



Christian Medical
College Vellore
Not to be ministered unto
but to minister

Christian Medical College Vellore

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For Private Circulation Only



*Now to him who is able to do immeasurably more than all we ask or imagine,
according to his power that is at work within us. Ephesians 3:20*

Dr. Susanne A. Pulimood Retires



Dr. Susanne A. Pulimood, entered the portals of CMC Vellore in 1979 as an MBBS student. Following her diploma (1989–1991) and MD (1991–1993) in dermatology, she joined the faculty and continued till superannuation serving multiple terms as the head of the department. Her overseas time included a period in Detroit USA (1996-1998) where she gained experience in management of HIV and hemato-oncology patients and as a senior consultant at Ripas Hospital, Brunei (2014-2017).

An exceptional teacher, she emphasised not only diagnostic skills but also careful listening, keen observation, and thoughtful clinical reasoning. Her clinical acumen and patient centred care, has left a lasting impact on her students and colleagues. She guided trainees with patience and encouragement, fostering independent thinking while remaining approachable and supportive. As a mentor, she has shaped numerous careers, offering guidance in research, academics, and professional development. She led the department with warmth, good humour, clinical rigor, and meticulous attention to detail.

125 Years of CMC Vellore 1900-2025



**DID YOU
KNOW?**

Dr. Gagandeep Kang became the first Indian woman to be elected a Fellow of the Royal Society (FRS) in 2019, a historic milestone in the 359-year history of this prestigious scientific academy.

Her passion for infectious diseases, particularly in HIV led her to start the TDID clinic. She extended her support to the growth of dermatology in the Chittoor and starting an STI clinic in Jawadhi. A skilled administrator, she has held key roles such as Deputy Medical Superintendent, warden, and was the Presiding Officer of the Internal Committee dealing with women's grievances.

During her time at the MS office, where she was deputy MS in-charge of OP and MRD she made major changes including starting the annual hospital day, initiation of the clinical work station system, triage system for OPD, OP facilitators in each floor, drinking water facilities for patients and renovation of the OPD block.

In addition to organising major academic events like CUTICON Tamil Nadu 2011, she was instrumental in pioneering one of the country's early virtual dermatology CMEs in 2014. She was instrumental in organising regular annual CMEs, the postgraduate refresher course and the "Expert of the Month" sessions where specialists from other departments addressed topics of shared relevance, extending knowledge to spheres beyond dermatology.

Her contributions extended beyond the institution - she served as Director of the IADVL Dermatopathology Fellowship, examiner at national boards, and faculty, in programmes spanning family medicine, tropical medicine, and global health. Recognition of her excellence came through prestigious honours, including the Dr. Sardari Lal Memorial Oration (2010) and Dr. Rachel Mathai Oration (2017). In recognition of her outstanding contributions to the field of dermatology in India and globally, Tamil Nadu - Indian Association of Dermatologists, Venereologists and Leprologists (IADVL) conferred upon her the Lifetime Achievement Award in 2026 at the Cuticon TN Erode.

She has authored over 90 scientific publications, delivered invited lectures in multiple national and international conferences, made significant research contributions in dermatopathology, HIV-related dermatoses, tropical dermatology, and rare genetic skin diseases. Beyond her many achievements, she is remembered for fostering strong interpersonal connections, her characteristic laugh often easing even the most stressful moments. In every sphere, clinical care, research, education, and advocacy, Dr. Susanne Pulimood has exemplified integrity, intellectual rigor, and deep commitment to patient care. Her legacy continues to inspire the Dermatology community in India and beyond. Her husband, Dr. O. C. Abraham, former Head of the Department of Medicine, is currently at the CMC Vellore Chittoor Campus. They are blessed with two children and one grandchild. Deepak, her older son, is in the USA with his family, and their younger son, Dr. Nitin Abraham, works in the Department of Obstetrics and Gynecology as an Assistant Professor.

CMC is grateful to Dr. Susanne for her immeasurable contributions to the institution and wish her God's choicest blessings.

World Hand Hygiene Day 2026



The Hospital Infection Control Committee of Christian Medical College Vellore organised the celebration of *The World Hand Hygiene Day* on 5th May 2026, on the theme “Action Saves Lives.” at Wheeler Hall, Asha Building. The programme commenced with a prayer song by the Infection Control Nurses followed by an opening prayer by the Chaplaincy team.

Dr. Hema Paul, Physician and Senior HIC Officer, delivered the opening address and highlighted the importance of hand hygiene in preventing healthcare-associated infections and ensuring patient safety. The dignitaries present for the occasion included Dr. Binila Chacko, Deputy Director, Dr. I. Rajesh, Medical Superintendent and Chairman, HICC; and Ms. Alice Sony, Nursing Superintendent, who felicitated the gathering and appreciated the active participation of staff and students in the various awareness activities conducted as part of the World Hand Hygiene Day celebrations.

As part of the celebrations, various competitions including poster, slogan, and video competitions were organised to promote awareness regarding effective hand hygiene practices. A total of 45 entries were received for the poster competition, 108 entries for the slogan competition, and 16 entries for the video competition. The prizes for the slogan competition were distributed by Mrs. Shandril Gnanatheebam, Dean, College of Nursing, while the prizes for the poster competition were distributed by Dr. Rajiv Karthik, Deputy Chairman, HICC. The prizes for the Video Competition were distributed by Dr. Hema Paul. The prizes for the Best Ward and ICU categories were distributed by Mrs. Sonia P. Abraham, Additional Joint Secretary, HICC and Deputy Nursing Superintendent.



PRIZE WINNERS

Slogan Competition

Staff

PRIZE	NAME	WARD
FIRST	Mr Ashruto Dey	BPT Intern
SECOND	Ms Monica Av	MICU POD B
THIRD	Ms Devadayamozhi C Ms P. Mary Jenifer Ms Junitha Shalom I	G4 North

Students

PRIZE	NAME	WARD
FIRST	Ms Sharon Astor Priscilla	BSc Nursing 4th year
SECOND	Ms Catherine Persia	BSc Critical care 2nd year
THIRD	Ms Dharshna	BSc Respiratory therapy 2nd year

Poster Competition

Staff

PRIZE	NAME	WARD
FIRST	Ms Gayathri S	Labour Room
SECOND	Mr Mubarak Ali	Ranipet OR
THIRD	Ms Sankari R Ms. Devaneedhimozhi C	CHAD CB OR

Students

PRIZE	NAME	WARD
FIRST	Ms M. Dhashna	BSC Respiratory Therapy 2 nd year

Video competition

PRIZE	NAME
FIRST	G3 South
SECOND	Neonatology Department
THIRD	Microbiology Department

Town Campus

PRIZE	BEST WARD
FIRST	Q5 EAST & ISOLATION WARD

PRIZE	BEST ICU
FIRST	NURSERY
SECOND	SICU

Ranipet Campus

PRIZE	BEST WARD
FIRST	C602

PRIZE	BEST ICU
FIRST	RPICU
SECOND	RNHDA2

The programme concluded with screening of the prize winning videos followed by a vote of thanks delivered by Mrs. Sonia P. Abraham. The event successfully reinforced the significance of hand hygiene practices in healthcare and encouraged continued commitment towards infection prevention and patient safety.

International Nurses' Day Celebration 2026

The spirit of professional excellence, compassionate care, and collaborative learning was beautifully reflected during the celebration of International Nurses Day 2026, jointly organised by the Trained Nurses Association of India (TNAI), CMC Vellore Local Unit, in association with the Office of the Nursing Superintendent.

Conclave 2026

Conclave 2026, themed "Communicate to Care: Mastering Conversations at the Bedside," was conducted on 30th April, 2026, at CMC Vellore. Nearly 100 delegates, ranging from novice to expert nurses, enthusiastically participated in the conclave. Experts from diverse healthcare disciplines, including psychiatry, medicine, nursing, emergency care, and chaplaincy, shared valuable insights and practical perspectives on effective communication in healthcare settings. The sessions focused on therapeutic communication, handling difficult conversations, patient safety, ethics, and communication during high-stress situations. Special emphasis was placed on empathy, emotional intelligence, compassionate listening, and ethical practice in patient interactions.



Nursing Auxiliary: Mrs. S. Suji Sulochana, Medical Surgical Nursing Speciality IX (Dialysis Unit)



Best Charge Nurse: Mrs. Deley Charles, Medical Surgical Nursing Speciality XII (Cardio OR)



Best Staff Nurse: Mrs. Chellamani Arthur, LCECU



Best Multi-Purpose Health Worker: Mrs. Princy Thangamani, OBG Nursing Dept (Labour Room)

An interactive brainstorming workshop provided delegates with opportunities to reflect, discuss, and apply communication strategies to real-life clinical scenarios. The conclave reinforced the vital role of effective communication in enhancing patient outcomes, strengthening trust, and promoting holistic care. The programme received overwhelming appreciation from delegates, resource persons, and organisers, making it a meaningful, enriching, and memorable learning experience for all participants.

International Nurses' Day Programme

International Nurses' Day 2026 was celebrated on 12th May 2026 in accordance with the global theme, **“Our Nurses. Our Future. Empowered Nurses Save Lives.”** The programme brought together nursing professionals in a spirit of appreciation, celebration, and professional pride. The occasion was graced by Dr. Biju George, Director; Dr. Rajesh I, Medical Superintendent; and Prof. Shandril Gnanatheebam, Dean, College of Nursing, who felicitated the gathering. The esteemed Chief Guest, Dr. Punitha Ezhilarasu, former Dean of the College of Nursing and recipient of the prestigious Florence Nightingale Award, delivered an inspiring address on the transformative power of nurses.

She emphasised key strategies to strengthen the quality and impact of nursing services and highlighted the pivotal role of research in advancing nursing practice and empowering patient care. As part of the celebration, exemplary nursing personnel were honoured in recognition of their outstanding service and commitment at various levels:

Best Charge Nurse: Mrs. Delcy Charles, Medical Surgical Nursing Speciality XII (Cardio OR).

Best Staff Nurse: Mrs. Chellamani Arthur, LCECU.

Best Multi-Purpose Health Worker: Mrs. Princy Thangamani, OBG Nursing dept. (Labour Room).

Best Nursing Auxiliary: Mrs. S. Suji Sulochana, Medical Surgical Nursing Speciality IX (Dialysis Unit).

Best Nurse Researcher - Staff Nurse: Mrs. Elmira Christy R, Medical Surgical Nursing Speciality II (C 302).

Various competitions organised by The Trained Nurses Association of India (TNAI), Local Unit, added vibrancy and enthusiasm to the celebrations, and prizes were distributed to the winners during the programme. The Overall Championship was proudly bagged by the Surgical Nursing Department. The celebration served as a meaningful tribute to the dedication, compassion, and invaluable contribution of nurses in promoting holistic and quality healthcare.

Heat-Related Illness Awareness Programme 2026



The **Heat-Related Illness (HRI) Awareness Programme 2026**, themed “**Beat the Heat,**” was successfully conducted at the **CMC Vellore, Ranipet Campus** on 4th and 5th May, 2026.

The programme commenced with an inauguration ceremony held on May 4, 2026, at the A001 foyer. It was led by the HICC team. The proceedings began with a prayer song by the NTA staff, followed by an invocation prayer by Rev. Ebenezer, Chaplain in charge. Dr. Jenifer Jeba, Head of the HRI Task Force, delivered a warm welcome address, setting the tone for the event. This was followed by an informative overview of heat-related illnesses by Mr. Rozario David, highlighting key preventive strategies and early recognition of symptoms. Distinguished dignitaries attended the event, including Dr. Biju George, Director, who inaugurated the awareness stalls by cutting the ribbon and addressed the gathering on the growing importance of preventing heat-related illnesses amid current climatic conditions. Dr. Balamugesh T, Associate Medical Superintendent, Mrs. Reena George, Associate Nursing Superintendent, Mr. Ramesh, Officer, G.S. Office, Mrs. Dorathy Devakirubai, Deputy Dean, College of Nursing and Dr. Jenifer Jeba, Professor, Radiation Oncology and Head, MRD.

The event concluded with the felicitation of all dignitaries. Various departments, including HICC, Dietary, and Staff Training, organised informative stalls that creatively promoted awareness through demonstrations of appropriate foods and fluids, suitable clothing, engaging games, and puppet shows. A notable initiative announced by the General Superintendent's Office was the provision of health drinks, such as buttermilk and lemon juice, to staff members directly exposed to the sun during working hours. With the support of F&B vendors, these refreshments are made available on wheels to ensure accessibility across different work locations. The two-day programme was well received and effectively reinforced the importance of preventive measures against heat-related illnesses, ensuring the safety and well-being of the staff and hospital community.

Heat-Related Illness Awareness Programme at CMC Vellore, Chittoor Campus



The **Heat-Related Illness (HRI) Awareness Programme** was conducted at **CMC Vellore – Chittoor Campus** on 30th April, 2026 under the joint initiative of the Hospital Infection Control Committee and the Nursing Service. The programme began with a word of prayer by Rev. Ajay Kummargunta, followed by the felicitation of the gathering by Dr. Reginald G Alex, Deputy Medical Superintendent, Chittoor Campus. An elaborate yet concise awareness talk in Telugu was delivered by Dr. Kolamuri Kanthi Raj, Junior Medical Officer, to patients and their relatives, highlighting preventive measures and early recognition of heat-related illnesses. This was reinforced through an interactive session led by Mrs. Anbarasi Benjamin, Associate Nursing Superintendent, Chittoor campus who emphasized the importance of vigilance and timely action. The event concluded with a vote of thanks delivered by Dr. Cheryl, HIC Officer, Chittoor Campus, after which patients, relatives, and staff were invited to visit the stalls arranged by the HICC, Nursing Services, and Engineering Department. These included fun games stalls to engage participants, as well as educative teaching stalls that provided practical demonstrations and bilingual handouts. The programme successfully combined formal proceedings with interactive learning, leaving the community and staff better equipped to prevent and manage heat-related illnesses.

Multispecialty Camp at Reynolds Memorial Hospital, Washim, Maharashtra

Washim, Maharashtra - As part of the year-long commemoration of 125 years of service of Christian Medical College, Vellore, the administration undertook the initiative to conduct three-day multispecialty camps at Reynolds Memorial Hospital (RMH) in Washim, Maharashtra— a mission hospital under CMC's management since 2017. The camps, held from 3rd to 5th November 2025 and 26th to 28th February 2026, brought specialist services to the doorstep of communities that often lack access to tertiary-level care.



As part of this landmark, the institution rolled out several outreach programmes and health camps, both in and around Vellore underscoring its motto of “Not to be ministered unto, but to minister.” And the camps at RMH, Washim is a noteworthy extension of this vision, aimed at expanding healthcare access to rural and semi-urban populations in this region of Maharashtra.

Overview: Ten departments join hands

The whole programme was spearheaded by the Medical Superintendent, Dr. Rajesh I and the MS Office team and Associate Director, Missions, Dr. Jachin Velavan and the Missions Office team and the Executive Director of RMH, Dr. Jaya Gawai and the team at Reynolds Memorial Hospital.

The camp featured **ten departments from CMC Vellore**, offering a comprehensive range of consultations, screening services, early-diagnosis support and referral pathways. Participating departments included:

- **Geriatric Medicine**
- **Palliative Medicine**
- **Ophthalmology**
- **Paediatrics**
- **Psychiatry**
- **Respiratory Medicine**
- **ENT (Ear, Nose & Throat)**
- **Obstetrics & Gynaecology**
- **Physical Medicine & Rehabilitation (PMR)**
- **Dermatology**



This joint effort enabled patients to receive multi-disciplinary care within a single venue — a significant advantage in a region where access to specialists often requires long-distance travel. The presence of these nine teams ensured holistic consultation services, preliminary diagnostics, health counselling and referrals for further evaluation or treatment. The ground team at Reynolds Memorial Hospital took tremendous effort in advertising the camps, making necessary infrastructural and technical requirements available, facilities for patients during the camp days, facilitating necessary permits and approvals from local officials, translators during patient consultations and treatment as required. Both staff of the hospital as well as staff and students of the attached Nazarene Nurses Training College worked tirelessly in coordination with the team from CMC to make it a successful event.

The main objective of the camps was to extend specialist-level services to a semi-rural region, where access to tertiary care is typically limited and at the same time, RMH being under CMC's management, to help develop niche services in the hospital as relevant for the community.

Both camps witnessed an encouraging patient turnout, with more than 2000 patients from Washim and neighbouring talukas and even nearby districts over each three-day period. Many patients took advantage of the multiple specialties available in one place — a factor that boosted the appeal and outreach of the event. Several community members thanked the organising teams for making advanced specialist care accessible locally.

A significant highlight of the camp was the visit by Dr. Rajesh I, Medical Superintendent, and Dr. Vikram Mathews, then Director of CMC Vellore. Their visit emphasized CMC's commitment to mission hospitals and reaffirmed the importance of extending expert care to underserved communities. They interacted with patients, local officials, encouraged the participating teams, and reviewed ongoing initiatives at RMH Washim. Their engagement highlighted CMC's vision of empowering mission hospitals with expertise, training and community-focused service.

Why this outreach matters

1. **Bridging the access gap** – Regions like Washim often lack ready access to specialist services; bringing nine departments to a semi-urban to rural region significantly reduces that barrier. It also helps to identify key needs which CMC could focus and address in a continued manner.
2. **Integrated care model** – A multi-specialty camp ensures patients don't have to visit multiple locations; simultaneous availability of different specialists adds efficiency.
3. **Strengthening referral linkage** – Patients identified with conditions needing tertiary care can be linked back to CMC Vellore's main campus for advanced care, creating a continuum of care.

This three-day multi-specialty camp by CMC Vellore at RMH Washim is a strong example of how a major tertiary centre can reach out into semi-rural areas. It stands as a testament to CMC Vellore's continued commitment to compassionate, community-oriented medical service. With enthusiastic planning from both CMC and RMH teams, good patient turnout, multiple specialist teams engaged and a semi-urban hospital platform utilised. Sustaining the impact — through referrals, follow-ups and continued local engagement — will be key to ensuring long-term benefit.

A call to partner

As CMC continues to engage in reviving the services at Reynolds Memorial Hospital, it invites support and involvement from various departments and interested individuals to come forward and contribute towards this effort as part of nation building effort and as a witness to the healing ministry of Christ.

An annual schedule for specialty-based camps is being put together and we look forward to more hands joining in this effort.



Occupational Health Week - 2026



The Occupational Health, Directorate and the Department of ENT 4 celebrated the Occupational Health Week from 27th April to 2nd May. The theme this year was “Noise Hazard: Awareness is Prevention”.

Week-long awareness sessions were conducted across campuses on different aspects of noise – health effects, control measures, correct use of personal hearing devices and the use of hearing protectors at work. 728 staff attended these sessions.

The “World Day for Safety and Health at Work” was commemorated on the 28th April, 2026 by a special programme which was graced by the director Dr. Biju George, Dr. David Mathew, Deputy Medical Superintendent, Mrs. Anne Jarone, Deputy Nursing Superintendent and Mr. Reni Charles, General Superintendent. B. Ravichandran, Officer In- Charge, ICMR-Regional Occupational Health Centre (South) was the special guest for the programme. The guests addressed the gathering and highlighted the importance of reducing noise in the workplace and also in non-occupational settings.

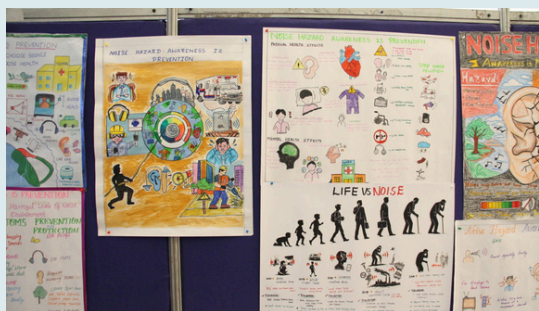
An important milestone in CMC’s Occupational Health journey and one of the highlights of the programme was the launch of the book “Occupational Health Essentials for Healthcare Workers”. Authored by the institution’s Occupational Health Team, the book was released by Dr. B. Ravichandran and Dr. Biju George. *The book is the first of its kind in India and covers a range of occupational hazards faced in the healthcare setting and provides strategies to mitigate the risks posed by these hazards.*

Poster and slogan competitions were held for staff and students on the theme and saw enthusiastic participation with 39 posters and 146 slogan entries.



PRIZE WINNERS

Poster Competition



Students

- 1st prize - Ms. Evangelin Celcy R, MHA 2nd Year
- 2nd prize - Ms. Abiya, MHA 2nd year
- 3rd prize - Ms. Rupika, Optometry 1st year

Staff

- 1st prize - Ms. Femina Jasmine, C201 Ranipet Campus
- 2nd prize - Ms. Karpagam, B-ward & Ms. Sandhya Selvam, Staff Nurse (ED)
- 3rd prize - Mr. Barani, Ortho Pharmacy

Slogan Competition

Tamil Slogan Competition

Staff

- 1st prize - Dr. Manimozhi S, Microbiology
- 2nd prize - Mr. Abelraj, Dental OPD
- 3rd prize - Ms. Ashwini, D402 speciality

English Slogan Competition

Students

- 1st prize - Mr. Manuel Inbam
- 2nd prize - Mr. Shaun Spurgeon
- 3rd prize - Ms. Jebarshilin Jemima

English Slogan Competition

Staff

- 1st prize - Ms. Stella Mary J, A5 Ward & Ms. Sadhana K, Medicine Department
- 2nd prize - Ms. Anandhi A, Surgical Nursing
- 3rd prize - Ms. R. Sowmiya, Speciality 7 & Ms. Carol Anne Sharma, Cardio Thoracic.

Noise is the most pervasive hazardous agent in the workplace and Noise Induced Hearing Loss is one of the most common occupational diseases. Noise in healthcare settings is an often-neglected occupational hazard with many activities and equipment within hospitals putting healthcare workers at risk. Exposure to high levels of noise causes hearing loss and in addition may cause other harmful health effects such as an increase in heart rate, blood pressure and also result in symptoms of fatigue, stress, anxiety and insomnia. It is hoped that the awareness created will help to improve the health and safety of staff working in our institution.

Hands-on Workshop for State HIV Reference Laboratories in Kerala



The National HIV Reference Laboratory, Department of Virology, conducted a three-day hands-on workshop on “Quality Assurance in HIV Diagnostic and Monitoring Assays” from 28th – 30th April 2026 at Christian Medical College Vellore.

The workshop was designed for Technical Officers and Laboratory Technicians engaged in HIV serology, CD4 T-cell estimation, and HIV-1 viral load testing at State HIV Reference Laboratories (SRLs) in Kerala. A total of 14 participants from five SRLs attended the programme. In addition to hands-on training in these techniques, the workshop emphasised preparation and monitoring of External Quality Control (EQC) samples for ELISA, troubleshooting of CD4 and viral load testing, and updates on the latest ISO 15189:2022 standard.



The workshop was organised in collaboration with National AIDS Control Organisation, Tamil Nadu State AIDS Control Society, and Kerala State AIDS Control Society. Participant feedback was highly encouraging and reflected the usefulness and relevance of the workshop in strengthening quality assurance practices in HIV diagnostic and monitoring assays.

Clinical Epidemiology Unit Organises Institutional Epidemiology Workshop (E2- Protocol Development)

The Clinical Epidemiology Unit, CEU organised the Institutional Epidemiology Workshop - protocol development for the first year MD / MS post-graduates at the New Examination Hall between 5th and 7th May 2026 (Batch I) on behalf of the principal's office. The workshop was attended by 77 MD/MS post graduate registrars from all specialties.

The workshop started with a word of prayer by Chaplain, Ms.Saramma Kuruvilla, welcome address by Dr. Vignesh Kumar Coordinator CEU, and an inspiring talk on “Why do research?” by Dr. Sathya Subramani, Sr. Professor, Department of Physiology. The topics covered were research question, study designs, research ethics, sample size calculation, data analysis, CRF creation and practical sessions on literature search, data dictionary, Data Management, Zotero software, PSPP software and protocol development. The registrars had a group discussion session discussing their research topics and study designs with the faculty. The faculty consisted of Dr. JP Muliylil, Dr. J.V. Peter, Dr. Jeyaseelan, Dr. Thambu David, Dr. Sathish Kumar, Dr. Jacob John, Dr. Prabhakar AT, Dr. Joe Varghese, Dr. Prasanna Samuel, Dr. S.S.Prakash, Dr. Azariah Jebakumar, Dr. Mahasampath Gowri, Mr. Rajagopal, Dr. Vignesh Kumar, and, Mr. Madhan Kumar. The workshop was well-received by the participants.



Retired Staff Prayer Fellowship

The Retired Staff Prayer Fellowship for the month was held on 25th April 2026 in the VIP Hall, with the participation of **47 retired staff members**.

The fellowship began with an opening prayer led by Rev. Benniamin. The special guest for the session was Dr. Reuben Jerrald Felix, Assistant Professor from the Department of Geriatrics, who delivered an insightful talk on the topic “Healthy Aging.”

Dr. Reuben initiated his session by posing the question, “What is Healthy Aging?” He explained that even in the presence of physical ailments, maintaining a positive and happy mindset is the essence of healthy aging. He further elaborated on five important pillars of healthy aging:

- **Physical Activities:** Emphasized the importance of regular activities such as walking, exercise, yoga, and cycling. A practical demonstration of simple exercises suitable for individuals above 60 years was presented by one of the retired staff members, Mr. Jacob. Dr. Reuben also demonstrated balancing exercises.
- **Nutrition Diet:** Highlighted the importance of a balanced and nutritious diet in old age. He recommended fruits such as apple, guava, papaya, and orange for diabetic patients, while advising the avoidance of bananas and grapes. He also encouraged consuming whole fruits instead of juices.
- **Brain Activities:** Stressed the need to keep the mind active through continuous engagement in mental activities to prevent memory decline. He also advised maintaining a proper sleep cycle by reducing daytime naps and ensuring adequate sleep at night.
- **Emotional, Social & Spiritual Support:** Underlined the importance of emotional well-being and encouraged seeking support when feeling low or lonely. He emphasized maintaining social connections by visiting friends and relatives, and nurturing spiritual life for overall well-being.
- **Medication:** Advised regular medical check-ups every 3–6 months, adherence to age-appropriate vaccinations, and awareness about prescribed medications. He also recommended carrying a pill box and maintaining knowledge of one’s medications during medical consultations.

The session concluded with an interactive question-and-answer segment, where participants clarified their doubts with Dr. Reuben.

Following this, Rev. Benniamin delivered a gospel message and shared prayer points. The retired staff actively participated in a time of prayer, and all prayed for our institution. The fellowship concluded with prayer and benediction by Rev. Benniamin, followed by a shared meal together, which emphasized both the spiritual and communal aspects.

The upcoming meeting will be held on 23rd May, 2026.



Special Prayers: May 17 - 23, 2026

Nursing Superintendent's Office : Mrs. Alice Sony and Staff

Staff Nurses' Hostel : Ms. Amirtha Renjitham and Staff

CMC Ludhiana, Punjab

Council Member : Dr. William Bhatti

CNI Nagpur Diocese

Council Members : Mrs. Manjusha Stephenson

Rev. Paranjyothy Sandela

Hospital : Mure Memorial Hospital, Nagpur.



Memoranda

- **Dr. Edwin Stephen**, Professor, is appointed as Ag. Head, Department of Trauma Surgery with effect from 7th May 2026 until further notice.
- **Dr. Abhinav Chichra**, Associate Professor is appointed as Ag. Head, Psychiatry Unit-II with effect from 12th May 2026 until further notice.
- **Dr. Anu Korula**, Professor, is appointed as Head, Department of Clinical Haematology with effect from 21st May 2026 for a four year term.
- **Dr. Felix Jebasingh K**, Professor, is appointed as Ag. Head, Endocrinology Unit-II with effect from 24th May 2026 until further notice.
- **Dr. Rajiv Paul Mukha**, Professor & Head, Urology Unit-IV, is appointed as Head, Department of Urology with effect from 26th May 2026 for a four year term.
- **Dr. Rohit Amritanand**, Professor, is appointed as Head, Department of Spine Surgery with effect from 1st June 2026 to 4th August 2028.
- **Dr. Rajiv Karthik K**, Professor, is appointed as Head, Department of Infectious Diseases with effect from 1st June 2026 for a four year term.
- **Dr. Anuradha Grace Sophia**, Professor, is appointed as Head, Department of Community Medicine with effect from 2nd June 2026 for a four year term.

Laurels & Recognitions

- **Dr. Ebor Jacob. J**, Professor & Head of Paediatric Critical Care, on being elected to the **Board of Directors of the International Pediatric Simulation Society (IPSS)** for the term 2026-2027 at Rome, Italy.
- **Dr. Barney Isaac T. J**, Professor & Head, Department of Pulmonary Medicine has been elected for the **Fellowship of the Royal College of Physician (FRCP)**.
- **Dr. Benjamin Earnest Williams**, Associate Professor, Pulmonary Medicine has been recognized as an **International Sleep Disorder Specialist** by the World Sleep Society.
- **Dr. Ranjani J**, Assistant Physician, won the **2nd prize in E-poster (neuropathology original study)** for the paper entitled in National CME on Neuropathology held on 20th & 21st February, 2026 at JIPMER, Puducherry.

- The Department of Trauma Surgery **Dr. Natnael Gebeyehu Admassu** (International Fellow in Trauma Surgery & Acute Care) secured **First Prize in the Oral Presentation** and **Dr. Richard Stanley**, Project Research Scientist-I, won the **Best Poster Presentation** award at TRACSCON 2026 National Conference on Trauma & Acute Care Surgery (under the aegis of Indian Society for **Trauma & Acute Care (ISTAC®)**) held at SRM Institute of Science and Technology, Chennai, from 7th to 9th May, 2026.

Retirements

Mrs. Revathy Selvaraj, Senior Grade Staff Nurse, OPD, retired on 20th April, 2026 after completing 34 years of dedicated service in our institution. She completed her General Nursing and Midwifery at Christian Mission Hospital, Madurai in 1990 and joined our institution as a Staff Nurse in August 1991. During her service, she worked in M Ward, MTS2, MTS1, and M2 wards until March 2000, after which she was transferred to the OPD, where she continued faithfully until retirement.



She was a calm, pleasant and dependable staff. Throughout her career, she maintained good interpersonal relationships with colleagues and provided compassionate and quality care to patients. She was skillful in assisting with neurological and orthopedic procedures and communicated effectively with patients and their families regarding post-procedure care and home management. She efficiently maintained the PCF OPD environment.

Mrs. Revathy is blessed with a loving family. Her husband, Mr. R. Selvaraj, is working in the Environmental Engineering Department at CMCH. Her elder daughter, Mrs. Blessy Ida Gladys, completed her M.Tech. and is working as a Senior Software Engineer at Itilite Technologies Private Ltd., Chennai, is married to Mr. Immanuel Rajadurai, who is employed in a private chemical company in Chennai. Her younger daughter, Miss S. Angeline Ida, completed BOT and is currently doing her internship at CMCH. Mrs. Revathy is also blessed with a grandson, who brings great joy to the family.

The institution gratefully acknowledges her long and dedicated service and wishes her a peaceful and fulfilling retired life.

Mr. Devanbu K, Senior Hospital Attendant in Pharmacy Services, retired on 15th May 2026 after completing 36 years of dedicated service at CMC, Vellore. He began his journey with the institution in 1990 as a Casual Attender in the Dietary Department. Over the years, he distinguished himself as a sincere, hardworking, and dedicated staff member who was always willing to go beyond the call of duty. His commitment to responsibilities and dependable service earned him the appreciation of colleagues and supervisors alike.



Mr. Devanbu is blessed with a loving family. His wife, Mrs. Vasunthura, is a homemaker. His son, Mr. D. Jacob Ranjith Kumar, MPT, is working in Bahrain, and his daughter, Ms. Elizabeth, B.Sc. Microbiology, is serving at ASHA Building, CMC.

As he retires from active service, we express our heartfelt gratitude for his long and faithful service to the institution. We wish him good health, happiness, and a peaceful retired life ahead.



Mrs. Mukthiyar Begum, Senior Grade Office Facilitator-I in Immuno Haematology and Blood Transfusion Medicine, retired on 15th May 2026 after completing 38 years of dedicated service at CMC, Vellore.

She began her journey with the institution in 1988 as a Clerk Typist in the Personnel Department. Throughout her years of service, she was recognized as a sincere, active, and dedicated staff member who carried out her responsibilities with commitment and efficiency.

She maintained excellent interpersonal relationships with colleagues and was appreciated for her cooperative and friendly nature. Mrs. Mukthiyar Begum is blessed with a loving family. Her elder son, Mr. Mohamed Abbas. C, B.Sc., OT, is working as an Anesthesia Technician at CMC, and her younger son, Mr. Mohamed Azeez. C, B.Sc., is serving in Neuro Electro Physiology.

As she retires from active service, we express our heartfelt gratitude for her long and faithful service to the institution. We wish her good health, happiness, and a peaceful retired life ahead.

Mr. M. Yuvaraj, Assistant Engineer II in the Air Conditioning & Refrigeration Department, retired on 16th May 2026 after completing 38 years of dedicated service at CMC, Vellore.



He began his career at the institution in 1988 as an A.C. Mechanic in the Air Conditioning & Refrigeration Department. Through his hard work, dedication, and technical expertise, he was promoted to Junior Engineer in 2009 and continued to

serve the institution with sincerity and commitment. Throughout his journey, he was admired for his discipline, dependable nature, and steady approach to work, earning the respect and appreciation of colleagues and supervisors alike.

In addition to his departmental responsibilities, Mr. Yuvaraj also contributed meaningfully as a member of the General Service Board (GSB) from 2023 to 2025, extending his service beyond his primary role and supporting the institution's broader mission.

He is blessed with a loving family. His wife, Mrs. A. Sathiya, is a Government School Teacher. His son, Mr. Y. Vigneshwar, is an Engineer working at Cushman & Wakefield Company in Chennai, and his daughter, Ms. Y. Pooja, is pursuing her Engineering studies at VIT University.

As he retires from active service, we express our heartfelt gratitude for his long and faithful service to the institution. We wish him and his family God's abundant blessings, good health, happiness, and fulfilment in the years ahead.



Mr. Deenadayalan. D, Library Clerk Grade-I, Ophthalmology Department, retired on 17th May 2026 after 17 years of dedicated service at CMC, Vellore. Joining in 2008 as Library Clerk Grade IV at Schell Hospital, he served with sincerity, commitment, and a supportive spirit that inspired colleagues. His dependable service and positive attitude earned him much appreciation.

He is blessed with a loving family. His wife, Mrs. Pramila, is a Librarian at Gault Library, CMC. His elder son, Mr. John David, BPT, is working in Canada, and his younger son, Mr. Bennet Ruben, B.Sc. Dialysis Technology, is serving his obligation in the Nephrology Department at CMC. We extend our heartfelt gratitude for his valuable service and wish him good health, happiness, and a joyful retired life.

Obituaries

- **Mr. Chakravarthi. P**, Sr. Gr. Office Facilitator, Hospital Laundry, 18 years of experience in our Institution, passed away on 10th May, 2026. Let us uphold his wife Mrs. Rukhmani, Son Mr. Sriram, BOT in Chennai, Daughter Ms. Monisri (Age – 7), and all the bereaved members of the family in our prayers.



- **Mrs. Grace John**, mother of Ms. Premila John, (Senior Secretary, Developmental Paediatrics Unit, CMC Vellore), passed away on 12th May, 2026. Let us uphold her daughter Ms. Premila John and all the bereaved members of the family in our prayers.
- **Mr. S. Deva Dass**, father of Mrs. Dora Vedanandham (Staff nurse in the Department of Emergency Medicine, CMC Vellore) and father-in-law of Mrs. Christinal Nesa Preethi (Chaplain, CMC Vellore), passed away on 12th May, 2026. Let us uphold his wife, Mrs. Dhanamma, his son, Rev. D. Collin Dass (Presbyter, CSI Vellore Diocese), 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 Office of Medical Superintendent - for queries contact the mentioned office

1. Asst. Programmer (Project) for the Finance & Accounts Department

Qualifications : B.Tech. (I.T) / B.E.(Computer Science) / MCA / MCS / MS Computer Science / M.Sc (Computer Science) with One Year CMC Training.

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

Consolidated Pay: As per institutional rules.

Job Description : To support Finance & Accounts Programme.

Age Limit : 35 Years. **Accommodation** : Not provided.

Applications to be done only through the online application system.

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

Note: *Only online applications will be accepted; Hard copies will not be accepted.*

Applications will close on **June 01, 2026**.

Vacancies under the Office of General Superintendent - for queries contact the mentioned office

2. Jr. Engineer Gr. IV for the Department of Civil Engineering

Qualification : Diploma in Civil Engineering.

Salary: As per Institutional Norms. **Age** : 35 years below.

Job Description :

1. Receive maintenance requests from departments, wards, ORs, etc., through online systems or phone calls and allocate works to departmental workers.
2. Coordinate and assign maintenance works to petty contractors for civil, plumbing, aluminium, and carpentry works.
3. Supervise execution of maintenance works carried out by departmental staff and contractors.
4. Coordinate with user departments for smooth execution and completion of works.

5. Arrange required materials from Engineering Stores or local market for execution of works.
6. Prepare estimates, work orders, and data sheets for maintenance works and minor civil projects
7. Maintain records of completed maintenance and project works.
8. Carry out preventive maintenance works including:
 - Structural and masonry repairs
 - Road maintenance
 - Drainage and water supply maintenance
 - External cleaning of buildings
 - Terrace cleaning
 - OR and ICU preventive maintenance
9. Prepare and process bills related to maintenance and project works.
10. Maintain records of periodic and preventive maintenance schedules.

Preference : Candidates those who have successfully completed Jr. Engineer 4th year in CMC.

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

Apply on or before **May 22, 2026.**

Note: Only Regular mode will be accepted, private or correspondence will not be accepted. Final Year Students are not eligible. Applications should be made online. Applications through other job portals will not be considered.

3. Jr. Engineer Gr. IV for the Department of Communication Engineering

Qualification : Diploma in Electrical & Electronics / Communication Engineering.

Salary: As per Institutional Norms. **Age Limit :** 35 years below.

Job Description :

- Maintenance of communication equipment and systems.
- Preventive maintenance and routine inspections.
- Attending breakdowns and troubleshooting faults.
- Assisting senior engineers in repair works.
- Preparing maintenance schedules and reports.
- Supporting installation and commissioning activities.
- Maintaining technical records and documentation.
- Monitoring project progress and safety compliance.
- Inventory and spare parts management.
- Coordinating with vendors and user departments.
- Ensuring minimum downtime of communication services.
- Performing duties assigned by department engineers/supervisors.

Preference : Candidates those who have successfully completed Jr. Engineer 4th year in CMC.

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

Apply on or before **May 22, 2026.**

Note: Only Regular mode will be accepted, private or correspondence will not be accepted. Final Year Students are not eligible. Applications should be made online. Applications through other job portals will not be considered.

4. Office Facilitator Gr.IV for the Departments of General Pathology, Principal's Office, MS Office, Chittoor Clinic, Neuro Surgery, Urology, CSSD, Support Services - Ranipet Campus

Qualification : Any Graduate (Regular) with one year CMC Trainee Passed.

Job Preference : Candidates those who have successfully completed NTA - 4th year in CMC.

Salary: As per Institutional Norms. **Age Limit :** 35 years below.

Job Description :

Ward Related Works

- Attend patient/relative queries and phone calls.
- Maintain admission, discharge, transfer, census, and ward records.
- Coordinate visitor control, ward activities, and curtain changes.
- Guide insurance/credit patients and collect patient feedback forms.

Chart Related Works

- Prepare admission records and maintain patient charts.
- Obtain required patient signatures and consents.
- Sort and send charts/reports to MRD and MS Office.
- Follow up for incomplete charts and required clearances.

Discharge Related Works

- Coordinate with billing, pharmacy, dietary, and doctors for discharge process.
- Assist in printing final bills and guide patients regarding payment methods.

HR Related Works

- Maintain attendance, leave, and night allowance records.
- Plan duties for Group D staff and assist in leave approvals.
- Coordinate staff issues, appraisals, and mandatory training compliance.

Inventory Related Works

- Indent and maintain stationery, linen, wheelchairs, stretchers, and equipment.
- Maintain accurate linen records and coordinate repairs/replacements.

Facility Related Works

- Ensure ward cleanliness and adherence to cleaning protocols.
- Raise and follow up job requests and assist in terminal disinfection.
- Ensure emergency exits are clear and amenities are functional.
- Maintain all ward-related records and perform other assigned administrative duties.

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

Apply on or before **May 22, 2026**.

Note: Qualification "Full time formal courses from recognized college / university only. Applications should be made online. Applications through other job portals will not be considered.

Others

5. Schiefflin Institute of Health - Research & Leprosy Centre, Karigiri invites applications for the following post:

1. **Dermatologist - DDVL / MD (DVL) / DNB**
2. **Ophthalmologist - MS / MD / DNB / DOMS (Ophthalmology)**
3. **Radiologist - MD / DMRD**
4. **Orthopaedic Surgeon - MS (Ortho)**
5. **General Surgeon - MS (Gen Surgery)**
6. **Lecturer Optometry - M.Sc. / B.Sc. Optometry**

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: May 30, 2026.