



Christian Medical College Vellore

Newsline



December 15, 2025

I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth.

Genesis 9:13

State Level Workshop on 'Sustaining health in older adults: The 5 Ms of Geriatrics'



The Department of Medical Nursing, Geriatrics, along with the Continuing Professional Advancement & Blended Learning Cell, College of Nursing, Christian Medical College Vellore, organised a state-level workshop on *sustaining health in older adults: the 5 Ms of Geriatrics*, on 3rd December 2025. The workshop started with an inaugural programme, and a total of 46 delegates participated from within the organisation and across the state.

Faculty from the Departments of Medical Nursing, Geriatrics, CMC Vellore, Meenakshi College of Nursing, Mangadu, Chennai, and Sri Shanmuga College of Nursing for Women, Salem, facilitated the sessions. The various topics focused on during the workshop were: Multicomplexity issues in the geriatric population, mentation in older adults, nursing assessment & management of older adults with dementia & depression, medication management, mobility issues- functional independence and what matters most.

Skill sessions were conducted, focusing on Ecomapping, medication management - tips, Fall prevention & transfer of patients after falls (Mobility & Gait) and 'this is me!'. The delegates expressed high satisfaction with the workshop. The Tamil Nadu Nurses and Midwives Council awarded 7 credit points for the workshop.

Diagnostic Test Accuracy (DTA) reviews, Guideline Development Workshop



The Technical Resource Hub (TRH), CMC Vellore, Under Department of Health Research (DHR), Ministry of Health and Family Welfare (MoHFW), organised a one and half-day workshop on *Diagnostic Test Accuracy (DTA) reviews, Guideline Development workshop* from the 8th & 9th December, 2025 at the Jacob Chandy Hall, Paul Brand Building, CMC Town Campus, Vellore. The inauguration ceremony commenced with a word of prayer by Rev. Vanisha, Chaplain, followed by a welcome address from Dr. Vinod Joseph Abraham, Vice Principal (UG). Dr. Mohan S Kamath, Principal Investigator of the Technical Resource Hub, Head and Senior Professor, Department of Reproductive Medicine & Surgery, and Director, Cochrane India Affiliate, CMC Vellore, gave a brief introduction about the Technical Resource Hub and its scope of activities. Following this, he introduced the workshop and welcomed the participants. The inaugural session also featured an address by the Chief Resource Person, Dr. Prathap Tharyan, Adjunct Professor, Clinical Epidemiology Unit, Founder Director of Cochrane South Asia, and Former Professor of Psychiatry, CMC Vellore. The session concluded with a vote of thanks delivered by Dr. Mohan S. Kamath. The workshop covered a range of topics across one and a half days.

Day 1 focused on “Introduction of DTA reviews and Primary DTA studies”.

Day 2 included sessions on “DTA review example, Risk of Bias for DTA studies, GRADE, GRADE to Guideline Development - Evidence to decision framework, followed by an open discussion with participants.

Participants also had short hands-on exercises using RevMan software and were taken through the features of MetaDisc software. The workshop faculty team included Dr. Prathap Tharyan, Dr. Mohan S. Kamath, and Dr. Jefferson Daniel (Assistant Professor, Department of Pulmonary Medicine, CMC Vellore). The sessions were highly interactive, encouraging active participation from attendees.

A total of 33 participants attended the workshop, including 10 participants from other institutions across India. The participants expressed appreciation for the well-structured sessions and showed keen interest in attending future workshops organised by the department. The department extends its gratitude to all resource persons, the Principal’s Office for their support, and the Telemedicine and Online Teams for ensuring the smooth conduct of the workshop.



CME on TOXICONNECT-2025

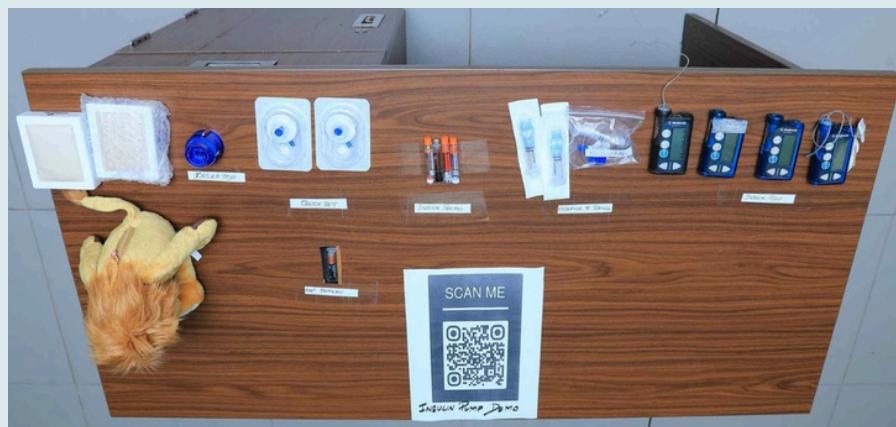
The Department of Forensic Medicine organised a CME on *TOXICONNECT 2025: Linking Clinicians and the Advanced Toxicology Lab Drugs* on 6th December, 2025. The programme was moderated by Dr. Mousumi Sen, Professor and Head, Department of Forensic Medicine. Dr. Myla Yacob, Deputy Medical Superintendent, extended felicitations on behalf of the Medical Superintendent's Office, and Dr. J.V. Peter delivered the keynote address. The speakers, Dr. Mousumi Sen, Dr. Amit Balachandran from the Dept. of Medicine, Dr. Raka Jain, Retired Professor of the De-addiction Laboratories at NDDTC, AIIMS, New Delhi, and Dr. Boyer Edward, Professor of Emergency Medicine, Ohio State College of Medicine, Columbus, USA, discussed the clinical toxicology case studies from CMC Poison Control Center, introduction to advanced analytical technology lab, substance use disorders, and role of analytical toxicology in the era of novel psychoactive substances.

CME on Diabetes, Technology and Updates

The Department of Endocrinology, Diabetes and Metabolism, CMC Vellore, in collaboration with the University of Melbourne and the Australian Centre for Accelerating Diabetes Innovations (ACADI), conducted a CME on *Diabetes, Technology & Updates* on 5th December 2025 at the 7th Floor Conference Hall, Ranipet Campus, CMC Vellore. The scientific programme garnered interest from clinicians, researchers, nursing staff & faculty, medical students, interns, dieticians and other paramedical professionals of CMC Vellore and other hospitals and institutions in Vellore; with over 230 online pre-registrations and further spot registrations. The proceedings were divided into three sessions and featured eminent speakers and chairpersons from CMC Vellore, and visiting faculty from the University of Melbourne: Prof. Elif Ekinci, who serves as the Head, Department of Medicine at Melbourne Medical School, The University of Melbourne, Director, ACADI and Director, Centre for Research and Education in Diabetes and Obesity (CREDO), Prof. Ekinci elucidated global updates and the latest research on “Diabetes Kidney Disease” (third session). Dr. Marlena Klaic, Senior Research Fellow, ACADI, University of Melbourne, addressed the relevance of “Implementation research in Diabetes and Obesity within a Hospital setting” (first session). Ms. Mariam Hachem, Clinical Trial Manager, Melbourne Medical School, University of Melbourne, presented “Learnings from Continuous Glucose Monitoring in Indigenous Australian Population”, followed by an engaging discussion on the application of these findings in the Indian context; led by the Chairpersons of the second session: Dr. Sarah Mathai, Senior Professor, Department of Paediatrics Unit-1, Dr. Sudha Jasmine, Professor and Head, Medicine Unit-3, and Dr. Kripa Elizabeth Cherian, Professor, Endocrinology, and peppered with enthusiastic queries from keen audience members.

The opening session was chaired by Dr. Sushil Mathew John, Professor of Community Medicine, and Dr. Felix Jebasingh, Professor, Endocrinology, and included a talk on “Obesity Trends in Childhood Longitudinal Cohorts” by Dr. Beena Koshy, Senior Professor, Developmental Paediatrics. Presenters from the Department of Endocrinology included Dr. Nihal Thomas and Dr. H.S. Asha, who were part of the second session of the scientific program. Senior Professor Dr. Nihal Thomas proffered an overview of Type 5 Diabetes; the term “Type 5 Diabetes”, was coined at the Vellore Endocrinology International Congress 2025, as an alternative to malnutrition-modulated diabetes, which was formalised by the International Diabetes Federation. Dr. Nihal Thomas serves as Co-Chair of the IDF Working Group for Type 5 Diabetes Mellitus. Dr. H.S. Asha, Professor and Head of the Department of Endocrinology, delivered a talk on “Insulin Pumps and Type 1 Diabetes in Adolescents and Adults”; in conjunction with her presentation, insulin pump models were displayed in the venue along with a QR code, which would give participants access to a recorded demonstration.

The third and final session of the day, which was chaired by Dr. Viji Samuel Thomson, Senior Professor & Head of Cardiology, and Dr. Suceena Alexander, Professor and Head of Nephrology Unit-3, included a comprehensive discourse on “Cardio-Kidney-Metabolic Syndrome” by Dr. Vinoi David, Professor and Head, Department of Nephrology Unit-1. The scientific program was well-received and the event concluded with the felicitation of the visiting faculty. Dr. Md. Anwar Hussain, Assistant Professor, Endocrinology, delivered the vote of thanks on behalf of the Organising Team.



The MRD Batch of 1997 came together to celebrate the 155th birth anniversary of Dr. Ida Scudder

The Medical Record Technicians, Batch of 1997 celebrated 155th birthday of Dr. Ida Scudder and her life by providing lunch for the inmates of Anbu Illam, School and Rehabilitation Center for cerebral-palsied children, located at Sainathapuram, Vellore on 9th December, 2025. Dr. Vikram Mathews, Director, Mr. Daniel Sundaraj, Sr. Personnel Manager, Dr. Jenifer Jeba.S, Head, Medical Records Department, Mr. Rozario David, Asst. Manager, MS Office, Mr. Sudhagar D.S, GSB Secretary, Mr. Rajan M, Floor Supervisor-OP Services & Elected GSB Representative from MRD for 2026 and Mr. Sridhar K.R.R, Floor Supervisor - OP Services participated in the celebration by cutting cake and serving lunch to the inmates.



Webinar on Update on AHA 2025 CPR and ECC guidelines

On December 5, 2025, the Department of Anaesthesia and the Christian Medical College (CMC) American Heart Association (AHA) International Training Centre (ITC) organised a webinar to update participants on the latest AHA 2025 Cardio-pulmonary Resuscitation and Emergency Cardiovascular Care (ECC) guidelines.

The session, moderated by Dr. Ebor Jacob James, underscored the critical importance of staying current with evidence-based resuscitation protocols to enhance survival rates following cardiac arrest. The event drew 168 attendees, including doctors, nurses, and paramedical staff from a range of departments at CMC and other institutions across India. Dr. Naveen Kumar Suda presented the AHA Executive Summary 2025, emphasising the role of community CPR and the training of lay rescuers, including schoolchildren. Mr. Dinesh Kumar delivered updates on Basic Life Support, while Dr. Jonathan Arul Jeevan and Dr. Ekta Rai addressed advancements in Advanced Cardiac Life Support. Dr. Jolly Chandran provided an overview of the most recent updates in Pediatric Advanced Life Support.

AMR webinar from Department of Pharmacology and Clinical Pharmacology

The Department of Pharmacology and Clinical Pharmacology at CMC Vellore, in collaboration with Superheroes Against Superbugs (SaS), India, hosted a webinar titled *Champions for Change – Future Health Leaders Against AMR* on November 19, 2025, via Zoom. This event, held as part of the World Antimicrobial Awareness Week (WAAW) 2025, aimed to sensitise students to the global problem of increasing antimicrobial resistance (AMR) and empower them to become AMR champions. Approximately 270 participants attended the webinar (predominantly healthcare students at CMC).

The webinar commenced with opening remarks by Dr. Margaret Shanthi, Professor and Head of the Department of Pharmacology and Clinical Pharmacology, and Prof. Shandrilra Gnanatheebam, Dean, College of Nursing. Dr. Ponnari Gottipati, Co-Founder and Lead of SaS, followed with an overview of the organisation's mission and ongoing initiatives to promote AMR awareness among students, healthcare professionals, and the wider community (<https://sasuperbugs.org>). The sessions were moderated by Ms. Khushi Goel, Project Associate at SaS and Dr. Jaya Ranjalkar, Department of Pharmacology and Clinical Pharmacology. Dr. Selwyn Selva Kumar from the Department of Infectious Diseases delivered a comprehensive presentation on the growing threat of AMR within the Indian population. He discussed current surveillance data, emerging patterns of drug resistance, priority bacterial pathogens, and persistent challenges faced in the development of novel antibiotics.

Adding a deep personal perspective, Ms. Nandita Venkatesan, a health researcher, journalist, and two-time tuberculosis survivor, shared her lived experience with drug-resistant infections and the adverse effects of prolonged antibiotic treatment. Her narrative underscored the human cost of AMR beyond the clinical viewpoint. Many participants found her talk inspiring. Dr. Somdatta Karak, Co-Lead of SaS, shared actionable steps through which students can make meaningful contributions. She also emphasised the importance of community engagement, creative use of art (comics, cartoons, murals, paintings), and public outreach. She encouraged participants to adopt small yet impactful "micro-actions" within their academic institutions, communities, and future professional roles. Participants were also encouraged to reflect on their roles in patient counselling, awareness campaigns, and broader AMR mitigation efforts. They proposed impactful social media messages, including: "Every unnecessary antibiotic today leads to superbug tomorrow," "Superbugs are rising, let's stop misuse of antibiotics," and "Use antibiotics wisely, let not the silent killer kill us," to name a few.

The webinar included interactive components, such as polls, a fictional-series-based case study, and a quiz designed to reinforce key messages.

Quiz winners included Ms. Sharmin AR and Ms. Sharon Riya Stephen (nursing students) and Mr. S.K. Ashwin Kumar and Ms. Ananya Milton (medical students). Special appreciation to Ms. Indu Mathy, Mr. Arun Kumar, Mr. Syed Sufiyan, and Ms. Banu K for their enthusiastic participation. The program concluded with closing remarks from Dr. Premila Wilfred of the Department of Pharmacology and Clinical Pharmacology, who thanked all speakers, SaS team members, and attendees for their active participation.

ENFI National Biennial Conference 2025

“Great is Your Faithfulness” – Lamentations 3:23

The Evangelical Nurses Fellowship of India (ENFI) National Biennial Conference 2025, held in collaboration with the College of Nursing and Nursing Service of Christian Medical College (CMC) Vellore, took place from 18th to 21st November 2025 at Scudder Auditorium, CMC Bagayam, commemorating 125 years of CMC's healing ministry. The conference, themed “Obedient to the Vision” (Acts 26:19), provided a platform for spiritual enrichment, professional development, and fellowship among 660 nursing professionals, including 536 staff nurses and 124 nursing students, with strong representation from Tamil Nadu (416), Maharashtra (97), Karnataka (41), Andhra Pradesh (36), and other states, as well as delegates from the Middle East and Australia. Notably, 305 participants were from CMC, reflecting strong institutional engagement. The conference opened with an inaugural ceremony, followed by dinner and a session of Quiet Time for first-time participants. Over the next three days, delegates participated in morning Bible Expositions led by Rev. Ashok Andrews, evening devotions by Dr. Chandra Singh, professional paper presentations by Dr. Vinitha Raveendran and Dr. Jothi Clara Michael, state reports, testimonies, debates, and sessions on Medical Mission in India, Insights to ENFI, Value-Based Teaching for nurses, and Finding God's Will for students. Regional Praise & Worship, singing teams, and a vibrant cultural program added spiritual and celebratory dimensions. A special highlight was the presence of the great-grandniece of Dr. Ida Scudder, honouring CMC's enduring legacy and a documentary of Ida Scudder was also played which was well appreciated. Feedback of the conference reflected gratitude for the spiritually and professionally enriching sessions. The 2025 ENFI Conference was a testimony to God's enduring faithfulness and the dedication of nurses to their calling.





Department of Paediatrics Celebrates Children's Day

Children's Day was celebrated with exciting competitions, entertainment and enjoyment on November 14th at the Q5 North Terrace Garden with children and their parents/caregivers in attendance. The event was welcomed by Mrs. Lilly Prasad, Head of Paediatric Nursing and was graced by esteemed administrators Dr.Selvamani, Associate Director for Finance, Dr. David, MS Office, Ms. Alice Sony, Nursing Superintendent and Rev. Jisha, Chaplain, who addressed the gathering and shared inspiring words with the young minds. The children, dressed in vibrant traditional attire representing various states, showcased unity in diversity. Children spoke about Chacha Nehru and his impact on the country. The event also included the planting of rose saplings, a symbolic gesture emphasising the importance of nurturing and caring for the growing children. Prizes were distributed to the winners of the drawing and colouring competitions. The event culminated with a heartfelt vote of thanks delivered by Ms. Menaka Raghuraman, Professor in Pediatric Nursing, leaving everyone in high spirits. The event was a testament to the importance of celebrating childhood and promoting cultural diversity, and it was heartening to see the children enjoying their day in the midst of their hospitalization.





Special Prayers : December 14 - 20, 2025

Ranipet Campus: Dr. Dheepak Selvaraj A. and Staff

Chittoor Campus: Dr. Uday George Zachariah and Staff

United Society for the Propagation of the Gospel

**Board of International Ministerial Ministries of the
American Baptist Foreign Mission Society**

**Christian Institute of Health Sciences and Research, Dimapur- jointly
managed by CMC Vellore, EHA & Govt of Nagaland**

Director CIHSR: Dr. Sedevi Angami

Council Members: Dr. Vikram Mathews, Director, CMC Vellore &
Dr. Deepak Singh, Director, EHA



Welcome

- **Dr. Tina George**, Professor, Department of Medicine Unit-II, on return from study leave.

Memorandum

Dr. Inian S, Professor & Head, Department of General Surgery, is appointed as Head, General Surgery Unit-V with effect from **15/12/2025** and **Dr. Rajesh Joseph Selvakumar**, Associate Professor, will be in-charge of this Unit until further notice.

Laurels & Recognitions

Dr. Sreevathsan S, M.D. Pathology, Final year student, won the 1st Prize in the E-Poster "Cutaneous Mucinous Carcinoma: a Case Series Highlighting a Rare Entity" in the International conference on "Updates in Diagnostic Pathology- Neopath" held on 27th & 28th November 2025 at Puducherry.

Obituaries

Mrs. Samrajyam, Hospital House Keeping Attendant, RUHSA Department, wife of Late Mr. Devasagayam, (Hospital House Keeping Attendant – Q2 Ward), passed away on 6th December, 2025. Let us uphold her sons, Mr. Prakash, OPD, HHKA, Mr. Vinoth Kumar, "O" Block HHKA, daughters-in-law, Mrs. Santhiya, Patient Care Attendant, Ranipet campus, Mrs. Koteswari, HHKA in PMR, Mrs. Leela, Patient Care Attendant, Ranipet campus and all the bereaved members of the family in our prayers.

Dr. P.G. Premila (MBBS batch of 1962), passed away on 1st December, 2025, after a brief hospitalization. Born in Calicut, Kerala, Dr. P.G. Premila was the youngest of three siblings. She completed her B.Sc in Zoology before joining CMC for her MBBS - a place where her intellectual clarity, quiet confidence, and leadership qualities quickly became evident. Her peers fondly remember her steady, inclusive manner, which naturally led to her serving as the General Secretary of the Women's Hostel.



After graduating from CMC, Dr. Premila pursued her DCH and MD (Pediatrics) from Kerala University. She went on to serve throughout the Kerala Health Services in various medical colleges and eventually retired as Professor of Pediatrics at SAT Hospital, Trivandrum. In 1995, she was awarded the Heinz Scholarship, which enabled her to broaden her horizons through a professional visit to the UK.

As a clinician, Dr. Premila was admired for her exceptional diagnostic skills, gentle temperament, and unwavering commitment to the wellbeing of her patients. As a teacher, she mentored generations of pediatricians with grace, clarity, and compassion - leaving an indelible mark on countless young doctors who carry forward her values of empathy and excellence.

After retiring from academic medicine, she devoted her time to volunteering at the Adivasi Hospital, Gudalur, Nilgiris serving communities in remote hamlets of the valley where Adivasis had lost access to their forests, which was their livelihood and were facing severe challenges of poverty, malnutrition, and disease. Her dedication, compassion, and quiet leadership left a profound imprint on the hospital and the community. The inmates and families she cared for hold deep gratitude for the time they shared with her and the humane legacy she built there.

Later, as health issues arose, she returned to her home in Trivandrum. Even then, she remained connected with her classmates, colleagues, and friends - maintaining warm and meaningful bonds until the very end.

Dr. P. G. Premila leaves behind a legacy of dedicated service, compassion, integrity, and exemplary clinical acumen. To her classmates, "P.G" as she was affectionately called, will always be remembered as a role model of humility, professional devotion, and quiet strength.

Below is a tribute by a columnist: I did not know Dr. P. G. Premila personally, and many who are reading this may not know her either. That is exactly why I feel compelled to write. Some lives pass quietly through this world without demanding attention, yet they deserve to be remembered because they carried a kind of steady light into places where almost nobody stood watching.

News of her passing came through a Facebook post in Malayalam by Dr. Raman Kutty, a respected public health activist, researcher and artist. His words were simple but full of depth. They conveyed sorrow, but also admiration. They served as a reminder that some lives are shaped not by applause but by quiet resolve.

She began her career in paediatrics in the early seventies at Government Medical College in Thiruvananthapuram. Those were days when students reached the children's ward only in their fourth year of MBBS. Paediatrics was not even an examination subject then. Even at that time she was a noticeable presence. She drove a Premier Padmini car to the college when women driving in the city was rare. If she saw someone on her way, she would offer a lift without hesitation. She studied at Christian Medical College in Vellore, came from a respected medical family, and was over thirty and unmarried by choice. She made that choice without apology and without explanation.

There was something even more remarkable than her independence. She had a habit of equal treatment. She spoke to mothers from ordinary families at SAT Hospital with the same ease and respect she offered to senior colleagues. She allowed students to speak freely, not only in the language of medicine, but in the language of life. Films. Books. Politics. Frustration and dreams. She did not divide people into insiders and outsiders. Human dignity was her central principle.

Her home reflected her mind. Filled with books, mostly fiction and classics, stacked and shelved in familiar disorder. She cared for her mother there with gentleness and patience. Visitors remember her warmth more than any decoration. A meal offered without fuss. Books given to borrow, never chased for return. Presence made meaningful because it was calm and sincere.

Retirement came at fifty five. It felt too soon to many, but she did not remain in Thiruvananthapuram to enjoy a comfortable, known life. She went to Gudalur in Nilgiri district, Tamil Nadu. Gudalur is tribal land. Forest roads. Tea gardens. Settlements tucked deep in valleys. Poverty that stays hidden from headlines. She joined a small hospital run by doctors serving Adivasi families. She spent almost her entire post retirement life there, listening to tribal mothers and treating their children. Later, when that hospital was handed over to a tribal committee, she continued as a salaried doctor under their authority. No demand for position. Only responsibility.

In Gudalur she encouraged learning among tribal children. Not medical students. Not privileged youth. Children of the hills, carrying notebooks through mud and rain. She believed their minds were as bright as any classroom in a big city. That single belief says everything about how she saw human potential.

We live in a time when recognition is chased more aggressively than service. Public relations, awards and branding have replaced sincerity. Mediocre voices shout to be heard. Yet her life shows that another way is possible. She did not produce noise. She produced kindness. She did not attract attention. She gave attention.

Her death brings questions we seldom ask. How does one stay socially accountable while staying humble. How does one serve community without asking for praise. How does one live among people rather than above them. She answered through her choices, not her words.

I did not know her. Many of us did not know her. Yet her story matters. Because it reminds us of something simple and essential. Respect matters. Care matters. Equality matters. Quiet work matters.

Dr. P. G. Premila lived such a life. And even in her absence, she continues to teach what lasting goodness looks like.

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