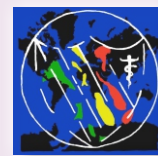




# Alumni Xpress



The Newsletter of the  
*Association of Medical Alumni*

Christian Medical College & Hospital  
Ludhiana (Punjab) INDIA

VOLUME IX

June 2014

## EDITORIAL



*'A man travels the world over in search of what he needs and returns home to find it.'*

-George Moore

Dear Friends,

Greetings on behalf of the Alumni Association!!

It has been an action packed 2013 & 2014 and we are proud to present before you the June issue of the alumni newsletter.

We had the opportunity to hold two reunions, one in October, 2013 for the International alumni and the other for the batches of 1964 & 1983 after 50 & 25 years on Founder's Day this year. The delight of coming back to CMC and the joy of meeting their classmates, some after as long as 20-25 years was writ large on everyone's faces. We hope that this trip down memory lane was as nostalgic and heartwarming for them as it was for all of us here. It was closely followed by the Convocation in the afternoon and though the rain played spoilsport, it did not defeat the enthusiasm and spirit of CMC! It was a special day for all the graduates and their parents visiting CMC to see the culmination of the hard work put in by them and their children.

I hope that you enjoy this issue of the Alumni Express which has a mix of interesting anecdotes, experiences of the students, happenings in CMC, the reunion photos and a special invited article from Dr. Lailu Mathews (Batch of 1983).

I take this opportunity to thank all the team members as well as Ms. Rani for their concerted efforts in the smooth running of the Association. My heartfelt thanks to the global CMC Alumni community for their constant guidance, support and feedback, without which all our efforts would be in vain.

Happy Reading!!

**Dr. Jaineet Patil**  
Vice-President

## PRESIDENT'S MESSAGE



I, as President, had the privilege of holding an International Alumni Reunion on 13<sup>th</sup> October, 2013 which was attended by alumni from different parts of the world. Dr. Elizabeth Paul, President, NAACMC alumni was instrumental in arranging this meet. It reminded all of us of the good old days in CMC and was a great success! We also held the reunion of the Batches of

1964 and 1983 which was appreciated by all the batchmates and was a nostalgic event. This issue of the newsletter has the highlights of all these events.

I wish success to the Alumni Xpress.

Long Live CMC alumni, Long Live CMC!

**Dr. Subhash Singla**  
President

## DOWN MEMORY LANE WITH A THANKFUL HEART...



As I stand before my Alma Mater I can only thank God for the wonderful way in which He has guided, cared and protected me. My mom, Dr. Joy Mathews was one of the early students of CMC, Ludhiana to be trained under the leadership of none other than the Founder, Dr. Edith Mary Brown.

**Dr. Edith Mary Brown**  
during 50<sup>th</sup> anniversary celebrations

These photographs taken in the year 1943 are a tribute to the Founder as well as my mom because I consider this a privilege to honour them after 70 long years! Our class reunion after 25 years of graduation is a time for me to thank God for the miraculous way in which He has led me. This is also my mom's 70<sup>th</sup> year after graduation!



**My mom's class photo (Internship 1943)**

Viewing my life through a rear view mirror and trying to see as far back as possible, my memories go back to the time when I was a little girl listening to the stories of my mom's life at CMC, Ludhiana, almost a decade before our independence, how she used to travel to Lahore and then to Ludhiana, how dedicated the missionaries were and also the amusing incidents during her college days. These photographs were carefully preserved in my childhood photo album. Though she had told me the names of all her teachers in the photograph, I was too young to understand. All I could gather was that she cherished every moment of her life at CMC. The missionary spirit had got rooted so deeply within her and may be that could be the reason she dedicated more than 15 years of her life after graduation for the service of humanity before even thinking of having a family of her own. But God, who plans our lives even before we are born, gave her a family with three wonderful kids of which I am the youngest. It was God's will that I study in the same college as my mom though it was 40 years later!

However, before I could finish my class12, I lost her- my beloved mom, of whom even now I can't think of without shedding a tear. Six months later I lost my dad too.

**As I mentioned earlier, it was God's will that I joined CMC (1983)**



**Our Class Photo (1983 Batch)**

The venue is the same as that of the above photo taken in the year 1943!

I came to CMC as a broken, timid, shattered, lonely girl. I kept my unspoken agony all to myself. I had no local guardian or foster parents. All I had was my faith in the living God who revealed Himself to me when I was in first year and my tear soaked Bible. The agony was so much that in the middle of the night when my friends were fast asleep, I would pour out my heart to Jesus and cry till there were no tears left. But you know, your tears never go unnoticed- God collects the tears and makes a rainbow out of it!! That is what He did to me.

From the shattered, timid, shy, broken, lonely worm that I was, God transformed me into a bold person holding a highly responsible position! With a heart full of gratitude I can only say with the Psalmist "He lifts the needy from the ash heap and makes them sit along with princes."

I am thankful to all my classmates who made my college days colorful and happy. The class parties, musical nite, annual play, frenzies, picnics, X'mas parties etc. made life vibrant- how could I ever forget that? My sincere thanks to my teachers, friends, seniors, juniors and everyone who made my life at CMC worthwhile.

Now here I am 25 years later, visiting this place which holds a very special place in my heart. My message to the younger generation is "Never give up, never lose hope- God will restore and repay you for the years the locusts have eaten". The 'locusts' stand for any difficulty/ impossibility or any devastating experience. All you need to have is a heart that accepts and loves Jesus and wants to please Him. May God bless you!

**Dr. Lailu Mathews**  
**(Dr. Lailu Lilibet Samuel)**  
**Batch of 1983**

Professor & Head,  
Dept. of Anaesthesiology & Critical Care  
Chettinad Hospital & Research Institute,  
Chettinad Health City, Chennai  
E mail: lailu.mathews@gmail.com

### **Commencement of Endowment scholarship**

Dr. Lailu Mathews has started an endowment scholarship in memory of her mother Dr. Joy Mathews (Batch of 1943), trained under the leadership of our Founder, Dr. Edith Mary Brown.

The scholarship entitled "Dr. JOY MATHEWS ENDOWMENT MERIT SCHOLARSHIP" of Rs.5000 will be given every year to a girl MBBS student who scores the highest marks in the first Professional MBBS examination.

It is her wish that the scholarship be a blessing as well as a timely help to the student who receives it. It is a token of thanksgiving to the living God and her Alma Mater who moulded her into the person she is today.

May this scholarship continue every year and be a blessing to our students and our Alma Mater.



### CMC Alumni Reunion on 13<sup>th</sup> October, 2013

The Association of Medical Alumni, CMC organized the International Alumni Reunion on 13<sup>th</sup> October, 2013. A few members of CMCNAA (North American Association of CMC Alumni) participated in this function along with our alumni from Ludhiana & nearby cities. The Alumni who visited were Drs. Elizabeth Paul & Joy Paul (Batch of 1964 & 1959), Dr. & Mrs. C.V. Ananthakrishna (1962), Dr. Ninan Mathew (1972), Dr Susan John nee Sawhney (1974), with husband Mr. John Amazon, Dr. Kamaldeep Gill (1974), Dr. Raghu Raj Chathley (1966) & Dr. Prem Nath Mahajan (1960). They got an opportunity to attend the Ross Day celebrations on 12<sup>th</sup> October and the Onam celebrations on 13<sup>th</sup> morning, followed by the traditional Onam lunch. The reunion was a nostalgic event as the Alumni relived the good old days and related amazing anecdotes of their stay in CMC as students. It was followed by a gala dinner organized by the Alumni Association, CMC which was enjoyed by one and all. The visiting Alumni expressed the need of such events more often and promised material and intellectual support to CMC and its Alumni.



### Congratulations!



Dr. A.G. Thomas, the world renowned plastic & microvascular surgeon, was honoured by the Punjab Government in Jan 2014. This honour was conferred on him by the Hon'ble Chief Minister of Punjab, S. Parkash Singh Badal at the Republic Day celebrations held in Ludhiana. Dr. Thomas has been recognized for the first face reimplant in the world, by the

American College of Surgeons in its timeline of 100 years of achievements in surgery in Aug. 2013.

Speaking on the occasion, Dr. Thomas said, "The work in my profession does not end. The completion of one project is the beginning of another. It is my dream to bring the best of technology here for the people of all levels, the rich and the poor. Not only that, the younger generation also needs to be taught to strive in service that they do for mankind. I feel encouraged by this honor and I hope that people too feel encouraged."

### Congratulations!



Dr. Vijay Obed was invited by the American Burn Association to speak at the International Forum at their 45<sup>th</sup> Annual Meeting which was held in Palm Springs, California, USA.

He was also invited as Visiting Professor to Burn Centers at Salt Lake City, Washington DC and Boston; and delivered a talk at the Grand Rounds at SLC and Washington DC.

### Convocation 2014

The Annual Convocation of Christian Medical College, Christian Dental College, College of Nursing and College of Physiotherapy, Ludhiana was held on 24<sup>th</sup> March 2014 with traditional grandeur in the College Campus. Prof. (Dr.) Beant Singh Ahloowalia, Ph.D., Geneticist and Former Consultant, Joint FAO/IAEA Division, International Atomic Energy Agency, Vienna was the Chief Guest for this year's convocation.

Forty three Medical Graduates were awarded degrees. Students excelling in various academic activities were awarded Prizes and Medals by the Chief Guest. Samson Charan and Geethu Mary Chachappan were the prominent prize winners. Dr. Divya Varghese won the Vipin Khanna Memorial Gold medal for best intern. Dr. Kripa Elizabeth Cherian was awarded the Dr. Jaswant Kaur Gill Memorial award for best outgoing Medicine resident, Dr. Neharika Neeraj was awarded the Dr. Abraham G. Thomas award for the best outgoing resident in Surgery and Dr. Abhishek Lodge received the Faculty award for the best outgoing Orthopaedics resident.





## Association of Medical Alumni Awards



**Alumni Lifetime Service Award 2014 presented to Dr. Mira Shiva**

“Dr. Mira Shiva 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 India.

Dr. Mira Shiva belongs to the MBBS Batch of 1968, CMC Ludhiana. She graduated in 1972 and completed MD Medicine in 1978 from CMCL, the year of Alma Ata Charter.

Dr. Mira Shiva has been working on issues related to Rational Use of Drugs and Rational Drug Policy for the past 3 decades, Public Health, Children's Health and Rights, and Women's Health, Reproductive Health and Gender concerns; Women ecology and health, Food sovereignty and Nutritional security, Health rights rooted in Social justice and Gender justice since 1979.

Dr. Mira Shiva is the Founder coordinator of All India Drug Action, constituting of health groups and consumer groups working on Rational Drug Use and Rational Drug Policy. She is one of the founding members of Action for Rational Drug in Asia (PRDA) and former Chairperson of Consumer Education Task Force on Safety of Food and Medicine, Govt. of India. She has worked with the Govt. on various projects as a member of the Task Force on Pharmaceuticals, Regulation of Food and Drugs, Clinical Trials and Banning of Drugs.

Dr. Mira Shiva was appointed by the Supreme Court in a panel of three members to investigate the cholera epidemic of 1998 and also a member of the Monitoring Committee for Drinking Water for the Bhopal Gas Tragedy victims. She is presently a member of Advisory Committee of People Health Movement. She has authored and co-authored several books on Rational selection of drugs and Rational drug policy among others.

Dr. Mira Shiva has been the recipient of several prestigious National and International awards for her work which include the Dr. Olle Hansson Award, The Science and Society National Women Scientists Award and Genova:usa donna fuori dal coro Award. She was honoured by the CMC Ludhiana Alumni Association in North America for contribution in meaningful health work in 2007.

We recognize Dr. Mira Shiva's commitment in providing health care to the people of India. In giving you this award, Dr. Mira Shiva, we take pride, for you have demonstrated to us how 'To serve one another in Love'.”



**Batch of 1976 Award-2014 for Excellence in Teaching presented to Dr. Naveen Kakkar, Professor, Deptt. of Pathology**



**Dr. V. K. Satija Memorial Award-2014 for Best Clinical Teacher presented to Dr. Ashish Verghese, Professor, Deptt. of ENT**



**Eileen B. Snow CMC Alumni Award for Best All Round Graduate – 2014 presented to Jenni Mariam George (Batch of 2009)**

## HEARTFELT THANKS!

**The Association of Medical Alumni would like to thank Dr. Alexander Easow (Batch of 1976) for his generous donation of Rs. 1,00,000 to the CMC alumni fund.**



### Founder's Day Celebration March 24<sup>th</sup>, 2014

The Founder's Day was celebrated on March 24<sup>th</sup> 2014. The batches of 1983 and 1964 had their 25<sup>th</sup> year and 50<sup>th</sup> year Reunions respectively. The day started with the worship Service in the College Chapel, followed by a Service in the Lady Willingdon Hall, remembering the alumni who are no longer with us.

Dr. Subhash Singla, President, Association of Medical Alumni, CMC welcomed the visiting alumni. A lamp was lit by Dr. Mary Mathews, senior administrators, senior alumni from the reunion batches 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. Former Alumni and Principal, Dr. Mary Mathews also reminisced on Dame Edith Brown and her days in CMC. There was a Continuing Medical Education programme in which Dr. Salil Kumar Ali from the Reunion batch of 1983 delivered a talk on "Philosophy and practice of Community Ophthalmology".

**Batch of 1964** - Dr. Arun V. K. Pathak, Dr. Beena Mahajan, Dr. Elizabeth John Paul, Dr. Harinder Singh Kang, Dr. Kiran Chopra (nee Dr. Harvey Patricia David), Dr. Molly M. Paul, Dr. Malini Sehgal, Dr. Meena Sawhney, Dr. Ramani Charles & Dr. Rewa Behl.

**Batch of 1983** - Dr. Amarinderpal Singh Chhabra, Dr. Anupam Kapur Nanda, Dr. Cecil Ajay Harrison, Dr. George M. Abraham, Dr. Kishan Singh, Dr. Lailu L. Samuel, Dr. Lovina Daniel, Dr. Meena Jhaj, Dr. Michael Hoskin, Dr. Melita Evelyn, Dr. Praful Kumar Arya, Dr. Parveen Berry, Dr. Patwantinder Kaur Kalsi, Dr. Rachana Sukhnandan, Dr. Reva Saini, Dr. Sheena Singh, Dr. Salil Kumar Ali, Dr. Sangeeta Mahajan, Dr. Sanjay Kumar, Dr. Sarah George, Dr. Varghese Paul & Dr. Yuvraj Kumbkarni.

REUNION- BATCH OF 1964

REUNION- BATCH OF 1983





## 50 Glorious Years of Postgraduate Training In Medicine (1964-2014)

The department of Medicine initiated a postgraduate training programme with Dr. Samuel Joseph and Dr. R.C. Joshi being the first post-graduates to complete in 1964. At that time, Dr. Frederick Scovel, Dr. Nancy Brash and Dr. Mary Mathews were amongst a host of other stalwarts who helped build a department of repute that has since seen a total of 259 doctors postgraduate, and carve a niche for themselves in various parts of the world. To commemorate the completion of 50 years of postgraduate training, and celebrate this legacy, a reunion was held on the 23<sup>rd</sup> of March, 2014.



The day started with a Thanksgiving service held in the Assembly hall (Lady Willingdon Hall). Dr Mary Mathews gave the message and the service was made memorable by some lovely singing by the choir consisting of present and past medicine graduates. The session in the Guy N Constable auditorium was a time of introduction and sharing of experiences and times in CMC, during the training period. Dr Mary Mathews, Dr K. L. Dhar & Dr. V.K. Satija were felicitated by our Director, Dr. Abraham G. Thomas. We had a heartwarming session on the history of the department with alumni pitching in with anecdotes from their residency days, and Dr. Mary Mathews regaling us with stories of the people involved in building the department. Maam impressed all of us with the clarity of her memory - recalling minute details of decades gone by!

During the evening programme, Dr. K.L. Dhar and Dr. George Abraham spoke on "PG Training- The Indian and International Perspective". We feel privileged to have met and interacted with doctors who at different points in time held this department up, and we look forward to holding reunions like this more often!



**Dr. Mary John**  
HOD & Professor, Dept. of Medicine

## Ross Day 2013



**Dr. A.G. Thomas presenting a memento to Dr. S.K. Chopra**



**Farewell to the Batch of 2009**



## ROSSIANS 2013

Ross Day was celebrated on 12th October, 2014. It was a farewell for the Batch of 2009. Professor S.K. Chopra was the Chief Guest. Dr. Elizabeth Paul (President CMCNAA) & Joy Paul were the Guests of Honour.





### Onam 2013



**Batch of 1988 : Reunion with Teachers  
on 30th November 2013 on completing 25 years  
of joining MBBS course.**



### ACADEMIC EVENTS

**31<sup>st</sup> Dr. L.H. Lobo Memorial Oration and CME  
on Management of Central Nervous System Infections**



This year, the 31<sup>st</sup> Dr. L.H. Lobo Memorial Oration was organized by the department of Neurology on November 16<sup>th</sup> in the hospital auditorium. The inaugural function and the oration were conducted by Shri Sukhpat Rai Wadehra, President, Dr. L.H. Lobo Memorial Trust and Dr. M.K. Mahajan, Secretary. Padma Bhushan Prof. J.S. Chopra, from Chandigarh was the Guest of Honour.

Professor Gourie Devi, former Director and Vice-Chancellor of National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore delivered the oration. She spoke about the rising burden of neurological diseases such as

stroke, epilepsy and traumatic brain injuries. She said that India is now facing the emergence of a “hidden” epidemic: disability due to neurologic diseases.

Prof. Satish Chandra, Director and Vice-Chancellor of NIMHANS, Bangalore gave a talk on the neurological manifestations in HIV patients. Dr. S. Prabhakar, Head of Neurology, PGIMER, Chandigarh, updated the audience on the recent management of Bacterial meningitis. Prof. Mathew Alexander HOD, Dept. of Neurology, CMC Vellore spoke about brain infection following the measles virus.

**Total Thoroscopic Repair of Oesophageal Atresia  
with Tracheoesophageal Fistula in the Department of  
Paediatric Surgery**



In recent years minimally invasive surgical techniques in children have made substantial progress all over the world and the Department of Paediatric Surgery at CMC Ludhiana is not far behind. Dr. William Bhatti (Professor & Head of Paediatric Surgery) and his team has performed total thoroscopic repair of TEF in a two days old baby in March 2013–The First of its kind in North India. Since then thoroscopic repair of TEF, CDH and eventration of diaphragm are being done regularly in the department. They have performed thoroscopic repair of TEF in a preterm baby weighing 2.4Kg.

**21<sup>st</sup> Annual Conference of Association of  
Medical Biochemists of India**



The Annual National Conference of Association of Medical Biochemists of India (AMBI) was organized by the Dept of Biochemistry from 15<sup>th</sup> to 17<sup>th</sup> November 2013 at Hotel Gulmor, Ludhiana. The conference was attended by around



500 delegates from India and abroad. Dr. Graham Beastall, President International Federation of Clinical Chemistry (IFCC) was there to deliver an oration. The conference was preceded by three one day workshops in various upcoming areas of biochemistry including skills to improve medical education.

The 21<sup>st</sup> Annual conference, being held in Punjab for the first time was inaugurated by Hon'ble Chief Minister of Punjab, S. Parkash Singh Badal on 16<sup>th</sup> of November and the souvenir and conference booklet were released by Hon'ble Vice Chancellor of Baba Farid University of Health Sciences, Faridkot, Dr. S.S. Gill.

### NOGSI Conference



The department of Obstetrics and Gynaecology, Christian Medical College and Hospital, Ludhiana conducted a CME on "Challenges in Obstetrics and Gynaecology Practice" on 30<sup>th</sup> November 2013 in the Guy Constable Auditorium, CMCH, Ludhiana. This meeting of Obstetrics and Gynaecological Society of Northern India was held under the able guidance of Professor & Head Dr. Sunita Goyal with encouragement and support from the Director of the institution Dr. Abraham G. Thomas. The conference was attended by nearly 100 local practitioners as well as medical fraternity from nearby medical colleges.

### Dept of Pathology

The faculty from Pathology department presented 17 posters in the North West Indian Society of Haematology & Blood Transfusion (ISHBT) conference, two of which bagged the first & second prize; titled "Characterization of leukemias using WBC flags and scatter plots generated by Advia-120 automated haematology analyzer" and "Morphological spectrum and role of immunohistochemistry in T-cell Anaplastic Large Cell Lymphoma: A case series of six patients" respectively.

A poster titled "Blastoid mantle cell lymphoma: Immunohistochemical and clinical profile of four cases" was also presented in the first Indian Cancer Congress at New Delhi in November 2013.

Surgical Onco-pathology section has been upgraded with the

introduction of a wide range of immunohistochemical markers. A total of 70 immunohistochemical (IHC) markers have been gradually introduced which include panels for diagnosis and categorization of all malignancies.

The histopathology section is regularly participating in the External Quality Assurance Programme (EQAS) organized by AIIMS, and has always secured good grades.

### CMC Introduces Key Hole Spine Surgery



The department of Neurosurgery started key hole spine surgery under the aegis of Dr. Sarvpreet Singh Grewal, Professor and Head, Department of Neurosurgery. The procedure is done using an endoscope or microscope through a small one inch incision in the back and does not involve any muscle or bone cutting. The advantages of the procedure are minimal post operative pain and quick recovery.

CMC is the first in Punjab to start the MCh Neurosurgery programme. So far three candidates have passed out and are rendering much needed Neurosurgical services to the people of Punjab. Dr. Sarvpreet Singh Grewal was felicitated by the Chief Minister of Punjab, S. Prakash Singh Badal at the annual IMA Conference at Ludhiana.

### CVS Introduced

Chorionic villus sampling, often referred to as CVS, is a first trimester prenatal diagnostic test for identifying chromosomal abnormalities and other inherited disorders including haemoglobinopathies in the fetus. It is an ultrasound guided invasive procedure which involves removing some chorionic villi from the placenta and subjecting the cells to molecular studies. It is usually performed at 9 to 12 weeks of pregnancy.

Detection of Beta globin gene mutations in fetus at risk of having Beta Thalassemia Major was initiated by ICMR Thalassemia Molecular Genetics Project in 2011, under the leadership of Prof. Sheila Das from the Department of Pathology. After obtaining permission for CVS and Molecular Genetics Diagnosis by the Appropriate District authority as per the PNDT Act, Chorionic Villus Sampling for Molecular Genetic Study has been started in our institution. Dr. Kavita Mandrelle Bhatti (Ob-Gynae) received training for Chorionic Villus Sampling during her Fellowship in Reproductive Medicine at Christian Medical College Vellore and has pioneered CVS in our hospital. Dr. Ranjeet Mashon is our Research Scientist who is skilled for Molecular studies.



### Annual Ophthalmic Quiz



The Department of Ophthalmology organized its 10<sup>th</sup> Annual Ophthalmic quiz and awareness talks for medical students. Among 30 undergraduate MBBS teams, 4 teams had qualified for the quiz following the preliminary round. Dr. Nitin Batra, HOD and Dr. Gurvinder Kaur conducted the finals. Sneha Liz Jacob and Jesse Jacob Skariah and runner-up Jasmine Ratti and Mary from the 2010 batch emerged champions in the quiz. Siddant Shrotriya and Ashikh Thomas presented interesting talks on path-breaking inventions in ophthalmology and community-based rehabilitation.

### The New Mobile Eye Services bus for outreach Eye Camps



### Dedication of OCT and other Equipment for Patient Care



### Experts Dwell on Musculoskeletal Radiology

Indian Radiology Imaging Association (IRIA), Punjab, organized its first annual conference on 'Musculoskeletal Radiology' at CMCH. Director Dr. Abraham G. Thomas was the chief guest. About 120 delegates attended the session. Different speakers spoke on Musculoskeletal Radiology and PC & PNDT.

Office-bearers for IRIA, Punjab, were also elected: Dr. Kamlesh Gupta (Government Medical College, Amritsar) was elected as President, Dr. Aditi Raina as Secretary (Amritsar), Dr. Subhash Singla and Dr. Uttam George as Vice-Presidents (CMC, Ludhiana).

### Cardiology Dept at CMCH Named after Dr. Mary Mathew

In a Programme organized on March 30, 2014, the Cardiology department was named after Dr. Mary Mathew. Director Dr. Abraham G. Thomas said Dr. Mathew spent her life in the service of patients. Dr. Thomas and Dr. Rajneesh Calton, HOD Cardiology were students of Dr. Mathew. The cardiology department has a 15-bedded ICCU unit and is equipped with all latest facilities.

### Kidney Month 2014 in CMC, Ludhiana

A kidney month was organized in March, 2014. Activities during the month centered around improving awareness and early detection of kidney disease particularly with an emphasis on the theme "Stop Kidney Injury".

On 8<sup>th</sup> March a Kidney Health OPD with Nephrology consultation, Diet counseling and Health education was organized in the Nephrology Department attended by patients of kidney disease and their relatives.

On 14<sup>th</sup> March a poster designing competition on the theme "Ageing and Kidneys" was organized in keeping with the World Kidney Day theme of 2014.

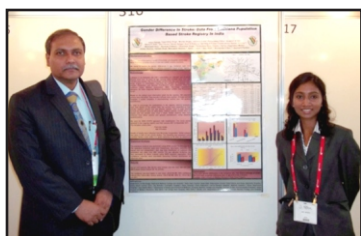
A Renal Quiz was conducted by Dr. Pratish George with 14 teams competing for five slots for the finals which featured eight rounds of "Kidney Gyan". The team comprising Dr. Aprajita Singh, Dr. Amrita and Sumi Susan were declared winners.

On 22<sup>nd</sup> March a Continuing Medical Education on "Acute Kidney Injury" was held featuring seven talks by eminent national and international faculty, its epidemiology, diagnosis, prevention and importance of early and effective management. The meeting coincided with the Silver Jubilee of hemodialysis in the Nephrology Department which has pioneered kidney care in Punjab and North India since the 1960s.

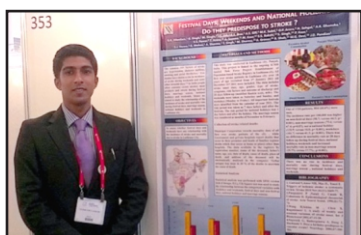
The kidney month culminated on 23<sup>rd</sup> March with a thanksgiving chapel service for 25 years of kidney care and service of the Nephrology Department in CMC.



## Neurology



**Lissy George** (4<sup>th</sup> year MBBS student) with Dr. Jeyaraj D. Pandian, Head of Neurology. She Presented a poster at the 8<sup>th</sup> World Stroke Congress held in Brazil in October 2012.



**George Koshy Vilanilam** (Final year MBBS student) presented a poster on the topic "Weekends, Festivals And National Holidays -Do they predispose to Stroke" under the able guidance of Dr. Jeyaraj D. Pandian at the

8<sup>th</sup> World Stroke Congress held in Brazil in October 2012.



**Lydia Sharon** (3<sup>rd</sup> year MBBS Student) presented her research paper on the topic "Effect of Seasonal Variation on Stroke Incidence" in the Asia Pacific Stroke Congress in Hong Kong in September 2013.



**Riya Sarah Thomas** (3<sup>rd</sup> year MBBS Student) presented her research paper on the topic "Air Pollution and Its Effect on Stroke Incidence in the Ludhiana City" in the Asia Pacific Stroke Congress in Hong Kong, in September 2013.

## Triumph of The Human Spirit! CMC's Braveheart Patient wins the title of 1<sup>st</sup> Runner up at India's Got Talent Season 5

Ms. Shubhreet Kaur Ghuman aka Shubh- had a rapidly growing vascular tumour in her thigh. An attempt was made to remove it by senior skilled surgeons in a Premier Institute- the procedure had to be aborted as it was too bloody (she needed 30 units of blood)- then they tried to embolise the tumour- but unfortunately the procedure failed. She was planned for a hindquarter amputation- a very mutilating surgery.

She then came to Dr. Harinder Singh Bedi, Head of Cardio Vascular Endovascular & Thoracic Surgery. He realized the gravity of the situation and did an endovascular embolisation

with special coils that shrank the tumour. Then Dr. Bobby John, Head of Orthopedics, did a limited above knee amputation followed by a prosthesis.

She now dances...with one leg! She recently performed in "India's

Got Talent- 5" one of the most popular reality dance show of India and won the title of 1<sup>st</sup> Runner up of the show.



## MY LIFE IN SNOW

When I was asked by my friend to write this article, she told me she couldn't think of anything to write and I agreed to it instantly. But when I actually sat down to write it, so many thoughts and incidences came to mind. A whole lot of emotions associated with our very own 'Eileen B Snow Hostel' flooded my head and touched my heart. The dreaded situation of "what to write" remodeled into a frightening situation of "What NOT to write".

First of all, on behalf of the present Snowies I'd like to thank you all for laying down a strong foundation for the 'family of Snowies'. SNOW is like a terminal for all Senioritas of CMC, which they have to go through, before they set their feet in college and after which they depart from CMC for another path leading to their destiny. I don't know what SNOW was like 10-20 years ago, but by means of this article I'll try to give a fairly good idea as to how things in SNOW are at present. I have spent 5 ½ years of my life here which is approximately 25% of my entire lifetime. These 5 ½ years have been crazy, I wouldn't go into the details of our batch (Batch of 2008, newest alumni) coming to SNOW interacting with seniors and then becoming the senior most in SNOW as interns and turning absurd, nonsensical and insane gals in hostel while logical, mature and judicious in hospital. What brought that change is still a mystery for me but what I am sure of is that every Snowie (past or present) has had a significant role in designing of our character and who we have metamorphosed into. Each one of us thoroughly believes that the tradition of Foster sisters within SNOW has been wonderful. Many of us have found a true friend and a guide in our foster sister, who has always inspired us to be good and a role model for our juniors.

For some very 'outgoing' Snowies it has been just a 'hostel' but for most of us it is much more than that. SNOW has become imperative in our lives like vital signs in our clinical examination. Some still practically live ONLY in Snow, college is a hard reality for them, and that's why they end up with low attendance, that's the only scenario where LOVE for SNOW has not been appreciated by faculty. Unfortunately because of exceptionally strict rules against ragging, the first



year takes a little longer to adjust; a healthy interaction is also dangerous for 'SENIORS'. But more or less by January the charm of SNOW takes over and the awkwardness changes to normal yet abnormally long conversations. We've now got a generator of our own, even though the working hours are fixed; this luxury bestowed is very valuable for us. We SNOWIES express hearty gratitude to the Alumni and Administration for that.

With each passing year the efforts made by Students Council has been increasing as we are able to celebrate every possible festival together, may it be Easter, Holi, GuruPurab, Diwali or Christmas. Every festival is still celebrated with zeal and fervor bringing everyone together in festivity. WARNING: If you ever happen to stop by on HOLI then better be prepared in advance the condition is no less than what one may find in ROSS Hostel!

Last year 'SNOW DAY' saw some very stunning Ex-Snowies walking the ramp with spectacular wardrobes and shining eyes saying "I'm proud to be a SNOWIE". It has always been a pleasure to meet the elder most members of SNOW family, especially when they tell us about their not-so-adult-like behavior when they were here. For all of us, it has been a great honour to be a part of the SNOW Family and its legacy. Its memories will always be cherished by us all. This is me signing out. Hope you gals had a great time reading this seemingly latest update on 'LIFE IN SNOW'.

Take Care. And do visit SNOW sometime, the doors of SNOW and the hearts of SNOWIES are always open for the FAMILY members [strictly females obviously!]



**Dr. Shrestha Kesri**  
Batch of 2008

## ANNOUNCEMENT

### Reunion of the Batches of 1965 and 1984 On Tuesday, 24<sup>th</sup> March, 2015

The Founder's Day celebrations will be held on Tuesday, 24<sup>th</sup> March, 2015 at CMC Ludhiana. The batches of 1965 & 1984 will celebrate their 50 & 25 years reunions respectively. We invite the alumni of both these batches to confirm their participation and to share contact information with us regarding their batch mates. We would like you to make the most of this opportunity to visit your Alma Mater and meet up with old friends.

Contact us at: [cmcl\\_alumni@yahoo.com](mailto:cmcl_alumni@yahoo.com)

## 'SHREK' THE MUSICAL

This year the students from all the five colleges of CMC&H Ludhiana donned the hats of directors, music directors, sound designers, stage artists and set & props designers to stage 'Shrek - The Musical'. The Musical was staged on 22nd, 23rd and 24th of March to heartfelt applause, making long hours of rehearsals and the last hour hustle and bustle worthwhile. It was a perfect blend of ingenious sets, painstakingly perfected costumes, scintillating choreography, commendable acting and melodious songs befitting the plot. Rated as one of the best musicals in the history of CMC Ludhiana, it helped the students discover and refine their talents along with memories to cherish for a lifetime.



## A Big Thank You !



**Laparoscopic set gifted to the OB Gynae Department by the CMC Alumni in U.S. as part of the Beryl Howie Endowment Fund.**



## OBITUARIES



**Dr. Sara Koshy**  
(From the First Batch of LSMF)

Dr Sara Koshy w/o Late Prof. C.V. Koshy from Mammoottil Kizhakethil House, Thumbamon, Kerala passed away at her daughter's house in Vellore (TN). She had served as gynecologist in Madras Gujarati Cooperative Hospital & Arya Vysya Maternity & Child Care Centre, Chennai.



**Dr. Raj Mathews**  
(Batch of 1959)  
(06.05.1940 - 04.07.2013)

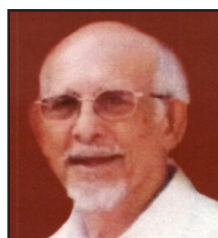
Dr. Raj Mathews, MD, passed away on 4<sup>th</sup> July at Brigham Hospital, Boston from complications of open heart surgery. Born in Ludhiana, she contracted rheumatic heart disease at a young age. Despite her illness, she excelled in education, securing Punjab University Merit scholarship till she joined CMC. After her MBBS in 1964, she worked with Dr. Donald Wysham to become a cardiologist. After getting married to Daniel Mathews, she moved to Miraj Medical College. Though she started a family, the love of learning took her back to Post-Graduate Institute, Chandigarh, where she received her M.D. degree. Pursuing her lifelong dream she then moved to United States with her family to become Board Certified. Subsequently she worked as a Head Injury Specialist at Helen Hays, NY and then VA Hospital, at the same time as a clinical instructor at NJ School of Medicine and Dentistry, Newark.

Inspired by her spirituality and love of people, her family has been involved with helping homeless in Boston, medical relief in Haiti and educational projects in India which they plan to continue. In her memory, the family has set up funds for educational and medical projects in India. If anyone would like to join in, please contact Rev. Max Marble. (MarbleLCMC@gmail.com – 573-777-2924)



**Dr. Indira S. Fristedt (nee Wesley)**  
(Batch of 1958)  
(29.10.1939 - 03.08.2013)

Dr. Indira S. Fristedt (nee Wesley) passed away on 3<sup>rd</sup> August 2013 after a long battle with cancer. She received her MBBS from CMC in 1965. After practicing medicine in India, she moved to the USA in 1967. A native of Allahabad, Dr. Fristedt taught Anatomy, most recently at the University of Minnesota. In her undergraduate years, she was a champion track and field athlete.



**Dr. Dhanraj E. Maney**  
(Batch of 1961)  
(20.08.1940 - 18.10.2013)

Dr. Dhanraj E. Maney passed away on 18<sup>th</sup> October 2013 at the age of 73. Dr. Maney was a native of Pietermaritzberg, South Africa, where he served as a highly regarded Forensic Pathologist. During his days at CMC, Dr. Maney endeared himself to his generation of Alumni. He excelled at soccer and was an expert pugilist. He is survived by his wife, Usha and family. Those of his batch who attended our 50<sup>th</sup> reunion at CMC were fortunate to catch up with him. He will be dearly missed, and long remembered.



**Dr. Bhagwant Gill**  
**FRCS. (EDIN)** (Batch of 1960)  
(26.05.1941 - 21.01.2014)

Dr. Bhagwant Gill passed away on 21<sup>st</sup> January 2014. She served in CMC in the Paediatric Surgery Department from 1976- 1980.



**Dr. Randhir Singh Kadyan**  
(Batch of 1977)  
(07.07.1955 - 05.03.2014)

Dr. Randhir Singh Kadyan passed away on 5<sup>th</sup> March, 2014 in Kuwait. Dr. Kadyan was a former faculty and Head of Dermatology Department, CMC Ludhiana. Dr. Kadyan was presently a Consultant Dermatologist at Adan Hospital, Ministry of Health, Kuwait.

A memorial service was also conducted at CMC Ludhiana on 17<sup>th</sup> March, 2014 to pay our respect and tributes to Dr. Kadyan.

**Dr. Memy P. Kurian (Batch of 1964)** passed away in March, 2014.

*Remember that the happiest people are  
not those getting more, but those giving more.  
-H. Jackson Brown, Jr.*

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### Moved/ Moving? Let us know!

Have you recently changed your e-mail/contact no./ address or are moving to a new one in the near future? Do let us know so that we can maintain you in our mailing list & be in touch.

**Contact us at:** Association of Medical Alumni, Christian Medical College, Ludhiana - 141008, Punjab, India  
**Phone:** +91-161-2610615, +91-161-5026999, **Extn: 4959** (8:00 hrs to 17:00 hrs), **E-mail:** cmcl\_alumni@yahoo.com

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