GALAXY

STANLEY ALUMNI ASSOCIATION - 1952
STANLEY MEDICAL COLLEGE
UNITY ★ EQUALITY ★ UNIQUENESS

OF

LUMINOUS STANALUMNI

STANLEY ALUMNI DAY

JANUARY 29, 2023

SOUVENIR

RECONNECT
REJOICE
REJUVENATE

Best Wishes

Dr. Krishnan Gopal

S.M.C – 1957 Batch

It gives us great pleasure to invite all global Stanleans to the STANLEY ALUMNI DAY 2023!

This alumni day is very special as this is the first time, we are having a full day program from 8.30 am to 9.30 pm on the 29th, the last Sunday of January 2023, as per tradition. The organizing committee has taken great efforts to increase the participation for the ALUMNI DAY by using social media extensively. We have more than 600 registered participants for this 2023 STANLEY ALUMNI DAY, which is a record of sorts, making it the BIGGEST, GRANDEST and MOST ANTICIPATED alumni day in the history of Stanley medical college.

THE RRR – RECONNECT, REJOICE & REJUVENATE themed STANLEY ALUMNI DAY 2023 is special for following reasons:

- Arrangements made for BREAKFAST, nostalgic LUNCH at hostel mess and Grand GALA DINNER.
- No registration fees taken from individual participants who registered before the deadline on 23-01-2023.
- Karaoke program planned after more than 60 alumni expressed interest.
- A high-quality colorful souvenir to be given free of cost to all registered alumni.
- Entertaining stalls to make alumni enjoy a CARNIVAL ATMOSPHERE-like
  - MEHENDHI ARTIST
  - FORTUNE TELLER
  - RING TOSS FOR GIFTS
  - LIVE THIRST QUENCHER STATION SERVING TENDER COCONUT & GOLI SODA
- NAP TIME FACILITY for senior Stanleans.

Overall, the organizing committee has taken every effort in reviving the STANLEY SPIRIT and getting global Stanleans to look forward to the future STANLEY ALUMNI DAYS.

WE WELCOME YOU TO STANLEY ALUMNI DAY 2023 WITH OPEN HEARTS AND FOLDED HANDS

Capt. Dr G Raghavelu - 1966 Batch
President
Stanley Alumni Association

Dr D P Prakash - 1985 Batch
General Secretary
Stanley Alumni Association

Reconnect

Rejoice

Rejuvenate

STANLEY ALUMNI ASSOCIATION

"Alone we can do so little, together we can do so much"
- Helen Keller

Organizing as an Alumni Association,
Going beyond it with compassion!

Chatting and laughing;
Sharing likes and dislikes;
Agreeing to disagree!

Reconnecting not just for fun,
but for a purpose and making it really happen!

Contributing to society not just as doctors,
but truly as its human inhabitants!

Flying from the nest of Stanley,
Spreading our wings globally;
Excelling in our speciality,
In every field of medical fraternity.

Repaying our Alma mater with financial contributions,
And with our expertise as clinicians.

Enhancing our knowledge personally and professionally;
Engaging in charity individually and collectively.

Working for the benefit of the community;
Ever with the Stanlean spirit and sincerity!

STANLEY ALUMNI ASSOCIATION EXPRESSES GRATITUDE

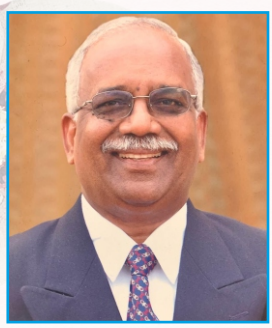
TO

Dean Dr P Balaji, MS, FRCS, Ph.D, FCLS

The organising committee of Stanley Alumni Association thanks the Dean for his contribution to the development of the institution. Under his tenure, the hospital and college have seen a lot of improvements.

SAA appreciates the wholehearted cooperation rendered by the Dean in organising the meet.

Stanley Alumni Association 2022 Governing Council



President
Dr Captain G Raghavelu

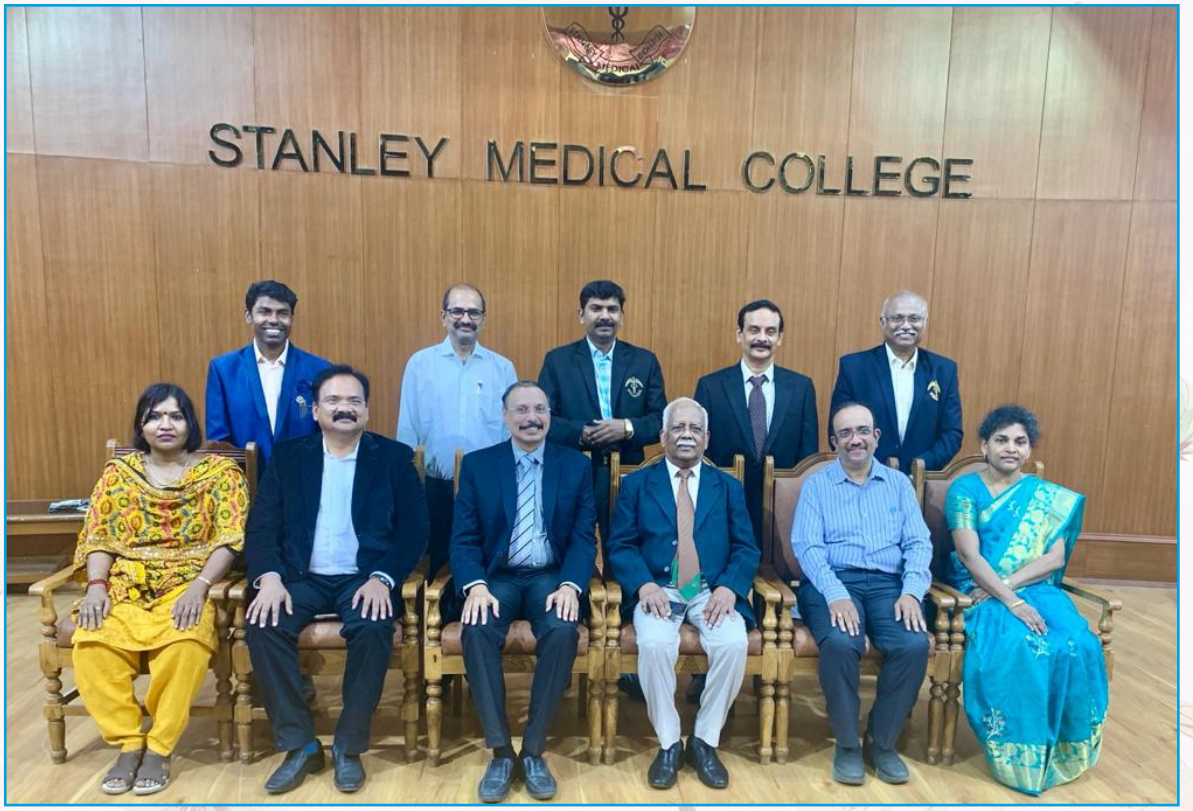
Gen. Secretary
Dr D P Prakash

Vice President
Dr R S Muralidharan

Associate Secretary
Dr Lakshmanamoorthy

Treasurer
Dr Malathy Natarajan

Stanley Alumni Organizing Committee



Dr Capt G Raghavelu MD, DA.

President

Stanley Alumni Association

Ph: 9840024037

Email: govindasamyraghavelu@gmail.com

Hi Stanleans,

It gives me immense pleasure to address you all through this SOUVENIR 2023.

Our team consisting of DP Prakash Secretary, RS Muralidharan Vice President, K Malathi Treasurer and Lakshmanamurthy Joint Secretary, took the office in the month of March 2022 from Anbarasu, Ramalingam, Chandrasekar Malathi and Lakhsmanamurthy. Despite their busy practice, our team made a reasonable stride in putting up a decent show for you all.

I put on record the active cooperation extended by our Dean Dr Balaji who has changed the face of our auditorium for us to enjoy today.

I was the Vice President to Dr Solomon Victor in the year 2003 when I was the HOD, Anaesthesia department, in Stanley and Dinakar was the Secretary. Years have rolled by, and we have seen several last Sundays in the month of January. Due to the Covid we could not conduct the program in 20/21.

Stanley Alumni Day is always Unique and Nostalgic for all of us as we maintain the STANLEY SPIRIT which is the Envy of ALL other medical colleges in Tamil Nadu. I must thank all my Stanleans belonging to batches from 1954 till date for taking active part and supporting our activities. To mention some of them, Brigadier S. Lakshmanan, Dr Krishnan Gopal, Dr Stanley Chandran, the great footballer Dr Devadoss, the mercurial hockey player Dr Bashiruddin, the fleet footed sharpshooter Basketball player Ramachandran, the philanthropic family of doctors represented by Nallathambi and so many others took active interest in this year's meet.

You all will appreciate the hospitality and other entertainments provided by Batch 87 represented by Dr Saravanan and Senthil.

A word of appreciation to our Editor, Dr Ezhil Basker, who has single-handedly done a very sincere work to bring out this Souvenir which will be a reminder of our happy times on this Sunday, 29th January 2023.

வாழ்க ஸ்டான்லி. வளர்க தமிழ்.

Jai Hind.

Dr D P Prakash, FRCS, ICO, DNB, DO, MBBS,
Ratan Tata Fellow
+919381111112
smcalumni2022@ gmail.com
www.stanleyalumniassociation.com

General Secretary Stanley Alumni Association 2022

It gives me great pleasure and privilege to bring out this souvenir on the occasion of our STANLEY ALUMNI DAY, JANUARY 29, 2023.

The theme of this year's alumni day is RRR - RECONNECT, REJOICE & REJUVENATE. On behalf of the Stanley alumni association, I'm greatly appreciative of the efforts of all the office bearers and members of the organizing committee who have stood by me in bringing out such a wonderful memoir which you would be happy showing off to your children and grandchildren.

Our DEAN Dr BALAJI FRCS has been a constant source of inspiration and support for all activities that have benefitted our alma mater. The newly renovated auditorium is like a jewel in the crown amongst a long list of achievements. He stands as a testimony for what leadership could achieve in government medical colleges like STANLEY.

Capt. Dr Raghavelu, our beloved president, has been our guiding force keeping the Stanley spirit flying high. His energy, enthusiasm and wisdom have been key factors for the success of our association's efforts to conduct a grand gala alumni day 2023 with more than 500 participants from all over the world.

Many Stanleans have contributed to the glory of our alma mater and have always contributed to keep the Stanley flag flying high. My heartfelt thanks and admiration to the many Stanleans who have helped our brothers and sisters of Stanley with support and assistance through the STANLEY ALUMNI TRUST. Our association fully supports all philanthropic activities that eventually benefit the less privileged.

Our immediate past president Dr Anbarasu, secretary Dr Ramalingam and treasurer Dr Chandrashekar, have steered our association during the tough Covid-19 times and have achieved the grand task of having a government sanction for making our dream of having our alumni building at the Stanley hostel premises. Our association will take up this task right earnestly and build a world class Stanley Alumni building that would make every global Stanlean proud.

My biggest strength has always been my STANLEY 1985 BATCH classmates who have stood steadfast with me in helping us realize all our contribution to Stanley right from the RENOVATION of E-Library to donating mannequins for the SIMULATION LAB to benefit students to learn BASIC LIFE SUPPORT. The 1985 batch have also been the sponsors for this year's KARAOKE SINGING program and competition which is a unique feature of this 2023 alumni day.

A special heartfelt thanks to the 1987 batch alumni who have wholeheartedly come forward to be the PRIME SPONSORS for this 2023 ALUMNI DAY CELEBRATIONS.

I hope all of you will enjoy this alumni day 2023 and carry pleasant memories that will remind you of your youthful days at Stanley medical college. I urge each one of you to become a member of the STANLEY ALUMNI ASSOCIATION and take part in all its activities rightfully as Stanley belongs to each one of us. Long live Stanlean spirit.

From the Editor

Dr D. Ezhil Josephine

1985 Stanlean

Galaxy – a large group of stars and planets held together by gravity.

Stanley – our luminous alumni across the globe held together by Stanlean Spirit.

Connecting with various batches of Stanleans, as the editor of the Souvenir magazine, gave me a wonderful feeling of being part of the Global Stanley family. The enthusiasm with which many cherished memories were shared was awesome. Getting to know about the various silent activities by the Alumni is indeed a memorable experience. Though Medical service is the common binding factor, the non-medical services and activities of the Alumni towards the community are laudable.

"All Birds find shelter during rain. But Eagle avoids rain by flying above clouds."- Abdul Kalam

It's overwhelming to know that Stanleans have come out of their comfort zones and are flying high!

The magazine is filled with various articles detailing the dedicated activities of the Stanley Alumni Association, the parent Alumni Trust and that of various batches, well-written articles on sports, batch reunions, achievements in other fields, research advice for future medicos and achievements of children of Stanleans, beautifully penned Tamil and English poems, excellent photography on par with professionals, traditional kolams, art, paintings, stories and collection of memorable scenes.

I express my gratitude to all the Stanleans who placed ads in the magazine.

A very sincere thanks to all the members of the organizing committee.

It was amazing to witness the beautiful collaboration of various generations of Stanleans in organizing the Alumni Day event and bringing out this Souvenir.

"Books are our permanent companions"- another quote from Abdul Kalam

Sincerely wish that this magazine becomes one such companion for the Stanleans!

Dear Stanleyans,

Greetings to all.

To begin with I would like to express my thankfulness to all the office bearers of Stanley Alumni Association for extending me an opportunity to contact you vide this message. As a Stanleyan, I am always proud to say that the position now I enjoy in my professional life and also in public life is mainly due to the experiences I have gained during my student period in Stanley. I was very much cherished with the affection and passion shown to me by my contemporaries. I never hesitate to say that I was moulded by my dedicated teachers and also my lovable friends. My life in Stanley was a memorable one which will never be forgotten.

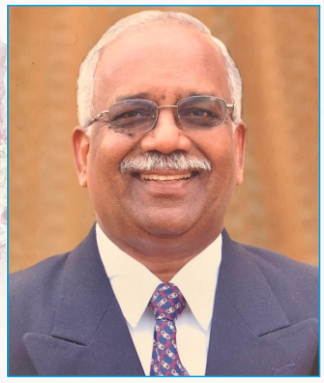
Now, being the State President of IMA Tamil Nadu Branch, I want to focus more on community service-based activities as I hope that the same will certainly improve our image among the common public. Vide two significant schemes of IMA, viz., 1) PPLSS scheme and 2) Family security scheme, IMA is safeguarding the doctors professionally and socially by supporting their family in the event of sudden loss or demise of the member doctors.

IMA is the only reliable organisation which not only updates the knowledge of the members through CME programs, but also safeguards the members from defending themselves against various issues faced by them while disposing their professional duties. So, I request my dear Stanleyans to join IMA and its schemes, to reinforce the association for safe and problem free practice and secure your family from being insecure in the event of any unfortunate happenings.

Wish you all the happy and prosperous 2023.

With warm regards,
Dr. T. Senthamil Pari
State President
IMA Tamil Nadu State Branch

Stanley Alumni Organizing Committee



Captain G Raghavelu
1966

Dr D P Prakash
1985

Dr R S Muralidharan
1975

Dr Lakshmanamoorthy
2006

Dr Malathy Natarajan
1987

Dr Saravanan Vedhagiri
1987

Dr P Senthilkumar
1987

Dr S Kumar
1980

Dr G Chandrasekar
1996

Dr S Varadharajan
1978

Dr D Jyoti Basu
1986

Dr K Kalidoss
1985

Dr D Ezhil Josephine
1985

Dr Latha Ravichandran
1985

Surya Narayanan née Padmanabhan
1964 Batch

THIS STANLEY SPIRIT....

This Stanley spirit..
Have you wondered at it?
What stuff is it made of, and from where did it come?
Who first discovered it and do we all have some?
Can it be guzzled or should it be sipped?
Is it good to be shared and can it be shipped..
To others who may need a wee tot of it?
The secret formula is deep in us all..
From our first unsure steps in Anatomy Hall,
And while Physiology, Pharmacy held us in thrall,
Drip by drip through Medicine, Surgery and call..
The Elixir of Stanley was distilled and brewed.
'Tis made of our friendships, our trials and fears;
'Tis made of shared laughter, challenges and tears;
Tis made of warm company and belonging too,
Of knowing that others are standing with you..
Till sweet, mellow and true, the Spirit ensued.
And now, years later, still potent and strong,
The Stanley spirit, full of memory and song,
Full of friendship and laughter, helps us along..
Through Life's stumbles, high points and darts,
And remains bottled within us, warming our hearts.

Dr Surya, West Hartford, Connecticut, USA

Best Wishes from

Ponnammal Nanjaiyya Education Trust

Continuing its support to

Stanley Alumni Scholarship Programme

Sponsors

M.N. THIYAGARAJAN	Stanley '55
M.N. MURUGESAN	Stanley '57
M.N. NALLATHAMBI	Stanley '66
M.N. INBAVAZHVU (in memoriam)	Stanley '69

STANLEY ALUMNI SCHOLARSHIP PROGRAMME
and
PONNAMMAL NANJAIYYA EDUCATION TRUST

Since its inception, our family Trust, created in the memory of our parents, has been supportive of the Stanley Alumni Scholarship programme. Our Trust was chartered more than 25 years ago to honor the sacrifice of our parents to attain our educational goals. The financial support to the Trust is derived from all our siblings and some grandchildren as well. The Trust hands out cash rewards to the students graduating from our high schools and fund the structural needs of its buildings.

When the Stanley Alumni Scholarship programme was initiated, our Trust sent enough funds to help one undergraduate student for his/her hostel dues in 2016. Now we are supporting four students – three on a permanent basis, one on a yearly basis. The very first student has graduated, doing CRRI, another one selected in that slot. Four of us have graduated from Stanley and that was the impetus behind this. Here are the names –

1. M.N.Thiyagarajan – '55
2. M.N.Murugesan – '57
3. M.N.Nallathambi – '66
4. M.N.Inbavazhvu (in memoriam) – '69

Our Trust is deeply appreciative of all the efforts by Dr King Viswanathan '61 Dr Dinakar Moses '72 & Dr Jaffrey '81 for their yeoman services to this programme. Currently over forty students are benefiting from this initiative. We also thank Dr G Durairaj '55, Dr MACS Rajendran '57 & Dr Gopal Krishnan '57 for their close friendship to our family and guiding us through all these efforts.

LONG LIVE THE STANLEY SPIRIT

Respectfully submitted

Manohar Nallathambi MB: FRCS (C) : FACS

Atlanta, USA

Stanley 87 Trust

Dr. V. Saravanan

காலத்தி னாற்செய்த நன்றி சிறிதெனினும்
ஞாலத்தின் மாணப் பெரிது.

After the untimely death of our pillar, sheet anchor, group coordinator Dr. Jayaraju, we gathered in Tower Park, Anna Nagar, and decided to start a trust in our Stanley 87 batch name; the same was registered on 15th march 2017 with Regn No: 29/ 2017.

Dr. V. Saravanan	-	Managing trustee
Dr. Jagadeesan	-	Secretary
Dr Ravichandran	-	Finance Secretary

Trustees

- Dr Salahudeen
- Dr Jayachandran
- Dr D.Rajendran
- Dr Leninbabu
- Dr Thasneem Banu
- Dr D. Sudhakar
- Dr Sanjay Prabhu

In the same month, there was a sizable contribution done for his children's education. That was much appreciated.

In a few months' time, another classmate Dr. SP Ramanathan, who was ailing from Wilson's disease, was supported by our trust.

We also supported Gaja hurricane relief efforts by distributing a few temporary cottages, through a social services organization in Cuddalore.

One of our classmates, a famous ophthalmologist in Chennai, had a massive MI and became bedridden in 2021. His 2 children were given educational support, the first child pursuing MBBS and schooling for the second daughter.

Dr. Baskaran, our classmate and anaesthetist in Namakkal, had a MI and expired. His family was supported by our trust.

Another one of our classmates was also supported in a similar way.

Siruvar Illam in Chennai was also supported by our trust, to provide lunch and dinner for the orphan kids there.

The renovation of the Stanley auditorium was also supported by our batchmates.

In the pipeline are multiple medical camps, plans to adopt a village near Chengalpet and serve the people.

Giving is not just about making a donation; it is about making a difference.

Secretary

Dr M. Jagadeesan

Trustees

Dr M.M. Salahuddin

Dr Jayachandran

Dr Lenin Babu

Dr Thasneem Banu S

Dr Sudhakar

Dr Sanjay Prabhu

1987 Batch

Punidha
Punidha
Raja
Sheila
Rajeev
Rajendran
Rajesh B S
Rajesh K
Rama R
Ramanathan
Ramesh
Ramesh
Ramesh
Ramesh Babu
Ramesh Kumar
Ram Kumar
Rani
Raveenthiran
Ravichandran
Ravi Kumar
Ravi Shankar
Sabitha
Salahudeen
Sampath Kumar
S Sundaram
Shymala
Singaravel
Sivagami
Sivakumar
Sivamalar
Sivaprakasam
Sridevi
Sridhar M
Sridharan B
Sridharan C
Sridhari
Subramaniam
Sudhakaran
Suguna
Sumathy
Sumathy
Suresh
Swaraj
Swarnapriya
Thasneem Banu
Thangaraj
Thiyagesh
Uma

Sanjay Prabhu

Sankari E

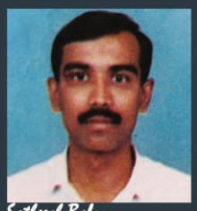
Sankari P R

Saravanan

Saravanan

Saravana Kumar

Sasikala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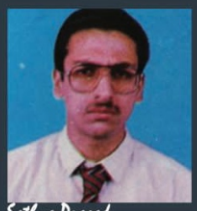

Sathya Prasad

Sathya Gowri

Seetha Lakshmi

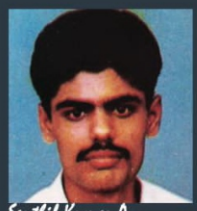
Selvam

Selwyn J Kumar

Senthil Kumar A

Senthil Kumar

Senthil Kumar A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T R Senthil

Senthil Kumari

Senthil Velavan

Syed Ismail

Shambavi

Sheela

Shanmugam

Abhiseyavalli

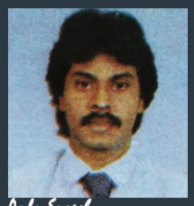
Anand L

Ananda Murthy

Anantha Bhaskar

Anandaraj

Anandhi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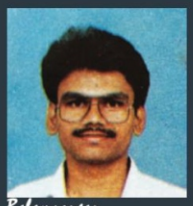
Ashok Kumar

Babu

Balaji

Balaji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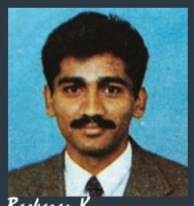
Balasubramaniam

Balasubramaniam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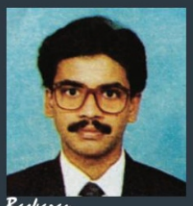
Baskaran

Deepa

Devika

Dharini

Dillirani

Dinesh

Ehzilvathani

Giridharan

Girija

Govindasamy

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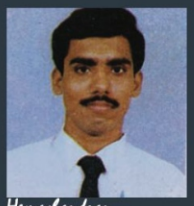
H R Meena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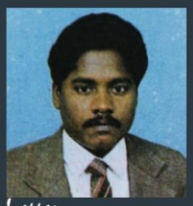
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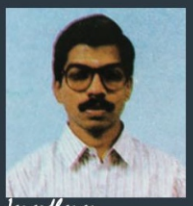
J Ali Raza

Jagadeesan

Jaichandran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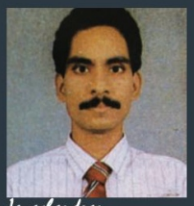
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Jayanthi

Jeeva

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Jayaraju

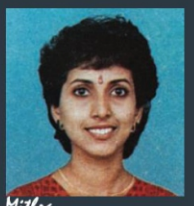
Kala

Kalaiselvi

Kalaiselvi

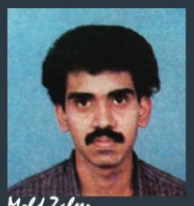
Kamachi

Kannan


Mithra

Mohan Babu

Mohd Yusuf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Mubarak

Munirathinam

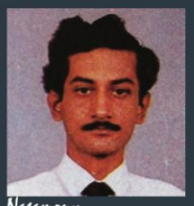
Murali Sree

Murugan

Muthukumar

Muthuswamy

Mythili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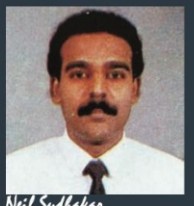
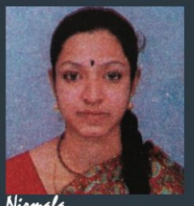
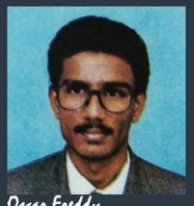

Neil Sudhakar


Nirmala

Nirmala

Nithya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Padmavathy

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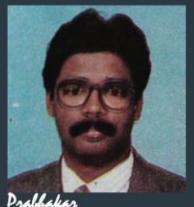
Parvathy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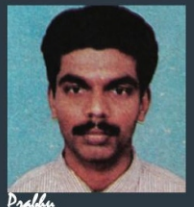
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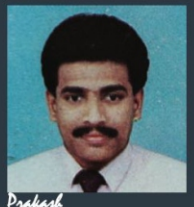
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Priya

Karpagambigai

Karthikeyan

Kathiresan

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Kavitha

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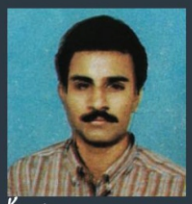
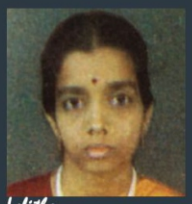

Kumar

Kumaravel

Lakshmi

Lakshmi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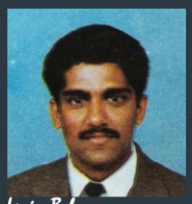
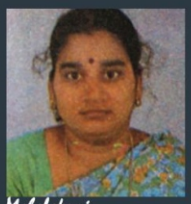
Latha


Lenin Babu

Madhav


Mahalakshmi

Mahesh

Maheswaran

Malarselvi

Malathy

Malathi

Manimegalai

Maryhala

Marymala

M Sugin

Uma Maheswari

Uma Prasanna

Usha Nandini

Vedha

Velmurugan

Venkatasubash

Venkatesan

Vicknesh

Vidya

Vijayaganga

Vijayamalliseswari

Vijay Purushoth

Vinayagam

Vinodhini

W Giridharan

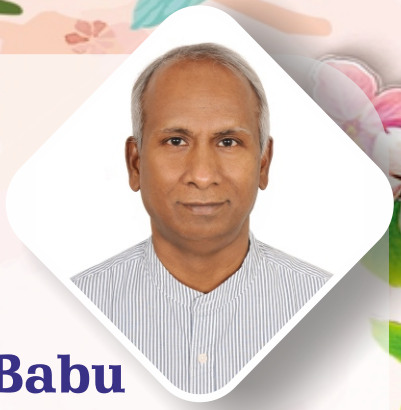
Willest Chris

Also in our class

Bismillah Gani
Hugnai Tsi
Jagga Rao
Mohan Kumar
Mohan Doss
Shanthi
Mrs Sobia Ansetta
Subash
Sujatha
Thiru Selvadurai

Forever in our Hearts

Dr SP Ramanadhan



Dr. Babu
1987 Batch

Dear Stanley, my Alma Mater

"We are coming, coming home...
No, we're back, to our second home...
where we first stepped in...
As we first stepped out...
We are coming, coming home...

It's time travel, a marvellous journey, taken by a bunch of boys and girls exploring the future from unknown to the known, a journey with pride and joy, sorrow and wilderness, reliving those moments in tranquillity, is really nostalgic…

It was your golden jubilee year and we the golden jubilee batch; the year India just stepped into her fourth decade of independence, the year Madras was still Madras and yet to be Chennai, the year Ambassador and Fiats still ruled the roads and the Maharaja ruled the skies, the year technology was still in its infancy, Microsoft was just on the horizon and Apple was yet to make a mark, the year Gavaskar breached the five digit mark, Sachin was yet to play the first test match, the year a bunch of boys and girls from humble beginnings, shouldering a billion dreams made you a home away from home, 1987 the year we came to our second home…

Dear Alma Mater, from every corner of the state and across the seas we arrived, united by your spirit of Stanley, a feeling hitherto unknown to us; hand in hand we lived together, learnt together, grew together and achieved together. You have witnessed all of these, our joy and our sorrow; you have lived with us, as a guide, friend and philosopher to nurture the dreams in the wings of fire…

We are sharing with you our journey after you saw us off, with the wings you gave, to places far and away, but you were still in our hearts as the spirit of Stanley…

We, your children acquired new skills and knowledge, degrees and training from universities local and abroad, serving the people both deprived and privileged with the same zeal and commitment we learned from you…

We developed distinguished careers in the chosen fields of diverse specialities as surgeons and physicians, as practitioners of internal medicine and cardiology, paediatrics and obstetrics, as anaesthetists and orthopaedics, as nephrologists, microbiologists, pathologists. The list is exhaustive and there is no speciality in which we the batch of 87 have not stamped our mark on…

Your children are serving the people of all walks of life in most districts of the state, many states of the country, many countries across the seas, the United States, the United Kingdom, the Gulf, Southeast Asia, far east and west, north and south…

Dear Alma mater, it's a matter of pride, still to let you know, though you might already know, some have joined you and other medical universities, as teachers to groom the generation next, to world standards…

There are specialists and super specialists, there are people who run their own in-patient services and bedded services, and some only out-patient services; there are people who are under the corporate umbrella, but the batch of 87 are still Stanleans at heart, the spirit of Stanley…

Dear Alma Mater, all this while we shared with you our achievements, our happiness and now the time has come to let you know that a few have left us to the eternal world. We lost to death by the cruelty of fate, but we feel they are with us as guiding spirits and will be coming to see you through our eyes. Now a moment of silence, a wishful prayer for all those souls to rest in peace.

Dear Alma Mater, worry not; we have not let those families in lurch, we have pooled our resources and have helped the bereaved families, financially and otherwise, in every small way we could, to help them to outlive those crises.

Dear Alma Mater, so much has happened in those years, we have just mentioned a few, a lot more to tell you. But that will be another day, another time; in person, when we arrive to see you in all your glory, to show you to our better half and progeny the place we were groomed to what we are today.

We came, we saw, we loved, we lived, we grew, we achieved, we flew, we conquered and we are back to where we belong, Stanley, our Alma Mater…

Madras is now Chennai, Ambassadors and Fiats are nowhere to be seen, individual houses have given way to skyscrapers, Doordarshan has given way to DTH, grade separators are in plenty, economic boom is there to be seen. The face of my Madras, sorry, Chennai has changed a lot, but we are still the same, the simpletons we were and still are, still humble and down to earth, still humane Stanleans, united by the spirit of Stanley.

Becoming emotional…

Will stop before we cry…

Bye Stanley…

See you in person soon…

Thank you for making us what we are…

Penned by Babu for Stanley 87

Stanley Alumni Trust - A Dream Project

Having taken up the responsibility as the general warden in the year 1991 and steering through a pleasant and a memorable journey till 2013 inside the same campus where we grew as students, had given me the opportunity to live through and observe many academic, social, personal, and economic aspects of hostel students' lives, in different dimensions, stitched together with the fibres of love, fun, ambitions, dreams and what not.

Economic logistics had been a part of life, probably the backbone of students' journeys towards the completion and achievements of academic as well as social performances. We could observe that, if not many, a handful had always been looking for financial assistance in silence, for the successful outcome of the efforts and the preparations taken to complete the course.

Along with a few like-minded friends from my batch, I started a program in 2008, which extended financial assistance to the hostel students to pay the hostel fees. Starting with two students, we ended up with more than 6 students in this sponsorship / scholarship program. This need-based financial assistance program paved way to the permanent scholarship program by registering "Stanley Alumni Trust". It was inaugurated when we organised the "Platinum Jubilee Global Alumni Meet" in 2014, during the Platinum Jubilee year of our great institution, attended by more than 1100 Stanleans from all over the globe, at hotel Hyatt and the hostel and the college campus for two days, me being the President and Dr Murali 75 batch being the secretary of the Alumni Association.

Murali and I had been conducting all Alumni related activities from 1996 to 2016.

The ongoing projects were organising the annual gathering of the Alumni on the last Sunday of every January, the students' rural medical activities through RM & SS, (Rural medical and social service league which was a Pioneer project started by

As a beneficiary of the scholarship programme, with a gold medal in Pediatrics (UG) from Stanley, she is doing her MD Pediatrics in Bangalore through All India Entrance.
On her graduation day with her parents.
(Photo courtesy-Beneficiary)

Rupee One Lakh Cheque handed over by Dr Manigandan 1972 batch to the Trust, with Dr Jithendar Singh, Central Minister, Government of India.

Dr Kalyanaraman, neurosurgeon, the best outgoing student in 1955) at Alamadhi, a village near Red hills at the land and building donated to Stanley, and the "Green hand project" introduced and initially financed by the Alumni where the students were involved in growing saplings from seeds and distributing more than 1.5 lakh for free to the public.

The Silver Jubilee auditorium was presented by Stanleans, raising funds to build it, and was inaugurated by the then President Saravanapalli Radhakrishnan in 1964. It stands tall in the campus and remembered as the symbol of love of Stanleans towards the great institution.

The Golden Jubilee celebrations in 1995 ended up in modifying the old examination hall into the present airconditioned and modernized "Golden Jubilee Auditorium", which again represents the love, the affection, and the commitment of the Stanleans towards our great institution.

All great institutions throughout the world have scholarship programs of various proportions and dimensions, and we decided to introduce a scholarship program as a platform in the name of "Stanley Alumni Trust", registered in 2013 as per Indian trust act.

Me as the founder president and Doctor Murali as the secretary and several other like-minded Stanleans from 1955 batch to 2001 batch are the trustees and many Stanleans from different batches Dr Ramanan Srinivasan 1965 US, Dr Gnana Bhaskar 1968 Malaysia, Dr Gomathinayagam 1974, are in the advisory board.

Many Stanleans from different batches were involved in the deliberations ever since 2012 to finalise all aspects of the trust activities, like the scholarships and regarding other Rural medical Services, Disaster Management and Eco friendly programs of the trust.

During the inauguration of the trust as a token of love and affection, while celebrating the "Platinum Jubilee" of our great institution in 2014, Dr King Viswanathan 1961 donated INR 1,11, 111, Dr Jayakar Thomas 1970 one lakh, Dr Bharathi Varadharajan 1973 one lakh, Dr Raja Sabhapathi 1972 one lakh, Dr.Nagarajan 1972 one lakh to mention a few, followed by many Stanleans and the Stanlean Spirit was evident and overwhelming.

The trust started with one scholarship in 2014 and subsequently received 80g income tax exemption for the donors. The trust now has 45 ongoing Scholarships and beneficiaries in both men and women hostel.

About 25 UG students have completed their course and four students have joined post-graduation in different specialities like orthopedics, general medicine, pediatrics and many are awaiting the results.

Many of the beneficiaries are in sports and are secretaries in hostel and college and take active participation in many more activities. Our aim is to

have 100 scholarships from the trust, so that each batch has 25 students as Beneficiaries out of 250 students in a batch.

Many flowers wither away for want of little rain in the deserts but then with little care, bloom to paint the colours of enjoyment in life.

There have been many individual Stanleans, batches and trusts by the Stanleans, donating to the trust to establish scholarships in their name.

An amount of three lakhs rupees was transferred to the trust from the Global meet accounts after settling all accounts. Various batches from 1957, 1963, 1966, 1967, 1968, 1972, 1975 and 1976 have established scholarships in their batch name and 1965, 1971, 1974, 1981, 1985 and 1987 batches have contributed towards the Corpus fund. The efforts taken by Dr.Raghuram and Dr.Rajanikanth along with late Dr.Nalini from US in 1963 batch to collect two scholarships from their batch and Dr.Sethu Ramanathan for two more scholarships from his 1968 batch is laudable and amazing.

Many individual Stanleans like Dr.Durairaj1955, Dr.Krishnan Gopal 1957, Dr.Nalla Palani Swami 1961, Dr.Joan Shresta USA 1964, Dr.Nallathambi from USA 1966 and his brothers through their family trust - three scholarships, Dr.Chandran from UK 1968, Dr.Ganesan Hi-Tech 1973, Dr.Deivanayagam 1957, Dr.Amaresh 1957, contributed 10 lakhs each to establish scholarships in their / family names.

In the temporary yearly scholarship scheme, which was initiated by Dr Bala Kumari from 1976 batch, six Stanleans from her batch and other batches including 2001 are contributing rupees 60000 per year to meet the hostel expenses of the selected candidates. Fifteen such beneficiaries are receiving these scholarships.

Basically, all the expenses towards conducting the Trust meeting, the selection/interview process of the students etc and food, stationery and other related expenses are met / sponsored by either one of the trustees or the advisors or donors or other Stanleans. Dr.Jaffray as the secretary hosts all the meetings and arranges the food and stationeries and other activities of the trust in his Hospital.

Only the yearly audit fees and the monthly fees to the part time clerical computer staff is paid from the bank account.

Interview committee 2021

Selection committee 2022

My visit to UK with Dr Shanmuganathan as the secretary in 2017, in a weekend to attend UK Stanleans meet at Birmingham and the participation again in the US Stanleans meet during the weekend at Florida in US in 2019, to promote the trust activities resulted in getting a few scholarships from US. Dr.Nallathambi US was instrumental to establish four US scholarships through Tamil Nadu foundation.

A contribution of 10 lacs received from a donor is deposited in the bank, establishing a perennial scholarship in their name.

The awarded scholarships are need based and the hostel fee of the selected candidate is paid from 1st year till the completion of the course. The trust has its rules and regulations in the selection, awarding and continuing these Scholarships.

The candidates for the scholarship are selected via applications to the trust and by conducting an interview by the trustees, the advisory board and donors, by awarding marks independently, following specific yardsticks and guidance. The hostel fee for the selected candidates is issued deducting the amount for the extras availed, to the respective wardens only, after getting the approval from the wardens and the Dean. The fee is paid from the interest accrued from the fixed deposits of the 10 lakhs, in the financial institutions.

During Corona period, the trust could collect about Rs 23 lakhs from Stanleans and others.

Dr.Mac Rajendran from 1957 batch from Madurai played major role in the collection of funds and supervising the trust activities. The trust distributed all types of masks like N95, hand sanitizers, medicines , PPE kits, face Shields, hand gloves etc to more than 50 government institutions like medical colleges (Stanley, KMC, Omandoorar, KGH, IOG, Madurai, Salem, Thanjavur, Dharmapuri, Theni medical colleges), District headquarters hospitals and primary health centres. The trust assisted STANA - Stanley Alumni of North America, by financing 2.15 lacs to procure generators and to distribute the oxygen concentrators sent from US to many hospitals.

Stanleans can contact the trustees for more details and can visit " www.stanleyalumnitrust.com " and email to " stanleyalumnitrust @gmail.com "

The trustees and the advisory board members thank all Stanleans who have quietly contributed but for whom the program would not have reached where it stands now. I always believe that, the present should know the past to build its future. Stanleans had always been the pioneers in innovative projects like RM&SS, Green Hands and may charter new course of innovative platforms in the future, for the benefit of the students, the Institution, and the society.

Dr. Dinakar Moses
President
Stanley Alumni Trust

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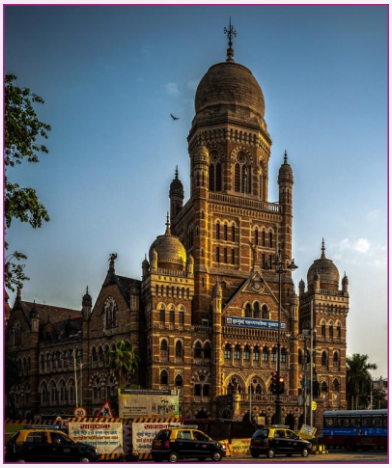
Stanlean Dr. C.J. Vetrievel
Founder, Chairman & Managing Director, Be Well Hospitals

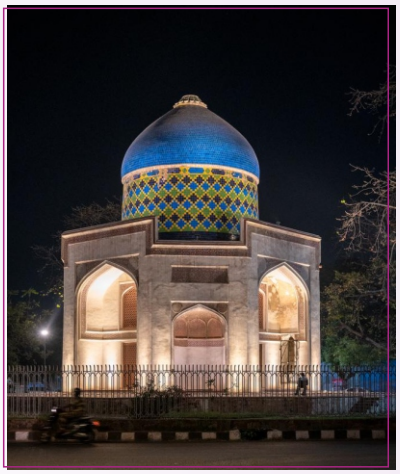
EMERGENCY 24hr SERVICE



Photography

Dr. R. Palaniraman

1985 Batch



Dr. K. Vijaya Prabha Chezhian, MBBS., DGO., FICOG
1985 Batch
(Stanley Medical College)

AN "ODE" TO THE OBSTETRICIAN

The delivery board is like a cricketing field.
The obstetrician is more like a person waiting for the
catch surrounded on all sides by fielders.
And LO and BESTOW!.
When the new comer arrives she is quick and AGILE.
And pulls the little one so FRAGILE
From the canal so NARROW
like a rabbit from its BURROW.
Everybody's heart forgets to TICK.
Till the baby gives a KICK and there's a shout and CRY
The crowd disappears for the next TRY.
At times so quite and pensive.
The baby's cry so SHRILL sends down our spine a THRILL.
A testimony to prove that God is STILL Working wonders.

Dr RPR

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WE DELIVERED
WORLDS ELDEST
COUPLE 74-64 YEARS (2004)

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FIRST CAPSULE BABY (2013)

India's Most Trusted IVF Centre
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➤ COIMBATORE ➤ SALEM ➤ TIRUPPUR

93627 55550 | 93627 44440

www.genesisivf.net www.ivfgenesis.com

Stanley 1985 Batch - Together We Achieve More

In the past, present and even in the future there will be an endless list of Stanleans who have achieved great success in various spheres of life, which includes academics, social and charitable activities. "Friend in need is a friend indeed". We all cherish our friendship and remember the most memorable days with loads of fun. We as a batch were no exception.

In the year 1985, we joined our Alma Mater as a group of teenagers not knowing each other. We had many challenges to face as fresh medical students. Some of our seniors and faculties guided us in the right direction to pursue our goals. We started to explore and discover many new avenues in life. Our days passed by in learning new concepts and skills. We were involved in academic sessions but, we made it a point not to miss out on our fun; we explored Chennai's movie theatres, restaurants and beaches. During those days our friendship blossomed like a beautiful flowering plant. We cherished and developed our friendship and today its a full grown tree benefitting many other people.

We graduated in 1990 and were ready to chase our dreams, when our priorities changed. Our concern was profession, family and of course friends. We had many reunions after leaving college, but in 2017 under the leadership of our founder president Dr. D. P. Prakash, founder secretary Dr. Latha Ravichandran and Founder Treasurer Dr. K. Kalidoss, founded the "Stanley 1985 Alumni Association" which has more than 120 members spread across the world. We are a registered association and elect our office bearers and executive coumcil members for two terms. The association's main objectives are Academic, Social and Charitable Activities, without missing on the fun and entertainment. The academic wing is named as "SIAMER" (Stanley International Academy of Medical Education and Research) which conducts CME programs of International standards. Even during the Corona Pandemic times, we conducted many programs by adopting the online mode; for this we have Google meet through our website, "www.smc1985 alumniassociation".

Some of our activities in the last one year (2022)

Induction and Taking Over, Charternite 5.09.2021 V7 Hotel Porur Chennai

Covid-19 Affected Family Fund, Beneficiary is given a Fixed Deposit of Rs. 50.000/-

Cochlear Implant Accessories - 7 Hearing Aid – 2 (1 child, 1 Adult) for about Rs. 1,71,532/-

16 Manikins to Stanley Medical College Rs 3,39,840/- to benefit the students to learn Basic Life Support (8 Sets – each 1adult, 1 baby)

Donated PPE kits , hand sanitizesrs, masks worth Rs. 2,00,000 to Stanley dean DR BALAJI FRCS April 2020

Medical camp conducted and lunch provided in MGR deaf and dump school in Porur, Chennai

E-Library Renovated

Cultural at Reconnect 2015

Our Public Social responsibility
Medical Camps
Chinnandimadam kodungiyur
Velachery
Manali
Manali –Mathur
Pozhichalur
Jafferkhanpet

Felicitating our beloved Teachers

Stanley Alumni Day, Jan 31, 2016

Future Projects

- Stanley Medical College UG Student Scholarship Program
- Empower 2022 – SMC Academic Program Fund
- Limb Prosthesis Donation

Dr Bakthavatsalam

1958 Batch

Dear Stanleans,

I'm Dr Bakthavatsalam MD (General medicine), studied MBBS at Stanley medical College - 1958 batch.

During my period in the year 1962 at SMC, I was the sports secretary.

I had an opportunity to accompany Mrs Thara Cheriyan, Ex-Mayor of Madras, and her husband Dr P V Cheriyan, ENT surgeon and Ex-Governor of Maharashtra, as chief guests at the sports meet.

The staff took part in the running race, along with Prof Dr K C Nambiar, surgeon, Dr A N K Menon, Dean, and others. There was also a tug of war between staff and students.

Since music is also my passion, I performed a duet with Dr Jamuna, under the leadership of Stanley orchestra Dr Dinakar Rajaratanam (right) in the musical program, during our Golden Jubilee celebrations in the year 2008.

Please refer to my YouTube channel @dr.bakthaonkeyboard

Mobile 8939414457
No.35 Dr Rajendra Prasad Road,
Nehru Nagar, Chrompet, Chennai 600 044.

Stanley, Hockey and We in 60's

by Dr King Viswanathan

(1962)

In the sixties, sports in general (athletics, various teams) were looked after well by the authorities, by deputing a consultant as in-charge of sports. During the earlier years, Prof Dr R A Varma (RAV) and later Prof Dr Raja Sekar Reddy (RJR), were chief of surgical units and university players during their student lives. We also had a physical director who coached, organised and looked after various teams and athletes. They used to collect small amounts of money (Rs. 10 per head / year) along with the college fees and utilised it for teams' T-shirts, equipment and travel.

Most of the Stanleans were from rural areas. Atleast in hockey, we always had the problem of making 'playing eleven'. We used to get a few juniors and teach them hockey. Some of them are Natesa Pandian (now Cardiologist, USA), late Palaniappan (of course they became good players).

Our team had seniors like Nanthakumar (Krishnagiri), late Rabindranath (USA), Mahendran (Malaysia), Ponnusamy Gounder (Fiji Islands), late Kapali. In 1962, the late T D Pandian and myself joined the team.

In subsequent years, Rajnikanth (1963) and John Selvaraj (University, T.N. State Player) also joined. Incidentally, he was my schoolmate too. Then came the 'Great Duo': Bashiruddin, 1965 (represented Madras University for 4 years) and late Salahuddin, who played for three years for the university.

Followed by the late Aziz Ahmed (Univ. Goalkeeper, hockey). After him was 'the great Goalkeeper' All India Inter-university Goalkeeper Jayakumar (UK).

During our period, we won the first 'Four' All India Dr Chadda Memorial Hockey Championship at JIPMER. We also won the Jain College Inter-College Hockey Cup, beating Loyola College in the finals.

Winners of Two Trophies

The Victorious Hockey Team - 1966

Ground (L-R): Late Palaniappan, late Thomas Thangiah

Sitting (L-R): Physical Edu. Director, Prof Dr K V Thiruvengadam (VP), Prof Dr R J Rajasekara Reddy (RJR), Dean A N K Menon (Later became DME), Aziz Ahmed (Late), .?., King Viswanathan

Standing (L-R) 1st row: Rangachari, .?., Bashiruddin, .?., late Bala, late Salaluhdin, late Kapali, Vijayakumar

Standing (L-R) 2nd row: late T.D. Pandian, Rajinikanth, .?.

Hockey 'Carnival Tour' of Pune - Mumbai - Hyderabad

During my captaincy, I arranged the above tour. I remember doing it all by writing letters to the involved people and getting it organised. I had to take a list of travellers, authorised by the Dean, to the Southern Railway office (next to Central Station) and get a 50% fare concession. On the day of departure, about 30 of us went very eagerly to Central Station. As the train was entering the platform, two of us blocked the entrance of one compartment and wrote Hockey Team, Stanley Medical College Tour (Reserved), unofficially reserving that compartment for ourselves.

Tour cost: Travel, accommodation for Rs. 35/- per head.

I call it CARNIVAL because apart from the Hockey Players, the rest were Stanleans.

Our first call was to the Armed Medical Forces Medical College in Pune. Free accommodation and food were provided; we played a match against them. After two days, we moved to Mumbai and stayed in the upstairs veranda of 'Shanmuganandh Hall' for Rs. 1 per head/day. We also played a match against S.G. Medical College.

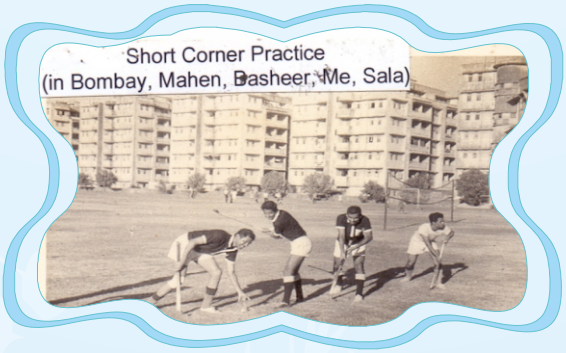
After three days, we went to Hyderabad and stayed at YMCA and played a match. The whole tour was filled with fun: playing cards in the train, singing, jokes, hockey matches, either in Stanley or in the city or inter-medicals. We used to get a lot of spectators, and with Thaarai, Thappatai, Mathalam (which I collected from Timbam forest area (Thalamalai, Thalavadi) locals). And the celebration would be wild, especially after losing a match, calling it the 'STANLEAN SPIRIT'.

Finally, it is sad to note that these days 'sports' hardly get any support from the authorities. They are really like 'orphans', with no support from authorities, either financially or otherwise, or any encouragement. As far as the hockey team is concerned, I heard that they have to find money for their kits (goalkeeper kit costs Rs. 25,000 to Rs. 30,000 and it lasts for only one or two years).

Luckily, these days they get 'Winning Cash' and use it for kits. The rest is from their own pockets. The present team has won 8 out of 9 tournaments and was the runner-up for the 9th.

Our university's Bashiruddin was so upset that he came from Bangalore. A few of us joined him and took the hockey team with their trophies to the then Dean Dr Panimalar and made a request for support but it is yet to show any results.

I hope people in the authorities read this article and contribute something towards sports in Stanley. Sports should also develop 'STANLEAN SPIRIT'.



மலரும் நினைவுகள்.... (1961-1970)

கிங் விசுவநாதன் (61-70)

ஸ்டான்லியின் ஸ்பிரிட் (Stanlean Spirit)

இது எப்படி நமக்குள்ளே வந்தது என்று யோசித்தேன். படிக்கும்போது இதுபற்றி பேசியதில்லை. ஸ்டான்லியை விட்டு பிரிகிறோம் என்ற நிலை வந்தபோது விவரிக்க முடியாத ஒரு உணர்ச்சி நம் எல்லோருக்கும் வர ஆரம்பிக்கிறது. நாட்கள் வாரங்கள் ஆகி, மாதங்கள் ஆகி, வருடங்களாக உருண்டோடும் போது, அது 'ஸ்டான்லியன் ஸ்பிரீட் (Stanlean Spirit) ஆக மாறி விடுகிறது வருடங்கள் உருண்டுபோகும் பொழுது அந்த உணர்வும் பற்றும் அதிகரித்து கொண்டே போகிறது ஏன்?

இது ஒரு தேடுதல்....

ஸ்டான்லி ஒரு மருத்துவ பள்ளி (LMP, LMS) ஆக இருந்து பின்னாளில் மருத்துவ கல்லூரியாக மாறி 1950 வரை அதில் தென் மாநிலத்தை சேர்ந்தவர்கள் (ஆந்திரா, கர்நாடகா, கேரளா, தமிழ்நாடு) எல்லோரும் சேர்ந்து படித்தார்கள். 1960 வரை 6 பிளாக் + ரெட் பிளாக் மட்டுமே இருந்தது (A&B பெண்கள் விடுதி C, D, E, F + RB ஆண்கள் விடுதிகள் ஆரம்ப காலத்தில் C பிளாக் = மலையாளிகள், D = கன்னடர்கள், E = ஆந்திரா, F = தமிழர்கள் என்று இருந்திருக்கிறது ஆனால் காலப்போக்கில் எல்லோரும் கலந்து தங்கி இருந்திருக்கிறார்கள். மாகாண பிரிவு முற்றிலும் மறைந்து விட்டது. C பிளாக் பொதுவாக ஸ்போர்ட்ஸ், இசை பிரியர்கள், 'அடிஷனல்' (Additional) தங்குவார்கள் சிலர் 4 வருடங்கள் கூட ஒரே அறை 'C' பிளாக்கில் தங்குவார்களாம், 'C' பிளாக் நடுத்தளம் (எண் C 42 - 47) சற்று வித்தியாசமானது. ஒரு உதாரணத்திற்கு நடுத்தளத்தில் உள்ள குளியல் அறைக்கு கதவுகள் அகற்றப்பட்டுதான் இருக்கும். மற்றவைகளை உங்கள் கற்பனைக்கு...

மருத்துவ கல்லூரி சேர்ப்பு

1960 முதலாமாண்டு 1 yr. Integrated MBBS என்பது English, Biology, Physical Science மட்டுமே. ஸ்டான்லி மாணவர்களுக்கு வண்ணாரபேட்டை, தியாகராய கல்லூரியிலும், பெண்களுக்கு S.I.E.T யிலும் படிக்க வேண்டும். வேடிக்கை என்னவென்றால் மேலே கூறிய பாடங்களில் ஏதாவது ஒன்றில் மூன்று முறை தவறிவிட்டால் ஒரு வருடம் நான் MBBS படிக்கிறேன் என்று கலைக் கல்லூரியில் படித்துவிட்டு ஸ்டான்லி கேட்டுக்குள் கூட நுழையாமல் வீட்டுக்கு போக வேண்டியது தான். மிகவும் வருத்தப்படக் கூடியது. ஆங்கிலத்தில் 3 முறை தவறி மருத்துவம் படிக்காமல் வீட்டிற்கு செல்பவர்கள் ஒவ்வொரு பேட்சிலும் ஓரிருவர் இருப்பது தான் வேதனைக்குரியது.

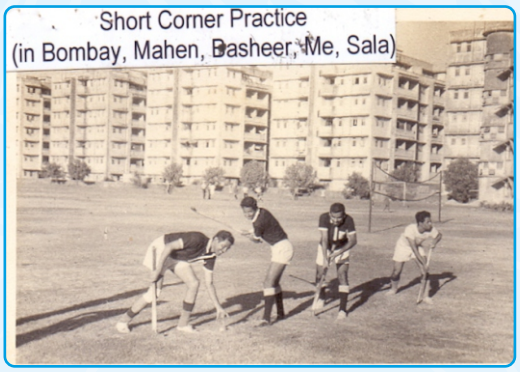
ஸ்டான்லி நுழைவு :

அடுத்த 4½ வருடம் முதல் 1½ வருடம் Anatomy, Physiology, Biochemistry அடுத்த 1½ வருடம் (Pathology, Bacteriology, Pharmacology, Forensic Medicine கடைசி 1½ வருடம் (Medicine, Surgery, O&G, Social & Preventive-Medicine. ஆரம்பத்தில் இந்த ஒரு வருடத்திற்கு சம்பளம் கிடையாது. தங்குவதற்கு மட்டுமே இலவச இடம். போராடி மாதம் ரூ. 150 தர ஆரம்பித்தார்கள்.

சற்று பின்னோக்கி...

அந்த காலகட்டங்களில் தமிழ்நாட்டில் சட்டபடி சுமார் 99% பள்ளி, ஏன் கல்லூரி (கலை கல்லூரிகளில்) Co-Education கிடையாது. தற்காலம் மாதிரி கலந்துரையாடல் மூலமாக கல்லூரி தேர்ந்தெடுக்கும் முறை கிடையாது. D.M.S. Officeல் (அப்பொழுது D.M.E. கிடையாது, 1967 பிறகுதான் வந்தது) தேர்ந்தெடுக்கபட்ட மாணவர்கள் மற்றும் எந்தெந்த கல்லூரி என்ற அட்டவணை ஒன்று தேனாம்பேட்டையில் உள்ள DMS அறிவிப்பு பலகையில் ஒட்டிவிடுவார்கள். வழக்கமாக பெரிய இடத்து

பிள்ளைகள், டாக்டர்கள், குழந்தைகள், விளையாட்டு வீரர்களை எல்லாம் MMCயில் போட்டு விடுவார்கள். நம்மை போன்ற கிராமவாசிகள், சிறு நகரத்தில் இருந்து வருபவர்கள் (சேலம், ஈரோடு, கோவை, நீலகிரி மாவட்டம், குறைந்த எண்ணிக்கையில் வட, தென் ஆற்காடு மாவட்டம் மிக சிலபேர் மட்டுமே மதுரை, பிறதென் மாவட்டகாரர்களாக இருப்பார்கள். பெரும்பாலானோர்கள் நடுத்தர, கீழ்தட்டு மாணவர்களாக இருப்பார்கள். தமிழ்முறை படித்தவர்களாக தான் இருப்பார்கள். அறுபதுகளில் ஸ்டான்லிக்கு 'சேலம் ம.க.' என்று ஒரு செல்ல பெயர் உண்டு. மருத்துவ தேர்வுக்கு 'மாவட்ட வாரியாக' கோட்டா உண்டு! அதற்கேற்ப தேர்வு செய்வார்கள்!



அடுத்த 4½ +1=5½ வருடம் 'கூட்டு வாழ்க்கை' பெரும்பாலோனர்களுக்கு பி.யு.சி (Pre University 1 Yr) பிறகு இதுதான் முதல்முறை விடுதி வாழ்க்கை. ஸ்டான்லியில் மட்டுதான் கல்லூரி, ம.மனை, ஆண், பெண்பலாளர் விடுதிகள் எல்லாம் அடுத்தடுத்த இடத்தில் இருந்து. இன்னொரு முக்கியமான தரவு எந்த ஒரு பேட்சிலும் 15% - 20% விழுக்காடுதான் ஒரு தேர்விலும் 'பெயில்' ஆகாமல் படித்து முடிப்பார்கள். மீதி 80%-85% விழுக்காடு 'அடிஷனல்' (Additional) ஆகிதான் முடிக்க முடியும். உதாரணத்திற்கு எங்கள் பேட்ச் 100 பேர், தமிழ்நாடு முழுவதும் சுமார் 700 பேர், சென்னை பல்கலை கழக தேர்வில் ஒருவருக்கு கூட 1st Class கொடுக்கபடவில்லை. மற்றொரு உதாரணம், M.S., M.D., யில் முழு பல்கலை கழகத்தில் முதல் முறையாக வெற்றி பெறுபவர்களை விரல் விட்டு எண்ணி விடலாம். சராசரியாக 3-5 முறை கழித்துதான் வெற்றி பெற முடியும்!

ARP Block A&B (AIR RAID PROJECTION BLOCK) ஒவ்வொரு Hallம் சுமார் 10-15 பேர் தங்கலாம். குளியல் + வசதிகளும் உண்டு. சுற்றிலும் மரங்கள் உண்டு. ஆக தனி 'அடிசனல்கள்' சாம்ராஜ்யம் (Chronic Additionals Rajyam) 24/7 கலகலவென்று இருக்கும் வீட்டு கச்சேரிதான் யார் அங்கு முழு நேரம் தங்கி உள்ளார்கள் என்று தெரியாதபடி Day Scholar உள்பட வருவதும், போவதுமாக இருப்பார்கள். ஆனால் 'கச்சேரி' தொடர்ந்து நடக்கும் இடை இடையே கல்லூரி, வார்டு எட்டி பார்த்துவிட்டு வந்து விடுவார்கள்.

முதல் 1½ஆண்டுகளில் (Pre-Clinical) ஆண், பெண்கள் பெரும்பாலும் தனித்தனியாகவே இருப்பார்கள். விளையாட்டில் பங்கேற்கும் பெண்கள் மட்டும் சற்று கலகலப்பாக பேசுவார்கள்.

கல்லூரியிலோ, விடுதியிலோ சாதி மத பேதம் கிடையாது. அரசியல் அறவே கிடையாது, T.V கிடையாது ரேடியோ (இருந்தாலும் பிரயோஜனமில்லை), மொபைல் கிடையாது. முழு விடுதிக்கு ஒரே ஒரு போன் ரெட் பிளாக் பின் வாயில் அருகே உண்டு. அதற்கென்று ஒரு வேலையாள் "நாராயணன்" (Phoneboy Narayanan) யாருக்காவது அழைப்பு வந்தால் அந்தந்த பிளாக்கின் கீழ் நின்று குரல் கொடுப்பான். தமிழ்நாடு முழுவதும் தீவிர மதுவிலக்கு ஆனால் ஸ்டான்லியில் நம்ம போன் பாய் நாராயணனிடம் Hercules XXX Rum ஒரு பாட்டில் ரூ. 6-8 வரை தாராளமாக கிடைக்கும் அதே மாதிரி 'ராவ் கடை' (Rao Bunk) D பிளாக் E பிளாக்கும் இடையில் ஒரு ஓரமாக இருக்கும் பெரும்பாலும் சிகரட், நொறுக்குத்தீனிதான். தாராளமாக கடன் கொடுப்பார்கள். ஆனால் கெட்டிகாரர்!... பெரும்பாலானோருக்கு மாதமாதம் மணியார்டர் தான் வரும். ராவுத் - போஸ்ட்மேன்க்கும் ஒரு புரிதல் உண்டு. தபால்காரர் ராவ் பங்கில்தான் காத்திருப்பார் மாணவர்களுக்கு பணம் தரும்போது 'ராவ்' தன்னுடைய கடனை வசூலித்து விடுவார். தபால்காரருக்கு நாம் கொடுக்கும் கமிஷன் 25 பைசா! நமது 'ஸ்டேட் பார்பர் (State Barber) அவர் கடை விடுதி ஆபிஸ் முன்னால். விதவிதமான ஸ்டைலில் முடியை வெட்ட சொன்னால் அவருக்கே உரியதான 'ஒரே மாதிரிகட்' தான்

'ராகிங்' என்பது ஒரு பயம் கலந்த சுகமான அனுபவம். ஒருமுறை ஒருவரை ராகிங் செய்தால் திரும்ப மறுமுறை செய்ய மாட்டார்கள். துன்புறுத்த மாட்டார்கள். சுமார் 2-3 வாரம்தான் இருக்கும். அதன்பிறகு சீனியர் ஜுனியர் என்ற பாகுபாடு இல்லாமல் ஸ்டேன்லியை விட்டு போகும்வரை இருப்பார்கள். அறை வாழ் நண்பகர்ளாக கூட மாறிவிடுவார்கள்.

உதாரணத்திற்கு கீழே உள்ள படம்

(கீழே உட்கார்ந்திருப்பவர் 'கிச்சா (லேட்) கிருஷ்ணசாமி (1960)

நிற்பவர்கள் L-R நான், லேட் சீனிவாசன் 1961 ஊட்டி, லேட் செல்லமுத்து 1961, வேலுசாமி (1960) லேட் அர்த்தனாரி சாமி 1960

கல்லூரி ஆண்டு விழா, வருட முதலில் நடக்கும். Miss Stanley, Mr. Stanley (Body Builder), கலைக்குழு தினகர் ராஜ ரத்தினம் (1959) மிகவும் புகழ் பெற்றது. ஸ்டான்லி நாடகம் என்றால் ஸ்டான்லி சந்திரன் (1955 - 61) அவர் பங்கு அளப்பரியது. அந்த 6 வருடங்களும் அவர்தான் கதை, வசனம், நடிப்பு, இயக்கம். நான் சேர்ந்த 1961 Dr. C.S.R எனது மனசீக குரு மும்தாஸ் அமகது கான் (திருச்சி / பெங்களூர்) இருவரும் படித்து முடித்து இருந்தாலும் தொடர்ந்து கலை நிகழ்ச்சிகளில் பல வருடங்கள் பங்கேற்று வயிறு குலுங்க சிரிக்க வைப்பார்கள்.

வாரந்தோறும் 16mm தமிழ்படம்

தியேட்டர்	:	பெண்கள் விடுதிக்கும் - ரெட் பிளாக்கும் உள்ள சாலை
முன்வரிசை	:	ஆண்கள்
பின்வரிசை	:	(ஸ்கீரின்க்கு பின்னால்) பெண்கள் படம் நன்றாக தெரியும். ஆனால் வலது சேலை மேலே போட்டிருப்பது அவர்களுக்கு இடது புறமாக தெரியும்.
நேரம்	:	மாலை 6.30 - 7.30 வரை டெண்ட் கொட்டகை மாதிரி ஒலிபெருக்கியில் பாடல்கள்
படம்	:	இரவு 7.30 முதல் (தமிழ்படம்)
சனி பகல்	:	விடுதி பஸ்ஸில் மெரினா நீச்சல் குளம், புகாரி டீ & சம்சா (செலவு 1 ரூபாய்)
இரவு	:	மவுண்ட்ரோடு ஆனந்த் தியேட்டர், சபையர் வரை சினிமா பஸ் ட்ரிப்

கிராமப்புறம், சிறுநகரங்களிலிருந்து வந்த நடுத்தர வர்க்கமானவர்கள் முதல் முறையாக குறைந்தது 5½ ஆண்டு கூட்டு வாழ்க்கை, அரசியல், சாதி மத பேதம் இல்லாத ஒரு வகையில் கள்ளங்கபடமற்ற வாழ்க்கை எல்லா தேவைகளையும் உள்ளடக்கிய ஸ்டேன்லி வாழ்க்கை, 20ம் நூற்றாண்டு நடுவில் "ஸ்டான்லியன் ஸ்பீரிட்"ஆக உருவாகி இன்று நூற்றாண்டு கண்ட ஆலமரம் போல் உலகம் முழுவதும் பரந்து விரிந்து உள்ளது.

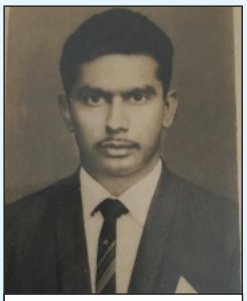
எல்லா வசதிகளையும் கைபேசி, டி.வி. இதர வசதிகளையும் கொண்ட 21ம் நூற்றாண்டு மாணவர்கள் "ஸ்டேன்லியன் ஸ்பீரிட்"ஐ தொடர்வாகளா என்பதை காலம்தான் பதில் சொல்லும்...

Dr BASHIRUDDIN

GOLDEN DAYS OF SPORTS

Many of you might not be aware of the glorious days Stanley Sports persons. This is only a small amount of an account as far as I know.

- Dr.Ramachander (Late) represented India in Basketball.
- Dr.Durairaj represented India in Athletics (High Jump).
- Dr.Parandhamam (Late) was a University blue, Madras State footballer. He was also a regular member of Nethaji Football club which was one of the leading clubs in Madras State.
- Dr.Devadas, a university Blue in Football, player for Nethaji Football Club. He was an Athletics champion of the college, for four years successively.



Dr. Devadoss

- Dr.David Chellaraj, University Blue in Hockey and Captain of the university team for one year. Later he was transferred to MMC for reasons .....
- Dr.Azees Ahmed Shakir (Late). University Blue, Hockey.
- Dr.Subramanian University Blues -Hammer throw
- Dr. John Stephen University Blues-Boxing
- Revival of history happened in Basketball, when DR.Krishnaraj (Late) and Dr.Chandra became University Blues.
- BallBadminton was at the peak when DR.Vasudevan, DR.Kaiser and Dr.Lakshsmi played for the university.
- During My stay in Stanley, one Dr.Krishnaswamy was Athletics champion for 4 years.
- I will be failing in my attempts if I don't mention the name of Dr.Jon Shresta (Late) my senior, a great Athlete, was a university blue.

On the second day of entering Stanley, both DrSalahuddin (Late) and myself were inducted into the hockey team as we were already playing in Super Division Team in Madras State Hockey Association.

I would humbly like to mention, on my debut I scored a Hatrick.

The very next year both Myself and Dr. Salahuddin became University blues in Hockey..

The proud moment came in the year 1968 when Madras University Hockey Team won The All India Inter University title for the first and only one time which record still stands.

This was not only a proud moment for Madras University, but also for Stanley as four Stanlians were part of the playing eleven.

During our period from 1965-1970, our Hockey team had won against every college and every tournament we participated more than once, notably All India Inter Medical Hockey conducted by JIPMER, we had won it for 5 times. The present and our immediate juniors have and kept up the high standards/ standing in bringing more laurels to Stanley in Hockey.

Last but not the least, if I had missed out on some names, which is certainly unintentional, Please Pardon me.

I just recollected,

Dr.Jaikumar (UK) was a University Blue in Hockey, and also was a regular in the combined Universities of India.

DR.Sethuramam, a University Blue in Hockey.

It isn't enough to remember these sports persons, we have to Honour them also, which task will be taken up by the Stanley Alumni.

I only wish the present and future sportspersons keep the Stanley flag flying higher.

Madras University - winners of All India inter University tournament in 1967 for the first and only time in history. Standing 2nd from left is me, standing 3rd from right is Salauddin, sitting 1st from right is David Chellaraj, sitting 2nd from right is Deivasigamani. All the four were Stanleans and were in the playing eleven.

ஆலும் விழுதுகள்

BATCH PHOTOS

STANLEY MEDICAL COLLEGE
I.M.B.B.S. BATCH 57-58

SITTING (L to R)	:	Dr. Susila, M.B.B.S., Dr. Gita Das, M.B.B.S., Dr. Ramamoorthy Bakel, M.B.B.S., Dr. Raghupathi, M.B.B.S., Dr. Arunachalam, M.B.B.S., Dr. Ramasamy, M.B.B.S., M.Sc., Dr. (Mrs.) Saradha Subramaniyam, M.B.B.S., M.Sc., Ph.D., Dr. A. Ananthanarayana Aiyer, B.A., M.B.B.S., F.A.Sc., R. Duraisamy, Mr. Subrahmaniyam, B.Sc., (Hons) Dr. Ranganathan, M.B.B.S., Dr. Reghae, M.B.B.S., Dr. Ranganathan, M.B.B.S., Miss. Neelavathi Arthur, Mythili, S. Rajendran, K. Rajendran.
STANDING 1st Row (L to R)	:	Shyamala, Rama, Sri Devi, Sivarathnam, Sofia Begum, T. Jayalakshmi, Andal, Nalini M., Vedavalli, Nalini P., Saroja K., Kamala Kumari, Vasantha, Kaveri Sankar, Usha Devi, Prema, Thirumagal, Vimala Jeganathan, Nayeemunissa, Parimala Devi, Saroja Devi, Sowdhamini.
STANDING 2nd Row (L to R)	:	Muthu Sivam, Sankaralingam G., Thirumoorthy, Umakanthun, Chinnaiah, Pauldoss, Panjamoorthy, Shanmugam, Iyanarappan, Narasimha Nayak, Bhoothalingam, Chandrasekaran R., Natesan, Gunasekaran, Rathnasabapathy, Dhanarajan, Jegadeesan, Ramajayam, Rajendran R., Alagappan.
STANDING 3rd Row (L to R)	:	Mohammed Salahuddin, Radhakrishnan V., Loganathan, Manian, Mohan Raj, Ramalingam, Deivanayagam, Rajavelu, Natarajan, Narayanasamy, Madurai Muthu, Krishnamoorthy, Venugopal, Muthukrishnan, Kamalaksh Samanth, Shanmugasundaram, Thiruvakkarasu, Selvarangam, Radhakrishnan S.
STANDING 4th Row (L to R)	:	D.M. Ranjit Singh, Srinivasan, Ethirajan, Deivanayagam R. Subbaiah, Subrahmaniayam T., Thangavelu, Nandan, Subrahmaniyam T.A., S. Thiyagarajan, Ramasubrahmaniyam, Rangachari, Gopalakrishnan, Kathirvelu, D. Thiyagarajan, Pushpa Raj, Venkataraman, Velayudham.
STANDING 5th Row (L to R)	:	John J. Thomas, Williams, Albert E. Solemen Jesudoss, T. Poornachandran, Raman K., A. Devadoss, Murugesan, Narayanan, Thiruneelakandan, Theogaraj, Ramachandran, Jambunathan, Mahadevan, Sundaram, Kalyanasundaram, Subbusamy, Uthappa.

STANLEY MEDICAL COLLEGE
I.M.B.B.S. (1958-59) Class Social (14th November, 1959)

STANLEY MEDICAL COLLEGE
I.M.B.B.S. (1958-59) Class Social (14th November, 1959)

SITTING FROM (L TO R)	Dr. V. S. Amanulla Baig M.B., B.S., * Dr. K.V. Ranganathan, M.B., B.S., * Dr. C. Suscela Pappu, M.B., B.S., * Dr. Mrs. Sarada Subramaniam M.B., B.S., M.Sc., PhD., (Prof Physiology) * M. S. Dorai Raj (Class Representative) * Dr. A. anantha Narayana Iyer B.A.,M.B.B.S., M.Sc., F.A.SC., Director, Institute of Anatomy * Dr. K. G. Krishnaswamy M.S., Dean * Mr. G. Srinivasan, M.A., B.T., * Dr. Srinivasan M.B.B.S., * Mr. K. Subramanian B.Sc., (Hon), * Miss R. Ushabai * Dr. B.S. Gajalakshmy B.Sc., M.B.B.S., * Miss Prema Devada * Miss N.S. Padma.
STANDING I ROW (L TO R)	Reena Deva Sahayam * V. Savithry * R. Leelavathy * K. Jeyalakshmy * B. Bharath Dev * Lalitha Devi * Dias Marie Glenders * Devi Sankar * M. Saraswathi * A. Kamalakumari * P. Nirmalarani * P. Shanmugavadivu * A. Mangayar Karasi * I. Sheerin * Saroja Srinivasan * Sasikala Rajagopal * R. Premala * T.K. Nagalakshmi.
STANDING II ROW (L TO R)	Robert William * Arumugam * C. Abdul Raheem * K. Jaya Paul * John Stephen * T. Sajid Pasha * Dinakar Raja Ratnam * A. Hariharan * V. Narayanan * S. Ganapathy * Henry D'sa * Robert Thiagarajan * R. Natarajan * J. Subash * Madha Krishnan * D. Ramakrishnan * J. Rajamani
STANDING III ROW (L TO R)	E. Baktavatsalan * M. Ganesan * N.R. Krishnan * A.K. Sivasubramaniam * Mathru Bootheshvaran * M. Ilangovan * John Masilamani * A. Dakshinamurthi * Md. Rahamuthulla Kokan * A. Ramu * Md. Haneef * B.R. Nammalwar * P.V. Chandrasekaran * Kanakarajan * M. Hasan Khan * B.N. Vishnu Das.
STANDING IV ROW (L TO R)	K. Ranganathan * B. Thiagarajan * G. Balaraman * S. raja Ramalingam * S.R. Ranganathan * T.E.A. Hajeed * K. Uthamalingam * S. Chennakrishnan * A. Lakshmanan * S. Sadasivam * T., Munisamy * P. Iyakutti * John Vincent Gnana Raj * K. Raman.
STANDING V ROW (L TO R)	A. Shanmuga Sundaram * V. Jaya Raman * T.L. Ramachandran * P. Ramalingam * S. Md. Yakoob * K.S. vishvanathan * Gopinath Nai * S.M. Abdul Khudus * S.M. Vasu Devan * P. Andappan * M. Nagarajan

1977 Batch

1984 Reunion in 2022

Reunion in 2015

Reunion in 2018

1985 BATCH

Evergreen Euphorians

STANLEY 87

1989 Batch

FRENZY 1993 20th year reunion 2013

FRENZY 1993 25th year reunion in 2018

ELYSEE 1994 ANAIKATTI REUNION 2022

ELYSEE 1994 ANAIKATTI REUNION 2022

1996 Naviyam

STANLEY MEDICAL COLLEGE
AILANTO 1997 BATCH
ETERNIA
AILANTO '97
ETERNIA 2022
Silver Jubilee Reunion 22-24 July 2022, Carlton Kodaikanal

Swedham 2k Reunion 2022

2001 Batch

Dr Srinivas Subramanian

Nephrologist in private practice in Singapore

Stanley 93 batch

Catching up

(with college friends)

Years have come and gone.
Memories have been made and erased.
Even though jobs have changed and so have addresses
I am not the one to forget a friend's embrace.

We had our friendship when we had little else.
Hung out together and been through a lot.
Had our fun and fights and the weird hairdos.
Faced exams, breakups and changes as we had each other to talk to.

Meeting each other after a long time.
Stayed in touch on and off.
All of us finished the college and joined the rat race
Did not have the opportunity to meet face to face.

Living in different corners of the world.
We had got married and had kids and changes that one couldn't fathom.
Never thought that this day would come back then.
That we would stop doing fun stuff and become boring adults.

Had to do what our roles dictated.
Even if that meant becoming domesticated.
But what had not changed, not one bit.
Is the fondness and nostalgia, isn't it?

The memories had not dimmed over the ages
The teachers and classrooms in which we carried out our pranks.
Remained fresh in our minds like it had just happened the other day
The day we vowed that we will remain friends come what may.

When it was time to say our goodbyes
My heart did sink a bit, I confess.
The bad memories were forgotten and there was no pain.
We will keep in touch we said, till we meet again.

Dr RPR

மருத்துவர் கருணாகரன்
1985

கவிதை எண் 1

கூர் மழுங்கிய ஓசைகளின் இடையே குத்திக் கிழிக்கும் உன் மௌனத்தின் அலறல்
ஆயிரம் வார்த்தைகள் உரைக்க முடியாத அர்த்தங்களை அறுதியில் உணர்த்தும் உன் அமைதி
உலகத்து ஓசைகளை உணராது கடக்கும் என் செவிப்பறைகளை உன் நிசப்தம் நித்தம் அறைகிறது
உன் அமைதித் தாக்குதல் இரத்தம் உறைய வைக்கும் வன்முறையை விஞ்சுகிறது
வார்த்தைகளால் விவரிக்க முடியா உணர்ச்சிகளை உணர வைக்கும் உன் மூடிய உதடுகள்
அஹிம்சை விரும்பி நீ எனில் மௌன வன்முறையை சடுதியில் விடுத்து மொழிப்பூவை என் மீது தூவு

கவிதை எண் 2

பழக்காய்ச்சல் என்றாய்
வௌவால்கள் வகை ஒழித்தாய்
பறவைக்காய்ச்சல் என்றாய்
பறவையினம் பறித்தாய்
எந்தக் காய்ச்சல் பீதியில்
என் உயிர் எடுத்தாய்
வாய்க்குள் உணவு ஊட்டி
வயிற்றுக்குள் குண்டு வெடித்தாய்
நின்ற நிலையில் நீருக்குள் வைத்து
என் நினைவழித்த நண்பா
என் சந்ததி ஒழித்தழித்த
உன் மனிதம் நீடூழி வாழட்டும்!

written on behalf of the elephant killed in Malappuram

கவிதை எண் 3

கால்கள் மயானத்தை நோக்கி ஓடுகையில்
பூக்கள் மிதிபட்டால் கவலையில்லை
கத்திமுனை கன்னத்தை கிழிக்கையில்
கண்ணீர் துளிகள் கவனத்தை கவர்வதில்லை
உடலை கிழித்து உயிர் விலகும் வேளையில்
உதட்டுச்சாயம் உள்ளத்தை ஈர்ப்பதில்லை

கவிதை எண் 4

பிடித்திருக்கும் கிளையின் மீது
நம்பிக்கை வைப்பதில்லை பறவை ;
விரித்திருக்கும் சிறகில் வைக்கிறது கையிலிருக்கும்
கருவியில் நம்பிக்கையை வைக்காதே ;
விரிந்திருக்கும் உன் விரல்களில் வை

கவிதை எண் 5

சாத்தான்கள் காவல் புரிவதால்தான் நீ சாத்தான்குளம் என்று அறியப்பட்டாயோ
உடமை காப்பது மட்டுமல்ல உயிரை பறிப்பதும் காவலர் பயிற்சியில் ஒன்றோ
நீதித்தாயின் கழுத்தை கீறிக் கிழித்துக் காவல்துறை கண் சிமிட்டி சிரிக்குமோ
சமத்துவத்தை பேண சட்டம் ஒழுங்கு தேவதை சத்தமில்லாமல் இரண்டு நரபலி கேட்டதோ...
காவல் தெய்வத்தின் பூட்டப்பட்ட பூஜை அறையின் படையல் இலையில் இரு மனிதத் தலைகள் ...
மக்கள் உயிரைப் பறித்து அரசாணைகளை காக்க வேண்டிய கட்டாயத்தில் காவல்துறை...
காவலர்களிடமிருந்தும் தங்கள் உயிரைக் காக்க வேண்டிய பரிதாப நிலையில் மக்கள்...

கவிதை 6

அறுவை சிகிச்சை ஞாபகம் வர அவசரத்துடன் சிக்னலை தாண்ட முயன்று தோற்றுப் போய்
சுற்றும் முற்றும் பார்க்கின்றேன் மக்கள் பணத்தை கொள்ளையடிக்க
காவல்துறை புடைசூழ தேசியக் கொடி தாங்கி என்னையும் தாண்டி சிக்னல்களை மீறி
சீறிப் பாய்கிறது அரசியல்வாதியின் ஸ்கார்பியோ ஒன்று.
வேகமாக சல்யூட் செய்த போக்குவரத்து காவலர் உள்ளுக்குள் வெட்குவாரோ?

SUICIDE - THE DANGER LURKING BENEATH A CALM SURFACE

Prof Selvam

Suicide is defined as an act of intentionally taking away one's own life. It is considered an unforgivable act as it is an unnecessary loss of life. Suicides date back to a time as early as 500 BC. Although the act was considered deplorable and classed as a criminal act, it is slowly changing in the eyes of the world. More appropriate help and attention are now being given to this area in addition to the slow decriminalization of suicide, across the world.

Suicide is a very complex word to understand or explain and is a tragedy that affects many people. The medical profession has been associated with a high rate of suicide, especially among medical doctors. Despite the fact that the medical profession has long been known to be an incredibly demanding and difficult field of work, the reasons why medical doctors are more prone to suicide may not be fully understood.

Many reports and studies have concluded that the rate of suicides among doctors is almost three times that of people in the community. Studies may not be that clear as causes can be multifactorial. We have to understand that even the serious thought of suicide (suicide ideation) should be accounted for during research.

Several levels of suicide have to be noted. Starting with suicide ideation. Suicide ideation is defined as having thoughts, ideas, and ruminations about ending one's life. Some may even plan how to execute it. Very rarely we will be able to get data on this group.

The next level is attempted suicide. Attempted suicide classification is given to survivors of the suicide attempt. They carry a high risk of eventual suicide (10% to 15%). Many have injuries as a result and may even be permanently disabled by the attempt (17%).

The third and sad level is completed suicides. According to a study done by the National Institute of Mental Health, suicide is the 10th leading cause of death in the United States. Each year, 44,965 people die by suicide. That's 123 suicides each day. The following disturbing research data were presented at the American Psychiatric Association (APA) 2018 annual meeting: the suicide rate among US physicians is higher than any other profession, including the military. Every day, one doctor dies in the US by suicide. New research shows that the number of doctor suicides - up to 40 per 100,000- is three times that of the general population. The rate in the general population is 12.3 per 100,000. Suicide is more common in men than women. Men die by suicide 3.5 times more often than women. Suicide does not discriminate. The myth that suicide is a problem that only affects young people is wrong. Suicide rates are highest for middle-aged adults (45-54 years old) and for those 85 years or older.

Highlighting these within the medical fraternity, we have to remember that there are many categories of health staff; each carries its own risks. As far as doctor groups are concerned, we have three groups namely medical students (stressful), interns (very stressful), and last but not least full-fledged doctors (extremely stressful).

Many reasons have been postulated for the reasons for the suicidal escalation in these

groups. One noted common factor is the availability of "means" of suicides. They have access to lots of materials to be used for suicidal acts. This could be an initiating factor.

Many are attracted to doing medicine. Many medical students who enter the clinical years say they chose medicine as a career because it was their childhood ambition. This is definitely a myth as very few who, as children, ever looked forward to visiting the doctor.

One of the main driving factors these days is the thought of a lucrative career in the materialistic world. Many feel this is a shortcut to fame and wealth. Little is known about the rough and tough journey along the thorny path that MAY lead to wealth and fame. As reality hits them while they are in the program, things may take a different turn in their thought process.

The medical program is known to be a tough program during the learning and training period. It has been recognized internationally as a very challenging program. There are long endless hours of illnesses, diseases, misery, suffering, losses, disablement, and deaths which are contagious as a thought process. The brain must be geared to accept this and live through the challenge. The mirror neurons in our brain must be able to process these data effectively and be able to compartmentalize issues.

The next big challenge is time management. When entertainment was a luxury (yesteryears), many enjoyed long hours of rewarding work (saving lives). In today's world, entertainment creeps into one's life in countless ways from social habits (clubbing, pubbing, shopping) to social media (Facebook, WhatsApp, WeChat, etc). Being away from these "emotionally satisfying" sources may cause withdrawal and a sense of detachment. The long hours spent away from this "real world" leads to a sense of deprivation.

New qualifying doctors also are thrust into the world of an adult where family life takes some priority amongst all the other challenges. Marriage carries 50 points on the scale for stressful life events on the Holmes and Rahe scale. Many related home issues and demands push these scoring even higher leading to a situation synonymous with "roof collapse".

The suicide concept therefore here becomes modified similar to an idea during the Renaissance period. (Renaissance; Thomas More the English humanist, wrote in Utopia (1516) that a person afflicted with disease can "free himself from this bitter life…since by death he will put an end not to enjoyment but to torture...it will be a pious and holy action").

During the Covid phases, lifestyle changes took a dramatic beating. Psychosocial aspects of life had a dramatic reality check. For the first time, families were under forced circumstances, spending time together for prolonged hours. Stress levels for every family member escalated. Similarly, stress levels at work were tremendously high in all professions. Needless to say, the fraternity of doctors was under constant huge pressure of protecting everyone including themselves.

Many were forced to step back to see what life meant. Some of them realized what mortality meant for the first time though they were dealing with it all the time. The tears of loss, desperation, emptiness, and fragility of life dawned on them. Their mirror neurons were working overtime.

Many who were already struggling with multi stressors struggled to keep their head above water. These could be the reason for

the increase in suicides of doctors.

Dealing with suicide

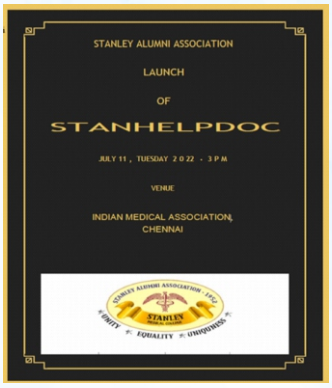
Suicide is a very complex event. The human psyche was intended not to self-destruct with many safety features built into its basic model of the human mind. To put it into modern language is like equating it to a thought resting behind a massive firewall. Therefore, to complete the act, many codes have to be broken and safety switches have to be offset to achieve the objective. Dealing with a suicide event for a psychiatrist is like sitting behind a firewall to prevent program hackers from getting through to the precious data.

Dealing with people who have suicidal thoughts is not always easy. Many quickly associate depression as the cause. Whilst theoretically this may be one of the causes, there could be a myriad of reasons for such a frightening thought to persist. Many who commit suicide may not be depressed. The reasons for suicidal thoughts may be fear, anger, frustration, desperation, revenge, or simple thoughts of "ending a prolonged suffering". Many of these reasons cannot be treated with medication alone. They would need "talk and support therapy". Sometimes medicine alone can push them to the deeper end as they get stronger.

The skills needed are to assess all the risk factors and protective factors to determine the kind of action needed. The second skill is to keep the individual engaged while doing this assessment so that they don't hang up with another disappointment. This is a critical factor.

Talk therapy is very essential to bring suicidal people away from the edge. It provides time to reflect more objectively. The talk therapy helps in engaging the brain in reformatting sessions to look at things positively.

This idea and concept led to the formation of StanHelpDoc.

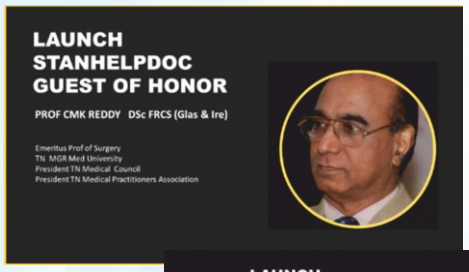


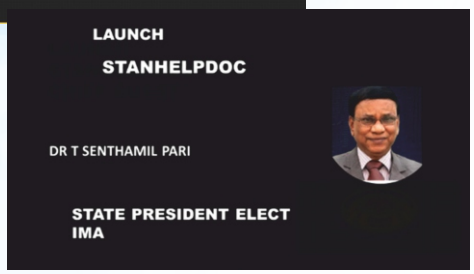
The Formation of StanHelpDoc

Stanley Alumni Association Response

As the newspaper reports of suicide increased, Stanley Alumni Association decided to hang out a white flag for those who needed a friend in their darkest hour. Several suggestions and discussions in a Stanley WhatsApp group initiated by Dr.MS Karim, a renowned Paediatrician, a Stanlean currently based in Dubai triggered a collective initiative. Stanley Alumni President Capt Dr G Raghavelu was willing to initiate a launch and with the support of General Secretary Dr Prakash the initiative started rolling. Prof Dr Selvam (Prof Zhelva) (psychiatrist based in Malaysia) and Dr Karim responded as advisors to the project.

The service known as STANHELPDOC was launched in July 2022 in Chennai. STANHELPDOC, a 24/7 service was launched. For the Launch Ceremony, Prof Dr CMK Reddy agreed to be the Guest of Honour and State President Elect IMA, Dr T Senthamilpari agreed to be the Chief Guest. The function was attended by a good number of Stanleans.





Photos of the launch

Through this service which is posted on the Alumni website, doctors who needed friendly advice or chat could call a number dedicated to this service. Several people to date have sought advice and have benefitted from the service. The response has been encouraging. Plans are there to develop this service further to reach out to doctors with problems.

We hope this service will continue to grow. For now, we will be watching over those who need to talk to someone when they are going through a rough patch.

We believe doing something is better than doing nothing. Stanley Alumni Association has come forward to start a new chapter on this support system.

For further information, please contact:
Prof Selvam: +60162126055 (WhatsApp)
Email: profzhelva@gmail.com

K Bhaskara Raju
1974 Batch

என்னை நானாக ...

அன்பே!
உனக்கு,
என் நடையில் அவள் நெளிகிறாள்;
என் உடையில் அவள் தெரிகிறாள்;
என் பேச்சில் அவள் ஒலிக்கிறாள்;
என் பாட்டில் அவள் இசைக்கிறாள்;
என் முகத்தில் அவள் ஒளிர்கிறாள்;
என் அன்பில் அவள் நிறைகிறாள்.

என்னை நீ நானாக ...
உன் கண்ணால் காண்பது;
உன் உள்ளத்தால் உணர்வது;
உன் கைகளால் அணைப்பது;
உன் அன்பால் அடிமையாக்குவது;
உன் உணர்ச்சிகளில் கரைப்பது;
எப்போது? எப்போது? எப்போது? ...

நான் என்றும் உன்னவளே!
ஆயினும்,
எக்கணமும் அவளையே உணரும் உன்னை;
மறு பிறவியில் கூட விரும்பாத நான்;
உன்னோடு வாழ்வது ... ???

Ponniyin Selvan Meet
Stanley 84 batch meet 2022

Dr Ashok Kumar Ramachandran

I was fortunate to be one of the NAALVARS, as fondly called by our classmates. The others were Tholgappian, Ezhilarasu and none other than Chandramohan.

The Ponniyin Selvan meet was conceived, structured and conducted within a short time span of 4 weeks. Our Tholgappian took it as a challenge to make this event a memorable one.

Thanjavur was chosen as venue because we were all inspired by Movie Ponniyin Selvan. Tempo and interest in the group was sustained by periodically posting historical facts, updating itinerary and info about tourist places around Thanjavur.

Just a day before the meet, our entire program was jeopardized by Cyclone Mandous, more so by media and weatherman. But with Peruvidaiyar's blessings we had a serendipitous reunion.

The meet started with the Chellammal manpanai samayal, just sampling the variety of dishes filled our stomach to the brim. Then the evening program started with the Photo session with our theme T-shirt followed by flood of fun "Funniyin Selvan" performed by VCM, Ezhilarasu and myself. Then our VCM Karaikudi gave a wonderful thought-provoking quiz program on music, art and GK. Day ended with a buffet dinner and fluids to quench everybody's thirst.

Next day was the best day of our life. We went to Tanjai periya Kovil in traditional dress and we had another photo session in big temple itself. The highlight of this temple visit was the rare chance we all got to stand on the upper storey of the Artha mandapa, the very same place where Rajaraja and his son Rajendra had discussion

about wars and strategies. We were also blessed to see the upper pradhikshana path lined with rock carvings of 81 karanas of Shiva and meeting of two congruous massive base walls of the Vimana at the height of 80 feet from the ground. From the chamber above the Grabagraha, the view of tapering inner hollow space of the main Vimana was mesmerizing and also we can see the base of the massive 80 ton capstone. The lunch was provided in the temple itself. All these were possible only by the effort of our Tholgappian.

Then we all gathered in the Pannai veedu for DJ music, Tanjai traditional dance, Jodiporuttham program by Vijayalakshmi, not to forget the Kavithai maalai about our life from college days to the present and grand Gala dinner. We all wished the day would never end.

The third and the last day after breakfast, it was time to say goodbye and return home. We all had the same feeling a kid would have had when returning to school after summer vacation, but this trip has rejuvenated us , fully charged to sustain our duties till the next meet.

A testimony to the Stanley Spirit

Stan 75 virtual meet during Covid

Dr SWAMIKANNU MURUGAN, MBBS MD FRCP

Batch 1977

Director, Head of the Department of
Internal Medicine and Allied Sciences ,
MGM Healthcare , Chennai.

UMBILICAL BOND

I did my MBBS and MD at Stanley. I have a strong bond with our college since childhood. I was born in RSRM hospital and used to play in men's hostel playground since my childhood. When I joined MBBS in Stanley, I never felt out of place. I got selected for MD in MMC but requested and got transferred to Stanley. Thus my love for Stanley continued.

COLLEGE CANTEEN AND STORE

Hutchinson and Davidson were cornerstone for clinical medicine those days.

They were priced at 26 rupees and 50 rupees those days, but we used to get 10 % discount even at this price from the Student's Co-operative store, which used to function below the current examination hall. This store also used to sell toiletries and essentials items to hostelites.

College canteen used to be a place for meeting and eating. Drinking coffee and tea between the breaks and after exhausting morning rounds is a must. Canteen used to function near Silver jubilee auditorium.

FINE ARTS AND ELECTIONS

Stanley is known for electric atmosphere during elections and fine arts celebrations. While we were in first year MBBS in 1977 Rajinikanth, Kamalahasan, Sridevi and director Bharathiraja were special guests at Stanley and also for promotion of their blockbuster movie 'pathinaru vayathinale'. I would have never imagined that I would meet director Bharathiraja and actor Kamalahasan again.

Recently I had an opportunity to meet director Bharathiraja and treat him and also met Kamalahasan when he visited Bharathiraja.

Whenever I meet a Stanlean, I fall in love instantly and the love for Stanley continues...

'Long love Stanlean spirit'

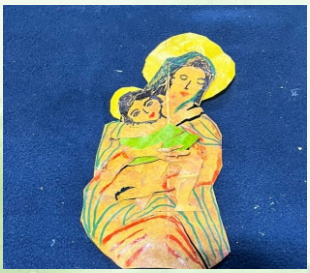
மருத்துவர் வீணா பாலமுருகன்

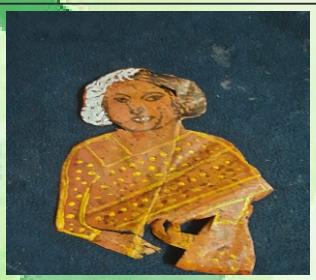
1984 வகுப்பு, தலைவர், அம்பத்தூர் ஆவடி மருத்துவகிளை.

அன்பான நண்பர்களே!

இனிய ஆங்கில புத்தாண்டு நல்வாழ்த்துக்கள். கலைகளிலும், வீரத்திலும், உதவுவதிலும் நம் ஸ்டான்லி நண்பர்கள் தேர்ந்தவர்கள். இயற்கையின் கொடை மரங்கள். அதன் இலைகளில், பலவிதமான படைப்புகள் சில இதோ.

QUIT SMOKING





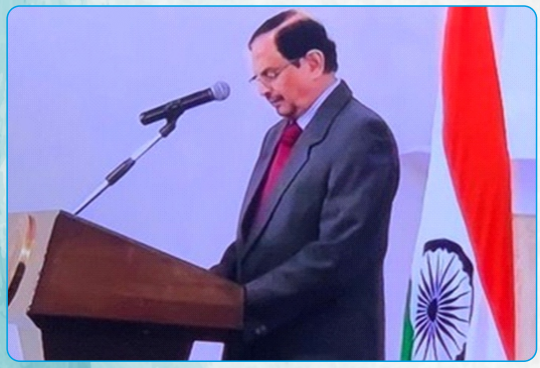
THE MSK TIMES

NEW

EDITION 1 • 18 DEC, 2022 • MY LIFE YEARS

DR. M. S. KARIMUDDIN

- Pediatrician
- Member. Saudi Vaccine Forum
- Vice President, Indo- Saudi Medical Forum
- Founder Member, India Forum
- Ex-Chairman and Member, IISJ Managing Committee
- Ex-Member, IISJ Higher Board Pravasi Bharatiya Samman Awardee

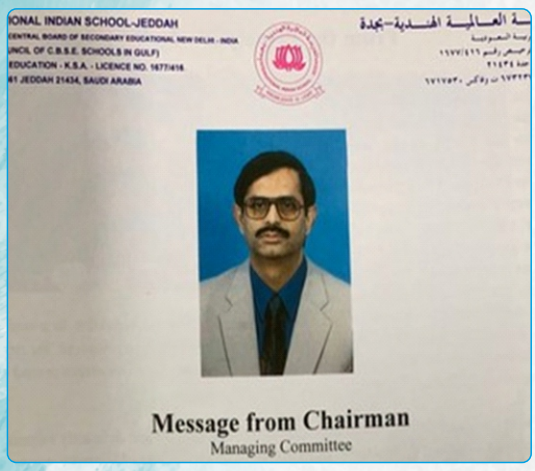


INDIAN DOCTOR CONFERRED WITH TOP CIVILIAN AWARD

Dr. M.S. Karimuddin, a Saudi-based Pediatrician received the Pravasi Bharatiya Samman Award, from the President of India, in recognition of his philanthropic service to the Overseas Indian community.

'Dr. Karimuddin has a long record of selfless and devoted service to the Indian community' - Talmiz Ahmad, Indian Ambassador to Saudi Arabia.

PRAVASI BHARATIYA SAMMAN WEEKEND

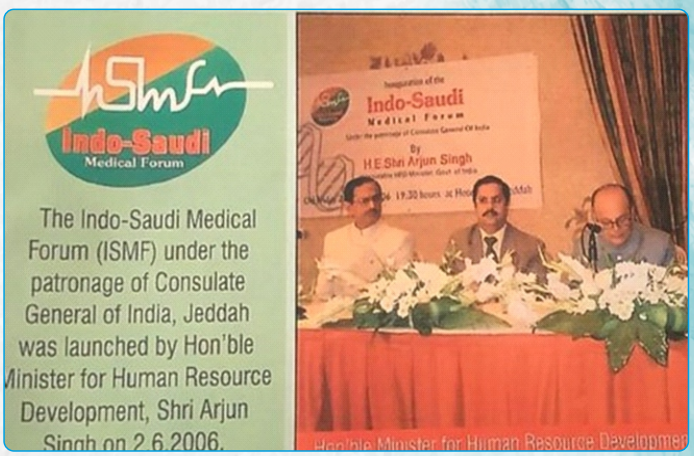


Under Dr. Karimuddin's leadership, the International Indian School Jeddah organized the following events for the first time:

- Inter-school Sports Meet
- Teacher's Day Celebration
- Graduation Ceremony
- Educational Tour to India
- Fund Raising Event - FETE 1997 - to raise funds to assist underprivileged students in their academic pursuits
- Career Guidance and Counseling Cell

NOTABLE ACHIEVEMENTS AND RECOGNITION

Besides his medical responsibilities, Dr. Karimuddin has also been involved with a number of academic, social, and cultural activities in Saudi Arabia and India. The Indo-Saudi Medical Forum is one such initiative.



Dr. Karimuddin has consistently been recognized for his outstanding contribution and service to the Indian community in Saudi Arabia and social work in India.

ACHIEVEMENTS & RECOGNITION IN PICTURES

Hello to all Stanleans from 1966 Batch

When we joined 1st year MBBS in 1966, we were posted to different arts colleges in the city, Sir Thyagaraya college, New College, Vivekananda College and few Girls to SIET College. We were eagerly awaiting for the joyous day of entering our Alma Mater – Stanley and it happened in 1967.

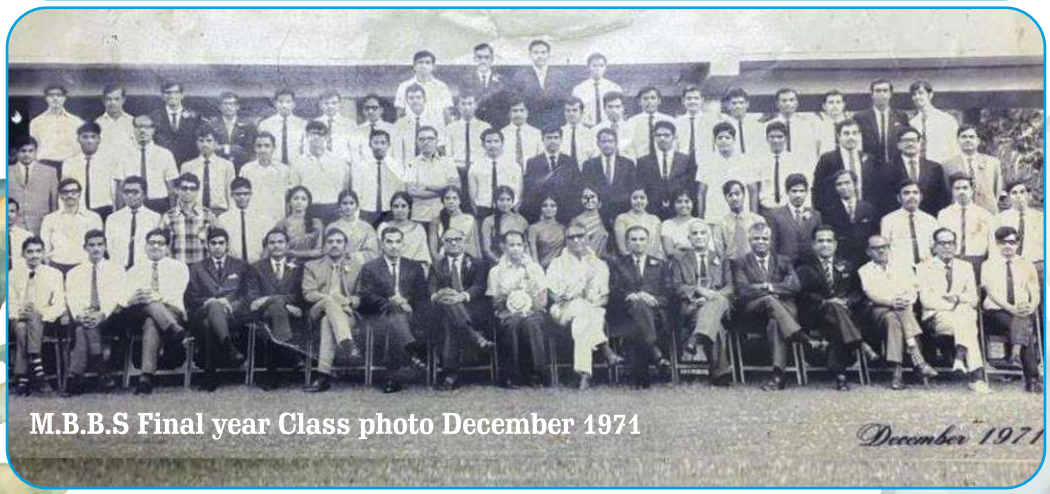
Our batch is a mixture of rural and city based students. After Graduation, most of us entered post graduate courses and did excellently well.

Now at 70+ years of age, we are proud and successful Stanleans in all Departments of Medicine and are based in India and abroad. Moreover all are deeply involved in Social and Charitable activities. Through SAT (Stanley Alumni Trust), we are supporting one scholarship program. We are proud to state that one of our beneficiaries has completed M.B.B.S and another has just started.

Our batch meets regularly since the 1st meet in 1996. Our 11th meet will be organised on 21,22 February 2023 at Pondicherry.

Gracious Stanley - our beloved Alma mater!

- Dr. G S Ramachandran



M.B.B.S Final year Class photo December 1971

Dr. R. Nishanth, D.P.M.,

Consultant Psychiatrist,
Ravi Mind Care Clinic, Aruppukottai. ✆ 9486496169
Ailanto 1997 batch, Stanley Medical College.

ஹைக்கூ முயற்சி!

பராமரிப்பு இல்லாத வீடு
கிரஹப் பிரவேஷம் நடந்தது
கரையான்!

இரவு வானின் நிலாக்கள்
தோசைச் சட்டியில் வெந்தது
புரோட்டா!

அதிக சத்தமாய் ஒலித்தது
டவாலி கத்திய வார்த்தை
சைலன்ஸ்!

அற்ப ஆயுளில் செத்தாலும்
பெயருக்கு முன்பாக வந்தது
லேட்!

உடைந்து சிதறியது நிலா
சிறிய கல் விழ, குளத்தில்
பிம்பம்!

அரை மணி நேரம் நடந்து
அரை அடி கூட நகரவில்லை
டிரட்மில்!

சாமியைப் பார்க்க கூட்டம்
நெரிசலில் நசுங்கியது
சமூக இடைவெளி!

ஊரைக் காக்கும் கருப்பசாமி
கோவிலைக் காக்க நான்கு
காவலர்கள்!

வலையை விரித்த மீனவன்
போட்டது பொரி அல்ல, அது
பொறி!

பக்தியோ நீண்ட வரிசையில்
கடவுளோ எடுத்தார் செல்ஃபி
கோடீஸ்வரனுடன்!

ஓங்கி ஒலித்தது ஒலிபெருக்கி
ஒலிச் சிதறல்களை தாங்கிப் பிடித்தபடி
நிசப்தம்!

அள்ளவும் தள்ளவும் முடியவில்லை
இல்லாமல் மட்டுமே இருக்கிறது
இருட்டு!

குறுக்கு வழியிலே பணம்
காக்க கடவுள்
தரிசனம் குறுக்கு வழியில்!

விலகிச் செல்லவே மாட்டேன்
அடம் பிடித்து கூடவே வந்தது
நிழல்!

உயரத்திலிருந்து கீழே விழுந்ததும்
மண்ணில் காணாமல் போனது
மழைத்துளி!

பிரிவு உபச்சார விழா
இல்லாமல் பிரிந்து சென்றது
காய்ந்த இலை!

வந்த வழி தெரியாமல் வேறு
வழியில் விரைந்து சென்றது
மேகம்!

மனைவியின் கண்ணெதிரே
பெண்களின் விரல்கள் தொட்டேன்
வெண்டைக்காய்.

காய் வாங்கி வரும் வழியில்
மழை, நனையவில்லை கையில்
குடைமிளகாய்!

வயிற்றுக்கும் தொண்டைக்கும்
உருவ மில்லாதொரு
உருண்டை உருளுதடி,
பூரி!

இறங்குவதற்கு மனம் இல்லாமல்
ஏறிக் கொண்டே சென்றது
வயது!

இரவின் தனிமைக்கு துணை
காதோடு சோக கீதம்
கொசு!

செல்ல வேண்டிய இடம் இல்லை
செல்வதற்கு யாரும் இல்லை
வெற்றுப்படகு!

தொடர்ந்து கூடவே வந்தாலும்
தூரம் மட்டும் குறையவில்லை
வானிலா!

நகைச்சுவை இருந்தும் சிரிக்கவில்லை
சோகங்கள் தாங்கியும் அழவில்லை
காகிதம்!

சமூக ஊடகங்களில்
தொலைந்து விட்டதால்,
நான் சந்தித்து நாட்களானது
என்னை!

புகைப்படம் எடுத்துப் பதிவிட
யாரும் இன்றி தவித்தது
காட்டுப்பூ!

மரணப்படுக்கையில் சூரியன்
திரும்பும் திசையறியாக் குழப்பத்தில்
சூரியகாந்திப்பூ!

சிவப்பு நிற மண்ணில் பூசப்பட்டது
பச்சை நிறத்தில் சாயம்
விவசாயம்!

நேசம் மட்டும் தெரிந்தது காதலன்
தந்த ரோஜாவில், வாசமில்லை
கொரோனா!

முட்டையிட சுத்தமான நீர் நோக்கி
பறந்து களைத்தது பெண் கொசு
கானல்நீர்!

தேடிய தேனும் தேனீக்கு கிட்டவில்லை
மகரந்த சேர்க்கையும் நடக்கவில்லை
பிளாஸ்டிக் பூ!

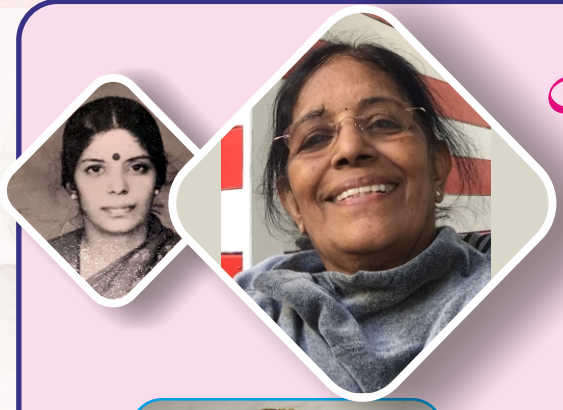
மனைவி எடுத்து வந்த
தட்டில் நான்கு நிலாக்கள்
இட்லி!

நூறு பக்கம் எழுதினாலும்
சொந்த கருத்து ஏதுமில்லை
பேனா!

அகத்தின் அழகு முகத்தில்
தெரிவதில்லை இப்போது
முகக்கவசம்!

பாதி முகம் பார்த்ததும் வந்தது
மீதி முகம் பார்த்ததும் மறைந்தது
காதல்!

My Paintings



Dr.CT. Seva
1984 Batch

415 E 80th Street, Apt 2 R, New York, New York,10075 USA, Contact: 917-846-0339

Photography

Dr. R. Palaniraman
1985 Batch

Best Wishes

STANLEY 1980 Batch

No matter where we go or how much time passes,
a friend always remains in sprit, mind and heart.

LONG LIVE STANLEANS SPRIT

Yercaud reunion (2003)

Stanley Regis 81 Trust

(Reg. No. 804/2011)
39, 3rd Street, Thiruvanmiyur, Chennai - 41.

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Chairman

Dr. S. Kumar
Secretary

Dr. G. Sankaranarayanan
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Trustees

Dr. R. Sridhar, Dr. Ganapathy Krishnan, Dr. Anuradha,
Dr. Ganesan, Dr. Udhayakumar, Dr. AJS Pravin

Our children will learn to spread their wings and fly

I write this as my daughter Keerthana Kasi completes her final MBBS at AIIMS, New Delhi, tops her batch and secures gold medals in both Medicine and Surgery.

I write this not to brag about my daughter, that she is a topper right from pre-KG to MBBS, she scored a perfect centrum in Maths and Biology and secured 496/500 in the CBSE XII Board exam, that she was invited by the President of India for 'At Home' Reception at Rashtrapati Bhavan on August 15th, 2018 and also to witness the Republic Day Parade 2019, from Prime Minister's Box at Rajpath, New Delhi to honour and recognise her for her excellent academic performance, that she was crowned Maths whiz in class seven by Singapore Raffles Institution, was a Maths and Science Olympiad topper, NTSE(National Talent Search Examination)Scholar, KVPY Fellow, was the only Indian Student to be selected for summer studies at Massachusetts Institute of Technology, MIT, Boston: RSI (Research science institute) program 2017. But…

…I write this because we all believe that with our help and guidance our children will achieve great things and become strong, successful, independent adults. And while our children rely on us heavily in their early years, as they enter adolescence, they strive for more independence. For many of us, this time of separation can be challenging especially since we believe we know our kids and their flaws better than anyone else, and we worry that without our continued help they might struggle, or worse yet, fail. We are so fearful that one false move could close doors to future success that we can't help but step in to save them.

While we're "saving" them, we are also subversively telling them they can't do it on their own and we are depriving them of developing an essential life skill: self-efficacy: that through one's own hard work and determination, one can achieve their own success.

"It is always with the best intentions that the worst work is done." - Oscar Wilde

Looking back, I see that a lot has happened in very little time: she (Keerthana) transitioned from the safe environment of the school to the untested waters of college and from a sheltered life at home to the alien surroundings of a hostel. She even shifted more than 2000 km across the country in pursuit of better quality education.

When the entrance examination results were declared, we as a family were faced with one of the toughest decisions of our life as she was the NEET Topper, JIPMER Rank 5 and AIIMS Rank 31.

Destiny is no matter of chance.

We must make a "Choice" To take a "Chance" or our life will never "Change". - ...

Determined to see what went behind that sky-high reputation, she decided to switch gears from the calm and serene Pondicherry to the bustling city of New Delhi. The distance wasn't the main problem. Both of them were a 3-hour journey away from Chennai.

In early July 2018, we came to Delhi for counselling. The one thing that immediately hit us was the incessant Hindi and little to no English spoken right from the auto drivers to the academic section officials. Most of the instructions given to us were in Hindi and it was quite hard having to use Google translate in situations that demanded real-time responses. Keerthana told herself it would be a passing phase and moved on.

In the words of Keerthana, as expressed by her in her college magazine **'Hybrid Hues'**

"With August came classes and preparations for our college fest. Whenever I looked around me, I could see a lot of people who were insanely smart in different ways. I was slightly disappointed though to find that a huge chunk of these people had AIIMS as their destination instead of the start of the long journey that is medicine. For many, the long hours of toil and insane amount of hard work that was typical of pre-PMT days now turned into long hours of laziness and complacency. I began asking myself. Was AIIMS really worth it? What made it different from any other medical college in this country? I realised that it was the infinite amount of freedom that it gave, in every sense of the word. It allowed people to pursue other skills that weren't taught in conventional classrooms or lecture theatres. It allowed people to take up their interests that were put on hold in the last couple of years. It allowed people to discover the thrills of partying and the joys of sleeping. It allowed people to discover how much they loved 3 am walks within and outside the campus. AIIMS gives us free time and the freedom to choose what we do with it.

A great institution is made great by various factors, the most important one being its students. The students who come to AIIMS bring with them cultural diversity in terms of where they come from, their socioeconomic background, the language they speak and how they speak it. Somewhere along the line, I began looking at people differently. I understood that human beings came in all shapes and sizes. My perspectives had broadened and had shattered more than a few stereotypes.

Meanwhile, my Hindi had gotten slightly better. I must put a lot of emphasis on the "slightly". I was able to get along with most of my peers. Time and again, I was reminded of how everyone here was intellectually gifted. That initial dejection of not being the only one who knew the answers faded away and in its place, I learnt to look at

what each one had to offer. This was however easier said than done".

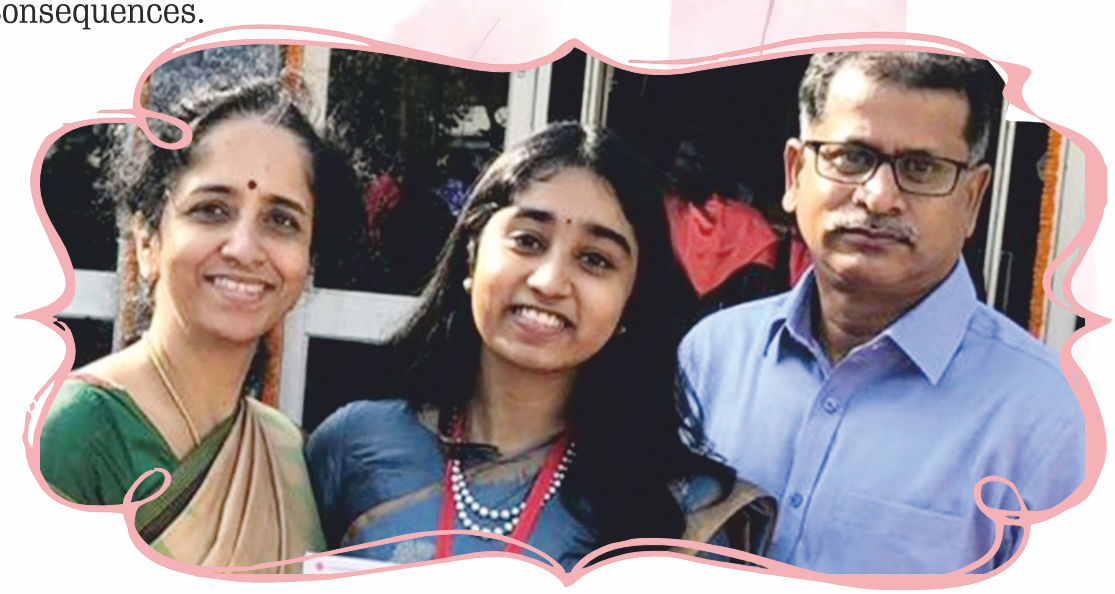
"Unlike most other colleges, I feel that at AIIMS, there are a number of students who are interested in topics other than those that the curriculum offers. Grievances if not remedied are at the least publicised and made known. Issues that tend to be hushed up are discussed actively by organising forums. Although only a handful of people attend these meets voluntarily, I feel the very presence of such discussions strives towards making life here better.

Year after year I also saw the introduction of societies where like-minded people could interact and do what they were passionate about. Through such society meets, lit nighters and a plethora of other events like SEARCH(Society for Education Action Research in Community Health) throughout the year, I met a lot of people who I now really look up to. They remind me of what I want to be, a good human being beyond everything else. They remind me that becoming a doctor is more than just treating. It's an ardent attempt at healing the other person.

I definitely would have missed out on being inspired by these amazing people had I not chosen to come here. This thriving network constantly being fuelled by a few good Samaritans is what makes AIIMS the All India Institute of Medical Sciences, a place I'm supremely proud of now being able to call, home".

Certainly, we would have deprived her of this sea of opportunities and ocean of challenges, had we not let her have her way.

It is parents, who find it difficult to let a child take the next step, but we need to learn when to let go and let children fly! We must encourage more girls to transcend their world with our love, support, trust, and reasonable expectations and be ready to face the consequences.



DR K KAVITHA LAKSHMI, M.S(Ophthalmology)
STANLEY MEDICAL COLLEGE 1991 BATCH

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Dr. A. Ramalingam, MD.,

1992 Batch Stanlean

My warm wishes to fellow Stanleans,

It was in the year 2016 Prof. Dr. R. S. Muralidharan asked me to help him in Stanley Alumni Association activities when we were both working in Department of Medicine in Stanley Medical College Hospital. He was the President of SAA at that time. He is a visionary, selfless personality and a gifted Teacher to me. I was privileged to be his Assistant Professor and hence without hesitation I joined with him to take part in SAA activities. He proposed an idea of constructing a multi storey Alumni building for providing accommodation for the examiners during University examinations as there's a practice among the students to take care of the expenses for the examiners' stay from their pockets and also to house the alumni who visit Chennai from elsewhere. It was presented during College Council meeting and got approved on 14.5.2016 to get a piece of land for the construction of Alumni building comprising of Meeting hall cum office for SAA and Rooms with toilet facilities from Alumni fund. Respected Dean Dr. Issac Christian Moses in consultation with PWD identified the area of 24m x 11m on the left side of Mens Hostel entrance and forwarded the file on 30.11.2016 to State Govt for approval. The file was repeatedly sent back with remarks from Govt to Stanley office for necessary clarifications. There was undue delay and COVID pandemic made it further till 2021. Respected Dean and fellow stanlean Prof. Dr.Balaji was very much instrumental for giving a final push and we got the approval on 29.11.2021 through GO. (Ms) No. 539 for construction of Alumni Building. Throughout the process Respected DME Prof. Dr. Narayana Babu was helpful to facilitate the process. Our sincere thanks to all of them for this achievement of getting a piece of land to construct our own building. Special thanks to Dr. Radhakrishnan IAS, The Principal Secretary, Dept of Health and Family Welfare for issuing the Govt Order without further delay considering the genuine cause in the project.

Dear Stanleans, I was given the responsibility of Secretary of SAA from 2017 to 2021 and it was a great opportunity for me to serve for my alma mater. All these five years I took part enthusiastically and with sustained efforts and repeated representations. It's a great pleasure in getting a Govt Order to allot an area for construction of Alumni Building which will be a landmark for Stanley Alumni Association that carries out innumerable welfare programs for the students, alumni and the public. During this period we revolutionized the SAA activities further and conducted many academic activities and workshops for Stanley students. With the guidance of seniors we introduced the sponsorship method by individual batch every year without collecting registration fees from alumni and made the Stanley Alumni Day Celebrations very enjoyable. I thank the 1983, 84, 85 and 86 batches for being the major sponsors and 2006 to 2011 batches for sharing the remaining expenses for Alumni Day events. I feel proud of being one of the founder Trustees initially along with Senior Stanleans like Dr. Dinakar Moses, Dr. Chittibabu, Dr. Muralidharan and others in inception of Stanley Alumni Trust to give scholarships to weaker students. Now I am given the opportunity to head the Alumni Building Committee to complete the task of construction of the building. With the support and contributions of funds from Stanleans all over the world we will be starting the project very soon.

Dr Nagarani Madhanagopal

1985 Batch

மார்கழி கோலங்கள்

Kolam with Dew drop effect

Kolam with dew drop effect

Happy maattu pongal

Kolam with painting effect, dynamic of water

Kolam with painting effect

3 D kolam (like a deepam or a cup)

Christmas kolam

Elephant playing in water

Online class (mother bird attending with a mobile phone which is vibrating, neighbor bird explaining, baby bird sleeping_

Flowers

Inter-professional collaboration and practice, the symphony in health care – being that perfect orchestra

Dr Latha Ravichandran

DCH, DNB (Pediatric Medicine)

FAIMER FELLOW,

Diploma Level FAIMER KEELE Master's in Health professional Education – Accreditation and Assessment

Dean Education, Professor and HOD Paediatrics,

Sri Ramchandra Institute of Higher Education and Research

Co-Convener, MCI Nodal centre at Sri Ramachandra Medical College and Research Institute

What is inter-professional collaboration?

Health care is a complex system that requires interaction and collaboration between the members of the health care delivery. While the system appears complex, a symphony is a collaborative outcome of an orchestra and so is the health outcome as an effect of such collaboration. The WHO framework for action on inter-professional education and collaborative practice (World Health Organization, 2010) states that inter-professional collaboration in education and practice occurs when individuals from two or more professional backgrounds meet, interact, learn together and practice with their client / patient at the centre of care. The idea is to prepare all the health professional students for deliberately working together towards the goal of optimal and safe patient centred care.

Currently, the training is disciple based and there is a divide between the various health professions (Prentice et al., 2015). While individual singers or instrument players can be excellent, they need to be coherent and integrate seamlessly into a symphony for a successful orchestra. It is not only individual excellence, but playing their role to the fullest potential and scope of their expertise, towards improved patient care.

Why inter-professional collaboration?

The health workforce is a major player in healthcare delivery. The COVID pandemic has proven it. Cross-border migration of health professionals for training and career already exists. There is a great demand for Health care professionals globally. Inter-professional collaboration and practice will facilitate the use of the healthcare workforce optimally, and that is cost-effective to meet the

healthcare need of patients' families and community. In addition, healthcare institutions have the responsibility to ensure that the health work force practices to its complete potential and scope. It will also nurture a cooperative environment that will improve patient care. The current system of education and practice is not in alignment with this concept (World Health Organization, 2010).

How can it be done? What strategies?

The strategy for inter-professional collaboration and practice is through inter-professional team-based learning and training. This requires careful planning of the curriculum, activities that promote team based learning, and leadership teams that in tandem promote the team-based practice. The core competencies for inter-professional education include Roles and responsibilities, ethical practice, conflict resolution, communication, collaboration and team work. One or more of these outcomes should be considered while the learning activities are being planned and executed (van Diggele et al., 2020). It will also involve intense faculty development before implementation. The activities will be integrated throughout, be it in classroom learning, clinical rotations or in simulation education, and enhances group discussions and assessments and feedback.

What are the benefits of inter-professional education and collaboration?

Inter-professional collaboration in education and practice promotes cooperation, mutual respect and shared decision-making. The teams can be identified as emergency teams, operation theatre teams, critical care teams, primary care teams etc. This will also give a special identity and promotes trust. It will promote faster treatment initiation, reduce ineffectiveness, makes treatment cost-effective, reduces medical errors, gives better patient experiences, and improves patient outcome. It has an overall impact on the quality of care and health outcomes (TigerConnect, 2019)

What are the challenges?

The major challenge to inter-professional education and collaborative practice is the current education system which is in silos, hierarchical culture, a curriculum that's non-integrating, program level variations, assessments , the different kinds of teams and their licencing requirements , the location of the various health sciences colleges and the leadership roles (Tan and Jiang, 2017).

Conclusion

Inter-professional education and collaboration in practice is a strategy that may have multiple benefits for patient-centred collaborative health care.

'Stanleans UK' Association

It all started with a simple but powerful thought which was lingering in the minds for many years. To bring all the Stanleans in the UK under one roof. And celebrate the occasion! That desire was a great one but proved very challenging to accomplish. There are about 400 Stanleans in the UK today and gathering them all together is a huge task! However, the spark was first lit by Varadha and R Prabhakar - they sowed the seeds of joy that the whole UK Stanlean community is still reaping the benefits of! Not just the UK but the entire Stanlean community across the world!

It was a Saturday. 09th January 2016. Varadha's efforts in tracking a social enthusiast from each batch paid fruitful results. 30 Stanleans from 20 different batches gathered at Varadha's place in Birmingham. 'Stanleans UK' association was officially started. A great discussion took place over lunch. A name for the association, a logo, a committee, members with different roles, and a bank account, were all agreed upon, and a plan to move forward was drafted. A date for the first mega Stanleans meet was decided. Tasks delegated. Future meetings at regular intervals were set, in different Stanleans' houses. The magnanimity of the Stanleans was incredible. Minutes were taken and shared. The enthusiasm from everyone once again proved the Stanleans' spirit.

'Stanleans UK' association was assigned with Dr S Varadharajan (1978) as President, Dr R Prabhakar (1981) as Secretary and Dr Manjula Subramaniam (1991) as Treasurer. The executive committee constituted Dr Venkat (1968), Dr Vijayagopal, Dr Asokan, Dr Natarajan, Dr Kandasamy, Dr Kumudhan, Dr Senthilnathan, Dr Narayanan, Dr Gunasekar, Dr John Suresh, Dr S Sundaram, Dr Akila John, Dr D Prabakar, Dr Suresh, Dr Magizhanandan, Dr Gurushankar, Dr Senthil Seniappan, Dr V Senthil, Dr Balu, Dr Balaji Venugopal, Dr Vijay and Dr Karthik Karuppaiah.

A WhatsApp group was started called 'Stanley Reps' and a representative from each batch from the mid 1970s to late 1990s was added. Everyone made an unique contribution to the planning, and it was amazing. Dr Venkat (1968) from London, the most energetic Senior Stanlean has been instrumental in the whole process and has been the main pillar of strength from beginning.

The committee met at regular intervals, around every 3-4 months, at one of the members' homes to discuss and plan future events. The hard work put in by every representative went unparalleled. And they made wonderful memories to cherish as they were great occasions for socialising as well. Some of the pictures attached here can speak volumes!

The first ever mega reunion, 'Global Stanleans UK Meet' was organised in Daventry Court Hotel, Warwickshire on 17th September 2016 and it was a grand success. It was a 2-day event, starting from the afternoon on Saturday 17th with tea and ending on Sunday 18th with lunch. Families stayed overnight at the hotel to enjoy the cultural programme through the evening followed by dinner and then danced beyond midnight. Sunday morning was filled with academic programmes and association meetings to plan further. This event was attended by 425 Stanleans including their family members and that includes Stanleans from the USA, India, and other countries across the globe.

STAANA is 'Stanley Alumni Association of North America'. And they organised a Global Stanley Meet for the first time in Orlando, USA on 2nd and 3rd of September in 2017 following the UK meet. Dr Monohar Nallathambi (1966), Dr Abdul Rahman Kani (1979) and the team were the ones to be applauded for this.

The second reunion in the UK was on 21st September 2019 and it was even more grand, and successful. It was organised in the Bolton Whites Hotel, clubbed with the Bolton football team stadium in Bolton where all the cultural programmes, dinner and dancing were arranged. 525 Stanleans attended this event with spouses and children, and this really took their motivation to a greater height, and to do the next one even bigger!

'Lifetime achievement' awards were presented to Dr Nalla Periasamy (KMCH), Dr Palanivelu (GEM Hospitals) and Dr Mohamed Rela (Rela Institute) at the last meet for their contribution to the mankind and medical fraternity.

All it takes to keep the Stanley family tradition going is to feel the 'Stanlean Spirit' at heart and that's exactly what the Stanleans are about, no matter where they flew after experiencing life at the great Stanley Medical College, Chennai, India!

Now swift planning and preparation are underway for the next global meet in the UK on 23/24 weekend of September 2023. Looking forward to seeing you all there!

Long live Stanley Spirit!

Dr. S. Varadharajan, President **Stanleans UK Committee**

Dr Nivedhan M

Thugiram 2012,
Student council president 2016.

A journey from 'Kanji Thotti' Hospital

Stanley Medical College and Hospital has history that dates back to the 18th century. This is to reminisce some significant events in its history and how it impacted on Stanley feeling obliged to support in every crisis. Though the list would be exhaustive from Stanley's timeline, I'd like to share some bits of its beauty.

In 1781, Madras experienced one of the worst famines in its history, affecting one-third of the population. Black Town, the most densely populated and poorest quarter of the city, was the worst hit. In 1782, the Government of Madras Presidency and St Mary's Church in the Fort jointly launched what was perhaps the first-ever organised charity in India, in a small building rented by the Famine Relief Committee just outside the walls of Black Town. As part of relief operations, kanji (rice gruel) was served to people in a thotti (vessel) – and so the name 'kanji thotti' choultry or rest house. This rented house later became the Monegar Choultry, believed to be named after a village headman, a manugakkaran ('monegar'), who ran a gruel center there for the destitute. Many years later, when Stanley Hospital came into being in the same campus, locals called it the 'kanji thotti hospital'!

Monegar choultry aka Kanji thotti choultry (1781)

Helping Hands

During our times, whenever there was a crisis, be it calamities or social injustice or any noble cause Stanley had the obligation to participate. We made a tremendous movement during 'Jallikattu' protest and Stanley was also the first medical college to extend its support.

During the Chennai Flood in 2015, a catastrophe that left the city in a tragic state, we students took the initiative to make arrangements for food supplies under the guidance of professors. We prepared food with the available resources in the kitchens; with help from juniors, it was packaged and that took care of everyday lunch in the surrounding area of north Chennai. With this experience, we also collected Relief fund for CYCLONE VARDAH 2016 December and CYCLONE GAJA 2018 November. With support from NCC and other organisations, we got access to distressed areas.

During COVID 19 pandemic, when Chennai took the worst hit from south India, before Guindy and other covid centers were even opened, and when government hadn't come up with any Standard protocols, we had to handle an exhaustive number of sick cases with neither proper PPE nor N95. We students gathered about 5 lakhs as a relief fund and bought necessary equipment for our students, from various parts of the country. We pioneered in collecting funds, supporting the warriors from home and contributed to other institutions as well.

With this, we remind the younger minds that we Stanleans always stood for the cause and the people. If any situation that you come across warrants help, remember you will be expected to help and that's where you feel the STANLEAN SPIRIT!

Where words fail Music speaks...

They say Music can change the world because it can change people. And sometimes it's the only medicine the heart and soul need. It was true at least for me. I belong to Swedham 2K batch. I owe a lot to my Alma Mater and I proudly recognise myself as a Stanlean always. The reason I wanted to share my passion and love for music is because I rediscovered myself after the trials and storms of life and music helped me heal. Most importantly, I found my way back to my roots in Stanley, and my YouTube music video made my school friend find me which then led me to reconnect with my old Stanley friends.

Due to tragedies tearing me apart from my batch mates and old friends, I went socially extinct for many years. I reunited with them after 15 years through my songs, for which I am so grateful to Music. Music is my passion and something that keeps me going. I have always loved singing, but it took a backseat with life and work keeping me busy. When the pandemic hit and when there were many personal tragedies, I decided to take my singing seriously. I took professional classes from an international voice coach and I still carry on with vocal training.

I work in London now as a GP in a busy Urgent care centre. I am also a proud single mom to my lovely angel. I did not sing for fame or to go viral but some of my songs earned a lot of views, likes and heartwarming comments, so I decided to keep doing it regularly. It makes me and others happy so it's a win-win! For now, I have humble beginnings and a fair amount of followers on Instagram, YouTube, Spotify, I-tunes etc.

I still have a long way to go and I intend to monetise my channels in future and use the money for charity. Music has truly positively changed my life and brought back my precious friends and nostalgic memories of my most beloved place on earth- Stanley. I have done popular remix, mashup, cover songs in Tamil, Hindi and English in various genres including some videos dedicated to my batch for batch meets.

I intend to keep going and create my own songs in future and encourage all who read this to take up some passion you gave up on, connect with your roots and never ever give up on life

or love. When you do what you love, you have won!

If you would like to checkout my songs kindly use the links below:

>YouTube @saginamohandas

>Instagram: sagina_mohandas.

> Spotify: Sagina

~~~~~~

Best Wishes

"Give the world the best you have and the best will come back to you"

Love to All Brave Stanleans!

Dr Sagina

2000 Batch (Swedham 2K)

With Best Compliments from

AMRIT GROUP OF HOSPITALS

AMRIT HOSPITAL

AMRIT HOSPITAL (SOWCARPET)

AMRIT MEDICAL CENTRE
An unit of Amrit Medicare Pvt. Ltd.

AMRIT MEDICAL CENTRE (PURASAWALKAM)

AMRIT HOSPITAL
An Unit of AMRIT Medicare Pvt Ltd

AMRIT LASIK LASER CENTRE (EGMORE)

Managing Director

Dr. Vimala Sohanraj MD
~~~~~~

நட்புக்கள்

Foot ball team at Tim's Coimbatore
2000 Batch to 2005 Batch

ஜோதி மருத்துவமனை
JYOTI HOSPITAL

for people, for life

STANLEY MEDICAL COLLEGE

வாழ்த்துகளுடன்

Dr. D.Jyoti Basu

Dr. Hema Jyoti Basu

895, T.H. Road, Old Washermenpet, Chennai - 21.

044 - 25 95 95 95, 29 56 00 60, 9095 060 060

Best Wishes

DR K JAISHANKAR

Cardiologist

1985 Batch

Best Wishes

PRASAD HOSPITAL

Dr Kirubanandam

1975 Batch

செ. அசோகன்
1974 Batch

கோப்பைகள் இல்லா வீடு!

என் வீட்டில் கோப்பைகள் இல்லை
என் மார்பில் பதக்கங்கள் இல்லை

என் பெயர் முன்னே பட்டங்கள் இல்லை
என் பின்னே கூட்டமும் இல்லை

என்னைப்பற்றி பாட்டுக்கள் இல்லை
நான் போட்ட சட்டங்கள் இல்லை

பேர் சொல்லும் திட்டங்கள் இல்லை
துதி பாடும் கூட்டமும் இல்லை

நான் ஒரு சராசரி
இதுவும் எனக்கு சரி

உற்றுப்பார்!
பட்டத்திலும் பதக்கத்திலும் நான் உள்ளேன்
கூட்டத்திலும் கோப்பையிலும் நான் இருப்பேன்

நான் தோற்றுதான் கோப்பையை பிறருக்கு கொடுத்தார்கள்
என்னை வென்றுதான் பதக்கத்தை அடைந்தார்கள்
நான் கீழ்ப்படியத்தான் சட்டமும் வந்தது

உற்றுப்பார்
நான் உள்ளேன் வெற்றியின் பின்னே!
நான் உள்ளேன்
வெற்றியின் சாட்சியாக
நான் உள்ளேன்
வெற்றியின் மாட்சிக்காக!

நான் ஒரு சராசரி
இது எனக்கு ரொம்ப சரி

அருணை ஜெயசீலி @
டாக்டர் நாகராணி மதனகோபால்

Batch1985 ஸ்டான்லி மாணவி

மாயவரம் போகணும்

(நகைச்சுவை நாடகம்)

பாத்திரங்கள்: அரசு ஊழியர் தேவதாஸ், அவன் மனைவி ரேணுகா, ரேணுகாவின் தம்பி மென்பொருள் என்ஜினியர் பரசுராமன், ரேணுகா மற்றும் பரசுராமனின் தங்கை வத்சலா, சில்வர், பித்தளை மற்றும் பிளாஸ்டிக் பாத்திரங்கள்.

தேவ : இன்னிக்கு தேதி மே ஆறு. அடடா, எங்க பாஸோட மகளுக்கு இன்னிக்குத்தானே மாயவரத்தில கல்யாணம். நான் ஜூன் மாசம் அஞ்சாம் தேதின்னு தப்பா குறிச்சுட்டேனே. இப்ப காலை மணி ஏழாகப் போகுது. நான் எப்படி திருவண்ணாமலைல இருந்து கிளம்பி மாயவரம் போய் கல்யாணம் அட்டெண்ட் பண்றது? போச்சே, என் பிழைப்பு போயிடும் போல இருக்கே ????

மானேஜர் பாவி தப்பா எடுத்துப்பானே ??? ரேணுகா.... ரேணுகா...

ரேணு : (வந்து கொண்டே) ஏன் ஊளையிடுறீங்க?

தேவ : ஆங்... ஒரு நரியை முழுங்கிட்டேன்; அதான்.. ஊளையிடுறேன்... பாஸ் வீட்டுக் கல்யாணத்தை மிஸ் பண்ணிணா விளைவுகள் விபரீதமாப் போயிடுமே...! என்ன பண்றதுன்னு தெரியாம தவிச்சுட்டிருக்கேன்..!

பரசு : என்ன அத்திம்பேர் பிரச்சினை?

தேவ : வாடா ஆபத்பாந்தவா.. ! சவடால் பேர்வழி! உனக்கு சமத்திருந்தா இன்னும் பத்து நிமிஷத்துல என்னை மாயவரம் அனுப்பி வைடா பார்ப்போம்!

பரசு : மாயவரம் எங்க ஊர்னா.. ! எங்க வீடு அங்கதானே இருக்கு?

ரேணு : நம்ம வீட்டுக்குப் பக்கத்துல இருக்கற கல்யாண மண்டபத்துலதான் இவர் பாஸ் வீட்டுக் கல்யாணம். தேதியை ஒழுங்காப் பார்க்காம இப்ப முழிச்சிட்டு நிக்கறார். வழக்கம் போல நம்ம கிட்ட கத்தறார்.... !

தேவ : டேய்.. ! டேய்... ! இப்ப என்னடா பண்றது?

பரசு : உங்களுக்கு உடனே மாயவரம் போகணும், இல்லையா?

தேவ : ஆமாண்டா, ஆமாம் !

பரசு : அத்திம்பேர், நான் ராத்திரி இங்க ஒரு சிஸ்டம் செட் பண்ணி வச்சேன். அதே போல மாயவரத்துல என் ரூமுக்குள்ளேயும் ஒரு டிவைஸ் இருக்கு. நெட்டுல ஈமெயில் அனுப்பற மாதிரி உங்களை டிஜிட்டலைஸ் பண்ணி எலக்ட்ரானிக் எனர்ஜியா மாத்தி அனுப்பி வச்சிடவா?

தேவ : என்னது?

பரசு : நான் இந்தப் பரிசோதனைக்கு மனப்பூர்வமாக சம்மதிக்கிறேன்னு எழுதி ஒரு கையெழுத்தைப் போடுங்க... !

தேவ : டேய், நான் உன் அத்திம்பேர். உங்க அக்காவோட புருஷன். அத நீ ஞாபகம் வச்சுக்கோ...

(கையெழுத்துப் போடுகிறான்)

பரசு : சரி, சரி. அந்த ரூமுக்குள்ள போங்க. அத்திம்பேர் ! என் சிஸ்டம் உயிரில்லாதது, உபயோகமில்லாதது, வைரஸ், பாக்டீரியா இதையெல்லாம் சென்ஸ் பண்ணாது. அதனால நீங்க பப்பி ஷேமா மாயவரம் போய் நிப்பீங்க. டிரஸ் பண்ணிட்டு கல்யாணத்துக்குப் போயிடுங்க.... !

சில நொடிகளுக்குப் பிறகு..

பரசு : அக்கா, அத்திம்பேர் நீளமா இருக்காராம். முன்னூத்தி பதினேழு தடவை அனுப்பலாமான்னு கேக்குது சிஸ்டம்... !

ரேணு : டேய்.. என்னடா நீ? ராமா, கிருஷ்ணா ! என் தாலியைக் காப்பாத்து. நீ என்னமோ பண்ணுடா !

பரசு : அத்திம்பேரை காப்பாத்துன்னு வேண்ட மாட்டியா?

சில நொடிகளுக்குப் பிறகு..

பரசு : (கைபேசியில்) வத்சலா, நம்ம வீட்டுல என் ரூமில இன்பாக்ஸ்ன்னு ஒரு குட்டி போர்ஷன் இருக்கும். அதுல நம்ம அத்திம்பேர் வந்துட்டதா சிஸ்டம் இண்டிமேட் பண்ணுதான்னு பாரு...

வத்ச : (மாயவரத்திலிருந்து கைபேசியில்) ஆமா, ஃபோர் லாக்ஸ் டிரில்லியன் டெட்ராபைட் லோட் ஃபிரம் திருவண்ணாமலை; இப்படி முன்னூத்தி சொச்சம் லோட்..... ! டேட் மே ஆறு ! டைம் எட்டு மூணு..... மோட்னு போட்டு நீள நீள நம்பர்ஸ்...

பரசு : ஆமா, அதேதான். நீ என்ன பண்றே, கண்ணை மூடிட்டே எண்டர் அழுத்து. அப்படியே ஒரு துண்டை தூக்கிப் போட்டுட்டு ஓடிப் போயிடு..... !

வத்சலா மேலும் ஏதோ சொல்ல பரசு அக்காவைக் கூப்பிடுகிறான்..

பரசு : அக்கா, அத்திம்பேர் மாயவரம் போய்ச் சேர்ந்தாச்சு.. ! ! ! ! !

அதுவும் ஐம்பத்தி எட்டு நொடியில.... ! ! ! ! ! ! !

ரேணு : பரசு ! ! ! ! நீ கிரேட் டா.

பரசு : ஆனா அக்கா, அத்திம்பேரோட மூளை மட்டும் வரலியாம். அது வர லேட்டாகும் போல இருக்கு... !

ரேணு : அட தம்....பி, உங்க அத்திம்பேருக்கு கல்யாணமாயிடுச்சு, தமிழ்நாடு கவர்ன்மெண்ட்ல வேலை செய்றாரு. இனி எதுக்கு அவருக்கு அதெல்லாம்...?????? பாஸ் வீட்டுக் கல்யாணத்துல எஸ் சார், எஸ் சார்னு தலையாட்டப் போறாரு.. கூழைக் கும்பிடு போடப் போறாரு. அவ்வளவுதானே? அப்படியே அனுப்பி வைடா... !

பரசு : நிஜமாத்தான் சொல்றியா?

(வத்சலாவிடம் எண்டர் தட்ட சொல்கிறான்)

(இரண்டு மணி நேரம் கழித்து வத்சலாவிடமிருந்து ஃபோன்)

வத்ச் : பரசு, நான் எண்டர் தட்டிட்டேன். அத்திம்பேரை கூப்புட்டுக்கோ.

திரும்பவும் சில நொடிகளுக்குப் பிறகு..

பரசு : அக்கா, இன்பாக்ஸ்ல அத்திம்பேர் வந்துட்டார், பார்.

ரேணுகா : (பார்த்து விட்டு) டேய், பாவி.. ! என்னடா பண்ணே? உன் அத்திம்பேர் யானைத் தலையோட நிக்கிறார்டா.... ! அதுவும் ஆளில்லாத அமேசான் காட்டு யானை ! ! ! !

பரசு : பதறாதே, பதறாதே ! டெக்னிக்கல் எரர்தான். இப்படி மூளையை லோட் பண்ணா தன்னால சரியாயிடும். ஹை.. ! அக்கா, அத்திம்பேர் இப்பத்தான் அழகா இருக்கார். ஒரு பிள்ளையார் சதுர்த்தி வரைக்கும் இப்படியே இருந்துட்டுப் போகட்டுமே?

ரேணு : ஐயே, இடிச்சேன்னா? சாப்பாடு யார் போடுறது?

(முழுதாக வெளி வருகிறான் தேவதாஸ்)

தேவ : கல்யாணம் நல்லபடி நடந்திடுச்சு ரேணுகா. பரசுவுக்குத்தான் நன்றி சொல்லணும். என்னமோ தெரியலை ரேணுகா.. மேனேஜர் என்னை அப்படிப் புகழ்ந்தார்.... ! உங்க சர்வீஸ்ல இது வரை நீங்க இவ்வளவு அறிவுப்பூர்வமா பேசி நான் கேட்டதில்லையேன்னு சொல்லிட்டார். ! என்னோட புரமோஷனுக்கும் ஏற்பாடு பண்றேன்னுட்டார்.... !

(தேவதாஸ் பேசிக் கொண்டே போக, ரேணுகா பொருள் பொதிந்த பார்வையால் பரசுவைப் பார்க்கிறாள்..)

பரசு : அடக் கடவுளே ! ! !

(தலையைப் பிடித்துக் கொள்கிறான்)

Dr. S. Varadarajan

Essvee Hospital, Ambattur,
Chairman – Little Drops Hygiene for Health Trust
1973 BATCH

தாய் மண்ணே வணக்கம்!!
நலம்
என்பதை உணர வைத்த
என் இனிய கல்லூரியே...

அன்று கற்பித்த
வாசித்த மருத்துவத்தால்
இன்று நாடி வந்தவர்களை
நலமாக்குகிறேன்.

சிகிச்சையின்
சூத்திரம்
இங்கு வசப்பட்டது.

புன்னகை
சூல் கொண்டதும் இங்கு.
சகிப்பு தன்மையின்
விரல் முளைத்தது எனக்கு.
இந்த பாரம்பரிய கல்லூரியில்
கால் வைத்ததும்
சிறகு முளைத்தது எனக்கு

விசாலமான வானம்
வசப்பட்டதும் இங்குதான்.

ஆகச் சிறந்த பேராசிரியர்கள்
வார்த்தார்கள் என்னை
கைராசி டாக்டரென.

காயத்திற்கு களிம்புடன்
கனிவை கலந்த
நுட்பத்தை நூற்றதும் இங்கு.

"எப்படியாவது" என்று வந்தவர்களை
மகிழ்வுடன் அனுப்பும்
வித்தையை கற்றதும் இங்கு.

வாழ் நாட்களை
வாழ .....
வாழ வைத்ததும்
என் ஆசான்களே
வகுப்பில் மாணவனாக
இங்கிருந்த நாட்களில்
கற்றது ஆயிரமாயிரம்.

கிடைத்த நட்புகள் பல்லாயிரம்
கொட்டிக் கிடக்கின்றன பார் முழுதும்.

மருத்துவத்தோடு
மனிதநேயத்தையும்
கற்றுத் தந்தது

ஒவ்வொரு பக்கங்களையும்
அலசி ஆராய்ந்ததில்
தேர்ந்த்தெடுத்த மருத்துவராக
தேர்வானதும் இங்கு.

மாபெரும் சபையில்
அமர வாய்த்த
ஸ்டான்லி மண்ணே
என் குருக்களே
என் வாழ்நாட்களை பயனுள்ளதாக
அமைத்த அந்தக் காலத்தை
கால காலத்துக்கும் மறவேன்.

மகிழ்ந்து மகிழும்

Dr. S. Varadarajan

With Best Compliments from

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Where Eagles Dare
Building a Successful ICU in a tier-2 City

Dr.N.Ganapathy, Erode

The Journey of Critical Care Medicine in Rural India in 1980's

The journey of Hundred miles starts with a single step

My Interest in Critical Care

The passion started when I was a M.D. Anaesthesia Post graduate Student in Stanley Medical College, Chennai during 1981. It was from my Godfather Prof.T. Srinivasan who inspired me and taught an Anaesthesiologist can practice independently by taking the Critical Care Medicine Speciality. He just returned from USA and said what we practise in the Operation Theatre can be practised in the Critical Care Unit for extended period of days. All the other teachers in Stanley Anaesthesia Department encouraged me to start the Critical care unit. I was exposed to Critical care 24x7 in Stanley Medical College by Prof.T. Srinivasan and his team of teachers, Dr. Madanagopal, Dr. Vaidyanathan, Dr. Muthusamy, Dr. Raghavelu, Dr. Nagasamy, Dr.Devakumar, Dr.Kamala, Dr.Meenakshi, Dr.Natarajan and so on from 1981 to 1983.

Ambition to start Critical Care in Erode

What made me to start Critical Care unit in Erode? India is 80% Rural Based. Major cities like New Delhi, Mumbai, Kolkata, Chennai, Bengaluru, and others occupy only 20% of India. How are we going to give ICU care in the rest of the country? The costs of the ICU care in the cosmopolitan cities are exorbitant because of their investment. Further most of my friends want to settle in abroad for the updated facilities there. Rural citizens cannot afford this amount. Unfortunately, Medical Insurance is not popular in India. Hence, I decided to start Critical care center in Erode.

What reception I received?

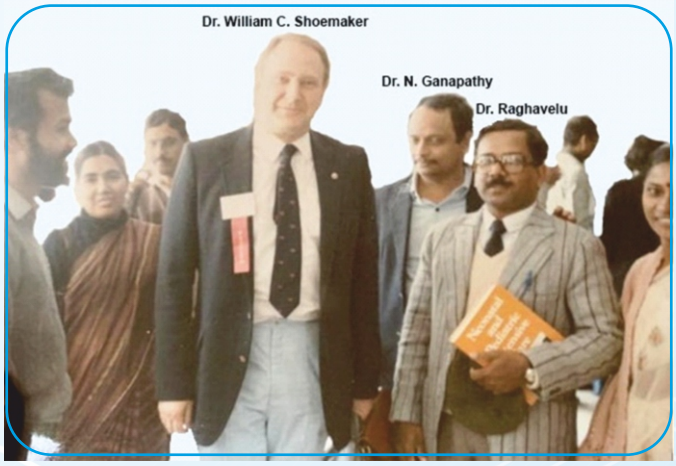
Even in Madras (now Chennai) during 1983, Senior consultants commented how you can save a case of Jaw breathing? They said an Anesthesiologist knows to introduce an endotracheal tube and what does he know about intensive care? In and around Erode with my M.D. Anesthesiology qualification, daily I used to travel 50 to 100 kms in scooter and individually distribute brochure and explain about critical care to all the doctors requesting them to send critically ill cases. Few consultants made me to wait in the reception for more than one hour.

The adverse comments I heard did not stop me from progressing further.

Member of the Society of Critical Care Medicine, USA

Late. Prof. William C. Shoemaker USA is called the Father of Critical Care Medicine. We met William C. Shoemaker in the First Joint International Conference on Critical Care

Medicine held in AIIMS, New Delhi from 21st to 23rd, 1985. I explained to him about my idea start to a Critical Care center in Rural India. I told him about the pros and cons also and requested him to enroll me as an International Member in the Society of Critical Care Medicine, USA. Immediately he took a note of it and made me a member. I was the first International Member from India (No: 000109) and before me Dr. Ram. E. Rajagopal was a member in USA.



Liver Support System for Yellow Phosphorous Poisoning Therapeutic Plasma Exchange (TPE) and Molecular Adsorbent Recirculating System (MARS)

Twelve years back I met Dr. Deepti Sachan, Hematologist in Hepatobiliary conference in New Delhi. At that time Yellow phosphorous poisoning which is a rodenticide (Ratol is the commercial name) produced a high mortality rate secondary to hyper acute Hepatic failure. During the discussion with her we learnt consecutive Therapeutic Plasma Exchange (TPE) for five days produced an excellent result when less than 70% of the Liver cells are involved. Immediately we purchased the machine and started treating the patients.

Molecular Adsorbent Recirculating System (MARS)

The next liver support systems currently we use Albumin dialysis using the Molecular Adsorbent Recirculating System (MARS). In this device, blood is dialyzed across an albumin-impregnated membrane against 20% albumin.

Charcoal and anion exchange resin columns in the circuit cleanse and regenerate the albumin dialysate.

Saving Lives with ECMO in Rural India making the Impossible, Possible

Aluminum Phosphide is a cardiac Toxin requiring Veno Arterial ECMO for the survival. It is very common in Erode, Salem and Coimbatore belt. So, our interest turned to ECMO management. I secured the Fellowship in ECMO conducted in AIIMS with the guidance of Poonam Malhotra Kapoor and got hands on training in Narayana Hrudyalaya, Bengaluru with the help of Dr. Devi Prasad Shetty, Dr. Riyan S. Shetty, and Mr. Prakash, chief perfusionist. Dr. Vivek Gupta and his team in Ludhiana have been extensively using VA ECMO for this poison. I met Dr. Vivek Kumar Gupta, Cardiac Anesthesiologist, in Dayanand Medical College and Hospitals, Ludhiana ASA conference in 2015. With his guidance we started treating cardiac toxins in VA ECMO

Patient on ECMO

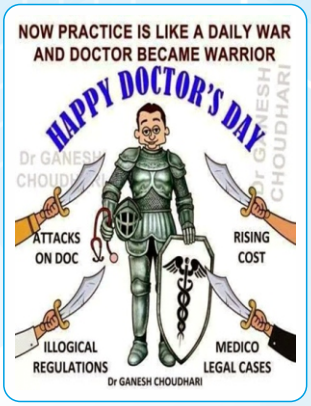
Receiving the Fellowship in ECMO

Challenges of Saving Lives With ECMO in Rural India

All Super Specialists are in Cosmopolitans and Metropolitans. Only big corporate setups have ECMO and cases like Aluminium Phosphide Poisoning will not survive till they reach those kind of setups. But still our social books teach us majority of population is in rural India.

Challenges Posed

As ECMO is still emerging and not many are exposed to ECMO, very few consultants are aware about pros and cons of ECMO therapy. Till now we have performed only fourteen cases that too peripheral VA-ECMO for Aluminium Phosphide Poisoning with 70% survival.



Apart from critical care we also treat Venomous Snake Bites, We use Therapeutic Plasma Exchange using Centrifuge method, Hemoperfusion Septic Cartridges, Intra-Aortic Balloon Pump.

Comprehensive Trauma Life Support

Comprehensive Trauma Life Support (CTLS) is an initiative of ITACCS India, supported by International Trauma Care (ITACCS) using principles from ITACCS training programmes which commenced in 1991.

It is in par with ATLS, but the training is according to the Indian conditions. Along with Late Prof. J. Martin Isaac and Michael J.A. Parr, Director Intensive care, Liverpool Hospitals, Sydney, Australia, and other International Faculties from various part of the world and Indian Faculties we have trained more than 2000 doctors in India in the provider course. As the National Director of CTLS we have conducted the courses in New Delhi, Kolkata, Chennai, Chandigarh, Bengaluru, Cochin, Hyderabad, Bhubaneshwar, and other places in India. We have conducted the course in Egypt and Myanmar also with the Indian Faculties.

The first international course was conducted in Saveetha Hospitals, Chennai during 2005

Critical care medicine is not a well
It is a water fall
It will stop for nothing
It will just keep running
The new drops of rain that fall upon it …
Those little streams ….
All become the river …
And reaches the Ocean known as critical care

ARTIFICIAL INTELLIGENCE (AI) AND ITS APPLICATION IN MEDICINE

Dr M. S. Ravi, M.D., D.M (Cardiology)
Former Professor and Director of Cardiology
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INTRODUCTION

Artificial Intelligence (AI) is a computer system able to perform tasks that ordinarily require human intelligence such as receiving perceptions from the environment and performing actions using algorithms, pattern matching, deep learning and cognitive computing. The concept of AI was introduced to mankind as early as 1950, but it has gained momentum only in recent years. This is because of improvement in computational power, accumulation of data and cloud processing. With the aim to transfer a significant portion of human intelligence to machines, there has been a concerted effort aimed at harnessing the power of AI for medical applications in the past two decades.

Machine learning (ML) is a subfield of AI that involves the creation of algorithms that analyze large datasets without any prior assumptions and learns rules and patterns between variables to make predictions and classification.

Deep learning (DL) on the other hand, is a subset of ML which is geared towards image analysis and utilizes more intricate algorithms known as artificial neural networks with multiple deep hidden layers.

ML usually relies on structured data often in tabular form, whereas DL algorithms can input both structured and raw data (eg. images, video, text) and extract their own features. Hence in Artificial Intelligence ML and DL are interconnected fields which provide a set of algorithms and artificial neural networks to solve data driven problems.

Recently the chess world was rattled in 2022 when Magnus Carlsen, Norwegian chess grandmaster and the current world champion accused Hans Niemman, a 19 year old US chess grand master, of cheating using a chess playing Artificial Intelligence system. How is this done? First build a statistical model using the database of millions of finished chess matches. Then AI estimates the probability of a human player whose move which will coincide with a move made by a chess engine. In the case of Hans Niemman, by feeding the records of Niemann's games into chess engines experts discovered that Niemann had played lengthy series of AI recommended moves in tournament games and that his tactics were frequently similar to that of a computer.

EVOLUTIONARY STAGES OF ARTIFICIAL INTELLIGENCE

There are three different evolutionary stages of AI namely 1) Narrow AI 2) General AI 3) Super AI

Narrow AI involves applying AI only in specific tasks. Many currently existing systems that claim as AI are examples of Narrow AI. It operates in a limited predefined range of functions, eg. Amazon for recommended products, Apple for face recognition, Google recommended search, Facebook for friends whom you may know, Banking for identifying fake accounts, Finance sections in regulation of insurance premium. Elon Musk has applied AI in Tesla self-driving cars and auto-pilot system.

General AI is the intelligence of machines that allows them to comprehend, learn and perform intellectual tasks much like humans. AGI emulates the human mind and behavior to solve any kind of complex problem. General AI is also known as strong AI.

Super AI is defined as a form of AI capable of surpassing human intelligence by manifesting cognitive skills and developing thinking skills of its own. Stephen Hawkins has warned that Super AI could take off on its own and redesign itself at an ever increasing rate. Presently Super AI is a fantasy seen in movies. However Elon Musk has cautioned that AI will take over the world in 2040.

APPLICATIONS OF ARTIFICIAL INTELLIGENCE IN HEALTH CARE

IBM is one of the pioneers who developed AI in Medicine for more than 230 Health Care Organizations worldwide.

1. **IBM WATSON HEALTH:** This provides data, analytics and AI solutions to help providers, payers, governments and life science companies modernize operations and get more value from ever-expanding health data. For example, this technology is able to cross reference 20 million oncology records and correctly diagnose rare varieties of Leukemia.
2. **GOOGLE'S AI EYE DOCTOR:** This is an initiative taken by Google to develop AI system called Automated Retinal Disease Assessment or **ARDA** which can examine retinal scans and identify Diabetic Retinopathy, a leading cause of blindness.
3. **ROBOTIC SURGERY:** Introduction of **Da Vinci System** in surgery was a milestone in surgical care. The Da Vinci Surgical System is a robotic surgical system that uses a minimally invasive surgical approach. This enables to simplify usually difficult and inaccessible surgical approaches. It also increases the dexterity of the surgeon and improves the outcome and safety of patients. This system is used for prostatectomies and increasingly for cardiac valve repair and for renal and gynecologic surgical procedures. It was used in an estimated 2,00,000 surgeries in 2012, most commonly for hysterectomies and prostate removals.
4. **ARTIFICIAL INTELLIGENCE IN ECG:** ECG is the most widely used non-invasive test to detect changes in electrical activity of the heart. ML and DL have been used to detect early changes independently without inter-observer variations. Supervised learning algorithms have been applied on heart rhythm classification such as MIT-BIH arrhythmia from Physionet Project to differentiate

ECG phenotypes in HOCM which predicts the outcome of different methods of treatment.

5. **ARTIFICIAL INTELLIGENCE IN ECHOCARDIOGRAPHY:** Echocardiography is affected by inter-operator variability. ML improves accuracy of image interpretation to recognize disease patterns. HEART MODEL is a 3D automated analysis software which automatically calculates different parameters in a few seconds such as volume of heart chambers, systolic flow, EF. All these data can be acquired from a single beat. Recently developed ML algorithm with Speckle Tracking Echo (STE) is used to differentiate restrictive and constrictive physiologies.

6. **ARTIFICIAL INTELLIGENCE IN CT CORONARY ANGIOGRAM (CT-CAG):** Frequently CTCAG overestimates severity of CAD. Several ML models have been used to determine non-invasive Fractional Flow Reserve (FFR). SMAR Tool project based on ML and Biomechanics was developed for diagnosis, treatment and prognosis in Myocardial Infarction using clinical bio-humoral CCTA imaging, lipidomics data with 3D reconstruction of coronary arteries and smart FFR.

7. **ARTIFICIAL INTELLIGENCE IN MRI:** ML models have been used for segmentation of ventricles for both RV and LV. Several automated neural networks have been developed for Cine MRI which can detect adverse outcomes in patients with pulmonary diseases.

8. **ARTIFICIAL INTELLIGENCE IN CATH LAB:** Visual imaging, ML, DL all have been used in Cardiac Cath Lab to reconstruct 3D images of coronary arteries and accurately locate and quantify stenosis. Fluid dynamics has been applied to elucidate FFR. Robotics has been introduced to perform cath procedures with cardiologist supervision. In heart failure. LA pressure sensors can be implanted trans-septally in the LA (V-LAP system) which can detect any rise in LA pressure and warn the patient or monitoring physician about impending heart failure or pulmonary oedema.

CONCLUSION:

Artificial intelligence has the potential to evolve and improve medical technologies in the future for better patient care. Within AI, the branch of ML has been prevalent in the field of interventional cardiology. This is because it involves a variety of imaging tools for patient workup. In the future, AI will continue to evolve and become more and more accurate in giving an ideal diagnosis for improved decision-making. Thus, although Al holds great potential for the future of medicine, the fact remains that physicians, while taking its help, should still be responsible for making the FINAL CLINICAL JUDGMENT.

Dr A. Nallasivan, MBBS FRCP
1985 Batch
Consultant physician & Stroke Neurologist
Countess of Chester Hospital NHS Foundation Trust
United Kingdom

Research and Inovation

Dear doctors of the future!

You will have a greater future in medicine but will medicine have a greater future in you? What you think and can imagine now on potential diagnostics and treatments emerging over the next few decades will determine the future of medicine in you. Medicine in the present was largely unimagined and futuristic in the past when we graduated from the Stanley medical college in early 1990s.

There is a quote on research that says, "Absence of evidence is not evidence of absence", what we don't know in medicine is what we have not explored yet. Pathophysiology of the diseases may have been the same since the evolution of human beings but medicine has evolved and will continue to evolve in ways we understand the disease processes and how we treat them. In the last 3 decades medicine has radically transformed by research, innovation and technology, how?

Beta blocker was an absolute contraindication in heart failure when we were studying MBBS and now is the most essential treatment in heart failure. Significant number of population around the Stanley hospital had partial gastrectomies done for their peptic ulcers and lived miserably thereafter with its complications. Peptic ulcers are now fast healed by the PPIs.

Stroke was a dreadful disease with a bleak prognosis when I was a junior trainee doctor in NHS in late 1990s. Now, the stroke team is on standby in the Emergency Department on a pre-alert call in NHS hospitals because stroke is one of the most time-critical medical emergencies. Research has produced irrefutable evidence, since mid-1990s and in the decades following, that thrombolysis and thrombectomy perfused brains and saved viable penumbra around the infarcted core. Automated software on CT perfusion scan rapidly delineates between infarct and penumbra in the brain and sends by colour coded images to our smartphones.

Myocardial infarctions were inevitably recurrent in early 1990s when a third heart attack was believed to have the worst prognosis than cancers. A little progress was made through research in mid-1990s and evidence emerged that urokinase and streptokinase opened up the coronary arteries better than aspirin. Now, primary angioplasty and stents are the standard treatments in preserving myocardium with very little or no infarct. Newer antiplatelets and

statins keep the coronary stents open. Third heart attack with its gloomy outlook is now a history from the distant past.

Biologics have revolutionised rheumatoid arthritis treatments by preventing the joint erosions and preserving them as intact as in healthy individuals.

Interventional radiology and robotic surgery did not even find its space in the speciality text books until two decades before.

Tele- radiology and tele-medicine have brought the medical expertise right to the patient's doorsteps and to the remotest places.

We now understand the disease processes at microscopic, histochemical and cellular levels. In the recent pandemic, non-medicos, public and the politicians talked about cytokine storms and interlekin-6 inhibitors.

The list here is not exhaustive but endless for you to explore and research.

Education and learning –

Medical education in the last few years has become so technologically advanced that it could not have been imagined even as a futuristic possibility or a high-tech fiction in 1990s. The recent pandemic has taken the possibilities of distant learning to a different level through the use of virtual access platforms like Zoom and MS Team. International medical conferences can now be virtually walked through and can be attended from our laptops.

Research evidence and journal search are literally at our fingertips through the internet, google, and apps on our smartphones. Presentations have evolved from the white boards and chalks, the acetates and overhead projectors to the power points and audio-visual aids.

Nevertheless, it is imperative that medicine and medical education retain its human touch no matter how advanced the technology and artificial intelligence evolve. Google can never teach you the experience of a clinical teacher at the bedside. It won't help you contextualize your knowledge or teach you how to extrapolate research evidence to the individual patients. Artificial intelligence and algorithms can never replace your learning from experience and clinical reflective writing.

The future of medicine is in your hands.

The best venue for medical education is your patient's bedside, not conference centre.

The best teacher in medicine will always be your patient, not the professor.

Touch of a button should never be the substitute for the touch of a patient.

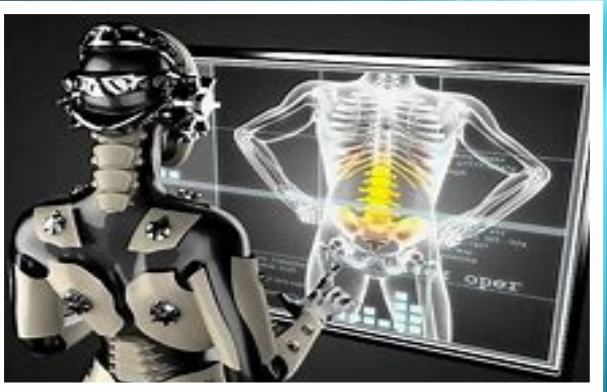
Medicine is the only profession that can never be practised by remote access or work from home.

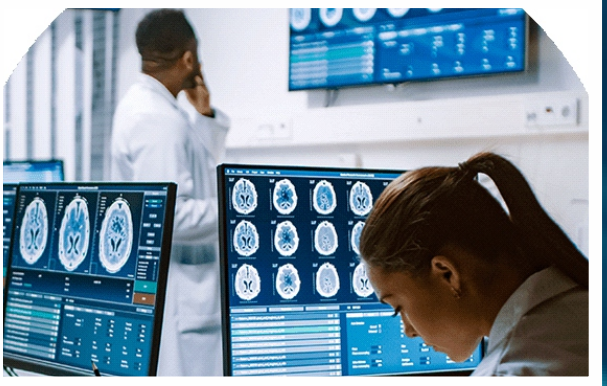
Good Luck!

Stanlean Dr. Murali J
Interventional Radiologist
SMC - 1995 Batch

Stanley Medical College has played an important role in transforming our personalities and instilling qualities required for successful professional and personal growth.

Best wishes to my fellow Stanleans for glory in all their future endeavours





Phone: 8056072324

LOTUS RADIOLOGY TEAM , CHENNAI

Headed by: **Dr. J. Murali**

A team of 25 male and female radiologists, rendering highest quality tele-radiology services 24 / 7 (365 days) for CT , MRI , PET CT/ MRI all over the world. On-site services for USG / Dopplers and cathlab procedures all over India. Many Stanleans in the team already . Interested radiologists are always welcome to join and uplift the team to achieve the goal of artificial intelligence by 2024

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Anand Hospital

ISO 9001 - 2015
NABH Accredited

Dr.A.DAVID MANI NESAN B.Sc.,M.B.B.S.,M.S. D.L.O.,
Stanley (1975 - 1981)

65 - BEDDED HOSPITAL WITH AVAILABLE FACILITIES

- CATH LAB
- CORONARY & PERIPHERAL ANGIOGRAM
- MULTI SLICE C.T. SCAN
- COLOUR DOPPLER SCAN
- HIGH RESOLUTION ULTRA SOUND
- FULLY EQUIPPED 20 - BEDDED I.C.U
- U.G.I ENDOSCOPY & COLONOSCOPY
- DIGITAL X-RAY (CR)
- DIALYSIS
- COMPUTERISED E.C.G
- COMPUTERISED E.E.G
- ECHO CARDIOGRAPHY
- TREAD MILL TEST (TMT)
- PULMONARY FUNCTION TESTS
- ADVANCED CLINICAL LAB
- MODERNIZED LAMINAR FLOW TWIN THEATRES

Dr.D.SUNNY ANAND NESAN M.D.,(Gen.Med) D.M.,(Cardio)

No.199-201, Kamarajar Salai, MANALI, Chennai - 600 068.
☎ 044-25942702, 044-25942900, 044-35696807 Cell : 9444557436 7305773958

Dr A. Muruganathan
1967 Batch

உள்ளுவ தெல்லாம் உயர்வுள்ளல் மற்றது
தள்ளினுந் தள்ளாமை நீர்த்து

Days in Stanley gives one many qualities... leadership, charity, service mind, giving education and so on…

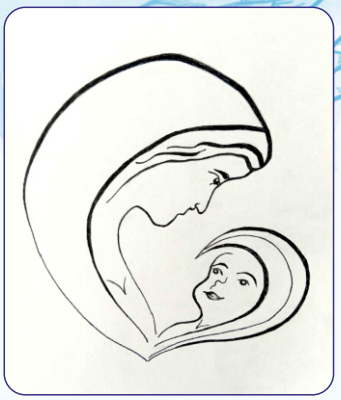
I do a lot of service activities as a leader of many NGOs. My special interest and passion is to have more Hypertension clinics and develop more Hypertensiologists (very few in the country). Apart from this project, I have undertaken another very useful Cancer care Project. The objective is to set up a state-of-the-art cancer hospital at Tirupur, under the aegis of the Tamil Nadu Government's "Self-Sufficiency Scheme (SSS)". The SSS aims to promote private participation in large scale government projects for the benefit of the community. Tirupur City is a District Headquarters city, and as per government norms, a Medical College and Hospital are being set up on the premises of the existing Tirupur Government Hospital. Rotary District 3203, along with various donors consisting of corporate entities, institutions, NGOs, IMA, and individuals, propose to setup a modern cancer care hospital as part of this scheme. The Hospital will benefit a population of approximately 2.5 million in and around Tirupur, in addition to the thousands of migrant workers who have made Tirupur as their home. All these services will be provided to beneficiaries at no charge. Under my leadership - The Tirupur Rotary and Public Welfare Trust (TRPWT) has been set up as the nodal agency for implementing this project. The Trust consists of key leaders from Rotary District 3203, as well as philanthropists from in and around Tirupur. The nodal agency from the Government side is the Tirupur City Municipal Corporation. The cost to set up this facility is approximately Rs. 60 crores (US$7.2 million). If Rotary and the public can raise one-third of this amount (Rs. 20 crores), then, as per the SSS scheme, Government will bear two-thirds of this amount (Rs. 40 crores). Upon implementation, the facility will be handed over to the Government, and they will be in charge of managing the operating costs. A mega Marathon, walkathon was organised to create awareness about cancer care project on 8th Jan at Tirupur where in 20000 people including students participate. It was a huge success.

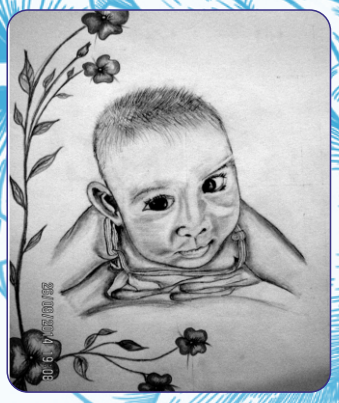
Primary Services that will be provided by the Hospital.

- Radiation Oncology
- Medical Oncology
- Surgical Oncology
- Medical Linear Accelerator
- CT-Scan
- PET Scan
- HDR – Therapy
- Outpatient Consultation
- Operating Theatre, ICU
- Ultrasound, X-Ray, ECG
- 24-hour lab services
- Pain and Palliative Care services
- 24-hour pharmacy
- Emergency Care
- Access to Blood Bank
- Ambulance Service
- Clinical Research Ancillary Care services
- Wellness centre
- Patient and Family Education
- Diagnostic Imaging
- Psychological Counselling
- Spiritual Care
- Cancer Survivorship and Rehabilitation Services
- Social Work Services
- Nutritional Services
- Financial Counselling

Dr. ஞா. இளங்கோ

1967 Batch





சலிப்பு.

களிப்பு கொண்ட காலம் சென்றது,
சலிப்பு ஏனோ ஏற்படுத்தின்று,
விழிப்பு கொண்டுவிடு.! இல்லை,
நொடிப்பை உன் உள்ளம் தாங்குமோ.!
படிப்பும் போனது,பண்பும் போனது,
நடிப்புடா இதுவென ஏளனமே மிகும்.,
விந்தைமிகு இவ்வையகத்தில்,
சந்தைக்கு வந்துவிட்டாய்,
சிந்தையை செலுத்தி,சீக்கிரம் போய்
சேர்.

அரண்மனை அறியேன், அரியணை அறியேன்,
அந்தபுரம் ஒன்றே கதி என இருந்தேன்!
கொரோனா வந்தப்புறம் எந்தபுரம் செல்வேன்.?
இங்கு நான் வந்தப்புறம் சொந்தபுரம் மறந்தேன். 😔
என்னவள் எங்கே.? எந்தபுரம் சென்றாள்.!
இந்தப்புரம், அந்தபுரம் தேடியலைகிறேன்,
தொற்று நின்றப்புறம் காண முடியுமோ,
என்று நிற்குமோ எப்போது மகிழ்ச்சி
ஏக்கத்தினாலேயே உள்ளமும் நொந்தது,
உடலும் கருத்து, வெளுத்து சிறுத்தது.!

தாய் பால்

சேய்கென விளைந்ததுவே
ஊட்ட ஊட்ட பெருகிடுமே,
ஊட்டமான பாலிதுவே !
தாய்பாலை தந்திட்டால்
அரவணைப்பும் கொண்டிடுமே பிள்ளை
ஆறுதலை பெற்றிடுமே !
இப்பால் மறுக்கப்படின்,
பிள்ளையை நோய் கொண்டிடுமே !
தாய்பாலை தந்திடுவீர்,
சேய்களை காத்திடுவீர் !
முத்தான பாலிதுவே,
முழுமதியை வளர்த்திடுமே !
சத்தான பாலிதுவே,
சந்ததியை வளர்த்திடுமே !
எப்பாலும் ஒப்பில்லை
தாய்பாலுக்கு ஈடு இணை !
தப்பாமல் தந்திடுவீர்,
தாய்மையை காத்திடுவீர் !

– Dr. ஞா. இளங்கோ, M.S., M.Ch.,
(பேராசிரியர் ஓய்வு)

குழந்தைகள் நல அறுவை சிகிச்சை செந்தமிழ் பார்வையில்

மூக்கின் அடைப்பை முன்னின்று அகற்றாவிடின்
கொண்ட சிகவும் திணறிப் போகும் !
துவாரமிட்டு செப்பனிட்டால்
சுவாசம் கொள்ளும் – உயிரும் நிலைக்கும்

அன்னப் பிளவை சீரமைத்தால்,
அன்னம் உண்ண ஏதுவாகும்.
நன்னெறி நான்கும் சொல்ல முடியும் !
பண்ணிசை பாட கேட்டிட முடியும் !

பிளவு கொண்ட உதடுகள் – அவற்றை
நேர்த்தியாக தைத்து விடின்.
ஆயுள் வரை அசிங்கமில்லை.
திருமணத்திற்கும் தடையே இல்லை.

ஆசனமே இல்லை அதற்கு,
உன்னை ஆசானாக தேடியதெதற்கு ?
மலம் கழிக்க பாதையமைத்து,
செப்பனிட்டு செய்வாயன்றோ !

துவாரமது குஞ்சை வளைத்து கெடுக்கும்
போகும் சிறுநீர் –எங்கும் ஒழுகும் !
நனைந்த ஆடை நாறிப்போகும்.
ஏனைய சிறுவர் ஏளனம் செய்வர் !
நேரத்தில் செய்யும் அறுவை சிகிக்சை
நேர்மைத் துவாரம் நிம்மதி அளிக்கும்
உன்னைத் தொழுவான் முதலிரவன்று

மூத்திரம் போக முடியவில்லை !
சாத்திரம் அறிந்து தீர்வை காட்டு
ஒட்டிப்பிறந்த இரட்டையர் – அவர்கள்
சீராய் பிரித்தால் சிறந்து வாழ்வர்
முயற்சிகள் செய்து பிரித்து காட்டு.

குடலிறக்கம், விரை வீக்கம்,
சிறிய சிறிய சிகிச்சை எனினும் !
சிரத்தை கொண்டு செய்து விடுவீர்
குழந்தைகள் உலகம் வாழ்த்தி மகிழும்
அதுவே நமக்கு என்றும் போதும்.

அன்புடன்
ஞா. இளங்கோ

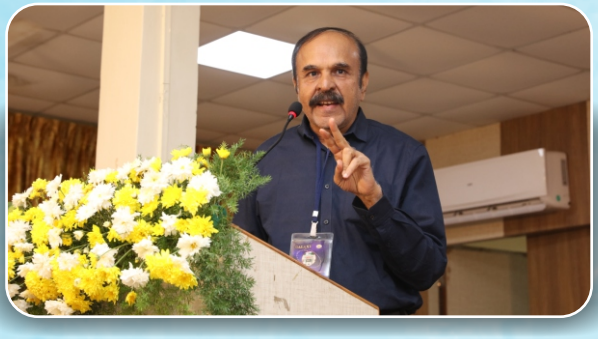
இரண்டாண்டுகள் ஆனதே இன்று
புரண்டு படுத்தும் உறக்கமில்லை.!
சுருண்டு வீழ்ந்த உறவுகள் கண்டு
மிரண்டு, மிரண்டு விழிக்கின்றேன்.!
சுரண்டும் மாக்கள் பதவிகள் ஏற்றார்,
கொரோனாக்கும் கொடியவர் இவரே.!
இருண்டே விட்டது எதிர்காலம்!
என்ன செய்வோம்!என்ன செய்வோம்!!
மிரட்சி,மிரட்சி,மிரட்டி நிற்கும் மிரட்சி,
புரட்சி செய்யின் மிரட்சி மருளும்.!
திரண்டே நின்றால் பயனை
அடைவோம்
அறிந்தும் ஏனோ நடுக்கம் எனக்கு.!.?
பயம்கொண்டு பயனே இல்லை,
படையைத்திரட்டி பாய்ந்து செல்ல
இடைமரித்தே கொரோனா நின்றால்
இந்த வயதில் என்னசெய்ய.!.?
இனிமே எனக்கு இளமை வருமோ.!
ஆட்டுவித்தால் ஆடாதார் யாரோ.?
நினைவூட்டினான் நண்பன் இன்று.
மரித்தேவிட்டால் சுகமே அன்றோ.!

உயிரே என் தமிழே
வள்ளுவன் காலம் நான்
வாழவில்லை,
திருமூலர் வேதம்
வகுத்தபோதுமில்லை,
இளங்கோவடித்த சிலம்பம்
தெரியேன்.!
அறமும்,புறமும் நானுறுகளாக,
அகத்திலும்,புறத்திலும் நானறியேன்.!
எண்ணிலடங்கா சுவடிகள்,
விண்மீன்களான படைப்புக்கள்,
அனைத்தையும் கற்கத்துடித்தேன்,
கல்லாதது உலகலவல்ல வானளவு.!
எத்தனைப்பிறவிகள்
எடுக்கவேண்டுமோ,
உணர்ந்தேன்.,இப்பிறவியின் எச்சமே
மிச்சம்!
தவழ்ந்துவந்த நாள்முதல் தவறாது
கற்றிருப்பினும் கரைகாண முடியாது,
குருடனாகிவிட்டு ஒளி காணும்
முயற்சி.!
இதயம், தமிழே,தமிழே,எனதவிப்பது
ஏன்,
இனிஎன்னவாய் பிறந்தாலும்
அத்துணை
பிறவியும் தமிழால் நான் திளைக்க
இறைவா எனக்கு அருளவேண்டும்.

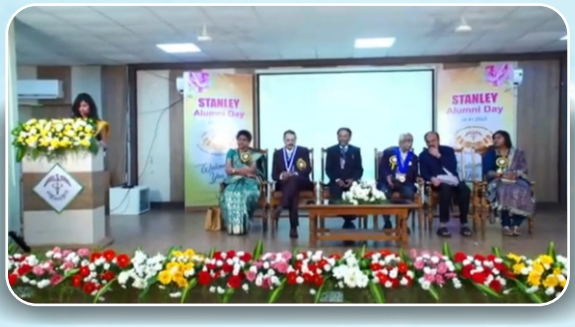
STANLEY ALUMNI DAY

29.01.2023

Welcome Stanleans

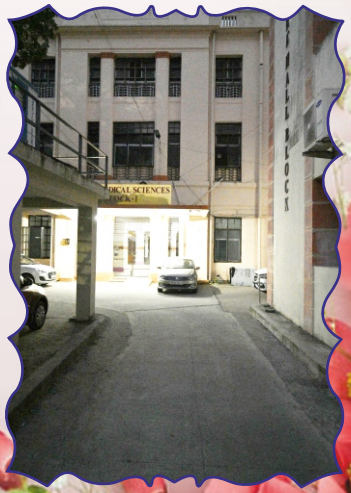


STANLEY
Alumni Day


STANLEY
Alumni Day
STANLEY
Alumni Day

STANLEY
Alumni Day
29.01.2023

Stanley Golden Memories



BASIC MEDICAL SCIENCES
BLOCK-I

Delicious Breakfast

Distinguished Alumni

அரசு ஸ்டான்லி மருத்துவக் கல்லூரி சென்னை - 1

BASIC MEDICAL SCIENCES
BLOCK-II
STANLEY MEDICAL COLLEGE

Karaoke

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

Dance

Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
STANLEY ALUMNI ASSOCIATION - 1962
STANLEY
MEDICAL COLLEGE
UNITY EQUALITY UNIQUENESS

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
Alumni Day
29.01.2023
Welcomes
You all..

STANLEY
STANLEY

STANLEY

STANLEY
Alumni Day
Welcomes
You all..

STANLEY
Welcomes
You all..

Welcomes
You all..

STANLEY
Alumni Day
STANLEY
Alumni Day
Welcomes
You all..

Welcomes
You all..

Welcomes
You all..

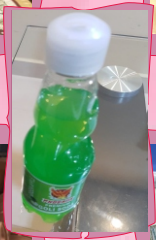
College to Men's Hostel

Sumptuous Lunch

Snacks & Entertainment

NO SMOKING AREA

Games



Kili
Josiyam

Mehendhi

Boiled Corn
Boiled
Groundnut

Torch March

STANLEY ALUMNI ASSOCIATION
STANLEY MEDICAL COLLEGE
Welcomes you All
STANLEY ALUMNI ASSOCIATION
STANLEY ALUMNI DAY - 2023
29.01.2023
SAVE LIVES
DONATE ORGANS

அரசு மருத்துவக் கல்லூரி சென்னை - 1

STANLEY ALUMNI ASSOCIATION
STANLEY MEDICAL COLLEGE
Welcomes you All
Rejuvenate
STANLEY ALUMNI ASSOCIATION

STANLEY ALUMNI ASSOCIATION
STANLEY ALUMNI DAY - 2023
29.01.2023

STANLEY ALUMNI ASSOCIATION
STANLEY ALUMNI DAY - 2023
29.01.2023
DONATE ORGANS
SAVE LIVES

Grand Gala Events

STANLEY
Alumni Day
STANLEY ALUMNI ASSOCIATION
STANLEY MEDICAL COLLEGE
Welcomes you All
STANLEY ALUMNI DAY - 2023
29.01.2023

STANLEY ALUMNI ASSOCIATION
Welcomes you All

STANLEY ALUMNI ASSOCIATION
STANLEY MEDICAL COLLEGE
STANLEY
Alumni Day

STANLEY
Alumni Day
STANLEY ALUMNI ASSOCIATION

STANLEY

Violin பாதி Voice பாதி
By
Dr Saravanan V
Dr Jaichandran V V

STANLEY
Alumni Day

WELCOME

STANLEY MEDICAL COLLEGE

STANLEY MEDICAL COLLEGE

STANLEY ALUMNI ASSOCIATION
STANLEY MEDICAL COLLEGE

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