



Christian Medical College Vellore

NEWSLINE

SEPTEMBER 04, 2023



Surely he has done great things. Be not afraid, O land; be glad and rejoice.

Joel 2:21

Mrs. Ruma Nayak retires



IN THIS ISSUE

Mrs. Ruma Nayak retires

World Breastfeeding Week Celebrations

7th Basic Course in Molecular Diagnostics - Workshop in Molecular Haematology and Pathology

CME on Tobacco-associated Cancers

The Developmental Paediatrics Unit conducted a seminar for parents

Special Prayers

Welcome

Memorandum

Laurels and Recognitions

Retirement

Obituaries

Upcoming Event

Situations Vacant

Mrs. Ruma Nayak, Professor and Former Head of Paediatric Nursing Department superannuated on 14th August 2023 after 36 years of dedicated service in the institution. She completed her B.Sc. Nursing at College of Nursing, Christian Medical College, Vellore in 1987. She has varied experience of working in several departments. She started her career as a Staff Nurse in Community Health Nursing and became a Tutor in the same department. She visited people at home, conducted clinics and gave effective health education addressing the health needs of individuals, families and groups. She contributed to the clinical learning of the students in the community. She pursued her postgraduate education in Paediatric Nursing and completed it in the year 1992. She joined the Fundamentals of Nursing Department after her Master's and worked for three years in the department. Her contributions in handling the first-year students are much appreciated by her colleagues. Being a soft-spoken but well-determined nature of her personality was an added advantage in moulding the budding nurses to a large extent. She joined the Department of Paediatric Nursing in 1995 and continued to work in the department in various capacities until retirement. She headed the department from 2014 to 2021.

Continued on Page 2

Mrs. Ruma Nayak retires

She continued to contribute immensely towards patient care management, education and held an administrative position as Deputy Nursing Superintendent (2014-2018) taking care of the nursing staff recruitment, in-service education and delivery of quality nursing care at peripheral departments of the institution. She had been instrumental in obtaining the NABH and Nursing Excellence accreditation for the institution. She was adorable to clients from Northern and North-East India receiving care from our hospital, owing to her multilingual abilities. She encouraged every staff member of her department to internalise the vision and mission of our institution. She is an excellent teacher with commendable teaching skills and strives hard to help her students excel in theoretical knowledge and practical skills. Students were very dear to her. She desired was to mentor students and nurses to become knowledgeable, insightful, caring, compassionate, competent and Christ-centered.

She had been an integral part of the College of Nursing Family, actively contributing to the various academic and student welfare activities. She had been a resource person for several workshops and conferences. She has assisted with the preparation of the syllabus for Paediatric Nurse Practitioner Programme by the Indian Nursing Council. She has a rich clinical expertise in the field of Paediatric Nursing and has been very instrumental in the formation of Association of Paediatric Nurses in India (APNI) and currently serves as the Secretary of the Association. She has contributed to different professional organisations in various capacities at the institutional, state and national level. She has the privilege of being one of the Nurse Representative for the national level Protection of Children from Sexual Offences (POCSO) committee. She is admired for her humility, positive energy and deep involvement in carrying out her responsibilities.

Professor Ruma's husband, Dr. Sukriya Nayak works as a Professor in Trauma Surgery. Her first son, Dr. Shanthanu Nayak works as a PG Registrar in the Department of Surgery. Her second son, Mr. Tanmaya Nayak works as an intern on completion of B.Tech Agriculture. The CMC family is thankful to Mrs. Ruma Nayak for her committed service to this institution and wishes her a happy, healthy and hopeful retirement life.

World Breastfeeding Week Celebrations

• **World breastfeeding week** was celebrated in Obstetric and Gynaecology ward, ISSCC building from 1st to 7th August 2023 centered on the theme 'ENABLING BREASTFEEDING MAKING A DIFFERENCE FOR WORKING PARENTS'. The inauguration programme was held on 1st August, 2023 at 3.30pm in G4 South ward. Mrs. Rajeswari Siva, retired Professor in Community Health Nursing, CMC Vellore in her chief guest address emphasised on the important of breastfeeding. Diet during lactation, sustaining breastfeeding up to 2 years of age. Mrs. Jayasree a postnatal mother, shared her breastfeeding experience and motivated other postnatal mothers. During the programme nursing students enacted the importance of breastfeeding to the mother through a skit and a traditional villupattu. Various activities were carried out in the wards during the week-long celebrations.

An awareness programme was organised in the form of a skit and villupattu daily in the OG wards from 8.00 am – 12 noon emphasising on various aspects of breastfeeding. Posters were displayed in the wards and the corridors. A slogan, crossword puzzle, opinion poll picture puzzle and quiz competition was conducted throughout the week for postnatal mothers who were admitted to the wards. Mothers participated actively and exhibited their talents. All the participants were acknowledged.

Information on the importance of breastfeeding, commonly asked questions, problems and remedies related to breastfeeding were displayed on the intranet page during that week. Quiz competitions for staff nurses were conducted on breastfeeding and certificates were distributed to the winners. Inservice education for the staff nurses was also conducted on the theme. (As part of the world breastfeeding week, an awareness programme was also conducted in CHAD for all the mothers in the OPD, IP and immunisation clinic). An educational programme was also conducted for the staff nurses working there.



World Breastfeeding Week Celebrations - College of Nursing, CMC Vellore.

• The College of Nursing, CMC Vellore Chittoor Campus organised World Breast Feeding Week from 1st to 7th August, 2023, focusing on the theme 'Enabling Breast Feeding: Making a Difference for Working Parents'. Ms. Sushmitha Rajam, Faculty, College of Nursing CMC Vellore Chittoor campus coordinated the programme. Health education programmes were organised in the community and hospital by the nursing staff and students on the importance of breastfeeding and the available options for feeding the baby for working mothers without early weaning. Competitions like video making, essay writing, poster making and quizzes were organised as part of the programme. Staff and students enthusiastically participated and bagged prizes.

The valedictory programme was conducted on 10th August, 2023 in the patient waiting area. The chief guest for the day Mrs. Rajeswari Siva, retired Professor, Colleg of Nursing CMC Vellore addressed the gathering and emphasised the importance of breast feeding and the role of family in supporting the mothers in ensuring exclusive breast feeding. Dr. Kenny David, Associate Director, Chittoor Campus and Dr. Shiny, Assistant professor, Chittoor Campus highlighted different strategies for working mothers to continue breast-feeding without weaning. An awareness programme was conducted on the benefits and techniques of breast feeding for mothers through the performance of traditional Villupaattu and a skit by the 4th year BSc Nursing students. There were prizes distributed to the winners of all the competitions.





World Breastfeeding Week Celebrations - College of Nursing, CMC Vellore, Chittoor Campus.

7th Basic Course in Molecular Diagnostics – Workshop in Molecular Haematology and Pathology

The Department of Haematology and the Department of Pathology jointly conducted the '7th Basic Course in Molecular Diagnostics', a 12-day complete hands-on training workshop, from 31st July to 13th August 2023. Molecular diagnostics have become an essential part of lab investigations required to provide optimal care and have become an important tool for the health care provider in making the right treatment decisions. However, considering the dearth of trained personnel in this area, the course focused on training nine participants from various parts of India, along with three participants from our institution, in basic molecular techniques (DNA/RNA extraction, PCR, electrophoresis) that progressed to include more advanced methods (real time PCR, sequencing, MLPA, digital droplet PCR and NGS) in the second week. The application of these techniques in the diagnosis of inherited and acquired hematological diseases and solid tumors was emphasised. This training is designed to aid the participants in establishing and performing similar assays in their respective centres.



CME on Tobacco-associated Cancers

The Departments of Radiation Oncology and Continuing Medical Education organised a CME on tobacco-associated cancers, on 19th August, 2023. Dr. Rajesh I., Medical Superintendent, gave an introduction to the magnitude and mechanisms of tobacco-associated cancers. Dr. Biswajit Paul from RUHSA provided a succinct overview of the epidemiology of cancers. Tobacco associated cancers are responsible for 13.5% of preventable deaths per year, and the health benefits of quitting tobacco are both immediate and long term. Dr. Rabin Chacko highlighted that it is possible to quit tobacco and this can lead to a reversal of pre-cancerous oral cavity lesions. Dr. Balamugesh presented the changing trends in tobacco-associated lung cancer, the impact of varied forms of smoking and the challenges of lung cancer screening in India, including co-existing tuberculosis. Dr. Dheeraj Kattula stressed that nicotine is a highly addictive substance, explained how to assess severity and motivation to develop a quitting plan, and explained the role of pharmacological interventions. The programme concluded with a lively question and answer session moderated by Dr. Manu Mathew.



The Developmental Paediatrics Unit conducted a seminar for parents

The Developmental Paediatrics Unit conducted a seminar for parents on 19th August, 2023 at the New Examination Hall, CMC, Bagayam. The seminar was organised by the Campus Kids Corner (CKC) School under the leadership of Mrs. Ann Arul Dhas. The proceeding started with prayer by Mrs. Gladis Winston, Headmistress, John Carmen School, Ranipet Campus. Dr. Samuel P. Oommen, Head, Developmental Paediatrics, gave an overview of the Seminar. Dr. Srinivasa Raghavan, Associate Professor, spoke about 'Multiple intelligences' and the ways to nurture them outside the confines of the school, Ms. Pavithra, Senior Speech Language Pathologist spoke about speech and language development in children, Mrs. Rhema Anu, Senior Occupational Therapist spoke about fine motor skills in children and Mrs. Caroline, Senior Psychologist concluded the seminar with her talk on the "Art of Parenting". There were about 150 parents who attended the seminar.



Dr. Srinivasa Raghavan



Ms. Pavithra



Mrs. Rhema Anu



Mrs. Caroline

September 03 - 09, 2023

Special Prayers This Week

Ophthalmology :

Dr. Lekha Mary Abraham and Staff
Dr. Jeyanth Suresh Rose and Staff
Dr. Sheeja Susan John and Staff
Dr. Deepa John and Staff
Dr. Satheesh Solomon T. Selvin and Staff
Dr. Anika Amritanand and Staff
Mrs. Sasikala Umesh and Staff

Low Cost Effective Care Unit :

Dr. Venkatesan S. and Staff
Mrs. Sasikala Umesh and Staff

Department of Family Medicine :

Dr. Venkatesan S. and Staff
Mrs. Sasikala Umesh and Staff

Shalom Family Medicine Centre:

Dr. Venkatesan S. and Staff
Mrs. Sasikala Umesh and Staff

International Service Fellowship (Interserve)

Council Members: Mr. Eappen John
Mr. Vijay Alexander

Christoffel Blinden Mission

Council Member: Dr. Sara Varughese



Welcome

- **Dr. Anuja Abraham**, Professor, OG Unit-III, on her return from sabbatical leave.
- **Rev. J.A. Margaret Deborah**, Sr. Chaplain, Chaplaincy Department, on her return from study leave.

Memorandum

Dr. Jenifer Jeba S, Professor & Head, Department of Palliative Medicine is appointed as Head of Medical Records / MCTT Services for a period of one year with effect from 1st September, 2023.

Laurels and Recognitions

- **Dr. Debashish Danda**, Professor, Department of Rheumatology, on being awarded this year's American College of Rheumatology award in the category of Distinguished International Rheumatology Professional Award.
- **Dr. Benin**, PG Registrar, Dermatology Unit-II, attended the 13th Annual state conference of IADV Tamil Nadu held on 11th to 13th August 2023 in Thanjavur. He got 4th prize in e-poster presentation topic "Dermoscopy of Bowen's Disease: A Retrospective study from a tertiary care centre in south India".
- **Dr. Sam Kirubakaran**, PG Registrar, Department of Radiation Oncology, Unit-II awarded Dr. Padam Singh Award for best Oral paper presentation in the topic "Appropriate use criteria and morbidity in patients receiving post operative radiation therapy for locally advanced thyroid Malignancy - A Single Institutional Experience" at the 38th Annual AROICON TNPY Conference 2023 held at Yercaud from 25th to 26th August, 2023.
- **Dr. Heather Daniels**, PG Registrar, Department of Radiation Oncology, Unit-III received Special Prize on poster presentation in the topic "Li-Fraumeni syndrome-Challenges in Diagnosis and Management-A case series" at the 38th Annual AROICON TNPY Conference 2023 held at Yercaud from 25th to 26th August, 2023.

Retirement

Miss. Lakshmi T.G., Sr.Gr. MPHWS, CSSD retired on 14th August, 2023 after completing 37 years of service in our institution. She completed Multipurpose Health Worker course from School of Nursing, Andhra Mahila Sabha, Chennai in August 1984 and joined in CMC as MPHWS in March 1986. She worked in CSSD department till her retirement. She is skillful staff and confident about her work in CSSD, completes her assignment on time without others help, gives suggestions for betterment of the department when need arises and hardworking and very courageous staff. She accepts duty changes and cooperates well with others. She helps her colleagues and coworkers in need and walks an extra mile to offer her assistance to solve their problems.



The CMC family is thankful to Miss. Lakshmi for her efficient and dedicated service to this institution and wishes her God's blessings in her retired life.

Obituaries

• **Dr. Annie Sudarsanam** (nee Verghese) (MBBS batch of 1957) passed away on 26th August, 2023. Dr. Annie Sudarsanam (former Professor and Head of Clinical Pathology and Blood Bank). She came to Vellore in 1957, entering CMC as a medical student. She completed her MBBS in 1961 as an exceptional student with numerous college and university honours and prizes including the gold medal for the best outgoing student of CMC and the prestigious all India Prize – the President of India medal; for the best medical student of the year 1961. Choosing to specialize in Pathology, she completed her M.D. in Pathology at CMCH in 1968. She went to Addis Ababa, Ethiopia where she worked for two years. During this time, she was involved in research work related to humoral immunity in Leprosy. In 1970, she joined the department of Clinical Pathology.



Her special area of interests were haemostasis and morphology. Her in-depth understanding of the subject, coupled with excellent clinical correlation has been of great value to many clinicians. She had several publications in national and international journals of repute. Dr. Annie was a teacher par excellence, with the unique ability to convey the most complicated subject in a simple manner. She worked very hard to bring about a feeling of oneness and a team spirit in the department. “Most people are mirrors, reflecting the moods and emotions of the times, few are windows, bringing light to the dark corners where troubles fester.” Dr. Annie is one such window, who has lit up many dark corners.

Dr. Annie was the 3rd of 5 siblings and studied in convent schools in Chennai and later, Bangalore. She was a brilliant student throughout, topping the class wherever she went. Her husband Dr. Doss Sudarsanam was also a pathologist and CMC alumnus of the Batch of 1953. Her son, Dr. Thambu David Sudarsanam, alumnus of Batch of 1987 at CMC is currently Professor in the Department of Medicine (Unit 2) at CMC. His wife, Dr. Rani Diana is Professor of Microbiology in CMC, granddaughter Sneha is currently doing MBBS at CMC and Suchita has finished school and planning college. Her younger son, (Late) Dr. Deepan was alumni of batch of 1989.

Her strong Christian faith was an inspiration to many staff and students carrying her through the turbulent phases of life with a smile. She bore difficulties in professional and personal life with grace and grit exemplifying her faith in daily life. In the later years of life, she endured physical suffering with equanimity showing love and concern to all around her. She remains a bright candle in challenging times bringing hope to all of us that faith will carry us through no matter what. May her soul rest in peace.

Those who wish to reach out to the family may address their mails to: thambu@cmcvellore.ac.in (Thambu) +91-9486660653 maryverghese01471@gmail.com (Sister) +91-9486660652

The funeral service was held on 30 August 2023. Below is the link to the YouTube video of the service: <https://www.youtube.com/watch?v=TiEj4kRfJSA>

Our thoughts and prayers are with the bereaved members of the family at this time.

• **Mrs. Ravi Vijaya Sri**, mother of Dr. Ravi Sunil, Assistant Professor, Department of Psychiatry, passed away on 27th August 2023 in Rajahmundry. Let us uphold all the bereaved members of the family in our prayers.

• **Rev. E. J. George**, father of Dr. Sara Emmanuel, Rtd. Community Medicine, CMC Chittoor and father-in-law of Dr. Emmanuel Kishore, Paediatrics Dept., CMC Chittoor, passed away on 30th August, 2023 in Tiruvalla, Kerala. Let us uphold all the bereaved members of the family in our prayers.

• **Mrs. Evelyn Paul**, retired Teacher, w/o. Late Mr. W.T. Selvaraj, Accounts Department, mother of Mr. Isaac Premkumar, Pharmacist, Pharmacy Dept., Mr. Samuel Kamalesh Kumar, Professor, Occupational Therapy, passed away on 29th August 2023. Let us uphold all the bereaved members of the family in our prayers.

• **Mrs. Olive Sugumar David**, passed away on 1st September, 2023. Let us uphold her son, daughter-in-law, Mrs. Sunitha Devi, Engineer, Electrical Department, grandson Dr. Manoj Kumar, MBBS intern and all the bereaved members of the family in our prayers.

Upcoming Event

Cognitio & Epidauria 2023

We are back - bigger, better and brainier after a hiatus of 4 long years !

Cognitio 2023, CMC Vellore's 8th National Undergraduate Research Symposium, is scheduled for September 11 and 12, 2023, and

Epidauria 2023, the National Level Annual intercollegiate Medi - Quiz, is scheduled for September 13, 2023.

Key Events:

Inauguration ceremony: 11th September at 11AM in Scudder Auditorium

Chief Guest: Dr. K. Narayanasamy, Vice Chancellor, the Tamil Nadu Dr. MGR Medical University.

Keynote Lecture - 1: Padma Shri Prof. Dr. Mammen Chandy on September 11, 2023 at 11.30 AM in Scudder Auditorium.

Keynote Lecture -2 : Prof. Priya Abraham on September 12, 2023 at 8.30 AM in Scudder Auditorium.

Epidauria Junior Quiz Finals: September 13, 2023 at 1 PM in Scudder Auditorium

Epidauria Senior Quiz Finals: September 13, 2023 at 3 PM in Scudder Auditorium

The event roster for **Cognitio 2023** includes research paper presentations, clinical case presentations and an extensive research methodology workshop led by Prof. Jayaprakash Muliylil. This edition of Cognitio introduces 5 UG hands - on skills workshops

- Early management of trauma
- Introduction to POCUS
- Basic surgical skills and an introduction to laproscopy
- The OG workshop
- The Orthoblast

The Organizing Committee extends a warm invitation to faculty and students to come, experience, and be a part of Cognitio and Epidauria 2023.

Situations Vacant

1. Demonstrator (NM) (Term Post) for the Developmental Paediatrics

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

Salary Scale : As per institutional rules.

Accommodation not Provided.

2. Jr. Psychologist (NM) (Term Post) for the Developmental Paediatrics

Qualification : MA / M.Sc. (Psychology) (Regular Course). Preference will be given for those who have specialization / training in Child Development (or) Counseling 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 **September 17, 2023** for Items 1 and 2.

Situations Vacant

3. Senior Research Officer for the **Department of Community Health**

Job Code : 1491

Qualification : MD Community Medicine.

Salary : External (Rs.1,10,000/- Consolidated Pay; inclusive of all statutory deductions).

Mode of Appointment : Project Mode.

Accommodation not Provided.

4. Junior Research Fellow for the **Department of Haematology**

Job Code : 1492

Qualification : M.Sc/ M.Tech in any branch of Life Sciences with a first class. Candidates with DBT / UGC / CSIR / ICMR / NET Fellowships can also apply.

Job Justification : Junior Research Fellows to work in different research areas of the department. The candidates will get exposure on different areas before they are allotted a specific area. Candidates will be assessed periodically and opportunities for Ph.D registration exists.

Salary : As per institutional norms.

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 : "Vacancies". *Hard Copies and emails will not be accepted.*

Applications will close by **September 16, 2023** for Items 3 and 4.

5. Non - Technical Assistant (Term) for the **Departments of General Pathology / Pharmacy / Principal's Office / Radiology**

Qualification : Any Graduate (Regular) with One year CMC Trainee passed.

Consolidated Salary : As per institutional norms.

Age : 30 years and below.

Preference : Preference will be given to candidates who have English Typewriting in Junior Grade and undergone NTA training in CMC.

Please log on to <http://www.cmch-vellore.edu/>

Link : "Vacancies". Icon "**Non-Technical Assistant (Term)**".

Applications should be made online. Applications through other job portals will not be considered.

Apply on or before **September 12, 2023** for Item 5.