



Christian Medical College Vellore

NEWSLINE

APRIL 17, 2023



Dr. Bala Seetharaman Retires

Delight yourself in the lord, and he will give you the desires of your heart. Psalm 37:4



IN THIS ISSUE

Dr. Bala Seetharaman Retires

World Kidney Day 2023

Special Prayers

A workshop on "Guidance for Career Choice" was organised by the Personnel Department

Laurels and Recognitions

Sports News

Obituaries

Situations Vacant

Dr. Bala Seetharaman, Nursing Superintendent and Professor in Medical Surgical Nursing superannuated on 15th March 2023 after 39 years of dedicated service in the institution. She is a prominent alumna of College of Nursing, Christian Medical College Vellore. She started with Diploma in General Nursing and Midwifery in 1981 and pursued her education to complete Post Basic BSc in Nursing in 1991, Masters in Nursing in 1999 and Doctorate of Philosophy in Nursing in the year 2016. She also completed her Post Graduate Diploma in Medical Law and Ethics offered by National Law School of India University, Bangalore in 2020. She has been an ardent worker throughout her career in various capacities. She began to work as a Staff Nurse in Medical Ward on completion of Diploma Nursing in 1984 and later moved to Maternity Nursing Department. She also assumed the role of Charge Nurse/Tutor in Medical ward after completing PBBSc Nursing and also worked as a Tutor in Fundamentals of Nursing Department. She made an immense contribution to the field of Cardiology Nursing after her Master's specialization in Medical Surgical Nursing. She has headed the Department of Medical Surgical Nursing Specialty I comprising of ENT Ward, Nephrology, Endocrinology & Cardiology Ward,

Respiratory Ward, Urology Ward, Plastic Surgery and Burns Unit, Day Care Unit for Medical Patients, Bronchoscopy & Pulmonary Function Test Unit and Multi-unit Medical Ward. She has taught several nursing subjects to the students of various nursing programs and has contributed richly towards the clinical supervision of students posted in her assigned clinical areas. She has held several administrative responsibilities in both academic and clinical arena.

She has served as an Additional Deputy Dean for four years taking care of Post Basic Diploma Nursing Programmes, Deputy Nursing Superintendent for a period of three years and Nursing Superintendent since 20th October, 2020 till 14th March, 2023. She has taken efforts to ensure high quality nursing care being rendered to patients, encourage research activities by nurses and implement research findings to improve patient care and student education. She has been a life member of Trained Nurses Association of India (TNAI) and Christian Medical Association of India (CMAI). She has been a resource person for several workshops and conferences and served as an examiner for the university and board examinations and has a lot of publications to her credit in various national and international journals. Her husband Mr. Seetharaman has a business in Vellore, daughter Mrs. Shivanthi and son-in-law Mr. Manoj work as a Software Engineers in Chennai and son Dr. Sreevathsan is an MBBS alumnus of Christian Medical College, awaiting to do his post-graduation. The CMC family is thankful to Dr. Bala Seetharaman for her staunch service in this institution and wish her a happy, peaceful and productive retirement life.

World Kidney Day 2023

The World Kidney Day was celebrated by the Paediatric Nephrology subdivision on 9th March, 2023. The theme for this Year was – **Preparing for the unexpected, supporting the vulnerable.**

This day, celebrated on the 2nd Thursday of March every year was inaugurated by the Chief Guest, Dr. Benny Paul Wilson, Deputy Medical Superintendent of CMC. Rev. Dr. T. Arul Dhas, Chaplain lead the programme in prayer following which Dr Joy Mammen, Associate Director, Dr. Kala Ebenezer, Professor and Head, Paediatric Department, Ms. Mabel, Additional Deputy Nursing Superintendent and Dr. Deepthi R.V, Associate Professor Paediatric Nephrology addressed the gathering. Prizes for the various competitions held during the week were awarded by the Chief Guest.

The World kidney day activities began a week prior with several competitions being conducted. These included essay writing, poster drawing, logo and slogan competition - all of which drew a very enthusiastic response from nursing staff and students. This year, a written quiz competition was held for nursing and medical undergraduate and postgraduate students. The participation was tremendous with all participants demonstrating good knowledge of kidney disease. Certificates and prize money were awarded to the first three in each category during the inauguration ceremony.

Interactive sessions with parents were held in the wards with educational posters made by students adorning the walls generating questions on kidney problems. Many queries were responded to by the pediatric team of doctors and nurses. In the paediatric wards and the outpatient department, health education was given to parents and children.

The main highlight of the day was a free health check-up for children with screening for kidney disease. Stalls staffed by dialysis therapists and nephrology nurses were set up to demonstrate peritoneal dialysis and haemodialysis with machines and mannequins. The stall set up by the dietary department assisted by our unit dietician demonstrated ideal diet and portions for children with different types of kidney diseases and was noted to be the most popular stall. The dieticians educated the parents of children with chronic kidney disease on different techniques to enhance the child's appetite and to meet the nutritional requirement.

There was a special **Organ Donation drive** to register healthy volunteers for donating their organs after death. A total of 21 healthy volunteers pledged their various organs for donation, the youngest being twenty one years. World kidney day themed T-shirts were on sale and was very popular among both patients and staffs. The World kidney day celebrations ended on a very optimistic note.

The Paediatric Nephrology specialty has been conducting World kidney day celebrations for the past fifteen years. This activity has helped to increase awareness about kidney disease in the local community, both amongst children and their parents. Realising the importance of early screening, eating healthy diet, regular exercise and focus on personal health is a small beginning towards improving kidney health.



April 16 -22, 2023

Special Prayers This Week

Dodd Memorial Library :

Dr. Azariah Jeba Kumar I. and Staff

Gault Library : Mr. D. Samuelraja and Staff

Archives : Dr. Reena Mary George and Staff

CSI Jaffna Diocese

Council Members : Rt. Rev. Dr. V. Pathmathayalan
Rev. W. Jebasingh Samuvel

Hospital : Green Memorial Hospital, Manipay.

CSI Tirunelveli Diocese

Council Members : Dr. Jeyam Juliet
Rt. Rev. Argst Barnabas

Hospitals : CSI Jeyaraj Annapackiam Hospital,
CSI Bellpins Indrani Chelladurai Mission
Hospital, Palayamkottai and others.



A workshop on “Guidance for Career Choice” was organised by the Personnel Department

A workshop on “Guidance for Career Choice” was organised by the Welfare Section under the Personnel Department, for the staff children studying in 9th till 12th grade, on 4th April, 2023 at the Paul Brand building. A total of 220 students attended the workshop. The workshop was conducted in view of the upcoming board exams and the entrance exams, to instil a sense of clarity and confidence in them. 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 studies. There was sessions on choosing the right career and interview skills. The resource faculty were Dr. Vikram Mathews, Director, Col. Dr. Paul Prathap, College Professor, Mr. Ashok Vedhanayagam, Founder, SISHYA, Chennai, Mr. Swarup Singh and Finney Sahayaraj SISHLYA Team Chennai, Ms. Merlin Thanka Jemi Clinical Psychologist and Lecture, MHC, Mr. T.S. Ravikumar, Professor, Emergency Medicine and Mr. Durai Jasper, Deputy General Superintendent (HR), CMC. The students found this workshop to be highly informative as it is the season of exams.



Laurels and Recognitions

• **Dr. C. E. Eapen**, Professor, Department of Hepatology was elected as President of Tamil Nadu Chapter, Indian Society of Gastroenterology for a period of one year at the annual meeting of the Tamil Nadu Chapter of the Indian Society of Gastroenterology (TNISG) held in Trichy on 25th and 26th March, 2023.

• The following doctors won prizes in the **23rd Annual Conference of ISVIR 2023** held between 9th and 12th February, 2023 at Hyderabad.

Dr. Shikha Garg - Frist position for the Neurointeventional quiz, **Dr. Jan Suhail** - Second prize in e-poster and **Dr. Umanusum** - Third prize in e-poster.

• The following Radiology post-doctoral fellows won prizes in the **National Mid-term CME of the Indian Society of Peadiatric Radiology** held on 8th April 2023 at Banaras Hindu Univesity, Varanasi.

Dr. Sandeep G. Prasad - Frist prize in Oral Paper Presentation

Dr. Prashanth V. - Second prize in Poster Presentation.

• **Dr. Zachariah Thomas**, Junior Resident, Department of Medical Oncology, won the European Society for Medical Oncology (ESMO) Young Oncologists Merit Travel Grant to present his study poster "Dose-dense epirubicin and cisplatin (ddEP) in localised osteosarcoma" done under the guidance of Dr. Ashish Singh at the ESMO Sarcoma and Rare Cancers Congress 2023 held at Lugano, Switzerland March 20th - 22nd."

Sports News

The **Annual Sports Day of the College of Nursing, CMC, Vellore** was held on 11th March 2023 at CMC Oval Ground, Bagayam. The Chief Guest for the programme was Dr. Joy John Mammen, Associate Director (Medical) and Professor of Transfusion Medicine and Immunohematology Department, CMC, Vellore. The day started with welcome address by Mrs. Bharathy R, Associate Professor in Medical Nursing and Advisor, Sports Committee.

The sports events started with spectacular March Past by 1st year Nursing Students followed by lighting of the Olympic Torch by the Chief Guest in the presence of Dr. Vathsala Sadan, Dean, College of Nursing, Mrs. Jeyalinda Christopher, Associate Nursing Superintendent, Heads of Departments/Units, Faculty, Sports Chairperson Ms. Anju Maria Biju, Students Nurses Association Vice President Ms. Achsah C Kurien and the House Captains. The sports day was declared open by the Chief Guest by symbolically letting Doves fly with freedom and peace.

The day was filled with colorful music and group activity showcasing patriotism. The excited programme of various sports events like tug of war, lucky corner, three legged race, shot put, 400 metres relay was conducted. Children of Staff entertained us with their running race. Prizes were distributed. The individual championship for men and women were bagged by Mr. Godson Prasad, 3rd year GNM of Taylor house and Ms. Roseline R, 1st year B.Sc. of Pitman house respectively.

The rolling cup for march past was won by Pitman House and the Overall Championship was bagged by Taylor house. Mr. Naveena Krishnan, Physical Director proposed vote of thanks. The programme ended with National Anthem. It was a fun-filled day and it was wondrous to witness the spirit of true sportsmanship among the students.



• Dr. Sridhar Gibikote, Professor of Radiodiagnosis was the chief guest and distributed the prizes to the winners of **Table Tennis tournament for the year 2022-2023**, dated 31st March, 2023.

Results :

Singles :

Winner : Mr. Alex, Department of Radiology

Runners Up : Mr. Gemson,
Department of Medical Records.

Doubles :

Winners : Mr. Alex, Department of Radiology
Mr. Rajkumar, College of Nursing.

Runners Up : Dr. Shaun, Department of Radiology
Dr. Aprxad, Department of Radiology.



• **AHS sports** was conducted on 1st April, 2023 at Oval Ground, Dr. Elizabeth Tharion, Professor and Head, Physiology, CMC was the Chief Guest in the AHS Sports day and distributed awards to the winners.

Results :

Overall Championship :

Transfusion Medicine &
Immunohaematology Department



Individual Championship : Men : Jabez Ernest Paul J, Department of Radiology
Women : Ms. Rajeshwari M, Department of Accident & Emergency.

• Dr. Sujith Thomas Chandy, Assistant Professor, Department of Respiratory Medicine was the Chief Guest and distributed the prizes to the Winner of the **Chess Tournament for the year 2022 – 2023** on 5th April, 2023.

Chess (Men) :

1st Place - Mr. Allan Smith Paul Dhas,
Department of Emergency Medicine.

2nd Place - Mr. Samuel Paulraj,
Department of Anesthesia.

2nd Place - Mr. E. Bharathy Raja, Department of Pharmacy

3rd Place - Mr. P. Paul Lenin, Department of Pharmacy

3rd Place - Mr. V.M. Khalifathullah, Department of Pharmacy

Chess (Women) : 1st Place - Ms. P. Subiksha, Department of Pharmacy

2nd Place Ms. P.N. Meenakumari, Department of Pharmacy

3rd Place Mrs. Sriranjani, College of Nursing.



Obituaries

• **Ms. Mangalam Margret**, mother of Ms. Mercy Jeyasingh, Charge Nurse, SHALOM Clinic passed away on 12th April, 2023.

Let us uphold all the bereaved members of the family in our prayers.

• **Mrs. Dixie Selvaraj**, mother of Mr. Suresh Earnest Raj, Retired Senior Grade Office Facilitator, Office of the Nursing Superintendent and mother-in-law of Mrs. Mercy, Retired Instructor Microbiologist, Microbiology Department passed away on 13th April, 2023.

Let us uphold her sons, daughter -in- laws, grandchildren, great grandchild and all the bereaved members of the family in our prayers.

• **Miss. Tamilselvi**, Staff Nurse (OPD) passed away on 14th April, 2023.

Let us uphold all the bereaved members of the family in our prayers.

Situations Vacant

1. Staff III Graduate Technician for the Department of Pharmacology and Clinical Pharmacology

Qualification : Graduate one year CMC Training.

Experience : Should have at least four years experience in a teaching institution.

Preference will be a regular master's degree in chemistry is required.

Salary Scale : As per institutional rules.

Accommodation not provided.

Applications are to be done only through the online application system.

Please log on to <https://www.cmch-vellore.edu/JobVacancy.aspx?jtype=ALL> Link : "Vacancies".

Hard Copies and emails will not be accepted. Applications will close by **April 22, 2023** for Item 1.

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

Qualification : MA/M.Sc. (Psychology) (Regular Course) Preference will be given for those who have specialization / training in Child Development (or) Counselling or Developmental Psychology.

Salary Scale : As per institutional rules.

Accommodation not provided.

Applications are to be done only through the online application system.

Please log on to <https://www.cmch-vellore.edu/JobVacancy.aspx?jtype=ALL> Link : "Vacancies".

Hard Copies and emails will not be accepted. Applications will close by **April 30, 2023** for Item 2.

3. Jr. Special Teacher (Term Post) for the Developmental Paediatric Unit

Qualification : M.Ed Special Education in Mental Retardation, M.A. or M.Sc or MPhil in clinical or Rehabilitation Psychology (Regular course , Correspondence course not eligible).

Salary Scale : As per institutional rules.

Accommodation not provided.

Applications are to be done only through the online application system.

Please log on to <https://www.cmch-vellore.edu/JobVacancy.aspx?jtype=ALL> Link : "Vacancies".

Hard Copies and emails will not be accepted. Applications will close by **April 30, 2023** for Item 3.