



Christian Medical College Vellore Newsline



February 10, 2025

*Taste and see that the Lord is good;
blessed is the one who takes refuge in him. Psalm 34:8*

Vellore Endocrinology International Congress 2025



The Vellore Endocrinology International Congress 2025 was held on January 10th and 11th at the Bagayam Campus of CMC Vellore, focusing on *Navigating the Heterogeneity of Diabetes on a Global Basis*. This congress; the first of its kind- gathered experts from five continents and fifteen countries to discuss the aethiopathogenesis of young-onset diabetes, with particular emphasis on malnutrition-modulated diabetes, a condition recognized in the notable Diabetes Care Journal-2022. The conference was endorsed by the Endocrine Society of India and organized by CMC Vellore's Department of Endocrinology, Diabetes & Metabolism, the ARUMDA Tata Institute for Fundamental Research in Hyderabad, and the Albert Einstein College of Medicine in New York.

The conference started with a two-day workshop featuring 40 national and international faculty members, including Prof. Peter Schwarz, President of the International Diabetes Federation, and Prof. Mandeep Bajaj, President of the American Diabetes Association. The workshop led to the creation of the Vellore Declaration, which states that low birth weight (intrauterine malnutrition) and post-delivery malnutrition may contribute to insulin deficiency. Prof. Peter Schwarz proposed the term *Type 5 Diabetes* for this condition.



Prof. Peter Schwarz

The conference's scientific sessions focused on key aspects of holistic diabetes management including: Type 1 Diabetes Mellitus, Pregnancy-related Hyperglycemia, Models in diabetes management, Malnutrition-modulated Diabetes Mellitus, The liver: Glucose, fat and insulin resistance, Chronic pancreatitis, Beta cell and transplant, Clinical genetics, Phenotypes and other matters from Bench to Bedside, Life course, The Barker Hypothesis and Diabetes, Nutrition, Body Composition and DXA, Insulin Pumps, The Foot in Diabetes and Novel Advances & Miscellany.

A highlight was the session on *High Impact Publishing* by Ms. Zoë Mullan, Editor-in-Chief of The Lancet Global Health.



Ms. Zoë Mullan

Orations:

An assembly of 30 International and 71 national faculty delivered talks, keynote addresses and orations.

- The A S Kanagasabapathy Oration: Early Gestational Diabetes delivered by Dr. Viswanathan Mohan, Chairman of Dr. Mohan’s Diabetes Specialties Centre, Chennai.
- The Albert Einstein Oration: Developmental Programming of Type 2 Diabetes- Molecular Metabolism and Clinical Consequences delivered by Prof. Allan Arthur Vaag, Professor of Diabetes Translational Research, Lund University, Sweden.
- The Oscar Minkowski Oration: Phenotypic Variants of Diabetes in Africa- A Diverse Spectrum delivered by Prof. Kaushik Ramaiya, The East African Diabetes Study Advisory Group, Tanzania.
- The Homi Bhabha Oration: Mechanism of Malnutrition Modulated Diabetes delivered by Prof. Meredith Hawkins, Harold and Muriel Block Chair in Medicine, Albert Einstein College of Medicine, New York.
- The Rosalyn Yalow Oration: Life Course Evolution of Diabetes in Asian Indians delivered by Prof. Chittaranjan Yajnik, Professor Emeritus, King Edward Memorial Hospital, Pune.
- The Delia Houghton Oration: Postnatal Status and Gestational Diabetes delivered by Prof. Nikhil Tandon, Professor and Head of Endocrinology, AIIMS, New Delhi.



Silver Bahendeka



The A S Kanagasabapathy Oration



The Oscar Minkowski Oration



The Albert Einstein Oration



The Homi Bhabha Oration



The Rosalyn Yalow Oration



The Delia Houghton Oration

Keynote Addresses:

- Prof. K. Sreekumaran Nair, Prof. of Medicine and Consultant Endocrinologist, Mayo Clinic Rochester, on Insulin Resistance and its Impact on Dementia, as part of the symposium on The Liver: Glucose, Fat and Insulin Resistance.
- Prof. Balamurugan Appakalai, Director Islet Biology & Transplantation, Wendy Novak Diabetes Institute, University of Louisville, USA on Islet Cell Transplantation- An International Experience as part of the symposium on Chronic Pancreatitis, The Beta Cell and Transplant.
- Associate Professor Dirk Lund Christensen from the Department of Public Health at the University of Copenhagen, Denmark on Foetal Infection and the Risk of Adult Cardiometabolic Disease during the symposium on Life Course, The Barker Hypothesis and Diabetes.
- Padma Shri Dr. Shashank Joshi, Consultant Endocrinologist at Lilavati Hospital Mumbai & former Regional Chair, Southeast Asia, International Diabetes Federation (IDF), on Artificial Intelligence and Remission in Diabetes during the symposium on Novel Advances and Miscellany.
- Prof. Sarah Wild, Personal Chair of Epidemiology & The Deanery of Molecular, Genetic and Population Health Sciences at the Edinburgh University, Scotland on Sociodemographic and Clinical Characteristics of Diabetes in a Rural Region- An International Perspective as part of the symposium on Models in Diabetes Management.
- Dr. Wiliam T. Cefalu, Director of the Division of Diabetes, Endocrinology and Metabolic Diseases at the National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health USA, on the Heterogeneity of Diabetes as part of the symposium on Clinical Genetics, Phenotypes and other matters from Bench to Bedside.
- Prof. Alvin C Powers, Secretary, International Society of Endocrinology & Director of the Division of Diabetes and Endocrinology, Vanderbilt University, USA on, Pancreatic Islet Cell Function and Dysfunction: Different Paths in Different Forms of Diabetes at symposium on Chronic Pancreatitis, The Beta Cell and Transplant.
- Prof Mandeep Bajaj, President of Medicine and Science of the American Diabetes Association (ADA) on Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Recent Advances, as part of the symposium on The Liver: Glucose, Fat and Insulin Resistance.



Prof K Sreekumaran Nair



Prof. Balamurugan Appakalai



Prof. Alvin C. Powers

Inauguration Ceremony:

The Inauguration Ceremony which was held on 10th January 2025 began with an opening prayer followed by the Tamil Thai Vazhthu. The Chief Guest was Prof. Dr. K. Narayanasamy MD DM (Gastro), Vice Chancellor, Tamil Nadu Dr. MGR Medical University, along with Guest of Honour Prof. Peter Schwarz, Germany, President of International Diabetes Federation and other luminaries on the dais: Prof. AK Azad Khan, Bangladesh, Regional Chair, Southeast Asia Region, International Diabetes Federation, Prof. Abodo Jacko Rhedoor, Ivory Coast, Regional Chair, Africa, International Diabetes Federation, Prof. Narendra Kotwal, President, Endocrine Society of India, Dr. Vijay Viswanathan, President, Research Society for the Study of Diabetes in India, Dr. Faria Afsana, Bangladesh, President, South Asian Federation of Endocrine Societies, President, Bangladesh Endocrine Society, Dr. Muthu Kumaran Jayapaul President, Endocrine Society of Tamil Nadu and Puducherry, alongside Prof. Vikram Mathews, Director, Prof. Solomon Sathishkumar, Principal, and Prof. Rajesh I., Medical Superintendent, CMC Vellore. Other dignitaries who addressed the gathering included Prof. Merdith Hawkins, Prof. Ullas Kolthur-Seetharam, Director, The Centre for DNA Fingerprinting and Diagnostics (CDFD) and Prof Nihal Thomas who gave a summary of the objectives and the run-up to the conference. Prof Felix Jebasingh, the Organising Secretary, delivered the vote of thanks.



The exhibition hall featured stalls from the Distance Education Department and the Prosthetic & Orthotic Unit at CMC Vellore; offering information on courses and training programmes.

Demonstrations and posters on the importance of custom footwear and prosthetics related to the symposium on "The Foot in Diabetes" were also showcased.

The event concluded with a quiz, poster presentations, and oral presentations. The following are the prize winners:

Quiz Competition:**MBBS Quiz:**

1st: Konig Samuel & Shreya Prakash, Govt Vellore Medical College

2nd: Sakthi K V & Kishan Joghi R, CMC Vellore

3rd: Abisek Arul Johnson & Indhumati Kuberan, CMC Vellore.

MD Quiz:

1st: John Roy Palathinkal & Hamsavardhini, CMC Vellore

2nd: Hafeezur Rahman V H & Prabakaran, CMC Vellore

3rd: Rizwana & Sivaranjani, CMC Vellore.

DM Quiz:

1st: Anuj Ban & Archana Rao, KEM Mumbai.

2nd: Subhankar Roy from IPGMER & Aaditya Daga, KEM Mumbai

3rd: Jagapathi Babu C H from AIIMS Rishikesh & Nikhil Sanjeev K, AIIMS Raipur.

Poster competition:**MBBS:**

1st: Jyothis G Saji, Jubilee Mission Medical College

2nd: Priya Gurajala, Vydegi Institute of Medical Sciences & Research Centre, Bangalore

3rd: Sumith Panayanthatta, CMC Vellore.

MD(Original):

1st: Soundari Alagesan, Stanley Medical College, Chennai

2nd: Dibasa Adhikari, BP Koirala Institute of Health Sciences

3rd: Jayalakshmi Sankaravel, Stanley Medical College, Chennai.

MD (case reports):

1st place: Tejaram Rajanala, Aarupadai Veedu Medical College & Hospital, Puducherry

2nd place: Bishal Kumar Dukhi, CMC Vellore

3rd place: Mithran B R , MCC, Chennai

DM (case reports):

1st: Sayantan Chakraborty, IPGMER,

2nd: Varun Kumar V, CMC Vellore

3rd: Afaq Ahmed from Saptagiri Hospital.

DM (case series):

1st: Bhavishya Desai, Vydegi Institute of Medical Sciences & Research centre, Bangalore

2nd: Fibi Ninan K, CMC Vellore

3rd: Harini Jayaraman, AJ Institute & Research Centre, Mangalore.

DM (original work):

1st place: Biswajit Payra, IPGMER

2nd place: Sherin Varghese, CMC Vellore.

PhD Student:

1st place: Geetika Bajaj, National Agrifood Biotechnology Institute

2nd place: Aniket Sen, IIT Mandi,

3rd place: Kajal Jaswal, Diabetes awareness & You, Burdwan.

PhD scholar:

1st place: Shilpa Thakur from IIT Mandi 2nd place:

Anji Aura from CMC Vellore. Faculty 1st place:

Tobey Ann Marcus from CMC Vellore, 2nd place:

Padmanaban Venkatesan from CMC Vellore 3rd

place: Shruthi R from Vydegi Institute of Medical Sciences & Research centre, Bangalore.

Allied Health Sciences:

1st place: Sheeba Mathew from Government College of Nursing Thrissur, 2nd place: Sujitha Elavally from

Government College of Nursing Thrissur 3rd place:

Anandha Ruby Jacob from CMC Vellore.

Oral Presentations:**Faculty (Oral):**

1st place: Sangeetha Merrin Varghese Believer's Church, Thiruvalla

2nd place: Padmanaban Venkatesan, CMC Vellore.

DM/ MD (Oral):

1st place: Afaq Ahmed from Saptagiri hospital

2nd place: Indirapriyadarsini D, Saptagiri hospital,

3rd place: C Brilly Swarna, Dhanalakshmi Srinivasan Medical College & Hospital Perambalur.

PhD students & scholars (Oral):

1st place: Indra N, Believer's Church, Thiruvalla

2nd place: Animish Andhere, VIT

3rd place: Neelam Shirsat, BKL Walawalkar Hospital & Research centre.

All prize winners were felicitated at the Valedictory Function at the end of Day 2; the events concluded with the vote of thanks from Prof Nihal Thomas, Organising Chairperson and the announcement of VEIC 2027 Winter Symposium on Neuroendocrine Tumors by Prof HS Asha.

For more details:

<https://www.cmcendovellore.org/veic2025/>



Inauguration of Mary Taber Schell Laboratory

The Mary Taber Schell Laboratory was inaugurated on January 28, 2025, at the Shalom Family Medicine Centre by Mrs. Anuvindha Varkey, Chairperson of the CMC Vellore Foundation Council. The program began with a prayer led by Chaplain Rev. Benniamin. The Chairperson praised the efforts of the Shalom Clinic in serving the local population of Vellore. She emphasized the vital role of family medicine in healthcare and highlighted how the unit addresses the health needs of the community. Congratulations were extended by the Medical Superintendent, Dr. Rajesh I, who announced that the turnaround time for test results will be reduced on the Schell campus for emergency tests, such as electrolytes and blood counts. This improvement will speed up the delivery of various lab investigation reports, ultimately saving time for both patients and doctors. Mr. Reni Charles, the General Superintendent, also applauded the team for their initiative and emphasized the benefits this development will bring to the local community.

Dr. Venkatesan delivered the vote of thanks and thanked the administration for providing the Laboratory. The programme concluded with a word of prayer by the chaplain.



Book Release

Human Rights and Data Privacy: Towards Digital Ethics, written by Rev. Dr. Jim M R Paul, Sr. Chaplain CMC Vellore, explores the intersection of human rights and the rapidly evolving digital landscape. As data privacy becomes a global concern, this book delves into the ethical challenges posed by technology, including issues of surveillance, consent, and data ownership. It examines the legal frameworks and human rights principles that can guide us towards responsible data use, offering insights from experts in law, technology, and ethics.



It critiques current regulatory gaps and advocates for a global approach to digital ethics, one that prioritizes transparency, accountability, and user consent. The book also addresses the growing concerns around algorithmic bias, mass surveillance, and data exploitation, urging for a balance between innovation and ethical responsibility. Dr. Vikram Mathews, CMC Director released the book on 30th January.

Annual Sports Day 2025 College of Nursing CMC Vellore

The Annual Sports Day of the College of Nursing, CMC Vellore was held on 01st February 2025 at CMC Oval Ground, Bagayam. The Chief Guest for the programme was Dr. C. Arumugam, Associate Professor (Retired) at the Tamil Nadu Physical Education and Sports University, Chennai. The day started with a prayer song by nursing students and a welcome address by Mrs. Bharathy R, Associate Professor of Medical Nursing and advisor for the sports committee. The sports events commenced with a spectacular March Past performed by the first-year Nursing students. This was followed by the lighting of the Olympic Torch by the Chief Guest, attended by Dr. Vinitha Ravindran, Dean of the College of Nursing, Mrs. Alice Sony, Nursing Superintendent, Department Heads, Faculty members, Sports Chairperson Ms. Jonsy S., Mr. Prince Caleb V., Students' Nurses Association Vice President Ms. Aneesa Abraham, and the House Captains. The Chief Guest declared the sports day open by symbolically releasing doves, representing freedom and peace.



Students participated in a vibrant group activity that showcased their patriotism and featured traditional games such as boat racing, Kabadi, Adimurai, and Malyutham. Various sports events were conducted, including the 100 meters, a relay race, long jump, and shot put. Faculty and staff children also joined in, actively participating in fast walking and running races filled with excitement and energy. The individual championships for men and women were awarded to Mr. V. Samuel David Raj, a third-year Diploma Nursing student from Nightingale House, and Ms. Delfina Celine S, a second-year BSc Nursing student from Houghton House. The rolling cup for the March Past was awarded to Houghton House, while the Overall Championship title went to Taylor House. Mr. Naveena Krishnan, the Physical Director, proposed a vote of thanks. The program concluded with the National Anthem. The day was filled with entertainment, fun, and colour, featuring participation from students, faculty, and the children of staff members. It was a heart-warming display of true sportsmanship among the students.



Special Prayers This Week

February 09 - 15, 2025

Chaplaincy : Rev. Dr. Finney Alexander and Staff

Christian Medical Association of India
Council Member : Dr. Priya Letitia John

Christian Nurses League of the CMAI
Council Member : Mrs. Shimy Mathew

Catholic Health Association of India
Council Member : Rev. Dr. Mathew Abraham

Hospital : St. John's Medical College and Hospital, Bangalore and others.



Welcome

Dr. Geetha Chacko, Sr. Professor, Department of Pathology, on her return from sabbatical leave.

Laurels and Recognitions

- **Dr. Prakash S.S.**, Associate Professor, Department of Biochemistry, was awarded the best e-poster presentation for his paper titled, "Association of serum levels of adipokines and anthropometric measures with the presence of metabolic disease in men" at the South Zone Conference of Association of Clinical Biochemists of India (SZACBICON)-2025 held on 24th-25th January 2025 at JIPMER, Puducherry.
- The following candidates were successful in the Postgraduate M.Sc. Examination October 2024 session (M.Sc. Biostatistics, MSc. Medical Physics).

M.Sc. Biostatistics:

Part-II (Final) - Ms. Amala Felsiya A., Mr. Dhanush Adithya, Ms. Harini A.S., Ms. Kripa Maria Rasquinha, Ms. Muratoli Sunuh, Ms. Reeya Kurian, Ms. Senjumroni Sharon Kikon and Mr. Srinivas S.

M.Sc. Medical Physics:

Part-II (Final) - Ms. Aneesha V.S., Mr. G. Alfred Victor, Mr. Indrajit Jana, Mr. S.K. Nasim Ali and Ms. Susan T. Chacko.

Retirements

- **Mrs. Jayalalitha M.**, Senior Health Aide retired on 11th January 2025 after completing 37 years of exemplary service in our institution. She joined the Department of Community Health in 1988. She played a key role in delivering healthcare services in Kaniyambadi Block, acting as a vital link between patients and the healthcare team. Her compassionate nature and strong communication skills fostered positive relationships between patients and colleagues. She excelled in providing health education and actively engaged in profession-related activities with great enthusiasm.



Mrs. Jayalalitha, married to Late Mr. Manivannan, has a son, a businessman in Vellore, and a daughter, a B.Sc. Nursing graduate and homemaker. She is also blessed with four grandchildren. The CMC family is grateful for her dedicated service and wishes her God's blessings in retirement.



- A Tribute to 34 Years of Dedicated Service at CMC Vellore.

Mr. S. Kirubakaran retired on January 30, 2025, after an impressive 34 years of dedicated service. His commitment and contributions to the Principal's Office over three and a half decades have made him an invaluable part of the team, providing exceptional support and guidance. He began his career with CMC in 1989, working at the GS office for a year before joining the Principal's Office as a Clerk Typist in 1990. Over the years, he rose through the ranks to become Sr. Gr. I Office Facilitator by 2022, working under 9 Principals and 12 Vice Principals.

Mr. Kirubakaran and his wife Mrs Mercy Chitra a Nurse by profession are blessed with two sons. The elder son, Ben Joseph is an Optometrist and is doing his service obligation. The younger son, Roy David is pursuing Neuro Electrophysiology at CMC and currently is in his final year.

The CMC community is thankful to Mr Kirubakaran and wishes him a blessed retired life.

- **Mr. Venkatesan**, Sr. Gr.I Driver retired from the Department of Community Medicine (CHAD) on 4th February 2025 after 33 years of dedicated service. He joined CMC in 1985 as an Extension Worker, serving as a vital link between the community and the department. His wife, Mrs. Sarala, continues to serve as a Health Aide in the Department of Community Medicine. His daughter, Ms. Sharmila, is a B.Sc Nursing graduate from CMC College of Nursing, and his son, Mr. Surendar, works as a Radiographer at CMC, Ranipet Campus.



The Department of Community Medicine expresses its deepest gratitude to Mr. Venkatesan for his invaluable service. We wish him God's richest blessings as he embarks on this new chapter of life.

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. Associate Research Officer Grade – IV (NM) (Term Post) with M.Sc. Microbiology (Medical) /Applied Microbiology and Molecular Virology for the Department of Virology

Experience : Those who have completed 4 years as Assistant Research Officer (NM) (Term Post) in CMC only to apply. **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://clin.cmcvellore.ac.in/cmccapp/listapplication.aspx> Hard Copies and emails will not be accepted. Applications will close by **February 15, 2025**.

2. Assistant Professor with DM Cardiac Anesthesiology / DrNB (Cardiac Anesthesiology) for the Department of Cardiac Anaesthesia

Salary : As per institutional rules. **Accommodation** : Provided (Subject to Availability).

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

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

Hard Copies and emails will not be accepted. Applications will close by **February 22, 2025**.

Others

3. Balavihar Kids Corner, Balavihar Play Group & Sunset Avenue Play Group

 Inviting Applications for the Academic Session 2025-2026

Balavihar Kids Corner – Senior Group (CMCH Campus, Vellore)

Balavihar Kids Corner – Junior Group (CMCH Campus, Vellore)

Balavihar Play Group (CMCH Campus, Vellore)

Sunset Avenue Play Group (CMC Campus, Bagayam)

Application Forms & Prospectus

Application forms and prospectus will be available at Balavihar Kids Corner on payment of Rs.500/- from 17th to 28th February 2025 between 1 pm to 4 pm.

Age Criteria

For children of CMCH staff: 1.5 to 3.5 years as of 31st May 2025

Note: The last date for submission of completed application forms along with a photocopy of the child's birth certificate and parents salary slip is on Feb 28th 2025 by 4 pm.

 **For Queries & Clarifications:** Balavihar Kids Corner – ☎ 0416 – 2283499

4. Schieffelin Institute of Health - Research & Leprosy Centre, Karigiri invites applications for following posts:

(a) Physiotherapist (Contractual Mode) – 1 Post

- Qualification & Experience: Masters in Physiotherapy (MPT – Orthopaedics) with minimum of 3 years experience in research and splinting.

(b) Occupational Therapist (Contractual Mode) – 1 Post

Qualification & Experience: Masters in Occupational Therapy (MOT – Hand and Musculoskeletal Conditions) with minimum of 3 years experience in research and splinting.

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: **February 22, 2025**.