



Christian Medical College Vellore NEWSLINE



May 13, 2024

'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29 : 11

Dedication of CMC Poisons Information Centre Community Outreach Vehicle



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The CMC Poisons Information Centre has been gifted a community outreach vehicle by the State Bank of India. A dedication programme was held on 6th May 2024. The programme began with Dr. Ravikar Ralph, Professor and Acting Head, Clinical Toxicology Unit, Department of Medicine-1 welcoming the guests and explaining the community outreach activities of the Poison Centre. This was followed by Mrs. Annie Stephy, Toxicology Nurse Educator reading a portion from the Bible. Rev. Subir Lal Nath Chaplain, led the gathering in worship songs followed by a prayer of dedication. Dr. Selvamani B., Associate Director Finance offered words of felicitation and launched the vehicle.

We are grateful to God for the provision of this vehicle which will be used for community outreach activities on poisoning and snakebite prevention. We would like to thank the State Bank of India for this generous donation. We would also like to thank all those who have gone out of their way to help us in getting this vehicle. Special thanks to Dr. Vikram Mathews, Director, Dr. Selvamani B., Associate Director, Finance, the Finance Department, Mr. Reni Charles, General Superintendent, the Transport Department, Ms. Shika and team at the Development Office.



Occupational Health Week 2024

Theme - Workplace Safety – Ergonomics for Ease and Efficiency at Work



On behalf of Occupational Health, Directorate, CMC Vellore, Occupational Health Week was celebrated in commemoration of “World Day for Safety and Health at Work” from 22nd to 26th of April 2024. This year the Department of Physical Medicine and Rehabilitation organised a one-week training and awareness programme based on the theme “Workplace Safety – Ergonomics for Ease and Efficiency at Work”. A series of sessions were conducted in the CMC Ranipet, Chittoor and Town campuses on the topic, “Office Ergonomics and Material Handling”. These sessions addressed the common scenarios of work-related musculoskeletal disorders. These ended with live demonstrations for posture correction, safe patient transfer techniques, proper body mechanics while lifting/carrying weights and warm up exercises followed by a feedback session.





The valedictory programme was held on 26th April, 2024. Dr. Sowmya Sathyendra, Associate Director(HR) presided the function. Dr. Judy Ann John, Head, Department of PMR introduced the theme for this year and congratulated the OH team for the excellent feedback received from the participants. Ms. Sophia, Deputy Nursing Superintendent gave her felicitation. The latest edition of the “Handbook on Occupational Health in Healthcare” was released by the OH team and the first copy was delivered to Dr. DJ Christopher, Prof of Pulmonary Medicine and Former Associate Director (HR) by Dr. Sowmya Sathyendra. Dr. DJ Christopher delivered a talk on the rich heritage of Occupational health in CMC Vellore and how we have become pioneers in this field in our country. Dr Reginald Alex, Coordinator, Occupational Health thanked all the authors who contributed their expertise and time towards the OH handbook. Special word of appreciation to the members of the Occupational Health team, Department of PMR, Department of Hospital Management Studies and Staff Training for working together to make this Occupational Health week a grand success.

Autism Awareness Week Celebrated by Developmental Paediatrics



Autism is a developmental condition that affects people at every stage of life. It presents enormous difficulties for families and caretakers. It is most likely the challenge that is currently emerging the fastest. Children diagnosed with autism may display repetitive behaviors and struggle with social interaction and communication. Early detection and prompt management are essential for enhancing the result. April is the Autism Awareness Month and April 2nd is observed as the World Autism Awareness Day. The theme of this year was “Moving from Surviving to Thriving: Autistic Individuals Share Regional Perspectives”. It is vital to understand and support these children and their families and help them integrate into our communities.

The Developmental Paediatrics Unit conducted an awareness programme on 20th April 2024 near the ISSCC Building. The inauguration started with a prayer by Rev. Rachita Rout and a welcome address by Dr. Beena Koshy, Professor, Developmental Paediatrics unit, felicitations were given by Dr. Kenny David, Associate Director; Dr. Henry Prakash, Associate Medical Superintendent; Mrs. Arockiaseeli Mabel, Additional Deputy Nursing Superintendent. They emphasised the significance of raising knowledge about autism and the ways that the stigma surrounding it is impeding inclusion in educational settings and many elaborated on how early intervention might assist a child with autism develop confidence and having a better future. This was followed by inauguration of the stalls by the invitees. Handouts describing the red flags to look for, importance of multi-disciplinary interventions, sleep hygiene and balanced nutrition distributed among families visiting the stalls and the Well Baby Clinics.



A puppet show was also conducted by the staff of Hall of Residence emphasizing the importance of early identification of autism. Activities for promoting behaviour regulation, emotional learning, motor skills and communication skills among children with Autism were displayed by the Developmental Paediatrics team members. Vote of thanks was proposed by Dr. Samuel Philip Oommen, Professor and Head, Developmental Paediatrics unit.

Clinical Epidemiology Unit organises Research Methodology Workshop



The Clinical Epidemiology Unit, CEU organised the Research methodology - protocol development workshop for the first year MD/MS post-graduates at the New Examination Hall in two batches between 16th-18th and 24th-26th April 2024. The workshop started with a word of prayer by Chaplain Ms. Saramma Kuruvilla, welcome address by Dr. Tripti Meriel Jacob, Vice Principal – PG and an inspiring talk on “Why do research?” by Dr. Sathya Subramani, Professor and Head, Department of Physiology. The topics covered were research questions, study designs, research ethics, sample size calculation, data analysis, CRF creation and practical sessions on literature search, data dictionary, Zotero software, Epidata software, PSPP software and protocol development. The registrars had a group discussion session discussing their research topics and study designs with the faculty. The faculty consisted of Dr.JP Muliylil, Dr. Prathap Tharyan, Dr. Abraham Peedicayil, Dr. OC Abraham, Dr. Thambu David, Dr. Jacob John, Dr. Mohan Kamath, Dr. Sathish Kumar, Dr. Prasanna Samuel, Dr. Joe Varghese, Dr. S.S.Prakash, Dr. Azariah Jebakumar, Dr. Vignesh Kumar, Dr. Gowri Mahasampath, Dr. Reka, Mr. Rajagopal and Mr. Suthish. The workshop was attended by 238 MD/MS post graduate registrars from all specialties. The workshop was well received by the participants.



Celebration of World Tuberculosis Day

The College of Nursing, CMC Vellore Chittoor Campus commemorated the World Tuberculosis Day on 27th April 2024. Mrs. Grace Angeline J P, Faculty, College of Nursing, CMC Vellore, Chittoor Campus organised a series of events from March 24, 2024 to create awareness among the public and the health care workers. Poster, slogan and model competitions and a health exhibition was organised.

On April 27, 2024 inauguration of the health exhibition was organized at the patient waiting area in CMC Vellore, Chittoor Campus at 9.00 AM. The programme commenced with a prayer song by the III-year B.Sc. Nursing students. Chief Guest Dr. Venketa Prasad, District Leprosy, AIDs and Tuberculosis (DLAT) Officer addressed the gathering.

He outlined the various government schemes available for patients affected with Tuberculosis. He mentioned about the Nikshay Poshan Yojana scheme which provides financial help for nutritional support of the Tuberculosis patients and the free drug distribution by the Government. He also presented a report on the prevalence of Tuberculosis in Chittoor District and the services rendered by the DLAT office. Dr. Kenny David, Associate Director, Dr. Reginald Alex, Professor and Dr. Dorothy Lall, Assistant Professor, and Mrs. Anbarasi S, Associate Nursing Superintendent of Chittoor Campus offered felicitations. A mime on cause, spread and prevention of Tuberculosis was performed by the III-year B.Sc. Nursing students. Certificates were distributed for the prize winners of the competitions. The inaugural programme ended with prayer and benediction by Rev. Giftus Joshua, Chaplain, CMC Vellore Chittoor Campus. Following the inauguration, Mr. Venketa Prasad, declared the exhibition open.

The health exhibition on Tuberculosis awareness was open to the public. There were six stalls – 1. Risk factors and causes of Tuberculosis, 2. Pathogenesis of Tuberculosis including diagnostic testing, 3. Signs and symptoms of Tuberculosis, 4. Puppet show on prevention of Tuberculosis, 5. Management of Tuberculosis including dietary management and medication, 6. Government schemes on Tuberculosis. 140 students from RK College and Vijaya College in Chittoor visited the stalls and were benefitted. A pre-test and post-test were conducted for the College students to ensure that they gain good knowledge about Tuberculosis, to spread the awareness to the others in the community. The stalls were very useful to the public.



Safe Motherhood Day Celebration 2024

The Department of Obstetrics and Gynaecology Nursing observed National Safe Motherhood Day on April 11th 2024, on the theme: “Play Your Part: Together for Respectful Maternity Care”. A flash mob and role play to sensitize the audience on the importance of safe motherhood was performed by the staff nurses and students of OG Nursing Department. An awareness programme on blood donation was also conducted along with the flash mob in collaboration with the department of Transfusion Medicine and Immunohematology. Posters on the theme were displayed in the wards and corridor of the department.



Theme based quiz, essay and poster competitions were conducted for the OG Nursing staff nurses. Art and essay competition for children of OG staff nurses and faculty was also conducted. Blood donation camp was held on April 11th at 2 PM in Jacob Chandy Hall, ASHA building. Dr. Dolly Daniel, Head, Department of Transfusion Medicine and Immunohematology and Mrs. Anne Jarone, Associate Nursing Superintendent attended the inauguration programme and offered their felicitations. Many staff and students came forward to donate blood.



NEET Crash Course for Staff Children

NEET Crash Course” for Staff Children was organised by the Personnel Department for the staff children who applied for “NEET – 2024 exam”. This was a three-week course (from 05.04.2024 to 30.04.2024). Classes were conducted on all week days at the Wheeler Hall, ASHA building, 1st Floor, CMC Vellore from 04:30PM to 08:30PM in the evenings. The subjects of Biology, Physics and Chemistry were taught by Dr. Rajaganapathy, Pharmacist CMC Vellore, Mr. Suresh, Teacher, Ida Scudder School, Dr. Saranya, Teacher, Spark School. The crash course was attended by 45 staff children.





Workshop on Work Ethics

A workshop on “Work Ethics” was organised by the Personnel Department, for Secretaries, Office Facilitators, NTAs and NTA Trainees on 24th April 2024 (Wednesday) at the Jacob Chandy Hall, Paul Brand Building, CMC Town Campus. 173 staff attended the workshop. They were taken through a time of introspection, to analyse their strengths and weakness, to confidently face life’s challenges, to seek God’s purpose and to focus on work. The session was handled by Dr. G. B. Jishya, a Digital Analyst and Global Digital Strategist from Chennai.



Sports News

The summer sports coaching camp (basketball and football) for the staff children was conducted successfully at Kagithapatrai and College Campus in April 2024. The valedictory function was conducted on 3rd May 2024. Dr. Balaganesan, Physical Director distributed the certificates in Kagithapatrai campus and Dr. Tripti Jacob, Vice Principal, Dr. Tarun John Jacob, Surgeon, Paediatric Surgery, and Dr. Anne George Cherian, Professor, Community Health addressed the children and distributed the certificates. More than 150 staff children participated in the camp.



Special Prayers This Week

May 12 - 18, 2024

Department of Medicine :

Dr. Samuel George Hansdak and staff
Dr. Ravikar Ralph and Staff
Dr. Vignesh Kumar C. and Staff
Dr. Sudha Jasmine S. and Staff
Dr. I. Ramya and Staff
Mrs. Sophia Vijayanandhan and Staff

Geriatric Medicine :

Dr. Gopinath K.G. and Staff
Mrs. Sophia Vijayanandhan and Staff

Clinical Immunology and Rheumatology:

Dr. John Mathew and Staff

Medical ICU and HDU :

Dr. Kishore Kumar Pichamuthu and Staff
Mrs. Sophia Vijayanandhan and Staff

Clinical Epidemiology Unit :

Dr. Vignesh Kumar C. and Staff



Acute Medicine : Dr. K.P.P. Abhilash and Staff

Poison Control Centre : Dr. Ravikar Ralph and Staff

CSI North Kerala Diocese

Council Members : Rev.Praise Thaiparambil
Dr. Jairaj Periyar

Hospital : CSI Mission Hospital, Codacal and others.

Retirements

Mr. Daniel Rajkumar, Librarian, Grade-III of Florence Taylor Memorial Library, College of Nursing, superannuated on 7th May, 2024 after 27 years of dedicated service to the institution. He started his career as a departmental librarian in the Department of Neurological Science in 1997 and moved to be the Librarian in the College of Nursing in 2002. He completed his Bachelor of Library and Information Sciences and Masters from Annamalai University.



He maintained the library stack in proper arrangement and took care of computer labs and other equipment. He had always had the ability to maintain absolute silence in the library. He was a dedicated co-convenor of the transport committee for all college programmes and took part in college events with great enthusiasm. His wife, Mrs. Celina Daniel, retired as an instructor in General Pathology, CMC. His elder daughter, Mrs. Jennifer Christina, is working as a charge nurse, Ranipet Campus and is married to Mr. Ajith Ruben Paul radiographer at CMC.

His younger daughter, Ms. Evelyn Gifta, is doing her final year in BSc Operation Theatre & Anaesthesia Technology, CMC. As he retires, Mr. Daniel Rajkumar will be remembered for his hard work and commitment to the college and institution. The CON family is thankful to Mr. Daniel Rajkumar for his services to the institution and wishes him a happy and blessed retirement life.



Mr. Selvam. R, Hospital Attendant Gr.I, Relief Pool, G.S. Office, retired on 13th April 2024, after 37 years of dedicated service to our Institution.

His wife Mrs. Laddu bai is a homemaker, he has a son and a daughter; Mr. Sakthivel and Ms. Mohana. The CMC family is thankful to Mr. Selvam for his service in this institution and wish him a happy retired life.

Mr. Sudhakar M, Sr. Gr. Office Facilitator Gr.I, Ophthalmology, retired on 24th April 2024, after 32 years of dedicated service to our institution. His wife Mrs. Sujatha is a staff Nurse in Government Police Hospital. They have a daughter; S. Caren Macdhaleena. The CMC family is thankful to Mr. Sudhakar for his service in this Institution and wish him a happy retired life.



Mrs. Devasana R.V, Sr. Secretary, Obstetrics & Gynaecology, retired on 28th April 2024, after 25 years of dedicated service to our institution. Her husband Mr. Alphons Savior is a retired staff of CMC.

The CMC family is thankful to Mrs. Devasana R.V. for her service in this institution and wishes her a happy retired life.

***Erratum: Mr. Wilson Thomas A**, Hospital Attendant Gr.I, Relief Pool, retired on 10th March 2024, after 26 years of dedicated service to our institution. His Wife, Mrs. Teena is a homemaker. He has 3 daughters, Ms. Jenifer Christina, Ms. Roseline Ann Mary and Ms. Mabline Dhaliya. The CMC family is thankful to Mr. Wilson Thomas for his service in this institution and wishes him a happy and blessed retired life.



Obituaries



It is with deep sorrow that we announce the passing on of **Dr. Zarina Isaac** (nee Hakim Din Zarina) (MBBS batch of 1947) passed away on April 28, 2024. Dr. Zarina was born in the Fiji Islands (Suva) on December 20, 1927, to Mr. Hakim Din and Dr. Elizabeth. where her father was sent to be in charge of the schooling system. They returned to Sialkot, Punjab, a few months after she was born, where her father took up the post of headmaster at CTI Presbyterian School. As her father worked mainly in boys' schools, Dr. Zarina being the only girl among four brothers, hardly had any company to play with. But her 'Abba' was her best friend, confidant, and mentor. One of Dr. Zarina's favorite activities was reading, which was introduced her to by her father.

Her father died when she was sixteen, and her mother worked at the local mission hospital to support her family.. During her reading reveries following her father's passing, Dr. Zarina discovered an article about Dr. Ida Scudder in the Reader's Digest. She was inspired by this and made the decision to enroll at CMC Vellore. She belongs to the batch of 1947 in CMC, the year that it began to accept male students as well. The teachers who impacted her the most were Dr. Paul Brand, Dr. D.L. Graham and Dr. Kutumbiah. One night, while returning from her holiday, she boarded a bus from Katpadi Railway station, after the assurance by the conductor that the bus would be going up to Bagayam. To her surprise, he stopped at the round tana, told her it was the last stop and off-loaded her. She was very annoyed because it was 9 pm. So, she sat on her trunk by the roadside and waited for the next bus, which took ages to come before she eventually reached the Women's Hostel. The following day, after she complained this to the principal, he took her to the Police station to lodge a complaint. The very next day, the errant conductor came to the Women's Hostel to apologise! She had fun participating in the College/Hostel Day plays and playing on the tennikoit squad while she was a student. She was very outgoing and got along well with most of the faculty and students. Unlike most young ladies of her age, she didn't feel bashful or hesitant in male company because she grew up with brothers in a family that valued girls and boys equally. She was very popular among the students. One in particular took a shine to her. It wasn't long before Dr. Benjamin Isaac (MBBS batch of 1947) and Dr. Zarina were married in Pakistan, where she returned to complete her service obligation. Dr. Benjamin and Dr. Zarina Isaac worked at a small Mission Hospital in Sialkot where her eldest, Peter was born.

Realizing the need for surgical skills, they returned to Vellore. Dr. Zarina initially worked in Pathology (persuaded by her batchmate Dr. C.K. Job). When her second son and daughter were born in quick succession, she took a break. Eventually, she decided to join Dr. Rachel Mathai, (another classmate) in the department of Dermatology and settled on Dermatology as a career choice. She was a very practical, caring and down-to-earth doctor. One day, there was a patient with a bizarre skin disease, who posed a conundrum to the entire department. She simply took the patient, washed his leg which was covered by layers of dirt, and voila, the disease vanished!

During the idyllic CMC campus days, Dr. Zarina was known as one of the "coolest" mothers. Her home was the hub for all the campus kids to meet and plot their mischief. When it would rain, after sweltering summers, she'd take the children to the terrace to enjoy the downpour – running and dancing like free-spirited madcaps, she included, much to the amazement of the other campus mothers. She was very unconventional. Sometimes, she would organize little spontaneous picnics for the children. The children would hop onto the bus to visit the Palar River to watch it in flood, brimming bank to bank. She enjoyed being involved in all the activities and was very warm, loving and hospitable to all the campus kids. Of all the roles, she loved motherhood the most.

In 1967, the whole family relocated to Bangalore when her husband, Dr. Benjamin Isaac took up the responsibility of Medical Superintendent of the CSI Hospital. She set up the Dermatology Department at the CSI Hospital, Bangalore. Her particular field of interest was leprosy and she was instrumental in establishing a few centres in various slums and villages. She is fondly remembered by many of the boarders at the Bishop Cotton Girls' School where she would visit as the school Doctor. The girls remember her as being gentle and kind and that made a lot of difference to the homesick boarders when they fell ill. She was an avid reader and inculcated in us a love for reading.

She was also a great cook, always able to find a shortcut to any recipe, the cakes, biscuits, chicken dhal, parathas and pickles were delicious. Her chocolate cake and fruit cake at Christmas were legendary. Besides cooking, she loved sewing, knitting, embroidery and other crafts and was an accomplished seamstress. Her love for gardening, nature, birds, dogs and other animals was instilled in her children. She was a woman of great faith, impacted by the life and witness of her father. Her earliest memories of him kneeling in prayer beside his table at the headmaster's office left an indelible imprint. She'd often say that to relate to God the Father was very easy because of the bond between her and her beloved Abba.

Dr. Zarina left an ineradicable mark on many – especially her children, grandchildren and great grand children. For those wishing to extend their condolences or offer support to the family, contact details are provided below.

Dr. Shireen Isaac (daughter) (MBBS batch of 1974)

Email: shireenisaac@rediffmail.com

Mr. Joseph Premkumar Peter:

Mr. Joseph Premkumar Peter, son of Mr. E.R. Peter and Mrs. Eathamma Peter, is no longer with us. Mr Peter was a man of mission, integrity, honesty and a dedicated service-minded person. God had chosen him to serve this institution, and now He has taken him back.

Mr. Peter Joined CMC Vellore as Sr Engineer in the Engineering Department in the year 1990. He later became the Head of Civil and Planning Engineering units. He served as Associate General Superintendent and retired as the General Superintendent of CMC.



During his tenure, he made several advancements and changes in all the Units of Engineering. As a Structural Engineer and Head of the planning department, he had planned, designed and executed several buildings across all the campuses. Notable among them are the ASHA Building, Chittoor Campus, A Block, College of Nursing, RUHSA Campus, Housing in Kagithappatrai, and Housing on the College Campus. He also served as an Administrative Head, heading various committees of the institution. He was a Special officer for the CMC Ranipet Campus and was in charge of the hospital building construction. His experience and knowledge were exceptional and highly appreciated.

Mr. Peter is known for his meticulous planning, excellent structural design capabilities, and designing of cost-effective buildings which were highly beneficial for the institution. He was also a mentor to several Engineers who were working under him. He was a good teacher. He was kind to all his subordinates and helpful to the needy.

His wife, Jolly Annie Peter, and son, Benjamin Peter, daughter-in-law. Priscilla Peter and two granddaughters Anisha and Nesha.

May his Soul rest in Peace.

Mrs. M. Booshanammal, mother of Mr. M. Sivakumar, Hospital Attendant, ENT Unit-V, passed away on 7th May, 2024.

Let us uphold her children, grandchildren and all the bereaved members of the family in our prayers.

Mr. Padmanaban retired staff in Anaesthesia Department, father of Mr. Durai Murugan, Hospital Attendant, Clinical Pharmacology, passed away on 8th May 2024. Let us uphold his children,, grandchildren Mr. Sanjeev Kumar, Hospital Attendant in CSSD, Ms. Savitha, Staff Nurse, Haematology & Oncology, C602, Ranipet Campus and all the bereaved members of the family in our prayers.

Notice

The Florence Taylor Memorial Library, College of Nursing will remain closed for Annual Inventory from **20th May, 2024** to **25th May, 2024**.

Situations Vacant

Vacancies under the Principal's Office - for queries contact the mentioned office

1. Project Research Scientist - Medical for the **Head and Neck Surgery Unit - II** **Job Code: 1539**

Qualification: MBBS.

Salary: As per Institutional rules.

Preference: Experience in using CMC Clinical Workstation.

Mode of Appointment: Project Mode.

Accommodation: Not Provided.

Applications to be done only through online application system.

Please log on to <http://www.cmch-vellore.edu> **Link:** General - "Vacancies".

Hard Copies and Emails will not be accepted. Applications will close by **25th May 2024** for **item 1**.

2. Senior Research Officer for the **Department of Community Health** **Job Code: 1541**

Qualification: Postgraduate Medical Degree with Research Experience.

Experience: 2 Years.

Salary: As per institutional rules.

Job Description: Manage trial processes and analyse data for quality and publications.

Mode of Appointment: Project Mode.

Accommodation: Not Provided.

Applications to be done only through online application system.

Please log on to <http://www.cmch-vellore.edu> **Link:** General - "Vacancies".

Hard Copies and Emails will not be accepted. Applications will close by **25th May 2024** for **item 2**.

Vacancies under the office of Medical Superintendent-for queries contact the mentioned office

3. Sr. Medical Officer for the **Staff & Student Health Services**

Qualifications : MBBS + 12 years recognized appropriate experience (or) MBBS + Diploma + 10 years recognized appropriate experience.

Salary Scale : As per institutional rules.

Accommodation : Provided.

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 **27th May 2024** for **item 3**.