

"My Work is for a King"

**Alumni Xpress**

The Newsletter of the  
Association of Medical Alumni  
Christian Medical College & Hospital  
Ludhiana (Punjab) INDIA



# CMC Connect



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### From the Editor-in-Chief

Dear Friends

At the close of an eventful year, I would like to wish you all a Happy and Blessed Christmas. The most wonderful time of the year also gives us reason to count our blessing and look forward to the New Year with its promises and opportunities.

This issues of CMC Alumni Xpress Connect we bring would like to congratulate our alumni who have founded the Okti foundation which has been awarded the BMJ surgical team of the year, Parag Govil PG 13, our young alumni who has been promoted in the NPSP Jharkand. We also bid farewell to Dr Kim J Mammen and pay our respects to Mrs Prior.

As we read through these articles let us look back to 1894 when the decision to start the North Indian Medical School was made. Let us thank the Pioneers and the People who made today possible.

Let us work together , sharing that passion , seeking to bring health and healing to our land.

Let us use this season to repair bridges, strengthen our relationships and bonds with each other and the institution.

Sincere regards,

*-Dr Clarence J. Samuel'93*

## From the President...



Dear Alumni,

Wish you all a very happy Christmas to you. The reason for this season is Jesus Christ. As our Logo describes the gift given by the three wise men and our motto "My Work is for a King". Let us continue to

contribute our services wherever we are and not to forget our roots and training that we received at Christian Medical College Ludhiana. Hope to meet you all for the 125 years CMC celebrations also. Have a meaningful and blessed Christmas!

**-Dr Ajay Kumar '95**  
President

## Christmas Message for CMC

Christmas is nearing by and we as CMC community and individuals are getting ready for the Advent. But whose advent???? For that we have to know the meaning of advent. Advent means "arrival of a notable person". From our life experiences we know that arrival of certain people in our lives fills it with joy & happiness. But on the other hand, certain people's arrival makes life a mess. But Christmas is the Arrival of The Messiah not only to this world but also in our individual lives. So what is the message of Christmas for CMC in 2018?

There are 3 words written in the logo of CMC. Sona (Gold), Murr (Myrrh) & Loban (Frankincense). These three words are the Christmas Message to us.

1. Gold symbolizes the Kingship. God is the only owner of CMC, Ludhiana.
2. Myrrh was used to preserve by embalming. We are called to preserve the legacy of Love, Faith & Hope by serving the King.
3. Frankincense symbolises "Spreading Out." We are called to mentor & prepare young hearts to go out and be the witness of the legacy.

Let God lead us to this end. We wish everyone a blessed Christmas. Let us celebrate Christmas with a reason.



**-Rev Alex Peters**  
Chaplain  
Fellowship Department

## CMC NEWS-ONLINE

### Dr Cherry Mathew Endowment award

"With an intent to encourage young researchers, Dr Jeyaraj D. Pandian, the Principal and the Head of Neurology Department,



constituted Dr. Cherry Mathew Endowment Award for the Best research proposal by CMC faculty. The first ever research competition was held on 25<sup>th</sup> November 2018. Total twelve research proposals were submitted from various departments like anatomy, radiotherapy etc. Three blinded judges scrutinized each proposal and three best scored proposals were called for final public presentations. Top three proposals were by Dr. Rohit Gaikar (Physical Medicine and Rehabilitation), Dr. Maria Thomas (Department of Biochemistry) and Dr. Preety Negi (Department of Radiotherapy). They presented their proposals and defended their proposals in response to the in-depth questioning by the three judges.

Dr. Preety Negi's research proposal on "Oral microbiomes in patients receiving head and neck radiotherapy" was judged as the best research proposal. Dr. Negi was presented with a felicitation certificate and will be given Rs 50,000/- as the Dr. Cherry Mathew Endowment award to support the research project.



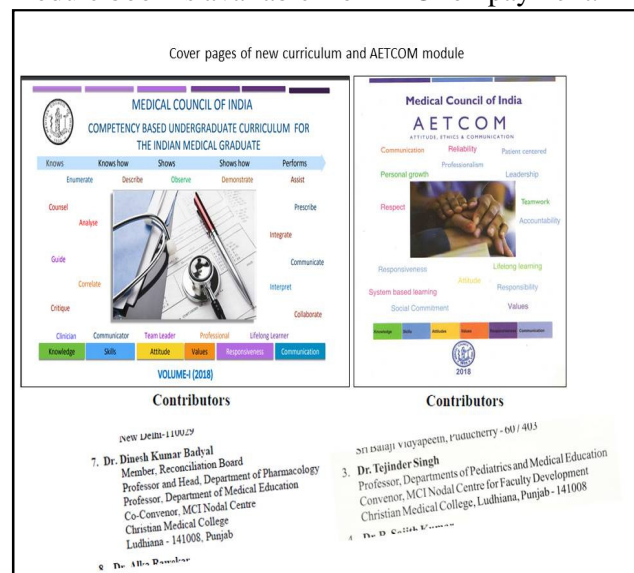
The Principal, Dr. Jeyaraj Pandian spoke about the need to encourage innovative research at CMC, Ludhiana. He encouraged all participants to take the next step and apply for research grants. The judges have promised to guide all participants in improving their proposals and in writing for the best available grants. Dr. Jeyaraj mentioned that the research award program will continue to grant financial aid to researchers at CMC and hoped that it would encourage faculty at all levels to initiate high quality scientific research."

### Department of Medical Education CMC's Contribution to the New MBBS Curriculum 2019

The tireless efforts of the CMC's Department of Medical Education(DOME), to improve medical education in the country has culminated into two major contributions to New MBBS Curricular change (2019). Dr. Tejinder Singh and Dr. Dinesh K. Badyal, Professors, Department of Medical Education contributed significantly to the new curricular changes in the MBBS in the country that would be rolled out by Medical Council of India with Admission 2019.



Dr. Tejinder Singh, National Convener, Advance Course in Medical Education, under aegis of Medical Council of India, significantly contributed to the development of Attitude, Ethics and Communication (AETCOM) Module book. The Module focuses on training the budding medical doctors in these domains. The faculty is already being trained in AETCOM module and the module book was finalized after its pilot testing and feedback suggestions from all stakeholders. The module, released in 2018, is a forerunner to the new competency-based curriculum for MBBS and that why it is applicable across all professional years. The various sections of book have case histories and suggested methods for teaching-learning. The module book is available from MCI on payment.



Dr. Dinesh K. Badyal, Member, Reconciliation Board, MCI contributed to new competency-based curriculum for MBBS. The new curriculum was released by Medical Council of India in November, 2018 and is applicable from academic year 2019. Competencies have been defined in the curriculum along with suggested teaching-learning and assessment methods. The curriculum is available in three volumes on MCI website. The major change from traditional curriculum is that its competency based and there is vertical & horizontal integration in all professional years. To ensure that the faculties across the country are trained in use of this document for medical studies, a nationwide training program is

being rolled out beginning January 2019. Dr. Tejinder Singh is part of national expert group for planning and implementation of this training.

Christian Medical College, Ludhiana is MCI, Nodal Centre for faculty Development as well as CMCL-FAIMER Regional Institute.

### ENT RESIDENTS WIN State Level Quiz Competition

The 24<sup>th</sup> annual Harayana state, ENT conference (HAOICON) was organized by the ENT department at Maharishi Markandeshwar Institute of Medical Sciences and Research, Mullana, Ambala on 24- 25<sup>th</sup> November 2018. It was a state level quiz competition comprised of five teams from CMC Ludhiana, GMC Chandigarh, PSG Rohtak, Lady Harding Medical College and M. M. Institute Ambala. There were seven grueling rounds on various categories such as History of ENT, Radiology, Recent advances. Dr. Sunil Varghese, Dr. Preethi Nair and Dr. Dolly Aggarwal won the first position with a total of 130 points. They were felicitated with a trophy and a certificate. They got full support from Head of the department Dr. Navneet Kumar and Dr. Ashish Varghese (Professor) for giving them this opportunity to attend the conference and to take part in the quiz competition.



### State Task Force Meeting of Revised National Control Programme (RNTCP) at Christian Medical College Ludhiana

A RNTCP meeting was organized in Christian Medical College, Ludhiana, on 13<sup>th</sup> of November 2018. The meeting was inaugurated by Director, Dr. William



Bhatti and Principal Dr. Jeyaraj D. Pandian. The meeting was addressed by the State Program Officer Dr. J S Kular and Dr. Sarit Sharma Chairman of State Task Force. It was emphasized that Tuberculosis patients should complete their treatment without interruption. Any interruption in the treatment results in drug resistant Tuberculosis which can be difficult to cure.

Anti-Tuberculosis treatment is completely free under RNTCP and available in the medical colleges and DOTs centers all over the state. In addition to it government has also arranged Rs 500 per month for therapeutic nutrition for the patient during the treatment.



All state medical colleges presented the third quarterly progress reports of the RNTCP. In addition to it, Dr. Vishal Chopra, Professor of Pulmonary Medicine also conducted the Operations Research meeting to finalize the research projects under the RNTCP.



### 1994 MBBS Batch Reunion *A Centennial's Day Out in CMC*



The Centennial batch of CMC 1994 relived their college day memories by having a reunion at CMC on 24<sup>th</sup> Nov, 2018. We all started here in our teens twenty four years ago and now everyone is in their fourth decade of life, mature settled and more contented in our lives than ever, time flew past so fast it's totally unbelievable. Nearly twenty alumni from across the globe made it for the reunion.

### Neurology Department Improving Stroke Awareness in the Communities around CMC



Once CMCite always a CMCite, the love and attachment to the Alma mater was added nostalgia as the alumni visited the departments of Anatomy, Biochemistry and Physiology in the Health Science Block and specially met their teachers. The alumni also visited the chapel, Assembly hall, Snow hostel and Ross hostel and noted the changes with great enthusiasm. Tea at Golchakkar, favorite hangout during our college days, was followed by lunch at the dietary. We all cherished the memories we shared back at CMC and would like to thank and applaud CMC for the persons it has made us all.





-contributed by Dr Neelu Luther

## Workshop on Intensive Bioethics

The Principals office organized a one day Intensive Bioethics -Clinical Ethics workshop on 28<sup>th</sup> November 2018 in the Assembly Hall. Dr Jameela George who is the Executive Director of the

Center for Bioethics, New Delhi was the resource person. CMC is a founding member of The Center for Bioethics.



Around 40 faculty from various specialties enthusiastically participated in the workshop which started at 9am and went on till 5pm. The participants included, nursing faculty, physiotherapy faculty, theologians along with the faculty from the basic sciences and the clinical specialties. Various Ethical issues were raised and discussions were done in small groups. Material prepared by the Centre for Bioethics entitled JUST MED was the main resource book.

The workshop created a platform for healthy discussion and understanding of the various ethical issues ranging from abortion to end of life challenges like euthanasia and many other ethical concerns. It gave additional awareness to the clinicians specially on the current challenges in clinical practice.



Dr Jeyaraj Pandian, Principal, says that this workshop was organized as it is necessary to sensitise faculty at all levels and all the members of the health team with regards to principles of bioethics and especially clinical ethics.





The College looks to be at the forefront of bioethics education and activities not just in the region but nationally also. Many of the participants said that they didn't realize that there were different aspects to consider where all of them seem right. Some of the participants later joined as members of The Center for Bioethics. Many are looking forward to the next session.

### World Disability Day 2018

Department of Physical Medicine and Rehabilitation (PMR) celebrated an awareness program on 3<sup>rd</sup> December 2018 at CMC's Hambran Center- Mata Kaushalya Devi Hospital, on the auspicious occasion of "international day of persons with disability". 250 people gathered in the hospital premises including 100 differently abled people.



Dr. William Bhatti, Director CMC & H, Ludhiana encouraged the "Divyangs" through his thoughtful words and experience. He also emphasized and praised PMR department for their efforts and dedication towards empowerment of people with disabilities.

Mr. Kuldeep Singh Vaid, MLA, graced the occasion as chief guest. He felt proud to be there and happy to see the improvement in specially abled persons. Dr. Santhosh Mathangi, Head of PMR, CMC thanked all dignitaries. Divyang students from SSA showcased their talents through cultural activities. Patients received free calipers and crutches from Mr. Rajiv Jain as donation and Director Dr. William Bhatti distributed free calipers and tricycle to the disabled patients.



## ALUMNUS IN FOCUS

### Dr Aileen Pollock



*Dr Aileen Mary Seton Pollock: Christ's servant, India's friend*

A woman of unwavering faith in her Lord and maker; her willingness to hear and obey His call to leave everything normal behind; brought Aileen Pollock in the November of 1928 to the North Indian School of Medicine for Women (Christian Medical College & Hospital of today) in Ludhiana. Born the 3rd of October 1903; the Pollock heritage boasted a 200-year tradition of legal eminence including the Chief justice of Bombay.

Her life was an exceedingly busy one but she always found time to do just a little more. A cleft of the lip at birth which would have shattered the confidence of any girl through her formative years, to teenager through schooling, adolescence and college life; Aileen knew no limitation that she could not stand up to, with her Lord. Fortitude and buoyancy remained her defining character.

Aileen Pollock had a God-given gift at surgeries and was famously adept at surgeries earning her the moniker – "Halkahaath". She was also a great teacher. She made sure every student remained attentive and grasped what she had to convey in a most original and interesting manner. No slacker could escape. Her searching eyes would follow the class round to see if all had taken it well. Her satisfaction evident in the "So far, so good!!" a phrase which is ingrained in CMC vocabulary.

She was principal of the Christian Medical College & Hospital at Ludhiana through the most difficult years the college had to face. Crisis was followed by crisis. War conditions, acute shortage of staff and essential supplies of food, independence, partition, threat to close down or upgrade the school to MBBS, continual pursuit of permits, perennial shortage of funds!! No other person could hold the course. She thrived on crisis and refused to give an inch in any of her pursuits. God had nurtured her and placed his obedient servant just where he wanted her; to become a perfect fit for His glory, the good of the people and the community where she lived, and their own good.

Aileen served the cause with unswerving loyalty, mingling passion with persistence and impatient eagerness with dogged tenacity. The conditions seemed insurmountable at times. Once when the condition seemed to be desperate, she questioned should the college go on? And added: if God sends us a pathologist in today's post, I know he means us to go on. Five minutes later she opened an air letter telling her of an excellent pathologist with teaching experience who wished to apply, Dorothy Vaux MD. It was the first and only time she sought a definitive answer from God and the answer left no room for doubt. It is no coincidence when it was gloom and unbearable agony on her mother at the sight of her

harelip at birth, it was proclaimed “That mouth will speak to the glory of God”. Thorough to the last detail, she asked the same of her colleagues. She was the leader the institute needed. She possessed an orderliness of mind, was unhurried in her judgement and a phlegmatic calmness. She displayed a reasonableness that enabled her to compromise where compromise was called for. Dr Robert Cochrane, then director of the Christian Medical College at Vellore writes of her “Her vision was such that she realized the necessity for the development of a Christian Medical College of high grade and was willing to subordinate her own school to the larger interests of India; but at the same time prepared and developed opportunities that arose locally so that her own school would be able to step up into the larger sphere of university grade medical education”

Deeply impressed by what had been accomplished and admiring the vision that had brought the Christian Medical College & Hospital at Ludhiana into being, Aileen believed that the greatest memorial that could be raised to the work of the past was to build up and stabilize the future.

She knew no rest and the Christian Medical College & Hospital remains indebted to her efforts. A born teacher, a brilliant surgeon, a well-versed diplomat at the helm of administration, fair in outlook, progressive in ideas and aiming ever to strive higher spiritually, morally and educationally, such was Aileen Mary Seton Pollock ...

God had used her greatly in his service. The work must go on...she would say! It always hung at her wall – Prov. 4:12 “As thou goest step by step, I will open up the way before thee”.

### CMC Alumni win the BMJ AWARD for the Best Surgical Team of 2018



The Otki foundation with Dr George Varghese – ‘71 (Surgeon), Dr Tara Chand Sharma- ‘81 Urologist, Dr Sonal Bathla – PG ‘97 (Ob Gyn surgeon) and Dr Vinod Kalla - Anesthesia was awarded the BMJ South Asia award for the Best Surgical Team 2018. The 5<sup>th</sup> Edition of BMJ Awards was announced in the month of June 2018. Nominations were invited from the South Asian Region including nine countries i.e India, Myanmar, Sri Lanka, Bangladesh, Pakistan, Maldives, Afghanistan & Nepal in numerous categories like Healthcare Innovation, Medical Education, Health Care Quality, Research, Surgical Team etc. We the members of Otki Foundation decided to project our work on international platform with remote thought of even

winning the award. We received a confirmation of clearing the first round in October and then there was a flurry of online questions concerning the minute details of the Project “Reaching the unreached in remote villages of India.” More than 1500 nominations were received in 10 categories and 30 were short listed for further evaluation. The esteemed Panel of Jury consisted of Eminent Leaders, Senior Doctors, and Industry Veterans from various healthcare organizations.



The Otki Foundation conducts surgical camps in the remote villages of India. Till date we have completed 55 camps and more than 5000 surgeries to help the poorest of poor. A unique model of raising funds from family, friends and CSR, recruiting skill from city and with the help of community participation,

conducting surgeries in village hospital at low cost was projected. This model also helps to enable skill development and capacity building. The villagers especially poor mothers with prolapse are benefitted at their door step free of cost. The entire expenditure on surgery and food is borne by the organization. The local hospitals are very generous and contribute to the cause in their full capacity. The Surgical Team provides voluntary services.

Finally the team was declared Runners up in “The Surgical Team of The Year” Category, The Chief guest for the Award ceremony was Dr V.K. Paul member Niti Ayog. He gave away the Awards in presence of India’s Senior Health Care Professionals,

Industry Executives, Government Officials, Academicians and Researchers to encourage the finalists & the winners.



**Okti foundation**

**Reaching the Unreached**

**OKTI Foundation**

Though we are a small group but felt very encouraged when our work was recognized at the international platform and looking back at our alma mater, we are happy that we could take the missionary zeal forward at new levels.

*“Let their suffering not end with the sunset of their lives, Let us be of some help to others before the sunset of our lives”*

### Tribute to Mrs. Prior



Marjorie Prior, wife of the late Dr Frank Prior, died peacefully in her sleep on 8th November 2018. She was aged 91 years. Dr Prior was the Professor of Anaesthesia and Dr Frank Prior and Marjorie Prior lived and served in Ludhiana from 1958-1982. She is fondly remembered by 4 children, 6 grandchildren and 5 great grandchildren.

-Andrew Prior (Son)-[andyjillp@gmail.com](mailto:andyjillp@gmail.com)

- Dr Lisa Deodar '92

### Young Alumnus: Takes Lead

Dear friends I would like to share my happiness with you.

I am Dr Parag Govil who did my residency in Community Medicine/ Social and



Preventive Medicine (SPM) from 2014-2017 at CMC Ludhiana. I joined the WHO's National polio surveillance project (NPSP) immediately after residency in June 2017. In a short span of 17 months of being a surveillance medical officer (SMO), I have got promoted as Sub regional team leader, the youngest team leader.

I have taken over the charge of Sub Regional Team Leader, WHO, NPSP Jharkhand. Mainly involved in activities related to polio eradication, surveillance of preventable diseases and immunization. I am also supervising 10 Units of NPSP across the state.

I thank my institution and my teachers for their prayers and support.

Kind regards,

-Dr. Parag Govil, PG '14

## Doctor of Science awarded to DR MKC NAIR '71



The Kerala Health University Vice Chancellor, Professor Dr. MKC Nair '71, MD Pediatrics 1975 from CMCL) has been awarded Doctor of Science (DSc) degree by Kerala University after evaluating his Research thesis on his

25 year study on Intrauterine growth retardation.

**This is the second DSc in the history of Kerala University and first DSc in Medical science.**

The thesis was evaluated by 3 world renowned scientists from outside India.

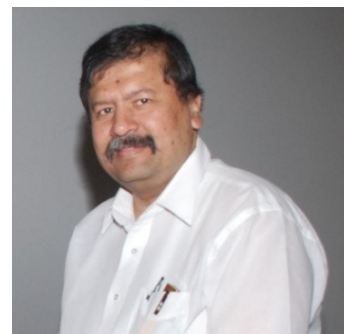
A noted academic in the field of child development and paediatrics, Dr. Nair is the academic editor for IAP Text Book of Paediatrics, Bhavé's Text Book of Adolescent Medicine, and Partha's Text Book of Paediatrics. He has authored a number of publications including Child Development 2000 and Beyond; Adolescent Care 2000 and Beyond; Adolescence & Family Life Education and the High Risk Newborn.

He is also the editor-in-chief of Sexual Reproductive Health of Young People and had edited the Special Supplement on Child Development, Indian Paediatrics, published by Indian Academy of Paediatrics, Mumbai, January 2009. Dr. Nair is also editor of TEENS — Lifecycle Approach Journal for Child & Adolescent Development.

*-From the Internet*

## FACULTY SPOTLIGHT

Dr Kim J Mammen completed more than 38 years of service here at Christian Medical College Ludhiana and has relocated to All India Institute of Medical Sciences, Rishikesh.



He was professor and head of urology and renal transplant unit. He joined CMC on 1st of January 1980 as a registrar in general surgery. He did his MS General Surgery (1981-84) and joined here as a lecturer. He went on to do MCh Urology from CMC Vellore in 1986. Post MCh he returned back to CMC and remained as the head of "Red" general surgery unit. With three decades of clinical experience including overseas experience in the UK as consultant with his key areas of interest being urological oncology, reconstructive surgery and renal transplantation. He served as the secretary and president of the north zone urology association. He served as the president of the USI in 2014. He contributed in various administrative posts (Medical Superintendent 96-99, Deputy Director 2008-10 and Associate Director 2010- 2019) during his tenure. Under his headship 6 residents passed the DNB exam. He has numerous degrees and fellowships up his sleeve (DNB urology, FRCS Glasgow, FRCS urology, FACS, MNAMS urology, FICS, FIAS and MBA). He set an example of being meticulous and disciplined at work. He finished his tenure here on 8th October, 2018. We thank God for his services here and wish sir good health and all the very best for the future.

*- Dr Anish George Verghese*

## From the Archives



Dr. Brown with faculty and medical students. Photograph date back to 1940. The medical degree awarded to the graduates was LSMF. The first batch of MBBS students were admitted in 1953.

### Stay Connected

**Dear Alumni,**

**Kindly follow the link below to update your information with us:**

<https://goo.gl/forms/7Xat8bllcvjMw3WY2>

CMC Alumni Xpress Connect is very proud of each alumni, many of whom continue to excel in various academic, leadership and service roles in India and across the world. We have many who keep a low-profile and work behind the scenes but have been instrumental in impacting the health and healing to thousands. CMC Alumni Xpress Connect encourages all its alumni to stay in touch with each other and with the College. We would love to hear from you. We want to share in the joy of your academic awards and professional successes. We would like to be of assistance whenever and where ever we can.

Please drop a line at: [cmclldhalumni@gmail.com](mailto:cmclldhalumni@gmail.com)

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

**ANNOUNCEMENT**

**Quasiquicentennial (125 years) Celebration of CMC  
&  
Reunion of the Batches  
(Adm. 1969 & 1988)  
MARCH 21-24, 2019**

The Reunion of the batches of 1969 and 1988 will be held on Friday, 22<sup>nd</sup> March, 2019 at CMC Ludhiana. The batches will celebrate their 50<sup>th</sup> & 25<sup>th</sup> year reunions respectively. **This year it is quasiquicentennial (125 years) celebration of Christian Medical College, Ludhiana. The Alumni Association invites you for a reunion of your Batch and to be a part of this Grand Celebration.** 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. Please send us an email if you have not received our official reunion invitation via email.

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

**Tentative Program**

21.03.2019	06:00 pm onwards	Thanksgiving Worship & Prayer
22.03.2019	08:30 am – 04:00 pm	Alumni Reunions (Adm.1969 & 1988)
23.03.2019	08:00 am- 01:00 pm	Dr. Forest C. Eggleston Memorial Oration
23.03.2019	02:00 pm- 05:00 pm	Annual Convocation
24.03.2019	09:00 am onwards	Founder's Day & Quasiquicentennial Celebration

*(There may be a few changes in the program)*

**The Editorial Board****Editor in Chief :**

Dr Clarence J. Samuel '93

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