



# ALUMNI XPRESS



## The Newsletter of the *Association of Medical Alumni*

Christian Medical College & Hospital  
Ludhiana (Punjab) INDIA

VOLUME IX

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### EDITORIAL

"Every parting gives a foretaste of death, every reunion a hint of resurrection."  
-- Arthur Schopenhauer

We are proud to present before you the July edition of the Alumni Express. It has been a hectic four months with the Annual Convocation, the Musical, The Founders day celebrations, Snow Hostel Day and the PG admissions.

When the batches of 1982 and 1963 reunited after 25 and 50 years respectively, resurrection it was! Resurrection of memories, friendships, camaraderie between friends and batch-mates. It was a celebration of 'catching up' over the years, celebration of familiarity at their beloved alma mater, which nurtured them into the respectable and dedicated health care professionals they are today.

We are delighted to inform about an 'International Reunion' for all our alumni that is being organized in October, 2013. I welcome comments and suggestions to make this event a grand success.

My sincere thanks to the editorial board for their incessant efforts in bringing out this edition of "Alumni Express".

Here's wishing you all a happy reading!

**Dr. Subhash Singla**  
President

### WORKING IN A MISSION HOSPITAL– My Experience



The past two years at a small "mission" hospital in a non-descript town in Kerala has been a great learning experience that will help me much in the future. I was a little green behind the ears when I landed here and undertook the responsibility of a Junior Doctor "in an area of need". I started work with no official orientation nor guidelines but thanks to – the training and self-belief I developed while at college; my teachers, just a phone call away; a little help from the Nursing Staff here; the other Junior Doctor(s) at this hospital; the support of my batch mates and extensive reading every day – I was able to sail

these turbulent, unfamiliar seas without sinking, get over the initial disorientation and treat patients independently, confidently and by the book(s).

I was primarily posted in the casualty, which is a parallel OP and was able to see a wide variety of patients from paediatric to geriatric, medical to surgical and all specialities in between. This is the only secondary care hospital in a 16 km radius, despite the limitations in terms of infrastructure and expertise, easily affordable, accessible and available healthcare is delivered. We have successfully handled cases like Cerebro-vascular accident, trauma, Leptospirosis, DKA, etc., with our limited resources. In many instances patient's by-standers refuse referral to higher centre, accept the possibility of poor prognosis, entrust the care of the patient and with God's healing touch many have been healed beyond our expectations. The cases I dealt with have more or less made me realise which specialization to pursue for PG.

As my bond period comes to an end, I feel glad that I was able to do my part as promised. I had some really awesome moments and made some life-long friends from amongst my co-workers and patients. I have achieved a number of personal goals and matured further as an individual having seen different situations and people and I also rediscovered my dependence and faith in Christ. One of the major lessons learnt was in 'how to spend judiciously' in proportion to my income.

As I look back on the past 18 months and think of all the challenges I had to patiently endure and overcome – difficult patients and their bystanders, tops the list – I thank God for giving me firsthand experience in 'Conflict Management' and I'd like to think that I passed the test with good grades if not flying colours. I am reminded of a Chinese proverb, "The strongest steel is forged in the hottest fire". The strongest character is molded in the most difficult circumstances. When the molding process is over, you may find that you can do more than you ever thought possible and that God can do more with you than He has ever done before.

**Dr. Joseph Abraham P**  
(with inputs from the MBBS Batch of 2005)  
e-mail: [drabrahamjoseph@gmail.com](mailto:drabrahamjoseph@gmail.com)

## ACCOLADES FOR THE DIRECTOR!



Dr. Abraham G Thomas, Director of CMC, Ludhiana has been recognized by the American College of Surgeons in its 100 year time line for achievements in Surgery, as achieving one of five worldwide milestones in the advancement of surgery during the decade of the 1990's. This is a very prestigious acknowledgement of his work for the first face re-implant.

*-Friends of Ludhiana*

## NEW SUPER SPECIALTY COURSES

We are happy to inform you that CMC Ludhiana under the able leadership of our beloved Director Dr. Abraham G. Thomas and Principal Dr. S. M. Bhatti have been successful in starting new Super specialty courses in Paediatric Surgery (1 Mch seat), Neurology (1 DM seat) and Nephrology (1 DM seat). Students in each of these Departments have been admitted.

## CONVOCATION 2013



The Annual Convocation of Christian Medical College, Christian Dental College, College of Nursing and College of Physiotherapy, Ludhiana was held on 16<sup>th</sup> March 2013 with traditional grandeur in the College Campus. Dr. Harvinder S. Luthra, Professor of Medicine from Mayo Clinic and Mayo Medical School, Rochester, USA was the Chief Guest for this year's convocation.

Forty three Medical Graduates were awarded the degrees. Students excelling in various academic activities were awarded Prizes and Medals by the Chief Guest, Dr. Harvinder S. Luthra.

**Batch of 1976 Award 2013 for  
Excellence in Teaching presented to  
Dr. Nitin Batra, HOD, Deptt. of Ophthalmology**



## LIFETIME SERVICE AWARD 2013



Dr. Arindra Nath Chatterjee has been selected after due consideration to receive the Annual Alumni Lifetime Service Award of the Christian Medical College, Ludhiana, for outstanding work done in the Department of Ophthalmology, CMCL.

Dr. Arindra Nath Chatterjee graduated from Nil Ratan Sircar Medical College, Calcutta in 1960 and did his MS (Ophthalmology) from PGIMER, Chandigarh in 1967. He went for further training to Portland, Oregon and Plainfield, New Jersey (USA), before joining the Department of Ophthalmology, CMC, Ludhiana in 1967. He became the Head of the Department in 1971, and served in this capacity for the next 23 years, till 1994, and then again from 1998 to 1999.

Dr. Chatterjee served as a true ambassador of the "Mobile Eye Services", with the motto 'Reach out and Serve'. He conducted camps in the most backward and rural areas of the states of Punjab, Haryana, Rajasthan, Himachal, J&K, Uttar Pradesh and Uttaranchal, to provide dedicated & uncompromised service to the community by introducing innovations as per global trends and advances in Ophthalmology to people especially from the weaker section of society.

Dr. Chatterjee also served as the Registrar, CMCL from 1997-1998 and has been a Medical Advisor to CBM International after completing 32 years of service in CMCL. He has been a global ambassador for CMCL, spreading the message of Community Ophthalmology at CMCL in several countries all over the world.

We recognize Dr. Arindra Nath Chatterjee's commitment in providing medical services to the poor and marginalized with compassion, conviction, integrity and perseverance. In giving you this award, Dr. Chatterjee, we take pride, for you have demonstrated to us how "To serve one another in Love".

**Dr. V. K. Satija Memorial Award 2013  
for Best Clinical Teacher presented to  
Dr. Arpit Jacob Mathew, Deptt. of Surgery**





## Eileen B. Snow CMC Alumni Award for Best All Round Graduate - 2013

Shared by  
**Elizabeth Wilson (Batch of 2008)**



&  
**Gayatri Bhatia (Batch of 2008)**



### The Hallowed Grounds

Remember today, for it is the beginning of a new time – Dante Alighieri.

5 ½ years and 17 subjects later, that first day in CMC, July 21<sup>st</sup>, 2008 is still treasured. And almost forgotten is the 80 something – kg schoolgirl who thought she'd made it.

Yes, it has been quite a journey. And looking back, I fall painfully short of words trying to put down on paper the many bitter sweet moments I lived here. Moments that I forever carry with me as memories.

CMC, my sanctuary, where I found more than my calling, I found my role models. I found friends - some for life. Bonds that no amount of distance on time can weaken. I found humility. I found dedication. I witnessed many a maestro at work. I learnt how to work while you work and play while you play. Speaking of which, it has been my honor to work alongside some immensely talented people in the musicals, Systole, the Christianos Medicos and Vox Populi; and to represent CMC in quite a few intercollege events.

Soon, we would be receiving our medical degrees, thanks to the academic knowledge and skill inculcated in us by the best faculty a student could hope for; but still insufficient to commemorate the loving care, the acceptance and the peace of being at home, also showered on us in selfless amount.

Today, as an intern, months away from attaching what is required of me as a doctor, I can't help but think; CMC, what would I be without you?

- **Gayatri Bhatia**

## FOUNDER'S DAY CELEBRATION March 24<sup>th</sup>, 2013

The Founder's Day was celebrated on March 24, 2013 in the loving memory of our founder, Dr Edith Mary Brown. Nearly 50 alumni from the batches of 1953, 1963 and 1982, visited their alma mater for the reunion, some of them decades after having left the portals of Christian Medical College!

The day started with the Palm Sunday Service in College Chapel followed by a Worship Service in the Lady Willingdon Hall, remembering the alumni who are no longer with us, especially from the reunion batches: Batch Of 1963-Dr Ashok Kumar Hasrat, Dr Sebastian Vellatothottam George, Dr Asir Wilson Daniel Sinnathamby, Dr Nirmal Bhardwaj, Dr Gurbachan Singh, Dr Noreen Halla, Dr Gojer Oscar Brian & Dr Vikramjeet Singh (1982) & Dr Solomon Chatterjee (1979), Dr Harkirat Singh(1996), Dr Kshitij Peter (2002).

Dr Subhash Singla, President, Association of Medical Alumni, CMC welcomed the visiting alumni. A lamp was lit by senior administrators, senior alumni and alumni office bearers to pay tribute to our Founder, Dr Brown. The Director, Dr. Abraham G. Thomas and the Principal, Dr. S.M. Bhatti addressed the gathering. There was a CME in which Dr. Gurpal Singh Sandha, from the Reunion batch of 1982, delivered a scientific talk on: "Spyglass Cholangioscopy - Single-Operator Direct Visualization of the Bile Duct."



Dr. Abraham G. Thomas, Dr Kim Mammen and Dr. S.M. Bhatti gave away the mementoes to the Reunion Batches. During this, the alumni shared their experiences since graduation and also narrated anecdotes about their time spent in CMC many years ago. The alumni also visited the hostels, college and hospital premises to relive old memories and to see the newer developments that have taken place at CMC, since the days that they were here.



### Dr. Sybil Singh (Batch of 1953)

- Receiving a memento from the Director: 60 Years of Joining CMC, Ludhiana!



## REUNION- BATCH OF 1963



**Batch of 1963** - Dr. Iqbal Singh Ahuja, Dr. Vimla Christina Salins, Dr. Subhash Chander Khosla, Dr. Noreen Satya Priya Parshad, Dr. Renuka Pushpa Sukhnandan, Dr. Mohan Varghese, Dr. Kamlesh Rani Gupta, Dr. Aruna Saggat, Dr. Lalit Mehta, Dr. Ranjit Singh, Dr. Surenderjit Singh, Dr. Behzad Daran Shroff & Dr. Vijay Lakshmi Sehgal attended.



## REUNION- BATCH OF 1982



Dr. Sybil Singh from the Pioneer Batch and her daughter, Dr. Sheena Singh with the alumni from the Reunion Batch of 1982.



**Batch of 1982** - Dr. Alka Satija nee Kathpal, Dr. Poonam Makkar Pannu, Dr. Harminder Pannu, Dr. Gagan Deep Singh, Dr. Harish Kumar Sehgal, Dr. Savita Peter Masih, Dr. Surveen Ghumman Sindhu, Dr. Anne Wilkinson nee Cherian, Dr. Sunila Soni nee Yadav, Dr. Manuel Bernadette Stephenson, Dr. Sarita Aggarwal, Dr. Gurpal S. Sandha, Dr. Reginald Masih, Dr. Dharminder Mohan, Dr. Gurmit Singh Atwal, Dr. Jasbir Singh Mann, Dr. Justine Das, Dr. Maninder Pal Singh, Dr. Manjit Singh, Dr. Savita Nanda Mukhi, Dr. Vandana Singh Saini & Dr. Amit Kumar Gupta attended.



## ANNOUNCEMENT

**Department of Biochemistry**, CMC shall be organizing AMBICON 2013, Annual National Conference of Association of Medical Biochemists of India (AMBI) on 15<sup>th</sup> to 17<sup>th</sup> November, 2013. AMBI is the national body with around 1500 members having MD Biochemistry. The Conference shall be preceded by a pre- conference workshop on 14<sup>th</sup> November. Around 600-700 delegates are expected to attend the conference. The details can be viewed at conference website [www.AMBICON2013.in](http://www.AMBICON2013.in)

### Absorbable Coronary Stents Implanted By Cardiology Department



A major advancement in the coronary stent technology has been the development of **Bioresorbable** stents. The first such stent implantation in the region was performed on 02 April 2013 at the department of Cardiology of CMC & Hospital Ludhiana.

The advantage of this stent is that it keeps the artery open like a metallic stent (the commonly used stent) but is completely absorbed from the body within a 2 year period leaving the artery as a normal artery without any disease. Mr. Mukhtiar Singh, a 69 year old gentleman on coronary angiography, was found to have a long segment of blockage in his right coronary artery. Dr Rajneesh Calton, Professor and Head, Deptt of Cardiology and his team performed Coronary Angioplasty on him and implanted BVS stents. The other members of the Cardiac Cath Lab team included Dr Avinash Mathew, Dr Rashmi Kerr, Dr Abraham Speedie, Mr Sanjay Ranga, Mr Rajiv Lal, Mr Bhupinder and Mrs Sabina.

### Structural Heart Disease Workshops Conducted by Cardiology Department

Structural Heart disease workshops were conducted by the Department of Cardiology on Jan 20 and May 19, 2013. Dr Rajneesh Kumar Calton, Professor and Head along with the team of doctors of Cardiology Department and the visiting cardiologist Dr Radhakrishnan successfully performed 20 interventional procedure including ASD closures, PDA closure, Pulmonary balloon Valvuloplasty and Mitral balloon Valvuloplasty procedures. All the patients did well and were cured of their heart problem.

### Artificial Ribs Created in CMC to Reconstruct Chest of Braveheart Boy with Cancer

Master Shubham – a 13 year old bright young boy – was diagnosed to have Ewing's sarcoma of the ribs. Multimodality treatment was planned. The patient received neoadjuvant chemotherapy by Dr Kunal Jain, Medical Oncology followed by a marathon surgery by Dr Harinder S. Bedi, Head of CTVS. The surgery required total removal of all affected parts leading to a large defect in the chest wall. A plan was made to design artificial ribs tailored to Shubham's anatomy. A

detailed design was made and with the help of Mr Rajinder Singh of the maintenance department of CMC & H - ribs of special medical grade stainless steel, usually used in orthopaedic implants and compatible with the human body, were made. The steel ribs were fixed in position after excision of the tumour. This design worked superbly - the ribs gave a good support to the lungs and Shubham has made a remarkable recovery with full function of his lungs. The other members of the cardiac team involved in this marathon surgery were Dr A Joseph, Dr S Garg, Dr Melchi, Dr Anish, Dr Anuj, Dr Elizabeth, Dr Gurleen and Dr Ashwin. Shubham also received adjuvant 3D conformal radiotherapy to the chest wall by the new 6MV Linear accelerator and is doing well. Dr Bedi said that Shubham took inspiration from the cricketer Mr Yuvraj Singh. Shubham is a bright young man, is good in his studies and he wants to study and become a doctor.



Photo: A beaming Master Shubham after surgery with Dr HS Bedi and the cardiac team. Shubham is holding a sample of the steel rib placed in his chest.

### Indian Cardiac Surgeon Delivers Key Note Address at 2<sup>nd</sup> International Yoga Conference



Dr. Harinder Singh Bedi – Head of Cardio Vascular & Thoracic Surgery delivered his oration on 'Yoga and Heart – Improving Cardiac Surgery Outcomes with Yoga – the Science and the Art' at the 2<sup>nd</sup> International Yoga Conference organised by the Patanjali Research Foundation in Haridwar on 7<sup>th</sup> Jan 2013. To prevent lung complications after major heart surgery, Dr Bedi started using pranayam techniques in his patients before and after major heart surgeries. The results were dramatic and significantly much better as patients could be removed from artificial ventilation much earlier and spent lesser time in the ICU and hospital. The morbidity was considerably improved over patients who did not undergo yoga therapy and was much better than the best International standards.

With the addition of simple yogic techniques by a full time yoga teacher – Mr Nirmal Singh – under medical supervision – patients are able to breathe well very soon leading to reduced infection rates and quicker recovery.



### ADR Monitoring Centre in Pharmacology

The department was selected as ADR Monitoring centre (AMC) of Pharmacovigilance Program of India (PvPI) under aegis of Indian Pharmacopoeia Commission (IPC), Ministry of Health & Family Welfare, Government of India. As part of that department has got access to vigiflow ADR data entry program of WHO and a technical associate is being appointed. The department has contributed 40 ADRs to National Data base till now.

### Award in Medical Education to Dr. Dinesh Badyal by National Body



Dr. Dinesh Badyal, Prof. & Head, Pharmacology was awarded M. L. Gupta Prize in Medical Education and Technology for recognition of substantial contribution to Medical Education and Technology with special reference to Physiology/ Pharmacology or Allied Sciences in India by Association of Physiologists and Pharmacologists of India (APPI) for the year 2012. Shahid Manzoor, Honorable Minister of State, Government of UP presented him the award and certificate in inaugural session of the Annual Conference of Physiologists and Pharmacologists of India (APPICON 2012) held in Subharti University, Meerut on 18 December, 2012. He delivered his oration on "Medical education in India: Effectiveness and relevance of faulty development programs in India".

### Workshop on "Advanced Pharmacovigilance"



Department of Pharmacology in collaboration with Indian Pharmacological society conducted a CME on "Advanced Pharmacovigilance Workshop" on December 8, 2012. Dr. Bikash Medhi, Coordinator of Pharmacovigilance centre at PGI, Chandigarh explained case series examples. Dr. Badyal, organizing secretary outlined the Pharmacovigilance program of India (PvPI) and explained the need and importance of reporting adverse drug reactions for all doctors. Dr. Gaurav Gulrez and Dr. Gagandeep Kwatra shared information on the adverse drug reaction reporting form being used in India as per CDSCO and role of drug interactions.

### CME on Neuroimaging

The department of Radiodiagnosis, in association with Indian Radiology and Imaging Association, Punjab & Chandigarh branch had organized a CME on Neuroimaging at the Lady Willingdon Hall on 4<sup>th</sup> November 2012. Over 200 radiologists including post graduate residents from Punjab and adjacent areas participated in this academic fest. The scientific sessions were delivered and chaired by eminent radiologists, neurosurgeons and neuro-physicians. Topics covered in the CME included imaging in stroke, neuro-infections, tumours and epilepsy and interventional procedures. A quiz with a compilation of interesting cases was held with enthusiastic participation of the residents.



### The New 128 Slice CT Scan Machine



December 17<sup>th</sup> 2012 was a much anticipated day for the Department of Radiodiagnosis when the new state of the art 128 slice CT scan was officially dedicated. The multislice Philips Ingenuity CT scanner was inaugurated by our Director, Dr. Abraham G Thomas, who was instrumental in getting us the best CT unit. Very few centers in India can boast of having a 128 slice CT and CMC is proud to be one of them. With this new addition and the existing 1.5 T MRI, 3D & 4D ultrasound machines, state of the art fluoroscopic unit, PACS & CR system, CMC offers the best in imaging facilities to patient care. An interventional unit is also available to perform all the image guided procedures. The department has a dedicated faculty with 24 hr patient services.

### National Stroke Conference

The department of Neurology organized the 8<sup>th</sup> National Stroke Conference of Indian Stroke Association from March 1<sup>st</sup> to 3<sup>rd</sup> in Hotel Park Plaza. The honourable Health and Family Welfare Minister of Government of Punjab Shri Madan Mohan Mittal was the Chief Guest for the Inauguration of the conference. Dr Jeyaraj D Pandian the Organizing Secretary mentioned that a total of 387 delegates attended the conference from India and overseas. There were 18 International faculty members who participated in the conference. There was a special workshop on Stroke rehabilitation which was coordinated by Dr Santosh Mathangi, and about 154



delegates attended this workshop. The highlight of the conference was a teaching course for MBBS students on "Stroke". Dr Gagandeep Kwatra organized the students teaching course and 150 medical students from three medical colleges in Punjab participated.



### Annual Eye Quiz



Among the 30 Undergraduate teams, 4 teams had qualified for the quiz following the preliminary round. Dr. Nitin Batra and Dr. Gurvinder conducted the finals. Pushkar Dhir (Batch 2007) & Samson Charan (Batch 2009) won the Champions trophy. Dr. S.M.Bhatti, Principal CMC, was the guest of honor and presented a special Award for 100% attendance to George Koshy (Batch of 2009). Rohit Theodore (Batch of 2009) presented an interesting talk titled 'Hall of Fame', which gave a brief history of legendary Ophthalmologists.

### Congratulations!



**Dr. Uttam B George**, Professor, Department of Radiodiagnosis, successfully completed a Clinical Fellowship in Advanced Abdominal Imaging at The Ottawa Hospital, University of Ottawa, Canada for the period 2011-2012. He received the 'Fellow of the Year' award "offered in recognition to the Fellow who has

demonstrated excellence in clinical knowledge and skills, and a strong personal initiative in education and/or research."



◀**Dr. Gaurav Grover** (Batch of 2004) has been selected to Civil Services Batch 2013.

CMC is proud of Gaurav!

### Republic Day 2013



### MUSICAL: "The Addams Family"

The Musical and Theatre Workshop presented its latest work, a musical, "The Addams Family" on 20<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> of March, 2013. The musical saw a total of 115 students from Medical, Dental, Nursing and Physiotherapy colleges taking part.

The musical was based on the popular cartoon series - The Addams Family and deals with one normal night in the abnormal Addam's household. It speaks of love and family and discloses the secret of a happy life- with the ability to find joy even in the flaws of each other. With a 10 member cast, 22 member choreography team and a 45 member choir, the musical was an experience unparalleled.

The coordinators of the Musical were- Sajin Sunny Mathew and Angelo Christopher, 4<sup>th</sup> year MBBS students. The acting was handled by Mariya Jacob (Batch 2010), music by Dr. Jerin Kuruville and choreography by Swetha Alexander and Susan Daniel (Batch 2010).





## Snow Day 2013



Ex-Snowies shining on the stage!

## MY LIFE IN SNOW

'One reason why I would never want to leave CMC → Snow Hostel'

Snow has been one of the best part of undergraduate life. 5 years have passed and as an intern when I look back, it has been a roller coaster ride filled with memories to cherish.

Every part of SNOW Hostel had a significance. The SNOW mess, inspite of the whole makeover, will always be our study hall for all Snowies. (one of places we surely are grateful for...WE PASSED OUR PROFS!) then the CENTRAL LAWN- walking, jogging, running → burning those calories to get into shape or atleast get themselves into the notion that they are losing weight. The TV room, whether it was juniors or seniors/ friends or acquaintances, we all came together, ate, drank and commented on every song, TV show, serial and movie. The Night Canteen- where we were saved from the sleepy nights and growling stomachs with 1 am maggi and coffee. Common rooms & lobbies (being neat in its own way!!) were used for dance practices with loud music which alarmed the Snowies - yes, SYSTOLE IS COMING SOON ! The Notice board of SNOW HOSTEL has become famous for its honest opinions and suggestions unlike the Rossian notice board- glass covered & locked.



And the best part was our cozy single rooms all to ourselves, a place just to lie down and relax whenever & however we wanted, over sleeping...oops missed a class ! My room was a loyal & good listener and a witness to all kinds of emotions from

explosions to unstoppable laughter. SNOW would be incomplete without mentioning its pets – dogs & puppies (half our time spent in 'shooing' them away) squirrels, parrots etc.

I just feel that these were the most memorable 5 years that will never come back. CMC has moulded us into becoming responsible, courageous and confident doctors, leading us into a new phase in our professional life and holding on to the mission statement "MY WORK IS FOR A KING".

These memories will forever be engraved.

**Cynthia Susan Mathew**  
Batch of 2007

## MY LIFE IN ROSS

It is next to impossible to put the greatest 5 years of your life in an article, and here I am going to talk about a place that has played a major part in making me who I am and who I shall be, and will continue to do so for so many more like me.

Let's talk about Ross- 'My Home'.

Life in Ross started for me as a young boy (for some- child!!) in August 2007. Unsure, terrified, coming straight from the cocoon which was provided by the protection and comfort at home, I withdrew myself in a shell. This wasn't to last for long though, as the magic of Ross kicked in. The new member was quickly accepted and was now a part of this wonderful fraternity, and was now a Rossian. My classmates, seniors helped me at every step, encouraged me to live my life like never before and all of us newcomers were made to feel at home.

First year went in a jiffy, and soon we were 'seniors'. The chicken started fluttering its wings. The environment of Ross, the night canteen, late night Table Tennis, movie shows, or just chatting away on the most insignificant topics made our bonds stronger. Then there were the Ross Terrace parties, midnight Birthday treats, Central Lawn Cricket, Mess Hall Discussions(!!) which would give the next morning safai worker a pretty hard time, lobby parties, parties in balconies, night- outs, all these 'traditions' become a part of every Rossian's life. To add to the fun in our lives were the displays of cricket and soccer games, a fully equipped Ross Gym for fitness freaks (and A.C. lovers), our very own T.V. room (now with a brand new T.V.) and a volleyball court.



Exam times were fun too. It was comforting to see so many tense faces around (such is Human nature), and yet during exams you would see the same faces in the T.V. room, playing table tennis or watching movies and at times doing all three!! The help of seniors was always available and was invariably sought just the day before exams.

5 wonderful years have passed by, given us countless memories that we will all cherish. We will soon be embarking on yet another journey of our lives. The impact of Ross in our life has been amazing. It has helped in moulding us from young boys to responsible (!) doctors. The journey has been spectacular, and I have made great friends along the way. Ross is a family, the affection, care and support helps us all to enjoy the laughter and face the tough times. Being together is a blessing. I would surely miss Ross, and would want to keep coming back. Let's keep in touch my friends, fellow 'Rossians'.....

**Sebastian Marker**  
Batch of 2007



## Ross Chapel Service, Blood Donation Campaign & Ross Gettogether: 21<sup>st</sup> April 2013



After a lot of planning and hardwork, the ROSSIANS conducted their chapel service on 21<sup>st</sup> April, 2013. This year was special due to two reasons - The blood donation campaign and Ross Get together. The chapel service started at 8:30 am as usual and saw the Rossians singing and praising the Lord in fervor.

The message was given by Dr. Joyance James (Batch of 2008).

Following the chapel service, people were given forms for voluntary blood donation and the BP and HB, of the willing volunteers were taken outside chapel. They were then herded to the blood bank, where they happily parted with 350ml. of blood, leaving us with 39 volunteers who gave blood for the sake of the Bone marrow transplant patients.

At 7.30 pm, the same day, Rossians and Ex-Rossians had a friendly volleyball match followed by a scrumptious dinner and an interactive session where Ex-Rossians took the Rossians down the memory lane. All in all it was an eventful and memorable day.

## Fund-Raising Dinner at Brisbane, Australia

The second fund-raising dinner organised by the Friends of Ludhiana, Brisbane, Australia was held on 4<sup>th</sup> May, 2013. A total of about 115 guests attended the dinner.

The evening began with a welcome by Dr. Jacob Cherian, President, FOL, and was followed by the traditional lighting of the lamp.

Dr. David and Mrs. Rosemary Troughton were honoured for their immense contribution to CMC. Dr. Troughton (1969-1974) established the Gastroenterology unit at CMC. They continued to support CMC after leaving, and Mrs. Rosemary Troughton spoke in over 120 fund raising meetings in New Zealand. The entire O & G block at CMC Ludhiana was built with funds raised by the Friends of Ludhiana, New Zealand, with a matching grant from the New Zealand Government under the leadership of Dr. Beryl Howie and the Troughtons.



◀Helen Colledge, Deborah Henderson, Anita Das, Gurdip Manku (Batch of 1971) & Gwenda Spencer.

Dr Howie, who passed away in December at Auckland was fondly remembered. In 22 years at Ludhiana (1959-1981), she delivered thousands of babies and taught and

trained generations of MBBS and Post Graduate students in OB & GYN. She also authored "High-Risk Obstetrics, a practical handbook" which was published in 1985.

Mention was made of the contribution of Phyl and Harry Billingham from Adelaide, who were associated with the Ludhiana-Australia fellowship for over 30 years. Phyl and Harry were unable to attend the dinner, but a message from Phyl was read out to the assembly.

Dr. Jacob Cherian mentioned the focus of the fund-raising effort was to raise funds to develop a molecular laboratory at the Microbiology Deptt. at CMC, Ludhiana. A sum of 10000 dollars has already been raised over the last year for this purpose, and has been handed over to Dr. Abraham G. Thomas, Director, CMC & H by Dr. Justin Das and Dr. Maninder Singh (Batch of 1982) in March 2013. A further amount of 10000 dollars is required for the project. This facility would significantly help with costs of tests for poor and needy patients, as well as enabling further teaching and research.

A string ensemble from the Booval School of Music, Ipswich provided some wonderful music to start the evening.



This was followed by Dr. Troughton's speech. Dr. Troughton, in a witty, evocative and thought-provoking speech, traced his journey to CMC and his time there, and how CMC influenced his life and career. This was followed by an energetic Bhangra dance by the group "Sher-e-Punjab".

The three course Indian dinner was served between items. Mrs Rosemary Troughton spoke of the fund-raising effort made by Friends of Ludhiana in New Zealand to raise funds for the OB-Gyn block. She also highlighted ways for people to help CMC.



◀Dr. David Troughton and Mrs Rosemary Troughton being honoured for their multi-faceted contribution to CMC. Mrs Troughton was presented with a shawl by Dr. Basant Pawar, and Dr Troughton was presented with a CMC badge and cufflinks by Dr. Gitanjali Pawar.

A vote of thanks was proposed by Dr. Harish Iswariah (Batch of 1986), and the Bhangra group returned for a second performance. This time also joined by many members of the audience, after which the evening came to a close.



Alumni and Families at the Dinner.

Contributed by: Dr. Harish Iswariah (Batch of 1986)



## OBITUARIES

**Dr. Beryl Howie**  
(DSc Otago, FRCS, FRCRG, FRACOG)  
(07.11.1924 - 01.12.2012)



Dr. Beryl Howie was born on 7<sup>th</sup> November 1924, Invercargill, New Zealand. She was Professor & Head of the Department of Obstetrics & Gynaecology from January 1959 till July 1981.

She passed away peacefully at Caghey Preston Ventnor Home, New Zealand on Saturday, 1<sup>st</sup> December 2012. The Funeral Service was held in Greyfriars Church Auckland on 5<sup>th</sup> December 2012. A Memorial Service

was also held in the CMC Hospital Chapel, Ludhiana on 6<sup>th</sup> December, 2012.

**Dr. L.B.M. Joseph**  
(Laurence Barnabas Maduram Joseph)  
(01.03.1927 - 05.12.2012)



Dr. LBM Joseph was born on 1<sup>st</sup> March 1927. He served as the Director of CMC Vellore from 1974-1987. He joined CMC Ludhiana on 1<sup>st</sup> December 1986 and worked as Professor of Surgery till 8<sup>th</sup> March 1988 and later as the Director from 13<sup>th</sup> March 1993 to 19<sup>th</sup> December 1994.

Dr. LBM Joseph passed away at Vellore on 5<sup>th</sup> December, 2012. A memorial service was held at CMC Ludhiana on 10<sup>th</sup> December, 2012.

*It is with sadness we report the demise of the following:*

**Dr B K Goyal (Batch of 1958)** passed away on 28<sup>th</sup> October 2012 in Australia. He was an ENT Surgeon settled in Australia for more than three decades.  
*Forwarded by: Dr S. K. Chopra*

**Dr Samuel Silas (Batch of 1973)** passed away following acute pancreatitis in Delhi.

**Dr David Inderjeet (Batch of 1957)** passed away on 17<sup>th</sup> November, 2012.

**Dr Inderjit Singh Kochar (Batch of 1955)** passed away on 9<sup>th</sup> January, 2013. He was detected with pancreatic cancer on November 6, 2012.

**Dr Soloman Chatterjee (Batch of 1979)** Passed away on 10<sup>th</sup> January, 2013. He was working at Central Medical Center, Hisar, Haryana and is survived by his wife, one daughter and one son.

**Dr Kshitij Peter (Batch of 2002)** passed away on 21<sup>st</sup> March, 2013.

May these great souls rest in peace....

**Contact us at:** Association of Medical Alumni, Christian Medical College, Ludhiana - 141008, Punjab, India  
**Phone:** +91-161-2610615, +91-161-5026999, Extn: 4548 (8:00 hrs to 17:00 hrs), **E-mail:** cmcl\_alumni@yahoo.com

**Disclaimer :** The views expressed by contributing authors are their own, and do not necessarily reflect the views of the Editorial Board of The Association of Medical Alumni CMCL and it shall not liable for any misrepresentation of information.

## ANNOUNCEMENT

### CMC Alumni Reunion on 13<sup>th</sup> Oct. 2013

Association of Medical Alumni, CMC, Ludhiana invites all CMC alumni - irrespective of Batch/degree to the reunion on Sunday, 13th October, 2013 at CMC Ludhiana. We would like you to make the most of this opportunity to visit your Alma Mater and meet up with old friends.

Contact: cmcl\_alumni@yahoo.com

## ANNOUNCEMENT

### Reunion of the Batches of 1964 and 1983

**On Monday, 24<sup>th</sup> March, 2014**

*The Founder's Day celebrations will be held on Monday, 24th March, 2014 at CMC Ludhiana. The batches of 1983 & 1964 will celebrate their 25<sup>th</sup> & 50<sup>th</sup> reunions respectively. We invite the alumni of both these batches to confirm their participation and to share contact information with us regarding their batchmates. Please plan your schedule in advance so that you can attend this once in a lifetime occasion.*

## CMC VISIT

Our former Hospital Director, Mr. Thomas J. Peters' (Hospital Administrator 1967-75) daughter Dr. MARIAN PETERS visited CMC Ludhiana in Oct 2012. Mr. Thomas J. Peters was the Director in charge of clinics, facilities that provided medical care and also in charge of the Private Ward block being built. At that time there was a division in duties and two Directors were there - one the administrator and the other the Medical Director. Dr Ken Scott was the Medical Director. Mr. Thomas Peters was from Florida, USA.

Dr. Marian, along with her friend Tina, visited their old house - "The Casberg house". She also met the Director Dr. Abraham G. Thomas and was happy that he instantly remembered and said her father was called 'Tom Peters'. She says, "It was a delightful moment having him say- Tom Peters!" She also visited the Private Ward Block, the campus, the Archives and the Library. She and her mother Mrs. Jean Peters, along with her sister, Cindy, and brother, Jeff, have a lot of lovely memories of CMC Ludhiana.



*Contributed by: Dr Sangeetha Mohan*  
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