

# Vellore News

CMCH Vellore Web site:  
Australian FOV web site:  
SA FOV email:

<http://www.cmch-vellore.edu>  
<http://www.australianfov.net.au>  
[safriendsofvellore@gmail.com](mailto:safriendsofvellore@gmail.com)

## VELLORE PRESENTATIONS EVENING

6:30pm for 7:00pm start, Fri 2nd May, 2014

Adelaide College of Ministries  
18A Fourth Avenue, Klemzig

★★★★ PLEASE NOTE THE CHANGE OF VENUE ★★★★★

### Speakers:

- \* Dr Vinoi David  
*Nephrology Registrar, Royal Adelaide Hospital*
- \* Dr Sujith Chacko  
*Cardiology Registrar, The Queen Elizabeth Hospital*
- \* Dr Benjamin D'souza  
*Paediatric Emergency Physician, Women and Children's Hospital*

It should be another wonderful evening - don't miss it!

You are **all welcome** for an enjoyable and informative evening. Supper is provided.

Dear friends, Greetings from the Directorate.

### Speeding in the fast lane

When I walk down the bridge in the hospital that connects the main block to the centenary block every Monday morning, I usually stop mid-bridge for a minute to watch the sea of humanity scurrying back and forth below. Every Monday seems more crowded than the one before. People, vehicles, ambulances, trolleys, wheel chairs criss-crossing the central expanse of the hospital, makes me realize that two major changes are taking place in the world. One, we are growing at a rapid pace. The large crowds in the hospital represents the population explosion in India, and as a corollary, the growing numbers of unwell people. Second, we are overspeeding. There seems to be a sense of hurry and impatience in the movement of people. The number of road traffic accidents is proof of it. With technology aiding rapid communication, everyone and everything seems to be conducted at express speed. In the midst of this busy-ness I watched a patient unable to find directions in the hospital being shunted by at least half-a-dozen people who were either unable or unwilling to stop and help. Everyone is so busy!! Let me talk to you about GROWTH and SPEED.

Growth. Growth is a sign of life. It is an inevitable process that accompanies life. However, its also true that life-sustaining growth is always regulated and controlled. Our bodies grow to its pre-determined height and our limbs do not grow indefinitely. Unregulated growth, on the other hand, is cancerous and life-threatening. Unchecked, growth chokes on itself. This is true not just of biological entities, but of communities as well. When a community grows beyond its physical confines, there is a danger that its life-sustaining nutrients such as care, concern, and sensitivity will become deficient. The community will splinter into individual units with its own identity and culture. The sense of self replaces the fabric of community. Interdependence gets replaced by independence. We tend to care less about our fellow beings because of preoccupation with ourselves. Looking down from the bridge, I wonder whether our deadlines and schedules are becoming the reason for our existence. I hope



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### Upcoming Events At A Glance

#### Fri, 2nd May, 2014

6:30pm for 7pm start.  
Vellore Presentations Evening  
Adelaide College of Ministries  
Klemzig

#### Sat, 23rd August, 2014

SA FOV Annual Dinner  
Fogolar Furlan, Felixstow

### South Australian Friends of Vellore Committee

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April 2014

Vellore  
Presentations  
Evening

2014 Annual  
Dinner Details

Patient Stories

that our growth will not be detrimental to our fine sensitivities which sets us apart as a caring community.

Speed. We seem to be hurrying not knowing why or where to? Letter-writers expect replies within the hour. Deadlines are shorter. Even the standard construction using brick and mortar is being replaced by pre-fabricated walls in order to shorten the time to deliver productivity. No wonder the airlines are happily hiking up their fares, as there is no dearth of people in a hurry. The result - more accidents on the highway, more ulcers amongst workers, more marriages breaking up. How true the statement - 'Speed Kills'. In the hurried pace of life, we may be ignoring the fine things of life - discipline, neatness, etiquette, courtesy, greeting, relationships, peace of mind. Speed may be killing our society in more ways than one. Simon and Garfunkel said it many years ago 'Slow down you move too fast'

When Jesus saw the large crowds following him, he did various things to dilute the mob-effect. He took them on a picnic to the country side, He offered them food, He brought them down to the seaside, He supped with them. In each of these, He demonstrated the importance of slowing down to take a deep breath. We need to do the same too. As we continue to struggle to cope with large patient numbers and their escalating demands, let us also take care not to overspeed and run over people and their emotions. There are people who are hurt and grieving, anxious and worn out in the daily chores of life. Reaching out to them with our bare hands and kind words would go a long way in alleviating their physical infirmities with which they came to CMC.

Lets stop and attend to those who are seeking directions. In doing so, we are becoming available, accessible, caring and resourceful. Is it not part of building the Kingdom of God?

Sunil Chandy  
Co-worker

*Sourced from CMC web site, Mar 1st, 2014  
Although addressed to CMC staff, maybe his  
message is also appropriate for many of us*

### KAMALA\*



*Mrs Kamala with her son*

It was at the end of May 2013 that Mrs Kamala was first referred to the Palliative Care Department in CMC for regular follow up. She had been diagnosed with recurrent cancer of the hypopharynx - part of the throat. It was a devastating blow for this forty five year old lady, who is already a widow.

Hailing from a village near to Vellore, on the way to the next State, Andhra Pradesh, Kamala has four children. Her first two daughters are married. Both sons-in-law work as labourers at different local shoe factories. Her third daughter, aged sixteen, is at school, studying in 10th grade. Her son, aged eleven, is studying in 5th grade. Her husband had been a beedi worker, rolling hand made country cigarettes called "beedies". But he was an alcoholic and had died suddenly six months before Kamala came to the Palliative Care Department.

Kamala's only resource is the small two roomed house in which she and her family live. This had been built and allocated to them by local government, since this is a family which falls below the poverty line. Her main source of income is the widow's pension of Rs.

1,000 per month, which she receives from the government. She also gets an allocation of 20kg free rice per month from the authorities.

At the weekly Team meeting the Palliative Care Team discussed Kamala's situation and decided how best to help. From funds set aside for just such situations, the school going children were provided with note books, school bags and uniforms. Kamala herself is not charged when she comes to the hospital for consultation and pays only a token amount of Rs.25/- for each fortnightly supply of medication. The Palliative Care Team is hoping to enrol the two school going children in residential school and to underwrite their schooling costs in the next academic year, beginning in June.

The work of the Palliative Care Department extends far beyond concern only for the sufferer. Their compassion and practical support encompasses the sick person's family and total life situation, continuing on when relatives are left bereft. Patients can be at peace knowing that their loved ones are still being followed up, as necessary after they have gone. In this the Palliative Care Team is helped by well-wishers from all over the world who generously support the on going work.



*Kamala's two school going children*

## SA Friends of Vellore Annual Dinner 2014

\*\*\* Sat 23rd Aug, 2014 \*\*\*

Fogolar Furlan, Briar Rd, Felixstow

**Put it in your calendar now!**

\*Not her real name

**Note:** The donor who has taken up support for Kamala and her family was previously supporting the widow of another patient. Those children have grown up, have found jobs and are providing for their mother; a very gratifying result. They no longer need support. Without this help that family would have been destitute, without means of uplift.

**BALAVIHAR - Caring for the Carers**

Access to reliable pre-school child care is a challenge for working families all over the world. CMC is no different. In 1965 the first creche opened on the hospital campus with 15 children of CMC staff, and one teacher.

There was a steady increase in demand and numbers. After various relocations, in 2006 a new purpose built facility in the hospital campus, sanctioned by the

Administration, was constructed with money from CMC. Now it is fully self funding through the children's fees. It is open to pre-school children of CMC staff, resident on the CMC campus. There is always a waiting list.

As at 2013-14 there are about 155 pre-school children enrolled in Balavihar: 55 "senior" children, aged 3 - 4, 50 "junior" children, aged 2 ½ - 3, approximately 30 children in the "playschool", aged 1 ½ - 2 ½ and approximately



20 babies in the "creche", aged 4 months - 1 ½ years. Parents pay around Rs.2,000 per month, depending on their child's age and whether the

child attends full day, or just in the mornings. In addition there is a Rs.2000 registration fee. The children bring their food for the day from home. Balavihar is open 8.40 AM - 5 PM. Everything is conducted in English. It is the proud claim that by the time children move

on to regular school at the age of 4 years, the children can fluently read three letter words in English, and converse in small sentences in English.

Balavihar has a staff of 50: 10 teachers, 4 carers in in the creche. The remainder are school helpers. The staff has a weekly Bible study, combining with the hospital receptionists. There is time in the afternoons, as many of the children are resting or sleeping, when training classes

for staff can be held and reviews of each child; their needs and progress.

Just as all staff of CMC make it their aim "To Minister in the Spirit of Christ", so too CMC seeks to uphold the staff. Staff work long hours and are very often under severe pressure as they serve patients in great need. It is gratifying to be able to offer this kind of child care so that at least a few of the staff can rest assured that their pre-school children are being given optimum care in the best possible surroundings.



**A note from Brian and Ann Witchalls (UK)- who worked at CMC for many years and now volunteer their services**

When we got back to Vellore in October 2013 there were encouragements for Brian. The reclaimed water he had been working on previously at the hospital is now being used for the cooling towers for the air conditioning, as well as toilet flushing and gardening. This time he is concentrating on recycling the college water to the point where it, also, can be used for toilet flushing as well as gardening. It is almost there. We ourselves are using the recycled water for toilet flushing in our little apartment.

The theme which emerged for Ann was the long time which many seriously ill people in need of help endure before seeking medical help. The story of the young man, aged nineteen, who fell off a wall, breaking his arm is heart rending. He waited six months before going to a hospital, by which time the arm was severely deformed. Subsequently he married and one day while he was standing at the gas hob it blew up in his face, leaving him with horrific burns. Again he waited several months before seeking help. By this time he had joined a church where the Pastor helped him to get to CMC. When Ann met him, he had already had five operations to relieve the contractures in his arm and to do plastic surgery where the burns were. Many people supported him with care and financial help. It has been wonderful to see.

Donations can now also be made online at:  
<http://australianfov.net.au/donations/>  
 Use either PayPal or your credit card to simply and easily make a donation to the work of the Christian Medical College and Hospital, Vellore.

There was much rejoicing in CMC that the Indian Supreme Court has given a verdict in our favour so that CMC can continue to conduct its own unique entrance exam. The Hospital has increased medical student admission from 60 to 100 per year, with similar increases in other courses. Returning, our impression is of a much more crowded College Campus. This presents many headaches to the Administration to create more space at all levels. The hospital is engaged in a massive building programme in an effort to respond to ever increasing demands on treatment and education.

Dr. Ian Roberts-Thomson  
 8 William St  
 Hawthorn, SA, 5062

Please accept the enclosed donation of \$..... to the work of the Christian Medical College and Hospital at Vellore, India.

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(Donations are tax-deductible if made to the Vellore Christian Medical College and Hospital Support Fund)