



Beautiful twins steal the show

Abdul and Aisha (names changed) were over the moon when their twin babies were born safely in the Ida Scudder Centenary Centre, CMC Vellore. Our team was there to capture and share their moment of joy. They are featured in the film *The Patient Experience*—part of our new set of videos that tell some of the unique stories of CMC. Other films take you through the history of the hospital and college through to our future plans.

Our Stories, Our CMC: New Videos Launched

The videos were produced by Tim Nicholls and the same professional team that created the stunning film *Home of a Healing God*. *Our Stories, Our CMC* highlights cutting edge research that benefits the community even as it happens; education that motivates and inspires, compassionate rehabilitation for those with **physical and psychiatric challenges**, and CMC's efforts to protect the environment. You can order copies of the DVD from the Development Office (Rs.100 + 75 postage). You can also watch them on YouTube (in YouTube, click the menu icon, choose "browse channels", and then search for "CMC Vellore").



Concentrated care inside the ENT operation theatre

New high end CT Scanner can film the heart beating and works 100 times faster



CMC dedicated a new CT Scanner during 2015. "Discovery CT 750HD" from GE is the world's first high definition CT scanner. It uses a unique "gemstone" detector which works up to 100 times faster than other available CT detectors. The scanner can capture a detailed image of the heart while it is beating allowing non-invasive angiography in less than a minute. Other departments, like Neurology, also benefit and new avenues of research have been opened up. This revolutionary but expensive technology was made possible through a grant from USAID ASHA. CMC has received more than 23 grants from this agency since 1982 for some of our costlier cutting edge projects.

Inside ...

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Christian Medical College Vellore Association is registered under the Societies Act, 1860, (No.5 of 1947). Registered Address: CMC Hospital, Ida Scudder Rd, Vellore—632 004, Tamil Nadu, India. Donations to CMC Vellore attract relief under Section 80G of the Income Tax Act.



For the latest news and many photos of CMC Vellore have a look at our Facebook page <http://www.facebook.com/cmcvelloreindia>

Quality training at a distance

The government of India has identified a severe shortage of trained medical professionals in various categories. Furthermore many existing doctors in India have not been able to keep up to date with the latest advances in medical care and best practice.

To help address this issue, CMC started a Distance Education Department in 2005. This uses a “blended learning” approach. Students are provided with high quality study materials, but are also required to participate in online seminars and discussions, and attend contact programmes in a centre near them, where the focus is more on the practical skills that they need.

CMC’s Distance Education team now offer 5 different courses for qualified health professionals and also to health volunteers with no prior formal medical training. There are currently 650 people enrolled on Distance Education courses, adding to the 3000 already trained.

The quality and effectiveness of these programmes has been recognised with national awards including one in August 2015 from the Federation of Indian Chambers of Commerce and Industry (FICCI), for the impact of their programmes on primary health services in rural India.



Dr. Jachin Velavan, Head of Distance Education, and Vice Principal Dr. Joy Sarojini receive the FICCI Award

We have a dream to set up a new Distance Education Centre, in the Chittoor Campus, and equip the regional centres with smart classroom facilities, expanding the courses available and increasing the number of people reached. We already have international interest from hospitals in Africa.

Aunt Ida’s One Bed Clinic in CCC Remembered

In January, 115 years after Dr. Ida Scudder began work as a young doctor in Vellore, the legacy of her early work was commemorated in the room that was her **first clinic**, in the “Mission Bungalow” now the Christian Counseling Centre in Sainathapuram. Plaques describing the defining moments of her life and mission were unveiled.



Interior of Ida Scudder’s first clinic as it was in 1900

You can visit the room and see the plaques during the working hours of Christian Counseling Centre (Monday to Friday and Saturday mornings till 11.30 am).



The Mission Bungalow today. The clinic/dispensary window is left of the entrance porch

Update on Motivation Wheelchairs



Rendered tetraplegic when the car she was traveling in hit a tree, 18 year old Talia had to give up her studies. She is part of an extended family of eight, her sister and brothers are all students, and all depend on **her father’s irregular wages of about Rs. 4,000 per month**. Thanks to generous donors who responded to **last year’s appeal for help with giving subsidized wheelchairs**, we were able to give her a comfortable, strong, yet lightweight wheelchair, which can be folded into a taxi or auto rickshaw. Thanks for your help!

Songs to Celebrate the Gift of Organ Transplantation



Rangoli gives the concert’s message

Leading choral group Octet Cantabile, from Chennai, know the value of organ transplantation: their bass singer Billy John owes his life to the new liver he received in CMC. They came to Vellore in March and performed a beautiful selection of songs in different languages to raise awareness and funds to help those unable to afford the cost. As we warmly appreciate them for freely giving their time for this cause, let us all fill out a donor card (available from MS Office, CMC) and offer others a chance of life.

Don’t take your organs to heaven: Heaven knows we need them here.

From the Director, Dr. Sunil Chandy

In September 2015 I completed three years as Director and I am more than midway through my term. I am immensely grateful to God for His manifold blessings to the institution which I am privileged to lead. I have 5 priorities for CMC:

Building New Capacity: We have been choked for space for the last ten years. Despite difficulties, this year we have made significant progress in the new campuses at Chittoor and Kannigapuram and within existing facilities. We are increasing our capacity to cater to a larger number of poor people who are our prime focus group.



Dr. Sunil Chandy in the busy Accident & Emergency

Bettering Existing Facilities: We have improved our wards, clinics, waiting spaces and some amenities. The Main Hospital remains the nucleus of our institution and the centre point of our academic, clinical and teaching activities, and we have left no stone unturned to upgrade facilities. This work will continue unabated.

Building Human Resource: People are our most important asset. We are now 9000 strong with 1500 medical and 2500 nursing personnel. This is underpowered for the workload we handle, but medical manpower is a scarce resource the world over. So we have looked at new ways of recruiting, developing and keeping the people we need, and tangible results will follow.

Boosting Mission Network: A more empowered Mission Directorate assisted by a full time Mission Consultant and a Mission Co-ordinator, has been engaging with mission hospitals nationwide to seek ways to help them. We are building capacity through governance and clinical workshops and distance education courses.

Broadening CMC's footprint: CMC's reach has gone beyond the borders of Vellore. Our national presence has increased in areas of policy and programmes. International calls for greater involvement in research, education and service have resulted in new partnerships. Our faculty are drawn into a variety of community and clinical programmes worldwide. There is increasing interest in our educational and practice model. Friends of Vellore worldwide and the Alumni have increased their active engagement with CMC. We are a **global institution with a larger mandate of "Go out into the world"**.

All this has happened because our faculty and staff have worked very hard and stayed committed to CMC's goal. More will come with your continuing prayers and presence. Thank you Friends for being such ardent ambassadors of CMC. Thank you for prodding us on to newer frontiers. Thank you for your resourcefulness. Remember you are part of us, however far you may be in distance and however long you may be in time. Please keep CMC Vellore in your prayers.

Devi Shetty delivers 4th Ida S. Scudder Humanitarian Oration



Dr. Devi Prasad Shetty, Founder and Chairman of the Narayana Group of Hospitals, Bangalore , 7 August 2015

Dr. Shetty gave an inspiring talk, illustrated with slides. Despite

the huge economic size of the global healthcare sector, it really only benefits the richest 20%. Of the remainder, thousands die daily from preventable or curable diseases. The Narayana group has pioneered a low-cost health insurance scheme, Yashaswini, supported by the Karnataka government. Farmers pay only Rs.5 per month. Through that Narayana has performed more than 7 lakhs of cardiac operations. He challenged the audience to find similar innovative solutions to the health care problems around **us. As well as his huge "health**

cities", he passionately advocates low cost, small scale health **projects such as "E-clinics" set up** in disused shipping containers. Communications technology can be leveraged to allow diagnostic and advisory services to be run from home by people caring for young children and people with disabilities. Shortage of doctors needs to be addressed not just by more medical seats, but by expanding the responsibilities and scope of therapists and nurses. Avenues must be created to allow experienced nurses and AHS staff to train as doctors.

Heartbreak and Hope in the Children's Cancer Ward

Watching over your son going through the various stages of childhood is a joyful experience but for **Elamaran's*** mother it was short lived, as at 8 years she noticed him developing swollen tummy and legs. Then began a long journey of pain, stress and tears as he battled lymphoblastic lymphoma. The biggest hurdle the family faced was finance: where would the money come from on a coolie's meagre wages? The CMC team rallied round and hunted for funds from all sources – internal and outside. Success enabled him to have intensive chemotherapy and antibiotics when infection came to call. Against the odds he successfully moved on to the maintenance phase, but then he was admitted again with excruciating pain: the cancer was back. The family opted for palliative treatment, but wanted him to spend his last days in CMC. When he finally passed away, his parents could hardly tear themselves away from the hospital, it had become a second home. We were glad that he had received the very best in palliative and supportive care. The Child Health team raised the money to pay for his last rites.



Loving care for a sick child in CMC

Sabia* is a bright, intelligent girl from a remote village in Andhra Pradesh, dreaming of becoming an IAS officer. Tragedy struck when her father died suddenly but this only made her mother more determined to give her daughters the best start in life. Five years later Sabia developed high fever and was diagnosed with leukaemia. Once upon a time these words would have been her death knell, but through the sheer commitment of the family and the team, and with funds raised from various sources including Sabia's school and the Development Office Emergency Fund, she won through. On the way she struggled with endless biopsies and admissions, and suffered multiple setbacks, infections and a bleed in her brain which left her paralysed for a time.

Her mother was a constant pillar of support. We were delighted that Sabia scored 95% at 12th standard and joined college to study her favourite subject, mathematics. She continues to pursue her ambition of writing the Civil Service entrance examinations. We wish her well and salute both Sabia and her mother.

(*Names have been changed).

Rotary & CMC: Polio beaten
... now let's control TB



A campaign to make all CMC campuses spit-free was launched on 30th June. This was a joint effort by the Rotary Club of Vellore, the Rotary Tuberculosis Control Society, and CMC's TB Control Advisory Committee. The spread of Tuberculosis and other diseases through droplet infection can be reduced if we refrain from spitting in public and cover our mouths when coughing or sneezing.

Let's all follow these simple steps and help eliminate TB.

News & Views of CMC



Christian singer songwriter Graham Kendrick with students at the Merge Festival 2015, CMC Vellore.



CMC bags DL Shah Quality Award

CMC's Quality Management team were awarded the prestigious DL Shaw Quality Award (Gold) for its clinical audit programme. PG doctors conduct audits of areas of concern, identify problems and implement solutions to improve patient care.

Join in and Help: Membership and Contact Details

Friends of CMC Vellore is free to join and keeps you in touch with our activities and developments. Just send us a letter or email with your name and postal address. Friends support us as they can by prayer, giving and suggestions.

If you'd like to donate towards any charitable needs of CMC, please send a DD or Cheque to "CMC Vellore Association" Development Office, CMC, Vellore – 632 004, India. Phone: +91 416 228 3509

You can also donate by bank transfer: SBI Vellore Town, Account No.3033 2718 726 IFS/IBAN Code: SBIN0001618 Swift Number: SBININBB473. Please send transaction details to: dev.office@cmcvellore.ac.in