



Christian Medical College Vellore

Newsline | March 30, 2026

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Let everything that has breath praise the Lord. Praise the Lord. Psalm 150:6

College Day 2026 Celebrated by the College of Nursing



Faculty, staff and students of the College of Nursing celebrated the College Day on 7th March 2026 on the theme **KAIROS**, derived from the Greek word meaning *The Right Moment in Time*. The day commenced with the hoisting of the College Flag at the College of Nursing, KPTR Campus.

Rev. Dr. (Sr.) Mary Josephine Rani, Mother Superior and Secretary, Auxilium College, Katpadi, was the chief guest for the occasion. In her inaugural address, she mentioned nursing as a noble profession and urged all nurses to imbibe the good qualities of a nurse, such as compassion, dedication and patience in improving patient outcomes. Her speech also motivated the nurses to achieve higher levels in their careers. Dr. Jesu Krupa, Deputy Director and Prof. Alice Sony, Nursing Superintendent, offered their felicitations.

125 Years of CMC Vellore 1900-2025



**DID YOU
KNOW?**

Mrs. Delia Houghton was both the first Nursing Instructor and the first Nursing Superintendent at CMC Vellore. She also drafted policies for nursing education in India, helping to lay the foundations for formal nurse training in the country.

The annual magazine of the college, **Dimensions**, which captures a diverse range of ideas, was released during the event. The meritorious awards and prizes in the fields of Academics, Social activities, Entertainment, and Sports were distributed to the students by the chief guest. The theme of the day was presented in a spectacular way through dance, drama, songs and mime. A thought-provoking debate was conducted on the topic *College Life –(A lesson for Distraction for life)*.

The day ended with a fun-filled entertainment programme showcasing the talent, enthusiasm and energy of the faculty and the students. The College Day celebration was a true reflection of honour and praise to God for all His bountiful blessings.



Paediatric Nephrology Observes World Kidney Day 2026

World Kidney Day was observed by the Paediatric Nephrology Subdivision on 12 March 2026. The theme for this year was *Kidney Health for All: Caring for People, Protecting the Planet*. Celebrated on the second Thursday of March each year, the day highlights the importance of kidney health and equitable access to care.

The programme was inaugurated by the Chief Guest, Dr Jachin Velavan, Associate Director (Missions). Rev. Paul Ravikumar, Chaplain, led the programme in prayer, following which Dr. Indira Agarwal gave the welcome address. Dr. David Mathew, Deputy Medical Superintendent, Mrs. Arockiaseeli Mabel Annarani, Deputy Nursing Superintendent, Dr. Sneha Titus, Professor & Head, Paediatric Department, and Mrs. Mary Anbarasi, Head, Paediatric Nursing, addressed the gathering and gave meaningful messages. Dr. Deepthi R. V., Associate Professor, Paediatric Nephrology, delivered the vote of thanks. The Chief Guest presented prizes to the winners of the various competitions held during the week.

A range of theme-based events and competitions, including poster-making, drawing, pamphlet design, and a quiz on renal health, were organised, drawing an enthusiastic response from doctors, nursing staff, and students. Participation was remarkable, with contestants demonstrating strong knowledge of kidney disease. Certificates and prize money were awarded to the top three participants in each category during the inauguration ceremony.

In addition, educational sessions were conducted in the ward corridor for parents of children, led by charge nurses on various relevant topics. These sessions were well received, with parents finding them highly informative and having their doubts on different aspects of kidney disease clearly addressed.



An awareness programme for World Kidney Day was held on 26 February at Don Bosco High School by the Paediatric Nephrology team, focusing on a healthy diet, prevention of kidney disease, and the importance of a green environment. The session was led by Dr. Charumathi, Paediatric Nephrology fellow, along with Mrs. Vanitha N, Renal Nurse, and Mrs. Jasper, Renal Dietitian. Dr. Charumathi spoke on symptoms, early detection, and prevention of kidney disease, while Mrs. Vanitha and Mrs. Jasper covered environmental awareness and nutrition.

The main highlight of the day was a free health check-up for children, which included general evaluation, blood pressure check, and urine examination. The stall set up by the dietary department demonstrated ideal diets and portions for children with different types of kidney diseases and was noted to be the most popular stall. Different techniques to enhance the child's appetite and to meet the nutritional requirements were demonstrated. The puppet show was also fun to listen to, explaining the early warning signs of kidney disease. There was a special Organ donation drive to register healthy volunteers for donating their organs after death. Some healthy volunteers pledged their various organs for donation. This activity has helped to increase awareness about kidney disease in the local community, an event that is held every year! Realising the importance of early screening, eating a healthy diet, regular exercise, and focusing on personal health is a small beginning towards improving kidney health. The World Kidney Day celebrations ended on a very optimistic note.



World Kidney Day 2026 - Department of Nephrology

March 3: World Kidney Day events began with the *Kidney Ambassadors* awareness programme at Global College of Arts and Science. The session featured a talk on kidney health followed by an interactive quiz, with over 300 students participating enthusiastically.

March 4: An awareness session was held at C. Abdul Hakeem College, attended by nearly 200 students and 40–50 faculty members. The organisers and Principal expressed their appreciation for the initiative. On the same day, the QUESS Kidney Health Screening Programme was conducted for facility management staff, with around 250 individuals screened. Assessments included BMI, blood sugar, blood pressure, serum creatinine, and urine analysis, followed by a medical consultation by the nephrology team. Notably, over 15% were newly diagnosed with diabetes or hypertension, key risk factors for kidney disease.

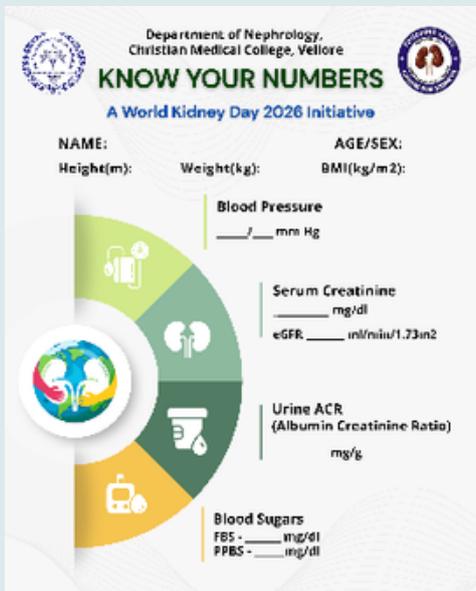
March 5th: The *Know Your Numbers* campaign was launched in the OPD, encouraging relatives and friends of patients to check key health parameters using a Kidney Health Card and understand their risk. Later that evening, the Nephro-Know Online Quiz Competition was held for AHS and Nursing students, followed by a Nephrology Quiz Competition for MBBS students on March 6.

March 7: A major community kidney health screening programme was conducted at the Skywalk Shoes leather factory in Ranipet. Around 200 workers, largely from economically disadvantaged backgrounds, were screened. Over 30% were found to have previously undiagnosed diabetes, hypertension, or kidney-related abnormalities—many among younger individuals—highlighting the need for community-level screening.

We also organised several World Kidney Day competitions, including poster making, essay writing, short film creation, and a nephrology quiz. The cooking contest held on 9 March, themed *Forbidden foods in CKD? – Think again?* It showcased creative and kidney-friendly dishes, with active participation from patients as well.

March 10: Poster competitions were conducted on themes such as organ donation, early screening, CKD, the silent killer, and *Go green for your kidneys*. More than 200 participants took part, reflecting strong enthusiasm from students, staff, and the community.

March 11: The World Kidney Day patient programme was held along with the prize distribution ceremony and inauguration of kidney awareness stalls. Six stalls focused on organ donation, early CKD screening, and living well with CKD, emphasising early diagnosis, timely management, and environmental responsibility. A pledge board was also set up for patients and staff to commit to kidney health. This year's events saw an excellent response from patients and staff, reinforcing the message of Kidney Health for All.



World Hearing Day 2026

World Hearing Day, observed every year on March 3, is an annual global health effort to raise awareness about hearing health. The WHO theme for this year was ***From Communities to Classrooms: Hearing Care for all Children***. The Department of ENT-IV and the audiology staff and students organised an awareness camp on March 4th in Town Campus to create awareness on the importance of caring for one's ears, preventing hearing loss and hearing rehabilitation for the overall health and well-being of an individual. Rev. Paul Ravikumar led the prayer of dedication, and the event was inaugurated by Dr Rita Ruby Anbuselvi, Senior Professor, Department of ENT and Dr. Betty Simon, Deputy Medical Superintendent.

Vibrant and engaging posters were showcased to raise awareness about common ear disorders, the risks associated with excessive noise exposure, the significance of regular hearing evaluations, and proper ear care practices. Different approaches to hearing rehabilitation, both surgical and non-surgical, were presented, with their advantages clearly demonstrated to patients through models and video aids. Doctors, audiology professionals and students provided personalised guidance to staff, patients and visitors, offering advice on preventing hearing loss. Information pamphlets covering topics such as ear care, the use of hearing aids, developmental hearing milestones in children, and recognising and managing hearing loss in both children and adults were distributed in multiple languages to the public. More than 500 patients benefited from the free ear check-up, and many patients with ear problems were identified and advised accordingly.



World Diabetes Day 2025 - 2026 - Valedictory Programme

The Valedictory Programme of the World Diabetes Day 2025-26 was held on 14th March 2026, marking the culmination of a series of community outreach, awareness and engagement activities organised by the Department of Endocrinology, Diabetes & Metabolism, CMC Vellore. Over the past several months, these events were conducted under the overarching theme for the year ***Diabetes and Well-being: Access to Diabetes Healthcare for All***, announced by the International Diabetes Federation. Primarily envisioned as targeted Diabetes education and awareness activities in the local community, over the years, the initiative has gathered momentum and snowballed into a vibrant annual movement, bringing together the public, school & college students, and healthcare professionals, united under a common banner.



27th September 2025: The World Diabetes Day 2025 events began with the **Cookery Competition**. 35 teams, including teachers, CMC staff and homemakers, presented their unique culinary interpretations of the directive *Conquering the Night Cravings*.

18th October, 2025: A quiz programme for school teachers and an essay & painting competition for school students was organised. The essay competition, on the topic: *Healthy Habits Today, Healthy Life Tomorrow* and *The Role of Parents and Teachers in Preventing Diabetes and Obesity*, was conducted in both English and Tamil, and received 185 overall entries. The painting competition, on the topic, *Technology and Humanity: A Partnership for Better Health*, was well-attended, with 98 participants.

14th November 2025: World Diabetes Day 2025 was commemorated with an exhibition and poster competition based on the WHO theme, *Diabetes Across Life Stages*. Led by the Department of Endocrinology in collaboration with multiple disciplines, the exhibition featured informative stalls, demonstrations, and a screening camp, emphasising lifestyle modification, holistic wellbeing, and equitable access to diabetes education, screening, and care.

23 January and 6 February 2026: Quiz programmes for nursing and medical students; the Diabetes Nurse Champion Quiz and the Medi Quiz on Diabetes & Endocrine Disorders were held. These quizzes tested knowledge, clinical reasoning, and understanding of diabetes and endocrine disorders. The Medi Quiz had 18 participating teams, while the Nursing Quiz saw 325 students take part in the preliminary round.

14th March 2026: The much-anticipated Self-Composed Music and Dance Competition for School and College students was conducted on the theme *Diabetes and Brain*, reflecting the growing recognition of the impact of diabetes on brain health, including cognitive function, mental well-being, and the risk of neurological complications.

The event was geared towards raising awareness among students and the community about the importance of prevention, early diagnosis, optimal glycemic control, and healthy lifestyle practices in maintaining cognitive health as an integral part of overall well-being. The participating teams delivered stellar performances, truly capturing the theme and translating complex medical concepts into expressive music and dance presentations—demonstrating that actions speak louder than words.

The **valedictory function** was graced by Dr. Jacob John, Retired Professor and Head of the Departments of Clinical Virology and Microbiology, as the chief guest. In his address, Dr. John highlighted the important link between diabetes and brain health. He explained that while many people associate diabetes primarily with blood sugar levels or heart-related complications, its impact on the brain can be significant. The brain, he noted, is the most energy-demanding organ in the body and requires a constant supply of glucose.

Any imbalance, either too high or too low, can affect brain cells and their functioning. He cautioned that long-term diabetes can lead to cognitive decline and memory loss and, in severe cases, may increase the risk of Alzheimer's disease and other forms of dementia. Managing diabetes, he emphasised, should not be seen merely as following a diet or taking medication, but as an effort to protect one's cognitive health in the long term. Dr. John also spoke about the changing pattern of global health challenges, noting that while communicable diseases once dominated public health concerns, modern societies are increasingly facing non-communicable diseases such as diabetes and other lifestyle-related conditions.

These, he said, are largely influenced by individual habits including diet, physical activity, sleep, and stress management. He pointed out that, unlike infectious diseases, lifestyle diseases cannot be controlled through medication alone and require meaningful changes in behaviour and daily habits. Highlighting the importance of education, Dr. John stressed that children and young people can play a crucial role as agents of change by adopting healthier lifestyles early in life. He appreciated the efforts taken by the department in spreading awareness about diabetes and encouraged young participants to actively engage in health promotion initiatives.



The Dance Competition was evaluated by a distinguished panel of judges, including, Dr. Kanagalakshmi, Professor of Community Medicine, Head of Staff Student Health Services, CMC, Vellore, Dr. Konduru Vidya, Associate Professor & Acting Head, Department of Head and Neck Surgery, CMC Vellore, Dr. Pushkar Sharma, Assistant Professor, Department of Endocrine Surgery, CMC, Vellore, Dr. Nimmy Thomas, Assistant Professor, Department of Ophthalmology, CMC, Vellore, Dr. Abirami, Professional Dancer and Mrs. Mary Sujatha, Professional Music Teacher.



Among the schools, Lakshmi Garden Matriculation Higher Secondary School secured the first prize, followed by Spring Days CBSE Senior Secondary School and BMD Jain School, which won the second and third prizes, respectively.



Consolation prizes were awarded to Velammal Bodhi Campus School and EVRNGGHSS, Vellore.

In the college category, College of Nursing CMC Vellore Chittoor Campus emerged victorious, while St. John's College of Nursing, Vellore and Dr. Vimal College of Nursing, Vellore secured the second and third places, respectively. Consolation prizes were awarded to College of Nursing, CMC Vellore and The School of Nursing at the Schieffelin Institute of Health - Research and Leprosy Centre (SIH-R&LC) Karigiri.



Performance College Category - 1st Prize

As the curtains drew to a close, the programme stood as a testament to the power of raising awareness through performance art, creativity & cultural appreciation. The enthusiastic participation of students echoed the core message of the initiative—promoting healthy living through engagement, expression, and education. The programme reinforced the theme, addressing diabetes requires a shift in perspective: where awareness is translated into action, and knowledge into everyday practice. In many ways, this initiative has planted the seeds for healthier living, reminding us that sustained change begins with informed choices and collective effort; small steps today can lead to a better tomorrow for all.



Performance College Category - 2nd Prize



Performance College Category - 3rd Prize

Link to Gallery: <https://www.cmcendovellore.org/world-diabetes-day-celebration-2025/>

Sports News - Founder's Day Staff Tennis Tournament 2025-26

The much awaited staff tennis tournament was held from March 12th -21st, 2026. Ten teams registered for the event and the matches were conducted in a league and knockout phase. The Davis cup format was followed with each tie having 3 matches, one singles, one doubles and a reverse doubles. The matches were keenly contested in the Hospital, KPTR, Bagayam and Ranipet campuses. In the finals held in Bagayam tennis court on March 21, **The Townies team became the title winners. The runners up were Ultimate Challengers team..**



Team Townies- Dr. Nikhil Rathitra, Dr. Daniel Devadason, Dr. Adrian Keith Noronha and Dr. Rohan Thomas



Team Ultimate Challengers- Mrs. Sharon Roshan, Dr. Ashwin S and Dr. Vaibhav Londhe

The Townies v/s Ultimate challengers

Final scores: *2-1*

1st singles Dr. Rohan v/s Dr. Vaibhav *5-7*

1st doubles Dr. Adrian & Dr. Daniel v/s Dr. Ashwin & Ms. Sharon *6-4*

2nd doubles Dr. Adrian & Dr. Nikhil v/s Dr. Vaibhav & Dr. Ashwin *6-2*

The winners and runners were felicitated by Dr. Rajiv Karthik, Professor, Dept. Of Infectious diseases, CMC Vellore and Dr. Balaganesan physical education Director, CMC Vellore.

For those staff interested in tennis coaching, pls contact:

Bagayam : Dr. Prakash S.S. - 9791056536, Dr. Ashwin S.- 9840748004, Dr. Berjin - 7639673964

Hospital & KPTR : Dr. Rajiv Karthik - 6384044936

Ranipet : Dr. Partho - 9894786992.

Special Prayers:
March 29 - April 04, 2026

Palm Musicals



Welcome

- **Dr. Santosh Kumar**, Sr. Professor, Department of Urology Unit-II, on return from sabbatical leave.
- **Dr. Vimalin Samuel**, Associate Professor, Department of Vascular Surgery, on return from study leave.

Memoranda

- **Dr. Santosh Kumar**, Professor, is appointed as Head, Urology Unit-II with effect from 21st March 2026 for a four year term.
- **Dr. Mark Ranjan Jesudason**, Professor, is appointed as Head, General Surgery Unit-II, with effect from 30th March 2026 until further notice.
- **Dr. Siby Simon S**, Professor, is appointed as Head, Department of Dentistry with effect from 7th April 2026 for a four-year term.
- **Dr. Ruchika Goel**, Professor, is appointed as Head, Department of Clinical Immunology and Rheumatology with effect from 13th April 2026 for a four-year term.

Retirement

Mrs. Suganthi Clara, Sr. Gr. Office Facilitator I, retired on 30th March 2026. She has been serving in the Department of Immuno-hematology & Blood Transfusion for the past 39 years with remarkable dedication and hard work. Throughout her tenure, she has exemplified sincerity, diligence, and efficiency in coordinating and managing her responsibilities. Her commitment to excellence and her ability to maintain warm and professional relationships with colleagues have made her an invaluable member of the department.



Her family has also been a source of pride and inspiration. Her husband, Mr. Saravanan, is a retired Army personnel. Her son, Mr. Sanjay, is employed with CGI Software Company in Bangalore, and her daughter, Ms. Swathy, is currently pursuing her internship in the Accident & Emergency Department at CMC Vellore. We extend our heartfelt gratitude to Mrs. Suganthi Clara for her years of dedicated service, commitment, and contribution to CMC. We pray for God's abundant blessings upon her and her family in the year ahead.

Obituaries

- **Mrs. Kernap**, mother of Mr. D. John David, Artisan, Environmental Engineering Department, passed away on 23rd March, 2026. Let us uphold all the bereaved members of the family in our prayers.
- **Mrs. Rajammal**, mother of Dr. R. Senthil Kumar, Senior Librarian, Gault Library and mother-in-law of Mrs. Abigail Senthil Kumar, Headmistress, CKC School, passed away on 27th March, 2026.

Upcoming Events

- **Summer Sports coaching camp for Children**

Date : 1st April to 2nd May 2026 (Excluding Sundays)

Age : 8 years and above

Games: Basketball, Volleyball and Football

Venue: College Campus, Bagayam, Vellore

Time : 04:45 p.m. to 06:15 p.m.

Game : **Basketball only**

Venue : Kagithapattarai Campus, Vellore

Time : 06:45 a.m. to 08:15 a.m. and 07:00 p.m. to 08:30 p.m.

Those who are interested can send their children to the venues. For any clarification, please contact Dr. R. Balaganesan, Physical Director, Contact No: 2284478 / 9443628333.

- **American Heart Association – International Training Centre (CMC, Vellore)**
Basic Life Support (AHA-BLS) Provider Course (HeartCode® BLS – Blended Learning)

The American Heart Association (AHA) Basic Life Support (BLS) – HeartCode® Provider Course will be conducted on the 27th April 2026 at Paul Brand Building, CMC Vellore. **HeartCode® BLS** is the American Heart Association's blended learning pathway for BLS training. This modern format combines of a Self-directed online learning session and mandatory hands-on skills training & assessment.

The course structure comprises of two parts. Participants will: 1. Complete an interactive online module covering core BLS concepts, supported by videos. 2. Attend an in-person session for 3 hours, which includes: hands-on practice with real-time guidance, a focus on high-quality CPR, the use of an Automated External Defibrillator (AED), choking management for all ages (**Adults, Child & Infants**), and undergo a skills assessment session conducted by an AHA-authorized instructor in an approved simulation facility.

This course is based on the latest 2025 AHA / ILCOR guidelines and designed for Doctors, Nurses, and Paramedics. Limited seats available with Registration Fee of Rs.3500/- (includes study materials). **Last Date to register is 16th April 2026.** For registration, please contact Mrs. Nitha & Mr. Ganesh Pediatric ICU, CMC Vellore (**Phone No.0416-228-3366 / 9952389812**).

- **American Heart Association – International Training Centre (CMC, Vellore)**

American Heart Association –Paediatric Advanced Life Support (AHA PALS) course

The American Heart Association –Paediatric Advance Life Support (AHA-PALS) provider course will be held on the **28th & 29th April 2026** at the Jacob Chandy Hall, Paul brand building, CMC, Vellore. This well known Paediatric Advanced Life Support Course, accredited by the American Heart Association and American Academy of Paediatrics, is valid internationally. The number of participants is strictly restricted to 18 as per AHA guidelines. **The registration fee is Rs.8000/-** (cost of study materials included). The last date for registration is **16th April 2026**. This two day course is designed for healthcare providers (Doctors, Nurses, Paramedics) who initiate advanced life care in acutely ill children, beyond basic life support, through the stabilization or transport phases of a paediatric emergency. The course is based on the **2025 guidelines** and is internationally valid. The course consists of lectures, videos, discussions and hands - on sessions based on simulated case scenarios and aims to train the participants in early recognition and emergency management of critically ill children with an emphasis on team concept. **For enquiries and registration, please contact** Ms. Nitha or & Mr. Ganesh, **Paediatric ICU (Phone No.0416-228-3366 / 9952389812).**

Situations Vacant

Click the following link to view the vacancies
<https://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx>

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

1. Senior Resident / Assistant Professor with MD (Psychiatry) for the CMC Vellore, Chittoor Campus (Psychiatry)

Experience : Should have at least one year teaching experience as (Asst. Professor) in any NMC recognized teaching institution for applying Assistant Professor post.

Salary : As per institutional rules.

Accommodation : Provided (Partly Furnished, Depending on availability).

Applications to be done only through the online application system.

Please log on to <https://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx>

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

Applications will close on **April 11, 2026.**

2. Demonstrator (NM) (Term Post) for the Department of Palliative Medicine

Qualification : M.Sc. (Psychology) / Psych Oncology (Regular Course)

Age Limit : 40 Years.

Salary Scale : As per Institutional Rules.

Accommodation : Not Provided.

Applications to be done only through the online application system.

Please log on to <https://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx>

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

Applications will close on **April 11, 2026.**

3. Jr. Sterilization Technician (Term Appointment) in Central Sterile Supply Department (CSSD) (Town Campus / Ranipet Campus)

Qualifications : H.Sc., with 2 Year Diploma in Hospital Sterilization Course from the recognized board.

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

Consolidated Pay : As per institutional rules.

Age Limit : Below 30 years.

Applications to be done only through the online application system.

Please log on to <https://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx>

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

Applications will close on April 13, 2026.

4. Project Technical Support II (External Designation–Project) for the Centre for Stem Cell Research

Qualification : B.Sc., in Life Science with minimum 55% marks.

Regular mode will be accepted, Private or correspondence will be not accepted.

Nature of Job : Perform cell culture experiments in the project.

Job Description : To help with the cell culture experiments in the project.

Consolidated Pay : As per institutional rules.

Age Limit : Below 30 Years.

Applications to be done only through the online application system.

Please log on to <https://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx>

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

Applications will close on April 13, 2026.