



# Christian Medical College Vellore



## Newsline March 17, 2025

*Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ. Philippians 1:6*

### **Mrs. Sushila Russell retires**



**Mrs. Sushila Russell**, Senior Reader, Clinical Psychologist, Child and Adolescent Psychiatry unit, retired from the Department of Psychiatry, Christian Medical College Vellore on the 6th of March, 2025 after 37 years of dedicated service in our institution. She was born in 1965, in Dhahran, Saudi Arabia, where her parents, Mrs. Irene and Mr. Edward Raj, were employed. She is the second of four siblings, and her sister, Ms. Lydia Edward Raj, also serves in the Department of PMR, CMC Vellore.

Her bond with CMC started very early, as she moved to India to live with her aunt on the CMC campus when she was 6 years old. After completing her schooling at Vidyalayam and Ida Scudder School, she pursued her undergraduate Psychology degree at Women's Christian College, Chennai, followed by her Master's in Psychology at the South Indian Education Trust (SIET). Her attachment to Vellore brought her back to CMC, and she joined Nambikkai Nilayam in 1988. She had a flair for working with children and adolescents and has touched multiple lives with her gentle compassionate care, never-ending energy and desire to walk the extra mile for these vulnerable children. After 12 years, her desire to pursue her MPhil was fulfilled, and she came back to join the Child and Adolescent Psychiatry unit as a Clinical Psychologist; being the sole Clinical Psychologist for many years in the Department of Psychiatry, having to coordinate the psychology teaching for the Psychiatry and Allied Health students.

Mrs. Sushila was a very valuable member of the multidisciplinary team taking any challenge in her stride with a bright smile. She was highly regarded for her patient-centred approach and strong communication skills. She was deeply committed to helping children navigate their challenges and reach their full potential and showed deep empathy for neuro-diverse adolescents and their families. Her unconditional positive regard for her patients was well known, making her a well-sought-after therapist, with an exceptional ability to manage clients with chronic and complex mental health needs. She was also an excellent teacher, with a special interest in family- based interventions and also has many publications in the field of child psychiatry to her credit.

Apart from her work in the unit, Mrs. Sushila has also contributed to many more places in the Institution. She has been involved in the work in other departments like Community Nursing and Lifestyle Medicine. She was a member of the Disaster Response team that provided trauma counselling in the post-tsunami project led by CMC and the Christian Counselling Centre in 2005. She has also been a part of various adolescent counselling programs in Kerala and Karigiri. In addition, she has taken other administrative responsibilities like being the warden of the Fitch Memorial hostel and deputy chief superintendent for the University exams.

Mrs. Sushila was a person who balanced her professional and family life extremely well. She is blessed with a wonderful family - her husband Dr. Paul Russell, Senior Professor in the Child and Adolescent Psychiatry unit and her daughter, Talitha. The foundation and the driving strength of all her achievements was her unwavering faith in God. Her life is marked by perseverance, compassion, and a deep commitment to improving the lives of many young people and families through her dedicated work. Her contributions to the institution, the Department of Psychiatry and the Child and Adolescent Psychiatry unit are immeasurable. CMC wishes her a happy, healthy and blessed retired life.

### **CSCR-CMC Celebrates National Science Day, Inspiring Young Minds in Stem Cell Research**



The Center for Stem Cell Research (CSCR) (a unit of inStem, Bengaluru) celebrated National Science Day on February 28, paying tribute to honour Dr. C.V. Raman and his ground-breaking discovery of the Raman Effect. As part of the celebration, CSCR, located at CMC Vellore, hosted an engaging event for over 65 students from grades IX to XI, representing schools across Vellore, including Vani Vidyalaya School, DAV Ideal School, Global Public School, Shrishti Vidyashram, and Ida Scudder School.

Scientists at CSCR introduced students to the captivating field of stem cell research, highlighting its significance and potential applications in treating rare diseases that currently lack effective therapies. Stem cells, known for their ability to develop into multiple cell types, play a pivotal role in regenerative medicine, presenting innovative therapeutic strategies for conditions like brittle bone disease and haemophilia areas where CSCR has achieved ground-breaking success.



Through interactive sessions and discussions, the CSCR team highlighted their contributions to research, clinical trials, and education. Such initiatives aim to ignite curiosity and inspire young minds to pursue careers in stem cell research, fostering the next generation of scientists dedicated to advancing regenerative medicine in India.



### 3rd Annual Cadaveric Spine Workshop Advancing Surgical Skills and Education

The Department of Neurological Sciences and Department of Anatomy at CMC Vellore successfully hosted the 3rd Annual Cadaveric Spine Workshop under the auspices of the Neuro Spinal Surgeons Association and the Tamil Nadu Association of Neurological Surgeons. It was a premier hands-on training event that brought together young neurosurgeons from all over the country, eager to refine their skills in spinal procedures. Held at the recently inaugurated anatomy cadaver lab in Bagayam on the 7th and 8th of February 2025, the workshop provided an immersive experience in spine surgery techniques under the guidance of expert faculty.





The workshop began with an inaugural session led by the chief guest Dr. Mathew Chandy, who emphasized the importance of cadaveric training in enhancing surgical proficiency and patient outcomes. The two-day-long workshop featured a series of lectures, live demonstrations, and hands-on cadaveric sessions led by various international and national faculty that included Dr. Baylis Vivek Joseph, Dr. Edmond Jonathan G, Dr. Jayesh Sardara, Dr. R. Raghavendran, Dr. Prakash Kafle, Dr. Bijesh R, Dr. Jacob E. Mathew and Dr. G. Balamurali. Participants had the opportunity to practice key spinal procedures, including pedicle screw fixation, decompression techniques, spinal instrumentation, and minimally invasive and spinal endoscopic approaches.

Experts shared insights into common challenges encountered in spinal surgeries and best practices for ensuring optimal patient safety. The use of high-fidelity cadaveric specimens allowed participants to appreciate the tactile and spatial aspects of spine surgery, reinforcing their confidence and technical abilities. The workshop also served as a platform for collaborative learning, bringing together faculty and participants from different institutions. Discussions on the latest advancements in spine surgery, including navigation systems, and 3D imaging, enriched the learning experience and provided a glimpse into the future of spinal interventions. The organising team consisted of Dr. Baylis Vivek Joseph (organising chairman), Dr. Edmond Jonathan G. (organising secretary), Dr. Tony Varghese Panicker (treasurer), Dr. Bashir Ahmed, Dr. Sudharshan P.V, Dr. Charan Makina, Dr. Rehan Peeran, Dr. Naveen Thomas, Dr. Kent Reji K, Dr. Reni George and Dr. Suraj Ethiraj from the department of Neurological sciences. Participants lauded the hands-on approach and mentorship provided throughout the workshop, expressing how such clinical workshops will help them improve and master the surgical technique. We also extend our sincere appreciation to all the faculty members and office staff whose contributions were instrumental in the successful execution of the course. The 3rd Annual Cadaveric Spine Workshop reaffirmed CMC's commitment to excellence in medical education and surgical training. As the institution continues to foster innovation and skill development, such workshops remain pivotal in shaping the next generation of neurological surgeons.



### World Diabetes Day 2024: Grand Finale

In commemoration of World Diabetes Day 2024, the Department of Endocrinology, Diabetes & Metabolism, CMC Vellore, has, over the past 6 months, conducted a series of events to raise awareness in the local community about various aspects of diabetes: its prevention, diagnosis, management, and complications. The International Diabetes Federation has declared “Diabetes and well-being” as the overall theme for 2024-26, to promote holistic and equitable diabetes care and support, so that everyone with Diabetes has the chance to live well. World Diabetes Day 2024 was centred on breaking barriers & bridging gaps in access to healthcare; perfectly encapsulating the direction and drive of committed healthcare professionals and agencies towards reducing the risk of diabetes and ensuring that all people who are diagnosed with diabetes have access to equitable, comprehensive, affordable and quality treatment and care.

The proceedings began with a Cookery Competition for the general public, held on 19th October 2024, followed by a Painting and Essay competition for school students, a Teacher's Quiz, a Nursing Quiz for nursing students, and a Poster Competition for CMC staff and students. The events culminated in a grand finale on 8th March 2025 at Darling Residency, featuring a Self-Composed Dance competition for schools and colleges, with the theme "Diabetes and the Foot," followed by the Valedictory Function, which served as a token of appreciation for the enthusiastic participation and tremendous support received from the community.

The valedictory function was graced by the chief guest, Dr. Rosaline Jeyakaran, Retired Professor of Community Health Nursing and Former Dean of the College of Nursing, CMC Vellore, who addressed the gathering of school & college students and called for awareness and action towards the public health crisis, that is Diabetes, in the current day and age. Bearing in mind that more than half of the individuals with diabetes are not receiving treatment, and both the number of people with diabetes and the number of people with untreated diabetes have been steadily increasing over the past few decades (WHO), Dr. Rosaline Jeyakaran's talk was both timely and well-received by the audience. The panel of judges for the event included eminent professionals from Christian Medical College Vellore: Dr. Dharshini, Professor, Department of Dermatology; Dr. Shoma V Rao, Professor & Head, SICU; Ms. Joy Sherwyn, Professor, Community Health Nursing Department; Dr. Rosa Mathew, Assistant Professor, Clinical Biochemistry; Dr. Jasmin Johnney, Associate Professor, Anaesthesia; and Dr. Sajina, Department of Obstetrics & Gynaecology.

Among the participating schools, Kingston International Academy won the first prize, while Lakshmi Garden School and LFC Girls Higher Secondary School took the second and third prizes, respectively. Consolation prizes were awarded to Spring Days Senior Sec CBSE School, GeeKay World School, and BMD Jain School.

In the College category, CMC Vellore Chittoor Campus emerged as the winner with a vibrant classical dance tableau that beautifully portrayed the theme of diabetes and its impact on the foot. Dr. Vimal College of Nursing and St. John's School of Nursing secured the second and third places, respectively. Consolation prizes were given to the School of Nursing, Karigiri; College of Nursing, CMC Vellore; and Kingston Engineering College.

This series of events, culminating in the valedictory function, has successfully increased awareness and emphasized the importance of addressing diabetes in the community.

Link to photo gallery: <https://www.cmcendovellore.org/world-diabetes-day-celebration-php/>



Dance: College category- 1st Prize-CMC Vellore Chittoor Campus



Dance: College category-2nd Prize- Dr. Vimal College of Nursing





Dance: College category-3rd prize- St. John's School of Nursing



Dance: School category- 1st Prize -Kingston International Academy



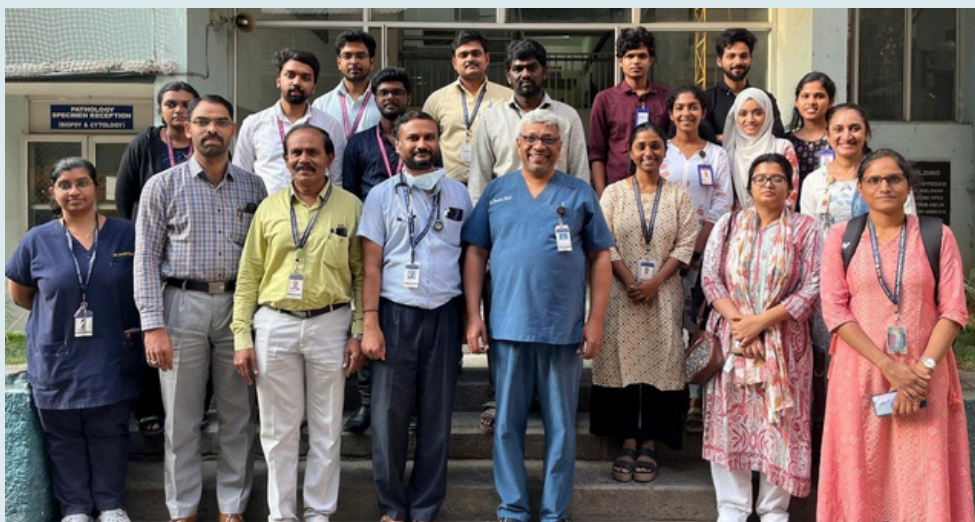
Dance: School category- 2nd Prize-Lakshmi Garden School



Dance: School category-3rd prize- LFC Girls Higher Secondary School

## The Clinical Epidemiology Unit Organises a Workshop on Reference Management

The Clinical Epidemiology Unit, organised a Workshop on Reference Management using Zotero software on 28th February 2025. The workshop had 18 participants who were faculty and postgraduate students from our institution. The topics covered were references, reference styles, managing references, basic and advanced literature search, plagiarism and zotero reference management software. The sessions were predominantly interactive with hands-on sessions on literature search and reference manager. The faculty consisted of Dr Thambu David, Senior Professor, Department of Medicine and Clinical Epidemiology Unit (CEU), Dr.Vignesh Kumar Chandiraseharan, Professor and Co-ordinator, CEU, Mr. Madhan Kumar, Computer operator, CEU & Mr. Fredrick Raj, NTA, CEU. This event was well received by the participants.



## Special Prayers - March 16 - 22, 2025

**Division of Clinical Radiology:** Dr. Shyamkumar N.K. and Staff

**Interventional Radiology** : Dr. Shyamkumar N.K. and Staff

**Radiodiagnosis** : Dr. Anu Eapen and Staff

**Malaysia Union Mission of SDA (MAUM)**

Council Member : Dr. Thomas Tean Wing Nyin

Hospital : Penang Adventist Hospital, BMS World Mission.



## Memorandum

- **Dr. Anne Jennifer Priscilla V.**, Professor, Department of Pathology is appointed as Deputy Director (Missions) with effect from 8th March 2025 for a four-year term.

## Laurels & Recognitions

- **Dr. Mohan P**, Assistant professor in Neurosurgery, Department of Neurological Sciences, won the best poster award in the 35th Annual Conference & CME of the Indian Society of Paediatric Neurosurgery (INDSPNCON 2025) conducted at Chandigarh from 28th February to 2nd March, 2025.
- **Dr. Kent Reji K.** and **Dr. Soumya Ranjan Das**, Postgraduate residents in Neurosurgery, Department of Neurological Sciences, won the 3rd prize in Quiz competition in the 35th Annual Conference & CME of the Indian Society of Paediatric Neurosurgery (INDSPNCON 2025) conducted at Chandigarh from 28th February to 2nd March, 2025.
- **Dr. Prashin**, Postgraduate Registrar has won first prize in E-poster presentation & third prize in quiz competition held as a part of “Obstetric Anaesthesia CME cum simulation workshop” held at ISA-Indian Society of Anaesthesiologists organised by ISA Chidambaram on 9th March, 2025.
- **Ms. Porkizhi Arjunan** won Best Poster Award at the 5th Annual Biologics Conference and Workshop on Biopharmaceutical Product Development held on January 30-31, 2025, in Goa, India. Poster presentation title: Long-Lasting Protein Replacement Therapy with Liver mRNA Lipid Nanocomplex System for Hemophilia B.

## Retirements

**Mrs. Sumathy**, Hospital House Keeping Attendant, retired on 1st March 2025 after 20 years of loyal service to our institution. She is blessed with four daughters and two sons. Two of her daughters, Mrs. Vimala and Mrs. Sumitha, are homemakers. Her elder son, Mr. Vinoth, works as a Hospital Attendant in MRD, while her third daughter, Mrs. Pathmapriya, is a pharmacist at SSHS. Her son, Mr. Silambarasan, serves as a Hospital Attendant in RUSHA, and her daughter, Ms. Lakshmi, has completed her B.Sc in Nursing.

The CMC community expresses its heartfelt gratitude to Mrs. Sumathy and wishes her a happy and fulfilling retired life.







**Mrs. Lakshmi Sekar**, Hospital Attendant, Medicine V – office has retired on 7th March 2025, after completing 35 years of service in our institution. She started work as a cook with in the student nurse’s hostel.

Where she is fondly remembered by all the student nurses as a caring person who always ensured that all the students went to class only after they have eaten. She joined our team in Medicine V in 2015 initially for half a day then became a full-fledged staff of our team. She was a caring team member and looked after all the postgraduate interns and staff. She cared for Medicine V office as her own home, she always arrived to work early kept the office sparkling clean, and arranged the files and workspace neatly before the doctors and secretary came to work.

Her husband Mr. Sekar is retired from active work. Her son Mr. Pritish is a staff nurse he studied nursing at CMC and is now working in the Middle East and her younger son Mr. Vivek has completed Bachelor's in Anaesthesia technology and is currently working in our institution. The Medicine V family along with CMC is grateful for Mrs. Lakshmi Sekar for her caring and dedication to our institution and wishes her a wonderful, healthy retirement.

## Upcoming Events

- **68th Early Management of Trauma Course (EMTC) for Doctors & Nurses.**

The course is scheduled on **14th, 15th & 16th April, 2025**. As there has been a great demand for the same, seats are restricted to 30 on a first-come-first-serve basis. The registration fee is **Rs.6,500/-**.

For further details contact. Mr. Senthil Kumar, Secretary, Department of Emergency Medicine - Phone No. 2225.

**For Registration:** <https://forms.gle/4bTCG3mhEk3S8L8b9>

- **6th Emergency Sonology Workshop (POCUS) for doctors.**

The workshop is scheduled on **17th April 2025** in Jacob Chandy Hall, Paul Brand Building, CMC Vellore Town Campus. The entry is restricted to a maximum of 30 candidates on a first-come-first-serve basis. The registration fee is **Rs.3,000/-**.

**For registration:** <https://forms.gle/jz97KbJ5p2CpogTN8>

For further details kindly contact Mr. Senthil Kumar, Secretary, Department of Emergency Medicine - Phone No. 2225.

## Obituary

**Mrs. Dorian Renate Chacko**, mother of Dr. Ari G. Chacko, former Senior Professor of Neurosurgery, Department of Neurological Sciences. The funeral service was held on 10th March, 2025.

Let us uphold her son, Dr. Ari G. Chacko, daughter-in-law, Dr. Geeta Chacko Sr. Professor, Department of Pathology, grandchildren, Dr. Shireen Renate Chacko (batch of 2010) and Dr. Arman Zachariah Chacko (batch of 2013) and all the bereaved members of the family in our prayers.



## 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. Senior Resident / Assistant Professor with MS (Ophthalmology) Under Ophthalmology (CMC Vellore, Chittoor Campus)

**Experience:** Should have at least one year teaching experience as (Asst. Professor) in any NMC recognized teaching institution for applying Assistant Professor post.

**Salary:** As per institutional rules.

**Accommodation:** Provided (Partly Furnished, Depending on 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 **March 29, 2025.**

#### 2. Jr. Psychologist (NM) (Term Post) for the Department of Clinical Haematology

**Qualification :** MA / M. Sc. (Psychology) - Regular Course.

Preference will be given to candidates having experience in Psycho-oncology.

**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 **March 29, 2025.**

#### 3. Senior Resident with MD (Dermatology) for the Department of Dermatology, Venereology and Leprosy Unit-I

**Salary:** As per institutional rules.

**Accommodation:** Provided (Partly Furnished, Depending on 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 **March 29, 2025.**

### Vacancies under the office of Medical Superintendent-for queries contact the mentioned office

#### 4. Graduate Technician Trainee for the Department of Vascular Surgery (CMC Vellore, Ranipet Campus)

**Qualifications:** Graduate in any science stream.

**Age Limit:** 30 years. **Stipend :** Rs.8,800/-

**Job Description:** To work in vascular Hybrid OT.

**Note:** Only Regular mode will be accepted, private or correspondence will be not accepted.

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 **March 24, 2025.**

**5(a) Pharmacist (External - Project) in the Critical Care Medical**

**Qualification:** B. Pharm with Tamil Nadu Pharmacy Council Registration.

**5(b) Project Technical Support (External – Project) in the Critical Care Medical**

**Qualification:** B.Sc. (Science Subject).

**Consolidated Pay:** Rs.30,800/-

**Age Limit:** 35 years.

*Note: Only Regular mode will be accepted, private or correspondence will be not accepted.*

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 **March 24, 2025.**

**6. AHS Medical Lab Technician (Term Appointment) for the Centre for Stem Cell Research**

**Qualifications:** B.Sc. MLT with minimum 60% marks.

**Preference will be given to those who have 5 years of experience.**

*Regular mode will be accepted, private or correspondence will be not accepted.*

**Nature of Job:** Exposure to techniques such as ELISA, cell culture, Transduction Inhibition assay (TIA), operation of equipment like ELISA reader, real time PCR machine, fluorescent microscopes and hands on experience in multi-color flow cytometers (Sorters – BD FACS Aria Fusion, Analyzers – BC cytoflex, LX BD FACS Celesta) etc.,

**Job Description:** To work in Research Laboratory.

**Consolidated Pay:** Rs.26,540/- **Age Limit:** 30 Years.

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 **March 24, 2025.**

**Others**

**7. Schieffelin Institute of Health - Research & Leprosy Centre, Karigiri** invites applications for the following post:

**Dermatologist / Paediatrician / Surgeon**

- **Dermatologist** - DDVL / MD (DVL)
- **Paediatrician** – DCH / MD
- **General Surgeon** - MS (Gen. Surg ) / **Orthopaedic Surgeon** – MS (Ortho)

**Physiotherapist (Contractual Mode) – 3 Post**

**Qualification & Experience:** Masters in Physiotherapy (MPT – Orthopedics / Paediatrics / Hand Therapy) with minimum of 2 years of working experience.

**Prosthetist & Orthotist (Contractual Mode) – 1 Post**

**Qualification & Experience:** Bachelors in Prosthetics and Orthotics (From RCI recognized Institute) with minimum of 2 years of working experience.

**Co-Ordinator - Fund Raising Unit (Project Mode) – 1 Post**

**Qualification & Experience:** Bachelors / Masters in Social Work with minimum two years of experience in NGOs, preferably from the Fund Raising Department.

Apply with bio-data along with scanned copies of certificates and send to the [director@karigiri.org](mailto:director@karigiri.org) and [personnel@karigiri.org](mailto:personnel@karigiri.org)

**Last date for receipt of applications:** **March 29, 2025.**