



SUDHA MURTY DELIVERS THE SECOND IDA SCUDDER HUMANITARIAN ORATION

Sudha Murty, Founder and Chairperson of the Infosys Foundation delivered the Ida S. Scudder Humanitarian Oration 2013 on 9th of August. Her speech woven around an incident from her doctor father's life, was characterized by spontaneity, simplicity, profundity, humour and her magical story telling capability. She explained how her father, Dr. R. H. Kulkarni influenced her life and helped her to see things realistically and subsequently motivated her to extend support and service to needy areas. Her father's first patient, a teenaged unwed mother, who wanted to kill herself and her new born daughter, ended up as a competent nurse and her child an obstetrician - gynecologist because of his encouragement and practical help. Perhaps he inspired young Sudha also to venture into Engineering, then a male bastion, take up teaching, social work and writing.



Sudha Murty reminded the doctors and prospective doctors that medical profession was a noble one which offered opportunities to wipe the tears of others. She urged the listeners to see God in their patients and their work, like Ida Scudder, the Founder of CMC Vellore. She felt Medicine was a combination of science and art and urged the youngsters to take Dr. Ida, who chose to bring relief to the women of Vellore, as a role model. Sudha Murty also underlined the need for people to have faith in doctors and avoid examining doctors before receiving treatment. "Doctors are three dimensional persons who can go beyond the realms of treatment by comforting patients with compassion," she pointed out.

The Dr. Ida S. Scudder Humanitarian Oration is jointly organized by CMC Vellore and Vellore CMC Foundation in New York to honour an individual who reflects the values, professional excellence and leadership of Dr. Ida S. Scudder. The first Oration was given by Dr. A. P. J. Abdul Kalam, former President of India.



Inside.....

- 50 years of PMR
- Meenakshi back on her feet
- CMC's contribution to Rotavac
- Towards a TB-free Vellore

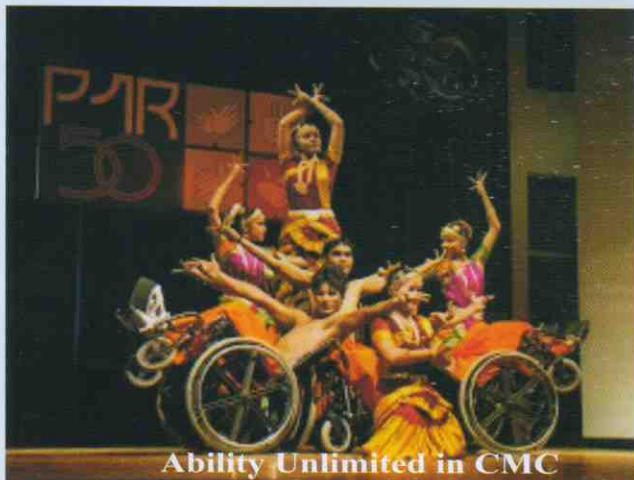


50 YEARS OF PHYSICAL MEDICINE AND REHABILITATION

CMC's Department of Physical Medicine and Rehabilitation had its beginnings in the year 1963, and was declared open by the then President of India, Dr. Sarvepalle Radhakrishnan. Dr. Paul Brand who pioneered tendon transfer surgery on hands ravaged by leprosy, inspired Dr. Mary Verghese to take on the challenge of rehabilitating persons with spinal cord injury in India. She was one among the early graduates of CMC who met with a tragic accident almost at the outset of her medical career. She overcame insurmountable odds to serve other paraplegics. This famous wheel chair surgeon of Vellore was instrumental in establishing the Rehabilitation Institute, perhaps the first of its kind in India, in 1966 to care for those disabled by brain or spine injury or other conditions. They need extended rehabilitative services to improve their quality of life and rediscover their abilities. For many patients training in new vocation also becomes a necessary component of the rehabilitation process.



Dr. Mary Verghese with Mrs. Indira Gandhi



Rehab has come a long way from its modest beginnings; there are over 100 beds now, to meet the ever increasing need to care for people with disability. The PMR beds in the main hospital are used to stabilize patients who come with multiple problems, following life changing medical / traumatic events. They are likely to need supportive care from Neurology, Neurosurgery, Orthopaedics, Plastic Surgery and other related specialties. Physical Therapy and Occupational Therapy play crucial roles all through rehabilitation. The Prosthetic and Orthotic team also contribute to appropriate therapy using customized devices to enhance mobility and stability. Speech therapists address the communication needs, psychologists and social workers provide psychosocial support needed to enable community re-integration. The team of bio-engineers often steps in to provide low cost effective technology and innovative devices to further enhance

the rehab services in addition to running the movement analysis lab. PMR Department has been designated as a collaborating centre for Rehabilitation technology, capacity building and disability prevention by the World Health Organization (WHO).

In 1994 PMR launched a novel follow up programme for their former patients, aptly christened Rehab Mela. Patients with spinal cord and brain injury from within 100 km radius are invited for a get together in Vellore every February. The rehabilitated persons along with their care givers stay on the Mary Verghese Trust campus, which is transformed into a fair ground for those three days. Having forged strong bonds of friendship during the protracted rehabilitation days the rehab alumni and their family are excited to reunite with old friends and meet new ones. The first day is devoted to comprehensive medical checkup and checking out and repairing their appliances. Sports, games, cultural competitions and talent shows take place on the second day. The last day is for peer counseling, networking, discussions regarding the rights and entitlements related to disability. The rest of CMC also join in the evening public meetings followed by dinner.

As a part of the golden jubilee celebration, PMR arranged an enthralling dance theatre show by a Delhi based non-profit organization, Ability Unlimited. Physically challenged boys on wheel chairs and hearing impaired girls performed fabulous choreography, under the tutelage of Guru Syed Sallauddin Pasha. It was deeply moving and truly inspirational for all who witnessed the internationally acclaimed performance celebrating abilities, thus enabling everyone to see the differently abled, differently.



Rehabilitation Institute, Bagayam

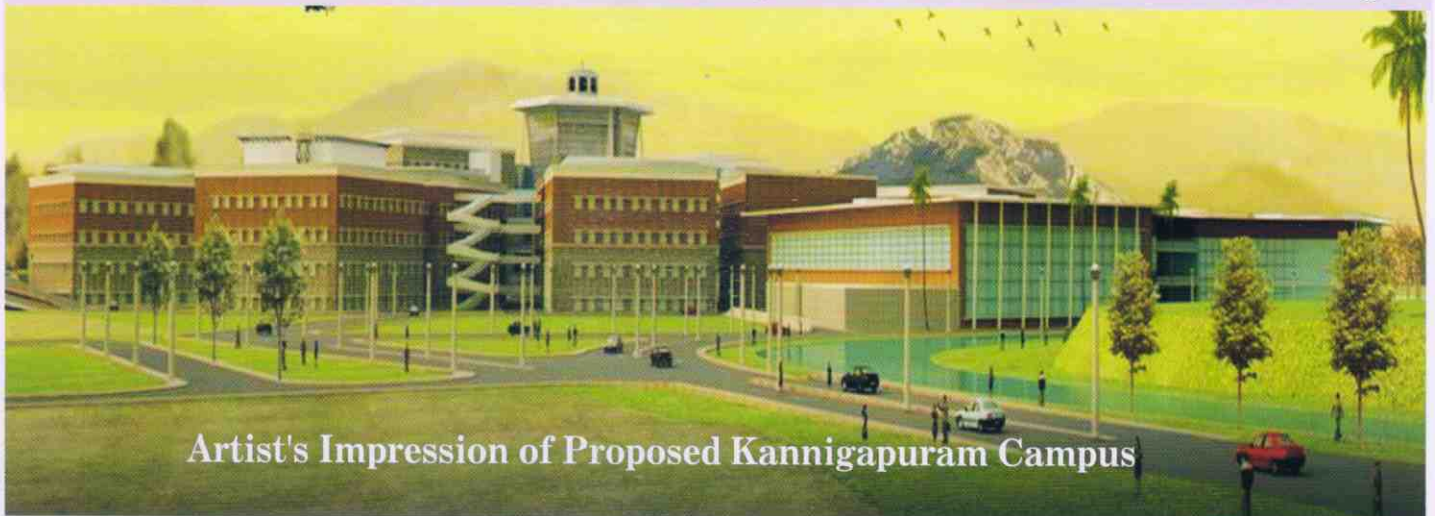


Message from the Director

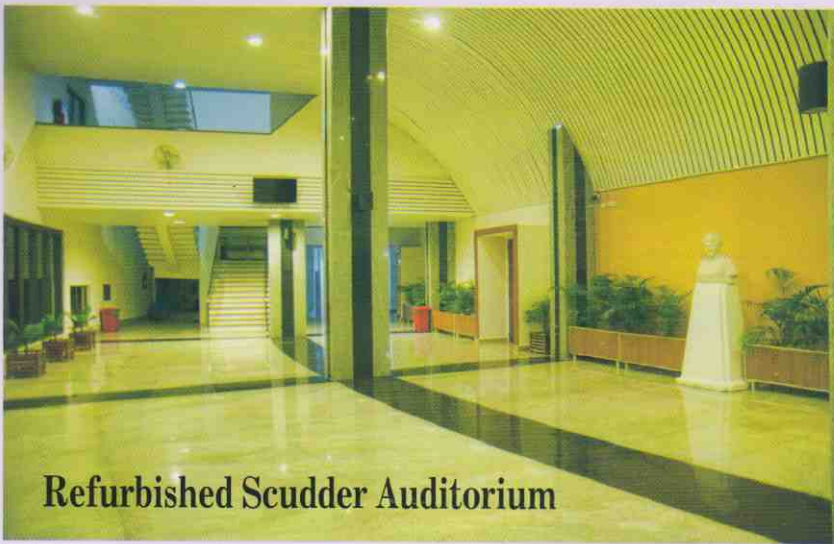
Another year is slipping by, never to come back again. In retrospect, we have only praises and gratitude to God for all the good things he has done to our institution. Despite the many challenges with which the year began, we have, as an institution, experienced God's goodness in many special ways. We began the year 2013 with anxieties over our postgraduate admissions which were held up sub-judice. By God's grace, the verdict was favourable to CMC and we were able to complete both the undergraduate and postgraduate admissions. We were also able to accommodate the second batch of 100 MBBS students within the same hostel buildings. New courses have been added and we have passed every inspection from the MCI and the University. Into the 113th year, we were able to celebrate many jubilees in various departments - each event

reminding us that we have a history and heritage that many other institutions do not have. Recognition has come from the government for our teaching and training curriculum as the most appropriate for the growing medical needs of the country. The patient load has gone up, again an indication of the acceptability of the affordable health care we provide.

There are rapid changes going on in India. The profile of diseases, patient expectations, quality controls and accreditation standards have undergone sea changes in the last decade. CMC needs to respond to these changes without losing our core values. There in lies the challenge. We are in the process of making appropriate directional changes in all areas - Service, Education and Research. After much discussion and thought, CMC is now ready for a major expansion of its facilities in Kannigapuram, 8 km away from the main hospital on the Chennai highway. This is a need - based, long overdue shift akin to the one our founder, Aunt Ida made when she moved from the Schell campus to the present hospital campus. This movement will not only permit the development of some of our specialities, but also release vital space for the overcrowded core disciplines which cater to our local patients . The master plan for the entire institution has been made of which Phase I will commence in 2014. The task is daunting, but we believe God will enable us as we go.



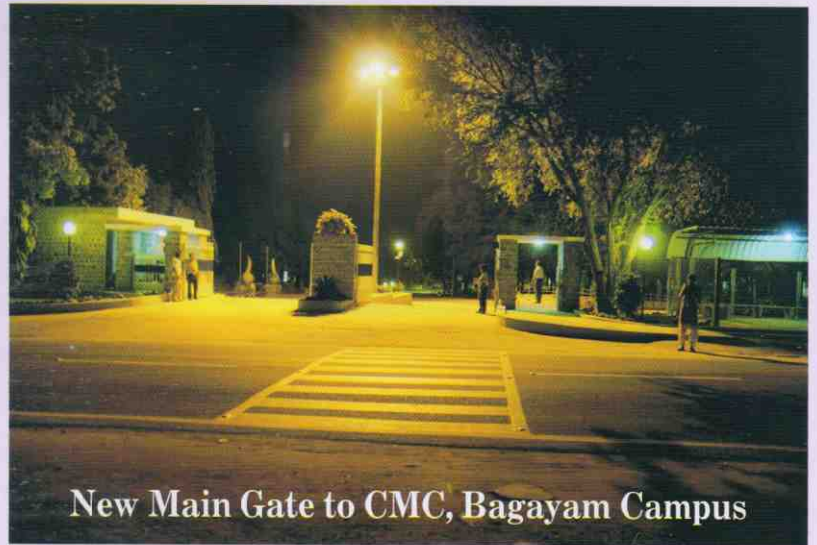
Artist's Impression of Proposed Kannigapuram Campus



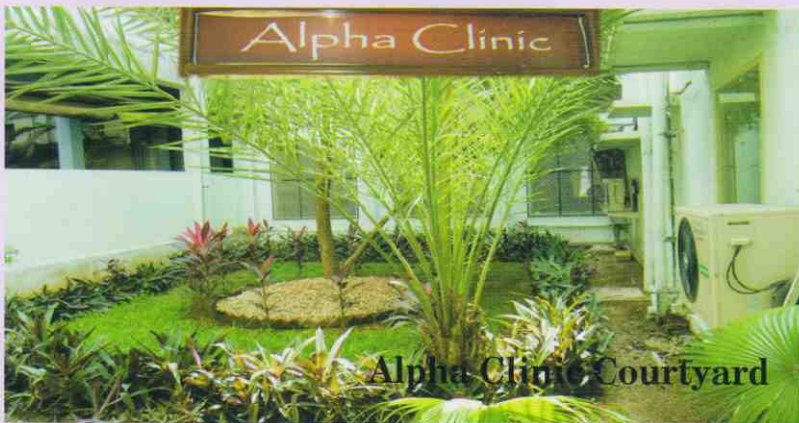
Refurbished Scudder Auditorium

Overcrowding, traffic, road accidents, water, sanitation, poor diet patterns and garbage are new man made problems that are posing hazards to the people in Vellore. Can we sit pretty waiting for new diseases to evolve and tragedies to happen? As an institution we must take these up as the new public health problems of the emerging decade. CMC Vellore must commit to engage with the Vellore Community on all these issues. So as we build and expand, we hope to

Family Medicine has now become a much needed service for our urban population. We envisage that this speciality will expand its footprint in the main hospital and evolve into a dedicated Citizen's Clinic with greater emphasis of service. The academic offshoot of Family Medicine will become a reality once we are given permission to commence MD Family Medicine. There are changes we see around in our town to which we must respond appropriately.



New Main Gate to CMC, Bagayam Campus



Alpha Clinic Courtyard

continue finding relevance in the health care scenario in India, and keep ourselves focused on the founding principles of our institution. Let all the honour and glory be to our Lord Jesus Christ as we continue this journey into 2014.

Sunil Chandy
Director



