took part by exhibiting their talents through singing, dancing and reciting poetry followed by a variety entertainment by the PG Registrars. The event came to an end with the vote of thanks rendered by Dr. Rachel Chandy, Professor expressing the importance of regular follow up visits to OPD and wishing everyone good health.

**SITES OF GYNAE CANCERS**

**HEALTHY FOOD HABITS & REGULAR EXERCISE**

**PREVENTION IS BETTER THAN CURE**

**CHRISTIAN MEDICAL COLLEGE**  
DEPARTMENT OF GYNAECOLOGIC ONCOLOGY

**Gynaecologic Cancers - Signs, Symptoms & Management**

**THE COMMON GYNAE CANCERS**

- ✘ Cancer Cervix
- ✘ Cancer Ovary
- ✘ Cancer Uterus
- ✘ Cancer Vulva

**SYMPTOMS OF GYNAECOLOGIC CANCERS**

- ⇨ Abnormal vaginal bleeding; inter menstrual or post coital bleeding
- ⇨ Post menopausal bleeding
- ⇨ Foul smelling yellowish / blood stained discharge
- ⇨ Abdominal distension, Loss of weight & Appetite
- ⇨ Itching of vulva, change in color; ulcer / growth

## National Nutrition Month 2021 (Raashtriya Poshan Maah)

The National Nutrition Month, (Raashtriya Poshan Maah) is observed during the month of September every year. The main objective of the nutrition month is to bring awareness about importance of nutrition in promoting the health of individuals and families thereby contributing to healthy Nation. The theme for this year was “Converging Towards a Healthy Walk Through Life”.

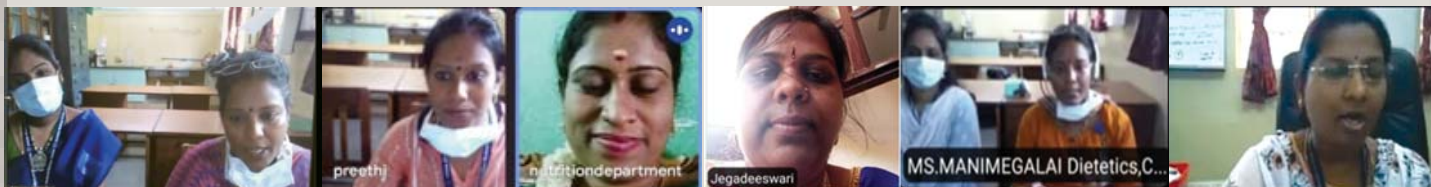
The Department of Dietetics, Christian Medical College, Vellore celebrated the Raashtriya Poshan Maah by organising live online and offline sessions to various schools, colleges, Anganwadi workers, pre and postnatal mothers and home makers.

Throughout the month there were many sessions organised for different category of people and the webinar was attended by more than 575 participants. There were six sessions namely;

- ‘Eat Right to Perform Better’
- ‘Women Nutrition-The Foundation of our Nation’
- ‘Choose Right- Eat Right’
- ‘The First 1000 Days – The Best Start In Life’
- ‘Healthy Outside Starts From Inside’
- ‘Good Nutrition-Our Mission’.

The sessions were handled by Ms. Manimegalai, Sr. Lecturer and Incharge Ms.Jayalakshmi, Lecturer, Ms.Priya, Lecturer, Ms.Anitha, Dietitian, Ms.Samundeeswari, Dietitian and Ms. Santhanalakshmi, Dietitian respectively.

All the speakers focused on healthy diet and emphasized on balanced diet for various age groups such as first thousand days of life including the nutritional requirements during pregnancy and lactation and infants, school children, adolescents, adults and older adults. The sessions were moderated by Ms.Manimegalai, Sr.Lecturer and In-charge. The department is grateful to the Dieticians for their informative talks on 'Nutrition through Lifecycle' which was well received by the general public.



## 10<sup>th</sup> Family Enrichment Seminar



10<sup>th</sup> Family Enrichment Seminar for married couples was held between 28<sup>th</sup> and 29<sup>th</sup> August 2021 at CHTC Auditorium, Bagayam. 18 couples participants and benefited from the Seminar. The topics covered included :

- Firm on Foundation
- Availability for Each Other
- Money Handling
- Led by Love
- Integrity Yearning i.e., Communication with God Through Prayer.

The resource people included Mr. Ashok Vedhanayagam, Director, SISHYA and other members from SISHYA team. The feedback given by the participants stated one thing in common; ‘they were richly blessed through the programme’. A Marriage renewal service with celebration of communion was held on 29<sup>th</sup> August '21. The 18 couples who participated went back with renewed strength and commitment.

WINNERS LIST

Quiz Competition for Pharmacists



First prize - Pharmacy Stores: Mr.Thomas Vijaya Prakash G, Mr.Earrest Manns W. and Mr.Thanigaivelan K.



Second prize - A Block Pharmacy : Mr.Balaji P, Mr. Dhayalan V. and Mr. Arul Kumar S.

Third prize - Paul Brand Block Pharmacy : Mr. Michael Austin A., Mr. Mohan Kumar R. and Mr. Yuvaraj S.

Consolation Prizes

OPD Pharmacy : Ms. Gomathi N., Ms. Renuka D. and Ms. Madhumathi S.

OR Pharmacy : Mr. Bakyaraj A., Mr. Prakash R. and Mr. Gopi M.



Hand-drawn Posters

First Prize : Ms. P. Sweatham, Department of Accident & Emergency

Second prize : Ms. G. Sridevi, Department of Transfusion Medicine & Immunohematology

Third prize : Ms. Shalini, MH DU



E – Poster – Individual

First Prize : Ms. Annie Evangeline, G3 South – College of Nursing

Second Prize : Mr. Manoj Denis G, Department of Cardiothoracic

Third Prize : Mr. Moses M, OPD Pharmacy



E – Poster – Group

First Prize - MBBS STUDENTS : Mr. Birlin Shinto A.S., Mr. Charles, Mr. Dakka Stalin, Mr. Dasari Samuel, Mr. David and Mr. Dhreak.

Second Prize - MBBS STUDENTS : Ms. Anish, Ms. Akshaya, Ms. Amy, Ms. Ameesha, Ms. Anusha and Ms. Asha.

Third Prize : MBBS STUDENTS : Mr. Yelmala Pranay Joseph, Mr. Safin Felix Reginold, Mr. A. Sreekanth, Mr. Udith Mohan, Mr. Shebin Sam Mathew, Mr. Rishi John Mathew and Mr. Sebin Saji.

October 17 - 23, 2021

SPECIAL PRAYERS THIS WEEK

Psychiatry : Dr. Paul Russell S.S. and Staff, Dr. Rajesh Gopalakrishnan and Staff, Dr. Donae Elizabeth George and Staff, Dr. Suja Kurian and Staff, Dr. Priya Mary Mammen and Staff, Mrs. Helen Charles and Staff

Nuclear Medicine : Dr. Juli Hephzibah and Staff

Head & Neck Surgery : Dr. Rajiv C. Michael and Staff, Dr. Amit Jiwan Tirkey and Staff

Palliative Care : Dr. Jenifer Jeba S. and Staff, Mrs. Roseline Rhenius and Staff

Radiotherapy : Dr. Simon Pradeep Pavamani and Staff, Dr. Thomas Samuel Ram and Staff, Dr. Rajesh I. and Staff, Dr. Selvamani B. and Staff, Mrs. Roseline Rhenius and Staff

Marthoma Syrian Church of Malabar

Council Members :

Rt. Rev. Dr. Mathews Mar Makarios Episcopa, Rev. Shibu Samuel

Hospitals : Fellowship Mission Hospital, Kumbanad, Marthoma Mission Hospital, Chungathara and others.

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## Memoranda

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**Dr. Mary John**, Professor, is appointed as Head of ENT Unit-II (Paediatric ENT) with effect from 13<sup>th</sup> October, 2021 for a four year term.

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## Congratulations!

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**Dr. Paul Russell**, Professor, Head Department of Psychiatry, Child and Adolescent Psychiatry Unit, has been conferred the honorary higher doctorate, Doctor of Science (DSc), on 5<sup>th</sup> October by the Kerala University of Health Sciences for the substantial and significant contribution to Child and Adolescent Psychiatry.

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## Obituary

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**Dr. Dokiburra Sherry Margaret** (MBBS batch of 2013) passed away on 4<sup>th</sup> October, 2021. Dr. Sherry was born on July 7, 1994 in Kakinada, Andhra Pradesh. She finished her schooling at her hometown and joined CMC Vellore in 2013 as an MBBS student. She quickly became a loyal friend to many, while shaping up into an excellent doctor. She was a strong, vivacious and a fiercely independent woman and always stood up for her family and her friends. She loved and supported her friends unconditionally, but was not afraid to show some tough love and criticize constructively where it was needed. Her multifaceted and talented personality also ensured that she excelled in singing, baking, cooking, art and crafts. Despite her busy schedule, she was always a shoulder for her friends and juniors to lean on. Dr. Sherry lived a life of deep faith in God and his word.



Once Dr. Sherry set her sights on a goal, she worked passionately and tirelessly towards it. After finishing her internship post MBBS at CMCH, Vellore, she provided her valuable services at the Christian Medical Centre, Pithapuram for a period of two years and she was all set to pursue her postgraduation in General Surgery at CMC Vellore.

“We will miss her dearly and will always feel the absence of her unfailing support when we are going through hard times. Her love as our friend, her concern as our sister, the responsibility and maturity she has shown as a loving daughter and above all, the great and selfless service she has provided to her patients will always be remembered and make us proud.” MBBS batch of 2013.

For those who would like to contact the family, the details of her father is given below : Mr. John Manashe, Phone : 94416 39617. Our thoughts and prayers are with the bereaved members of the family at this time of grief and loss.

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## Admission Notice

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The **58<sup>th</sup> Early Management of Trauma Course (EMTC)** for CMC candidates (Doctors & Nurses). The course is scheduled for 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup> November 2021. As there has been a great demand for the same, seats are restricted to 30 on a first-come-first-serve basis. The registration fee is Rs.6000/-. For further details contact. Mr. Senthil Kumar, Secretary, Department of Emergency Medicine - Phone No.2225.

Note: Registration will not be entertained after **25<sup>th</sup> October, 2021**.

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## Situations Vacant

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### 1. Senior Research Fellow for the Department of Neurological Sciences

*Job Code : 1398*

Qualification : B.Sc. / M.Sc. Life Sciences. Preferably with minimum of 2 years work experience in Clinical Trials and Research Projects with GCP (Good Clinical Practice) training.

Job Description : To work in a clinical project which will involve patient recruitment, follow-up, data management and coordinating with National and International Research Networks teams.

Mode of Appointment : Project Mode. Salary : As per institutional rules. Accommodation not provided.

Age : Below 35 years. Sex : Male (or) Female.

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

Link: “Vacancies”. **Hard Copies and emails will not be accepted.**

Applications will close by **October 30, 2021** for Item 1.

## Situations Vacant

**2. Graduate Technician Trainee (Project-Mode) for the Department of Clinical Haematology for Kannigapuram Campus.** Qualifications : B.Sc., Life Science. Salary : As per institutional rules.

*Please note that only regular mode will be accepted. Correspondence will not be accepted.*

Accommodation not provided. Age Limit : 30 years.

Job Description : To work in the Department of Clinical Haematology and will also be posted in Kannigapuram Campus.

**3. Technical Assistant (Project-Mode) for the Department of Clinical Haematology for Kannigapuram Campus**

Qualifications : B.Sc., Life Science with PG Diploma in Molecular Genetics / Cytogenetic Course.

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

*Please note that only regular mode will be accepted. Correspondence will not be accepted.*

Job Description : To work in the Department of Clinical Haematology and will also be posted in Kannigapuram Campus.

**4. Technical Assistant (Project Mode) for the Department of Radiation Therapy for Kannigapuram Campus**

Qualifications : H.Sc. with Diploma in Radiotherapy Technology / B.Sc. in Radiotherapy Technology from any recognised University approved by AERB.

Salary Scale : As per institutional rules. Age Limit : 35 years.

*Note : Only Regular mode will be accepted, Private or correspondence will be not accepted.*

**5. Graduate Technician Trainee (MRT-Project Mode) for the Department of Medical Records for Kannigapuram Campus.** Salary : As per institutional rules.

Qualifications : Graduate with good interpersonal skills and ability to communicate fluently in English, Tamil and Hindi. Those who have completed one year MRT training also can apply.

*Please note that only regular mode will be accepted. Correspondence will not be accepted.*

Accommodation not provided. Age Limit : 30 years.

Job Description : To work in Medical Records, OP Services and payment counters in CMC Town Campus, Kannigapuram Campus and other peripheral units on shift including night duties.

**6. Technical Assistant (Project Mode) for the Department of Medical Records for Kannigapuram Campus**

Qualifications : BMRS., / B.Sc., Medical Record Science with good interpersonal skills an ability to communicate fluently in English / Tamil and Hindi.

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

*Please note that only regular mode will be accepted. Correspondence will not be accepted.*

Job Description : To work in Medical Records, OP Services in CMC Town Campus, Kannigapuram Campus and other peripheral units on shift including night duties.

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

Link: "Vacancies". *Hard Copies and emails will not be accepted.*

Applications will close by **October 25, 2021** for Items 2, 3 and **November 01, 2021** for Item 4 and **November 02, 2021** for Items 5 and 6.

**7. Jr. Field Worker - Ophthalmology Unit-III (Project Mode)**

Qualifications : Plus Two. Age Limit : 35 years and below. Salary : As per institutional norms.

Preference will be given to Graduates.

Please log on to <http://www.cmch-vellore.edu> Link: "Vacancies". Icon : "Jr. Field Worker".

**8. Jr. Driver - Ophthalmology Unit-III (Project Mode)**

Qualifications : S.S.L.C. + H.M.V. Licence. Age Limit : 35 years and below. Salary : As per institutional norms.

Please log on to <http://www.cmch-vellore.edu> Link: "Vacancies". Icon : "Jr. Driver".

Note : *Only online applications will be accepted; Hard copies will not be accepted.*

Apply on or before **October 30, 2021** Items 7 and 8.

**9. Schieffelin Institute of Health - Research & Leprosy Centre, Karigiri** invites application for the following posts : **Paediatrician** - MD / DNB. **Dermatologist** - DVL / MD / DNB.

Apply with bio-data along with photocopies of certificates and send the PDF scanned file to the [director@karigiri.org](mailto:director@karigiri.org) or [personnel@karigiri.org](mailto:personnel@karigiri.org)

Last date for receipt of applications : **October 30, 2021** for Item 9.