

CMC NEWSLINE

Vol.No.56 No.17

FOR PRIVATE CIRCULATION ONLY

OCTOBER 21, 2019

My flesh and my heart may fail, but God is the strength of my heart and my portion for ever.
Psalm 73:26



10th Annual Research Day - 2019



The 10th Annual Research Day was held on 4th and 5th October 2019 in Scudder Auditorium and New Examination Hall. This year saw an excess of four hundred and fifty abstracts among which two hundred and twenty were selected for podium presentations and another two hundred and thirty as posters. The abstracts were categorized into Medical Specialties, Surgical Specialties, Allied Health Sciences, Basic Sciences, Medical Students, Nursing, Field and Epidemiology, Medical Physics, Case Reports / Series, Bioengineering, Ph.D and Others. There were one hundred and seven prize winners together in both podium and poster presentation.

The highlights of the day included a special oration by the distinguished faculty Padma Shri. Dr. J. Gowri Shankar, Indian Medical Microbiologist, Retired Director of CDFD, MBBS Batch of 1972.

The Chief Guest was introduced by Dr. Biju George, Additional Vice Principal (Research) and was felicitated by Dr. J.V. Peter, Director, Dr. Anna B. Pulimood, Principal and Dr. Nihal Thomas, Professor, Department of Endocrinology.

The Shubhanker Mitra Memorial Award for the best Undergraduate paper for, Nursing, Medical and Allied Health Sciences, was given by Dr. J.V. Peter, Dr. Anna B. Pulimood, and Dr. Nihal Thomas to Ms. Dona Eldhose, Mr. Yashraj Kale and Ms. Manogya Ranjan and Ms. Dolcy Dhar.

Continued on Page 2



Special Prayers : October 20 - 26, 2019

Division of Surgery :

Dr. Mark Ranjan Jesudason and Staff
Dr. Pranay Gaikwad and Staff
Dr. Vijay Abraham and Staff
Dr. Suchita Chase and Staff
Dr. Premila Lee and Staff

Head and Neck Surgery :

Dr. Amit Jiwan Tirkey and Staff

Vascular Surgery :

Dr. Sunil Agarwal and Staff

Hepato Pancreato Biliary Surgery (HPB) :

Dr. Frederick Lorence Vyas and Staff

Endocrine Surgery :

Dr. Deepak Thomas Abraham and Staff

Mizoram Presbyterian Church Synod

Council Members : Dr. L.H. Thanga Singson
Rev. B. Sangthanga

Hospital : Synod Hospital, Durtlang, Mizoram

Marathi Mission

Council Member : Mr. Robert Moses

Hospital: Fairbank James Friendship Memorial Hospital, Vadala Mission and others

Sunday Services : October 27, 2019

6.00 pm : **Scudder Auditorium**

Dr. Sunil Chandy

6.30 pm : **Hospital Chapel**

Er. David Chandran

5.00 pm : **Friendship Chapel, KPTR Campus**

Rev. Paul Ravikumar

Welcome :

• **Mrs. M. Baby Saroja**, Professor, Community Health Nursing (CON), on her return from sabbatical leave.

• **Mrs. Lillian Percy Kujur**, Associate Professor, College of Nursing, on her return from study leave.

This year the Department of Accident and Emergency Medicine emerged as the overall Winners and were presented the Rolling Trophy by the Chief Guest Dr. J. Gowrishankar, Dr. J.V. Peter and Dr. Anna B. Pulimood.



Gap analysis towards accreditation at AIIMS Rishikesh, Uttarakhand

The Department of Hospital Management Studies and Staff Training and Development organized the 5th Management Assignment Programme (MAP) in All India Institute of Medical Sciences (AIIMS), Rishikesh, Uttarakhand between 9th and 11th July 2019. This initiative was to train the Post Graduate Diploma in Hospital Administration (PGDHA) and Fellowship in Hospital Administration (FHA) students in Management Orientation Visit and Education (MOVE), Management Assignment Programme (MAP) and Mission Hospital Internship Training and Education (MITE). They will be



posted in various hospitals during their internship.

AIIMS Rishikesh was started in the year 2012 by Ministry of Health and Family Welfare, Government of India and it is also considered as the Institute of National Importance in India. In response to the request of Dr. Ravi Kant, Director, AIIMS Rishikesh and Dr. Kim Mammen, Dean – Quality (Former Professor of Urology, CMC Ludhiana), the Gap Analysis of NABH accreditation and its implementation was conducted by the CMC team, after obtaining necessary permission and approvals from CMC Vellore administration. Dr. Samuel N.J. David, Senior Manager and Head of Management Studies and HR, CMC Vellore took up the task along with his team of faculty and students from the Department of Hospital Management Studies and Staff Training and Development.

A detailed Gap Analysis was carried out by the CMC team followed by a presentation to the HODs at AIIMS, Rishikesh. Dr. Ravi Kant, Director, AIIMS and his team appreciated the work done by the Department of Hospital Management Studies & Staff Training and Development.

Cookery competition – World Diabetes Day 2019

“Eat breakfast like a king, lunch like a prince, and dinner like a pauper” (Adelle Davis). The Department of Endocrinology, had organized a cookery competition on the theme “A Diabetic Dinner” 28th September 2019, which was a melange to exhibit the culinary skills of the people of vellore. The event was graced by panel of experts from CMC, Vellore. Dr. Sujatha Charles, Senior Physician, Department Obstetrics and Gynaecology CMC Vellore Chittoor Campus, Mrs. Florence Sekaran, Head, Speciality-V Nursing and Mrs. Jayalakshmi, Senior Dietitian, Dietary Department.



The event witnessed a participation of nearly thirty school and college students and home makers. A myriad of nutritious and sumptuous low calorie dishes with vegetable salads were prepared with grains such as fox tail millets, horse gram, ragi and dhall. Novel recipes namely Oats oothapam, Chicken wheat semya, foxtail millet dosa, guava chutney, odomillet upma were deliciously prepared and aesthetically presented. The recipes were evaluated on the basis of nutritive and calorific value, cost of ingredients, time duration of cooking, and taste.

Mrs. Jayalakshmi addressed the gathering on the importance of adequate intake of high quality protein low carbohydrate diets and portion size of the meal. She reinstated that fats are not deadly for diabetics and moderation is the key to diabetes control in addition to physical activity and medical care. Taking cue from recent research,

Continued on Page 3



Mrs. Jayalakshmi stated that a possibility exists to reverse diabetes in the initial stages, through adherence to a low calorie diet and adequate physical activity. In addition, the perils of overt mobile usage on sleep deprivation and health was reiterated.

With a plethora of online and social media sources of dietary recipes, there is a boom on fat diets. One must exercise caution in choosing the right diet for diabetic patients, and should be done under medical advice.

The first prize was bagged by Mr. Rohit and Ragul of Muthuraman Arts College, for the recipe ragi and vegetable kuzhipaniyaram, multigrain oothapam with mint chutney. Mrs. Chitra priya and Durga of Vellammal Bodhi Campus school stood winners of second prize for their recipe of keto diet comprising of multigrain pancake, fenugreek seed pancake and mint chutney. The menu comprising of paneer omlette, oats paniyaaram, wheat semya, little millet pancakes prepared by Ms. Asha and Nancy Moulica bagged the third prize. The cash prizes and trophies will be awarded to the winners during the valedictory function to be held in February or March next year.



College of Nursing wins overall championship at State SNA Conference



The XVIII Tamil Nadu State Student Nurses Association (SNA) Biennial Conference 2019-2020 was held at Kovai Medical College and Hospital, Coimbatore from 26th to 28th September. Ninety seven students representatives from Student Nurses Association (SNA) of College of Nursing, CMC attended the conference. Among a

total of 1967 students from 61 colleges, the students of College of Nursing, CMC made the institution proud by bagging 18 trophies in various events like extempore, innovative model, health education, vegetable carving, Collage, variety programme, spot painting, mono acting, 19 feet jump, 100 meters run- boys, 100 meters run- girls, scientific paper presentation, relay, adaptune and stand up comedy. The College of Nursing stood first in State of Tamil Nadu by winning both Championship for cultural and the overall championship proving once again that the College of Nursing contributes largely to the overall development of students, helping them to grow personally and professionally by discovering their potentials and talents. Ms. Anya Zereen Benzy and Ms. Gnana Sheeba Pillai were elected to be Vice president and Secretary of Student Nurses Association of Tamil Nadu Branch for the year 2019 - 2021 which again is a great honour. Winners of the first prize in the special events will represent the State of Tamil Nadu at the National SNA Biennial Conference to be held at PSG College of Nursing, Coimbatore in November 2019.

World Trauma Day Exhibition and Awareness Walk

CMC organised an exhibition and awareness walk to reiterate the increasing rate of accidents causing death and disability on World Trauma Day on 17th October, 2019. 300 young people walked from Vellore Fort to CMC Hospital to spread awareness about the rapidly growing problem of trauma and in particular Road Traffic Accidents (RTA). The walk was flagged off by the Superintendent of Police, Shri. Pravesh Kumar, IPS. “Initiatives like this are much needed,” he said, “to raise awareness and bring down the number of accidents. Safety is not the responsibility of just one department, everyone must play their part.” Members of CMC’s Accident and Emergency Team (both staff and students) led the walk, followed by students from Auxilium College and CMC.

Continued on Page 4

They shouted slogans and held placards and banners to spread the message of Road Safety. "Last year over 7,600 Trauma Patients were admitted in our Emergency Unit," said Dr. Sukria Nayak, Professor of Surgery at CMC. "Of these, nearly 5,000 were victims of road traffic accidents. A majority were motorbike injuries. A simple act like wearing a helmet can reduce the risks of head injury by 70%."

CMC organised an exhibition with stalls on first aid and how to help an accident victim, post-trauma rehabilitation and the new advanced Trauma Care Centre coming up at CMC Kannigapuram Campus. The motorbike simulator and games sponsored by Chola



MS Risk Services exposed the dangers of unsafe driving. If everyone follows highway rules and treats other road users with respect, the number of accidents will come down immediately. CMC's Blood Bank Donor Bus was parked near the exhibition and 13 voluntary donors gave blood to save the lives of trauma victims. CMC is building a dedicated Trauma Care Centre in their new campus at Kannigapuram on the busy National Highway between Chennai and Bengaluru. This will offer multi-disciplinary care under one roof with expert specialist doctors and highly skilled support teams.

For more information about the Trauma Care Centre please visit www.givecmc.org or email dev.office@cmcvellore.ac.in

Congratulations!

- **Dr. M.J. Paul**, Professor, Department of Endocrine Surgery, has been Elected to the post of President of the Indian Association of Endocrine Surgeons for the term 2020 - 2021 at the 20th Annual Conference held at Indore on 27th September, 2019.
- **Dr. Ruth Anna Stephen**, PG Registrar from the Department of Radiology has been awarded the 1st prize for paper presentation at the 3rd Annual Conference of the Indian Society of Gastrointestinal and Abdominal Radiology (ISGAR 2019) held from 27th to 29th September, 2019 at Kochin.
- **Dr. Y. Mounika Reddy**, 2nd year fellow in Implant Otology has won the 1st prize for her e-poster titled, "Retrograde Electrode Insertion Via Middle Turn Cochleostomy In A Case of Labyrinthitis Ossificans" at the 17th Annual Conference of the Cochlear Implant Group of India at Mumbai held on the 11th to 13th October, 2019.

Notices

- The **Founder's Day Staff Sports** will commence from the month of November. The teams who are enrolling for the Cricket team must ensure that atleast six members out of the eleven, should be from the representing Department.
- The **'A' Ward sale** is organized on 9th November 2019, Saturday in 'A' - ward premises from 8.30 am to 2.00 pm. Dr. Anand Zachariah, Professor, Department of Medicine Unit-I will be inaugurating the sale. The proceedings of the sale will benefit a few of our economically disadvantaged patients (P.T.P fund).

• Indian Academy of Paediatrics –Basic Life Support Course (IAP-BLS)

Basic Life Support (IAP-BLS), 2017-18 update will be held on **25th July 2019** at the Paul Brand Building, CMC Vellore. IAP-BLS course is designed to provide a wide variety of health care students, professionals and other personnel, the cognitive and skills training in cardiopulmonary resuscitation (CPR) and use of an Automated External Defibrillator (AED) to save lives. The ability to recognize life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner to **all ages – Adult, Paediatric and Infants are the main highlights of the curriculum**. The registration fee for this course is **Rs.1,000/-** (including course material) and the certificate given is valid nationally. The last date for registration is **4th November 2019**. For registrations, please contact Ms. Nitha Cathuan or Dr. Ebor Jacob, Paediatric ICU Phone No: 0416 - 2283366.

Continued on Page 5

Indian Academy of Paediatrics – Advanced Life Support (IAP- PALS) course

The IAP-PALS provider level course will be held on the **26th & 27th November, 2019** at the Paul Brand Building, CMC Vellore. This well known Paediatric Advanced Life Support Course, accredited by the Indian Academy of Paediatrics, is valid nationally. The number of participants is strictly restricted to 30 as per IAP guidelines. The registration fee is **Rs.4,500/-** (cost of study materials included). The last date for registration is **4th November 2019**. This two days course is based on the latest 2017 IAP updated guidelines. For enquiries and registration, please contact Ms. Nitha Cathuan or Dr. Ebor Jacob, Paediatric ICU (Phone No: 0416 2283366). **NOTE:** It is mandatory for the participants to complete the IAP-BLS training prior to the IAP-ALS course. IAP-BLS course has been scheduled on **25th November 2019** and the registration fee is Rs.1,000/- (cost of study materials included).

Obituaries

• **Mr. Robert Jack**, Sr. Gr.II Electrician, Department of College Maintenance on 11th October, 2019. Mr. Robert Jack joined CMC in the year 1998. He is survived by his wife, Mrs. Joyce Gracelin and two sons, Johnson and Jefferson.



• **Mr. S.P. Swaminathan**, retired Selection Grade Technician, Wellcome Trust Research Laboratory on 13th October, 2019. Let us uphold his wife Mrs. Jayalakshmi, son Mr. S. Louis Rajkumar, Lab Technician, Department of Transfusion Medicine and Immunohaematology, daughter Mrs. Sheela Santhakumari, Associate Research Officer, Wellcome Trust Research Laboratory, daughter-in-law Mrs. Suseela Rajkumar, Charge Nurse, O5 East, grand daughters Ms. Grace Priscilla L, 4th Year B.Sc. Nursing Student, CMC, Ms. Jerusha Carmel L, 2nd Year MBBS Student, CMC and S. Jane Benita, BOT 1st Year student at SRMC.



• **Dr. Geoffrey Louis Allen** (MBBS batch of 1947) on 14th October, 2019. Dr. Geoffrey Louis Allen was born in Peshawar (then British India) in 1927 and attended La Martiniere College, Lucknow, and Christian Medical College Vellore, where he was one of the first ten men in a previously exclusively women's college.

After graduation and training in cardio-thoracic surgery, he was appointed a consultant in the College Hospital unit, where the first open heart operation in India was performed. In 1960, he moved to England for family reasons, and from 1960 - 1962 was Senior Registrar, Cardio-Thoracic Unit, Royal Infirmary, Sheffield.

In 1963-1964, he was Senior Registrar, Cardio-Thoracic Unit, Harefield Hospital, UK working with prestigious surgeon Thomas Holmes Sellors. In 1964, he was appointed Cardio-Thoracic and Vascular Surgeon, Green Lane Hospital, gaining valuable experience with Brian Barratt-Boyes.

In March 1967, he started at Waikato Hospital, New Zealand doing all the major closed cardiac, thoracic and vascular surgery together with some early paediatric surgery, and establishment of vascular access for the renal service. Dr. Geoff Allen was appointed the first Thoracic and Vascular surgeon at Waikato Hospital, New Zealand in 1967.

Important New Zealand "firsts" include mediastinoscopy, insertion of a epicardial leads for a demand pacemaker, radial arterio-venous access for haemodialysis, and participation in reimplantation of a hand. After retirement in 1996, Dr. Geoffrey Allen continued, among other interests, to play golf twice weekly.

He was married to Mrs. Shirley Mae Connors, a competent surgical ward Charge Nurse, in 1969, and had three children, David, Janet, and Christopher. Mrs. Shirley died in 2016.

A service for Dr. Geoffrey Allen will be held at Seddon Park Funeral Home Chapel, Cnr Seddon Road & Somerset Street, Hamilton, New Zealand on Saturday, 19th October 2019 at 1.30pm followed by private cremation. All communications to the Allen family C/- PO Box 5523, Frankton, Hamilton, 3242, New Zealand.

For those who would like to send flowers or share your thoughts and memories in the guest book, please click on the following link : <https://www.legacy.com/obituaries/nzherald-nz/obituary.aspx?pid=194163837>

• **Mrs. Susie Koshi**, former Superintendent of New Life Centre and wife of the late Dr. K.G. Koshi (former Director of CMC), mother of Dr. Renu Raju (former Head of Schell Eye Hospital), Mr. George Koshi, Mr. Tharyan Koshi and late Dr. Thomas Koshi, on 15th October, 2019. Born as Susie Tharyan, in 1927, she lived to the ripe old age of 92. During these years, she brought life, joy and comfort to those who least expected to feel these.

Mrs. Susie initiated the development of the College Hill Nursery School in 1954, and ensured that the school was open to all staff children. She was an active Secretary of the school and personally saw to all of its functions on a daily basis for almost two decades. Her official status at New Life Centre was that of Superintendent, but to those who lived there she was counsellor, friend, mother or sister. A good friend of Dr. Mary Verghese, Mrs. Susie Koshi worked with other physically challenged people too and was the Honorary Managing Trustee of the Mary Verghese Trust.

She was awarded the Alumni award in 2016 during the Alumni Reunion for her immense contribution to the Christian Medical College, its staff and their children and to those in need of love and kindness through her exemplary characteristics of integrity, high level of commitment and compassion. For those who would like to get in touch with the family, the contact details of her daughter Dr. Renu Raju is given below : Dr. Renu Raju, email : renuraju@hotmail.com

• **Mr. Venkatesulu P**, father of Mr. Ramiah V, Sr. MRT Gr.II in Medical Records Department on 16th October, 2019.

Our thoughts and prayers are with the bereaved members of the families at this time of grief and loss.

Situations Vacant

1. One year Clinical Physiotherapist post for the Department of PMR (PT)

Eligibility : BPT Graduate from a Recognized College / University.

Should have completed six months of compulsory rotatory internship on or before 21st October, 2019.

Experience : Less than 4 years after internship completion.

Age limit : Less than 30 years.

Monthly stipend : Rs.9,620/-.

Accommodation not provided.

Apply with resume, including dates of work experience, mobile numbers, postal address and email ID and photocopies of work experience and other relevant certificates to the Principal, Christian Medical College, Bagayam, Vellore - 632 002.

Last date for submission of applications is **October 30, 2019** for Item 1.