



Christian Medical College Vellore

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"It is the glory of God to conceal a matter; to search out a matter is the glory of kings." Proverbs 25:2

Dr. George Tharion Retires



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Situations Vacant

Dr. George Tharion retired from CMC Vellore, as a senior Professor of Physical Medicine and Rehabilitation on the 5th May, 2023 after 31 years of exemplary service. Dr. George Tharion is one of six siblings, four of whom took up Medicine as a career. He did his MBBS (1980), Diploma PMR (1985), Diploma Orthopaedics and Diplomate of National Board in PMR (1989) from Trivandrum Medical College, and MD PMR from The Tamil Nadu Dr. MGR Medical University. During his initial stint at CMC (1985-1987), he was part of the team that cared for Dr. Mary Verghese for her health needs. He rejoined CMC, Vellore in 1994, resigning from the Kerala Government Medical College service, when Dr. Suranjan Bhattacharji invited him to join in the task of rebuilding the Department of PMR. Together they worked tirelessly, with very limited resources, to develop the standard of comprehensive care for patients with disability through outpatient and inpatient services in the main hospital and Rehabilitation Institute.

Brilliant Builder

Dr. George Tharion was the Head of PMR from July 2007 to 2015, Head of Unit II (2004-2011) and Head of Unit-I (2011-2017). He played a crucial role in the expansion of the Rehabilitation Institute: increasing the inpatient capacity from 30 to 85 beds (2005), planning of Rehab Chapel (2006) and the ambient design for patient care,

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teaching and research in the second-floor expansion (2016). One of his main achievements during his term as Deputy Medical Superintendent (2001-2005), was the initiation of the Telemedicine services at CMC.

Patient Care

Dr. Tharion's excellence as a clinician scientist and teacher arose from his sensitivity to the needs of the patients who came to CMC. He showed that every patient had a different story and led the team in finding simple solutions for complex issues whether it was related to the severity of the injury or medical complications or a challenging caregiver/family. Dr. Tharion made many friends as he worked closely with faculty from related departments caring both for the poor and the rich cine stars and political stalwarts. He taught his juniors to treat every patient as a prince, some clad in golden robes and others in rags. He also inspired patients to rise above their disability and initiated many in-patient activities including wheelchair dance and sports.

Cell Based Research

Dr. Tharion worked at Princess Royal Spinal Injuries Unit, Northern General Hospital, Sheffield, U.K (1997-99) and then at Royal Rehabilitation Centre & Ryde Hospital, Sydney, Australia(1999-2000). On return, Dr. Tharion found many patients seeking treatment options for spinal cord regeneration. This led him on a journey to search out the mysteries of cell-related solutions for patients. He underwent a Spinal cord injury Research technique course (2005) at Reeve Irvine Research Center, University of Irvine, California, USA, on a scholarship facilitated by Dr. George K. Chandy, an alumnus of CMC and faculty at that Center. In 2005, Dr. Tharion set up Spinal Cord Regeneration Laboratory at the Rehabilitation Institute supported by the Department of Biotechnology, Government of India. He created and standardised the spinal cord injury rat model to study motor recovery following olfactory ensheathing cell transplantation. He co-guided Ph.D thesis in the same field during this period.

Rehabilitation Engineering

Dr. George Tharion shared his room in Rehabilitation Institute with Dr. Suresh Devasahayam, former Professor and Head of Bioengineering Department and together they guided many projects of student bioengineers. Dr. Rajdeep, who completed his Ph.D under both, subsequently joined the Department of PMR in 2017 and set up the Rehab Engineering Lab in 2018. Together with Dr. Tharion, he received grants from DST, DBT and DRDO to develop cost-effective innovative technological solutions. These initiatives led to the designation of the advanced Rehabilitation Engineering facility as the Center for Advanced Technology Enabled Rehabilitation (CATER) on 31st January 2022, with the aim of catering to the need of people with disability.

Community Based Rehabilitation (CBR)

The CBR program was established in 2002, by the passionate efforts of Dr. Tharion along with Dr. Guru (social worker) in collaboration with Dr. Sara Bhattacharji, the Head of LCECU, supported by grants from WHO and CBM. This unique CBR model empowers women volunteers in the community through education. During this time PMR was also recognized as a WHO Collaborating center. The offshoots of these CBR interactions included: life skills training program for the youth of the community, outreach clinics, school education program for injury prevention, CBR Thiruvizha (an annual celebration), project helmet for head injury prevention, and the inclusion of CBR field visits in the BPT, BOT, BPO and B.Optomety curriculum.

PG and faculty mentoring

Dr. Tharion has mentored several postgraduate students in PMR. The best essay award by the institution for PG alumnus on the topic "Teacher who changed my life" was on Dr. George Tharion. This essay describes how Dr. Tharion inspires his student's thinking by constant questioning, drawing simple flowcharts on the whiteboard and insightful, timely quotes. His meticulous and detailed clinical examination would not only be followed by a comprehensive plan but he would also personally follow up every step of the patient's progress. He insisted on achieving perfection in the simplest of tasks and challenged the team with new ideas.

Family

The PMR family has been blessed by his kind heartedness, innovativeness, unquenching thirst for knowledge, wisdom, wit and humour. We wish him the very best as he journeys along unexplored professional paths and finally gets to spend a little more time with his wife, Dr.Elizabeth (Renu) Tharion (Professor of Physiology) and his son Dr. Joseph Tharion (batch of 2008) who passed out as the best outgoing student in MD Anaesthesia from Safdarjung Medical College, New Delhi and is currently working at St. Bartholomews Hospital, London.

CME on Neurogenic Bladder Management – Lessons from the Past for the Future



A CME on “Neurogenic Bladder Management – Lessons from the Past for the Future” was organized on 29th April, 2023, by the Department of Physical Medicine and Rehabilitation on the occasion of the retirement of Dr. George Tharion to honor his contribution to the clinical services, education and research. The speakers shared their experience in the medical and surgical management of neurogenic bladder, and the use of technology for neuromodulation of the micturition pathways. They also spoke about the lessons they learned from the past to match with the CME theme “Lessons from the Past for the Future”. The CME was part of PMR alumni reunion and was conducted in hybrid mode to allow many alumni from all over the country and abroad to join in for the occasion.

Dr. Suranjan Bhattacharji, former Professor of PMR and former Director, CMC, Vellore introduced the topic of neurogenic bladder and the challenges faced by persons with disabilities. He highlighted the issues of urinary incontinence and how low-cost technology in rehabilitation can lead to societal re-integration. Dr. Sujith Jose, Urologist, from Govt. Hospital, Thalassery, Kerala, who himself has had a spinal cord injury shared his experience on how rehabilitation at PMR, CMC Vellore helped him in overcoming this devastating event with a special mention of Dr. Tharion’s encouragement in completing his Urology training. Thereafter he did a Fellowship in Female and Functional Urology at Clinica CES, Medellin, Columbia. He also spoke about the evaluation of neurogenic bladder and surgical interventions.

A recorded video of an interview with Dr. Giles Brindley, former Professor and Director Medical Research Council Neuroprostheses Unit, London, UK was played. The 97 year-old Dr. Brindley was interviewed on 23rd April, 2023 at his residence in London, UK by Dr. Joseph Tharion. Dr. Brindley invented the sacral anterior root stimulator in 1970s, which was commercialized by Fintech in 1982. His designed stimulator continues to be popular in the Western world for the management of bladder, bowel and sexual dysfunction in persons with spinal cord injury. Dr. Brindley emphasized that there is no difference in problems faced by people with spinal cord injury, the world over. He recollected the time spent devoted to the development and clinical trials of the stimulator designed by him. He showed happiness that the device developed by him continues to be useful to mankind. The video ended with Dr. Brindley playing the horn, a musical instrument that he regularly plays with the local band.

Dr. Graham Creasey, Professor Emeritus, Spinal Cord Injury Medicine, Stanford, USA, shared his experience spanning more than four decades in implanting several thousand Brindley’s sacral anterior root stimulator in patients with spinal cord injury. He was mentored by Dr. Brindley. He concluded his enlightening talk on neurogenic bladder management with advice from the lessons he learned on mentorship in his journey of learning. As a clinician scientist, he valued the collaboration between physicians and engineers in the field of rehabilitation.

Dr. Rajdeep Ojha, Associate Professor, Center for Advanced Technology Enabled Rehabilitation (CATER), Department of PMR, spoke on developing low-cost devices for rehabilitation and about the ongoing research on neuromodulation of the neurogenic bladder by stimulation of the Tibial nerve. The various technological solutions that have been made in the past 4-5 years for persons with disability were highlighted in the talk.

CME on Neurogenic Bladder Management – *Continued from Page 3* Lessons from the Past for the Future

On this occasion, cmcUroModul@tor, a portable device made in-house by the Rehabilitation Engineering team led by Dr. Rajdeep, for neuromodulation of the neurogenic bladder was unveiled by Dr. George Tharion in the virtual presence of Dr. Graham Creasey and Dr. Giles Brindley. This development is facilitated by funds from the Department of Science and Technology, Government of India towards a multi-centric clinical trial project entitled “Restore Continence”. A testimony of the beneficial effects of this neuromodulating device was given by Mrs. Baljeet Kaur, a rehabilitated spinal cord injury person with neurogenic bladder for forty years.

Dr. George Tharion shared his journey in CMC for more than three decades. He reminisced about the opportunities to learn and grow as a clinician and researcher. He emphasized the strength of working as a team to bring the best results for patient care as well as outcomes in the institution.

International Nurses Day 2023



The CMC, Vellore Unit of the Trained Nurses Association of India, celebrated the **International Nurses Day 2023**. It is only through competitions that we discover what we are capable of and how much more we can do, than we possibly can imagine. The CMC, Vellore Unit of the Trained Nurses Association of India (TNAI), observed 17th and 22nd of April, 2023 as Nurses Week. This week was packed with competitions, with an aim to encourage creativity and bring out talents among its unit members. The International Nurse’s Day theme for this year is Our Nurses, Our Future. A total of 679 nurses from across all three campuses had volunteered proudly to represent their departments in the interdepartmental events and 152 nurses contend in sports to win the overall championship trophy.

A formal celebration of the International Nurses Day, 2023 at CMC, Vellore was organized in the Rachelfillie Brown Hall, on 13th May, 2023. The programme commenced with a prayer song by the nurses. Dr. Sundari Edwin, former Nursing Superintendent, CMC, Vellore was the Chief Guest for the day. She expressed the value of clinical resource at CMC and talked on the ways to make nurses the future of health care. Dr. Vathsala Sadan, Dean, Dr. Kenny David, Associate Director (Chittoor), Dr. Abilash, Associate Medical Superintendent offered their felicitations. Ms. Anita Kiruba Jeyakumar, Programme Secretary, TNAI CMC Vellore Unit, presented the report on the nurses week activities. During the celebration, a special song was dedicated to the all the nurses. Prize winners of the interdepartmental events were honored with certificates and cash prizes. The Department of Surgical Nursing won the overall championship trophy for this year. On this auspicious gathering, the Best Nurse Awardees for the year 2022-2023 were announced by Ms. Alice Sony, Nursing Superintendent, CMC Vellore and President, TNAI CMC Vellore Unit.

International Nurses Day 2023

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The recipients were :

- Ms. Ebenezer Beulah** – Best Charge Nurse (Psychiatric Nursing Department)
- Mr. Christu Das** – Best Staff Nurse (Q2 Ward- Surgical Nursing Department)
- Ms. Ponnamma Mathew** – Best Multi-Purpose Health Worker (C-501, Spl NsgXI)
- Ms. Ms. Mary Henry** – Best Nursing Auxiliary (O3West, Spl Nsg III).

The celebration came to an end with a vote of thanks by Ms. Shanthi Gladston, Secretary, TNAI CMC Vellore Unit. TNAI members from CMC Vellore town campus joined us on-site and those in Ranipet campus and Chittoor Campus connected virtually via Zoom.



National Workshop on “Objective Structured Clinical Examination”

The College of Nursing, Christian Medical College Vellore, Chittoor Campus organized a **National workshop on “Objective Structured Clinical Examination”** on 28th April, 2023. The workshop commenced with an opening session. The Chief Guest of the programme was Mrs. Rajeswari Siva, Professor, College of Nursing, CMC Vellore, Chittoor Campus. She addressed the delegates and highlighted the significance of the workshop and the need for OSCE in Nursing Education. Prof. Hemagiri Kumari, Principal, Government College of Nursing, Kadapa deputed by the Andhra Pradesh Nurses and Midwives Council as CNE Observer greeted the delegates and informed them about the credit hours given by the APNMC. Dr. Kenny David, Associate Director Chittoor Campus greeted the delegates and wished them for a fruitful learning. Mrs. Florence Sujia Bai, Principal and organizing Chairperson gave an overview of the workshop. The resource personnel for the workshop were Mrs. Rajeswari Siva, Dr. Jayanthi T, Principal, Apollo College of Nursing, Murukambattu, Dr. Lokeswari M, Principal, Aragonda Apollo College of Nursing, Mrs. Florence Sujia Bai, Dr. Aruna Arputha Malar, Principal, Sri Venketeswara College of Nursing, Chittoor and other faculty of College of Nursing, CMC Vellore, Chittoor Campus. Sessions were taken on the significance of OSCE in Nursing education, its uses, challenges, organization, evaluation and preparation for OSCE. Lectures, group discussions, panel discussion and observation of the set-up of OSCE were the methods of teaching. Participants expressed the usefulness and relevance of the workshop. There was a significant improvement in the pretest and post test scores.



There were 35 registered nurses and 20 undergraduate nursing students who participated in the workshop. There was representation from Tamil Nâdu, Karnataka and Andhra Pradesh. The workshop was accredited by the Andhra Pradesh Nurses and Midwives Council (APNMC). Four credit hours were awarded to the delegates, 2 credit hours per session for the resource person and the CNE Coordinators.



May 28 - June 03, 2023

Special Prayers This Week



Dental and Oral Surgery:

Dr. Santosh Koshy and Staff
Dr. Sibu Simon S. and Staff
Dr. Soumya S.V. and Staff

Mizo Presbyterian Church Synod

Council Members : Dr. Lalthakima
Rev. V.L. Luaia Hranleh

Hospital : Synod Hospital, Durtlang, Mizoram.

CSI Medak Diocese

Council Members :
Dr. K. Dayanand
Prof. Dr. B. Vimal Sukumar

Marathi Mission

Council Members : Mr. Robert Moses
Mr. Mohan Cyril Paul Luke

Hospital : Willis F Pierce Memorial Hospital, Wai and others.

Laurels and Recognitions

• **Dr. Beula Subashini**, Physician, Department of Microbiology has been awarded the Australian Alumni grant 2023, for the project titled, “Strengthening laboratory systems and training lab personnel in resource poor community hospitals”. Dr. Beula received the commemorative plaque from the Australian Assistant Foreign Affairs minister, The Hon Tim Watts, MP at the awards ceremony Kolkata, West Bengal on 18th May, 2023.

• **Dr. Phaneesh Bharadwaj B.S**, final year DM Nephrology Registrar from Christian Medical College, Vellore Ranipet was awarded the “APEX Fellow” for the year 2023 for the best quiz competition held at the Apex conference in Mumbai April 2023.

This Apex Fellow awards Dr. Phaneesh Bhardwaj to be an observer at the Department of Nephrology, Johns Hopkins Hospital, Baltimore, USA for two weeks.

Sports News

A **summer sports coaching camp for staff children** was conducted successfully Kagithapattarai and College Campus in the month of 3rd April to 10th May, 2023.

Basketball and Football - College Campus.

The valedictory function was conducted on 10th May, 2023. Dr. Balaganesan, Physical Director was the distributed the certificate in the Kagithapattarai Campus (Morning) and Dr. Sam C. Raj, Professor and Head, HLRS addressed the children and distributed the certificates, more than 150 staff children participated the camp.



Obituaries

• **Mr. Pitchamuthu Duraisamy**, father of Mr. P. Sathish, Social Worker, Respiratory Medicine Department and Mr. P. Senthil Sundaram, former Programmer, CHIPS, passed away on 21st May, 2023.

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

- **Mrs. Saramma George**, mother of Dr. Leni George, Professor, Department of Dermatology, Venereology and Leprosy and Mother- In- Law of Dr. Biju George, Professor of Clinical Haematology, passed away on 23rd May, 2023. Let us uphold all the bereaved members of the family in our prayers.
- **Mrs. Mary Joyce**, retired Nursing Superintendent, Trinelvei Govt. Hospital, W/o. late. Mr. Jeremiah Titus and mother of Mrs. Angeline Sr. Sel. Gr. Radiographer, Department of Radiation Oncology, passed away on 28th May, 2023. Let us uphold all the bereaved members of the family in our prayers.
- **Mr. Joseph C. Edattel**, father of Dr. Arun Joseph Chacko, Asst. Physician, MICU, CMC, passed away on 28th May, 2023. Let us uphold his wife Mrs. Celine Joseph, son Mr. Varun Jo Jacob, daughters-in-law, Dr. Anna Renny Mathew, Dr. Sanjana Joy and all the bereaved members of the family in our prayers.

Admission Notice

Sunset Avenue Creche and Play Group :

Application forms and prospectus for admission to Sunset Avenue Creche and Play group for the year 2023-2024 will be available at Balavihar Office and Sunset Avenue Crèche Office on payment of Rs.200/- from **1st June, 2023 between 9.00 am to 4.00 pm.**

Sunset Creche : Children of CMCH staff, who have completed 6 months are eligible to apply. Priority will be given to children residing in the College Campus.

Sunset Play Group : Children of CMCH staff, who have completed 1½ years by 31st May are eligible to apply. Priority will be given to children residing in the College campus.

Parents residing in the College Campus, whose child will complete 1½ years by 30th November, 2023 and would like to admit their child, also must apply now. Parents will be intimated if and when a vacancy arises after their child completes 1½ years. **Note : The last date for submission of completed application forms along with a photocopy of the child's birth certificate and your salary slip is 10th June, 2023 by 4.00 pm.**

Situations Vacant

1. Demonstrator (NM) (Term Post) for the Department of Forensic Medicine

Qualification : M.Sc. in Biotechnology / Biochemistry / Chemistry. Salary : 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 **June 10, 2023** for Item 1.

2. Asst. Graduate Technician (Term Appointment) for the Department of Ophthalmology

Qualifications : Graduates of Sociology / Rehabilitation Science / Optometry. Salary Scale : As per institutional rules. Preference will be given to those with atleast two years of experience in running Low Vision centres. Age Limit : 35 Years. **Note : Only Regular mode will be accepted, Private or correspondence will be not accepted.** 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 **June 05, 2023** for Item 2.

3. Scudder Memorial Hospital (CSI- Diocese of Vellore) invited applications for the post of :

- (a) **Psychiatrist.** Qualification : MD (Psy.). Experience : Minimum 5 years. Salary: Commensurate with experience.
 - (b) **Gastroenterologist.** Qualification : MD (Gastro). Experience : Minimum 5 years.
- Salary : Commensurate with experience.

Note : Retired staff who are willing to work as part time consultants can also apply.

Application with copies and qualification to be sent to : **HR Manager, No.3, Kelly's Road, Scudder Memorial Hospital, Ranipet - 632 401.**

Email ID : hrrsmh2021@gmail.com / hrd@scudderhospital.org Contact No. 04172-281-550.

4. Schieffelin Institute of Health - Research & Leprosy Centre, Karigiri invites applications for the following posts : (a) **Dermatologist** - DDVL / MD / DNB.

(b) **Office Assistant (Project Mode)**- 10th/12th pass. Age below 25 years. Preference will be given to Gudiyatham town residents. Apply with bio-data along with scanned copies of certificates and send to the director@karigiri.org and personnel@karigiri.org Last date for receipt of applications is **June 03, 2023** for Item 4.