



1993

25 Years

Silver Jubilee

2018

Recent Advances In Diagnostics And Pharmacotherapeutics



SISTER DOCTORS FORUM OF INDIA

24th National Conference & AGBM 2018

Date : 26th - 28th January 2018

**Venue: St. John's National Academy of Health Sciences,
Sarjapur Road, Bengaluru - 560034, Karnataka, India**





Vision

The *Vision* of SDFI is to bring holistic healing towards fullness of life by following the mandate of Jesus Christ, the Divine Healer, and foster fellowship and solidarity among its members by mutual sharing of their Sisterly experiences and updating the professional knowledge and expertise.

Mission

The *Mission* of SDFI is to give fullness of life through Holistic Healing services bringing Love and Compassion of Jesus Christ to His people in need, irrespective of Caste, Creed, Religion, Age and Gender.

Objectives

- To develop and foster solidarity and fellowship among the members through mutual sharing of the vision and experience, and exchange of views.
- To strengthen and deepen the religious commitment and spiritual life and to evolve a specific spirituality which will help the members in the healing ministry.
- To uphold Christian principles, values and ethics in health care practices.
- To update professional knowledge, skills and attitude of the members by continuing medical education and improve the quality and standards of health care services.
- To respond to the urgent needs of the times, in the field of health and development.
- To have a preferential option for the poor and marginalized, especially the women, empowering and enabling them to attain and maintain health and full human development and help them in their struggle for their rights, in the field of health.
- To publish books, journals, magazines, pamphlets, newsletters and other materials; and to undertake research to improve the health of the people.
- To promote community health and family welfare programs with a holistic approach to health and healing.



CONTENTS

1. Editorial – Sr. Dr. Ashreena Miranda MSA	02
2. Message from Sr. Dr. Beena UMI, President, SDFI	03
3. Message from Sr. Dr. Alphonse Mary FIHM, Vice President , SDFI	04
4. Message from His Holiness Pope Francis	05
5. Message from the Archbishop Giambattista Diquattro, Apostolic Nuncio to India	06
6. Message from Archbishop Bernand Moras, Archdiocese of Bangalore	07
7. Message from Archbishop Prakash Mallavarapu, Chairman, CBCI Office for Health Care	08
8. Message from Bishop Percival Fernandez, Emeritus Auxiliary Bishop of Bombay	09
9. Message from Rev. Dr. Mathew Abraham CSsR, Director General, CHAI	10
10. Message from Rev. Dr. Paul Parathazham, Director, SJNAHS.....	11
11. Message from Fr. Mathew Perumpil MI, Secretary, CBCI Health Commission	12
12. Message from Dr. Praveen Rodrigues, President, SJMCAA	13
13. Annual Report 2017- 2018 – Sr. Dr. Liza Ignatius FSLG, National Secretary, SDFI.....	14
14. CHAI Award – 2017	19
15. Glimpses of the 23 rd National Conference cum AGBM 2017	20
16. Regional Reports 2017 – 2018	22
17. Best Wishes to SDFI- Mr. Cyril Roger, Coordinator, SDFI	37
18. Projects of SDFI 2017 -2018.....	38
19. Down Memory Lane (1993- 2018)	53
20. God Experience of Sister Doctors	64
21. SDFI Stalwarts	71
22. Obituary of SDFI Members – A Tribute	93
23. Thanks ... You made a difference	94

From the Editor's Desk.....

Sr. Dr. Ashreena Miranda MSA



Going down memory lane, 25 years is a special milestone in the Journey of the Sister Doctors Forum of India. It is a time to look back and thank the Lord for the inspiration, enthusiasm, and guidance bestowed on the Founder Sr. Dr. Lillian and the pioneering Sister Doctors, who sowed the seed and started the Sister Doctors Forum of India in 1993.

Gratitude is an expression of the heart, and we acknowledge the enthusiastic effort every National President, the Executive Committees and the Regional Presidents took to nourish the seed that was sown and which has now blossomed into a tree, bearing fruits in plenty.

It is heartening to learn that there are a thousand Sister Doctors belonging to a hundred and four religious congregation, serving the Church in India through the use of their professional knowledge and skills, working with utmost dedication, care, compassion and selfless service, reaching out especially to people in the remote and rural parts of India where medical technology and modern therapeutic facilities are not available. The Sister Doctors, through their zeal and self-sacrificing spirit, follow in the footsteps of Jesus, the Divine Healer, and walk miles to reach out to patients in places where healthcare isn't accessible. Through their care and healing touch, the patients see in them a guiding light to their cure and wholeness.

The Annual National Conference cum Annual General Body Meeting, sets a platform for the up gradation of knowledge and skills along with a feedback of the happenings of the various activities held at the individual, regional and national level. The theme for this 24th National Conference, AGBM cum Silver Jubilee celebration is "Recent Advances in Diagnostics and Pharmacotherapeutic," which will bring new insight in the treatment and management of patients.

The Silver Jubilee Souvenir will give a glimpse of the history, happenings and activities of SDFI. The services rendered by stalwarts and experiences shared, makes one proud to know that Sister Doctors work in remote areas with courage and dependence on God's Providence.

The Sister Doctors Forum of India is ever grateful to the Management of St. John's Medical College and Alumni Association, for their whole hearted support for organizing this Conference.

I extend my gratitude and acknowledge the editorial team - Sr. Dr. Beena, Fr. Benhur, Mrs. Freda and Mr. Cyril, for their support and cooperation in bringing out this Souvenir.

I hope this Souvenir will enfold the Journey of the Sister Doctors Forum of India (1993-2018), with all its activities and experiences.

Sr. Dr. Ashreena Miranda MSA
President, Western Region, SDFI



Editorial Team

Message from.....

Sr. Dr. Beena Madhavath UMI

National President, SDFI



My dear Seniors and Colleagues,

On the occasion of the Silver Jubilee of the Sister Doctors Forum of India (SDFI), I extend to each one of you my warmest congratulations and prayerful wishes.

It is indeed an eventful milestone in the history of SDFI, which has had its humble beginnings a quarter of a century ago on 5th June 1993 with 450 members. Glancing back over the past 25 years, there is every reason to rejoice and pray with the Psalmist, "The Lord has done great things for me, holy is his name." I lack words to express my thanks to God for the myriad of ways he has led the SDFI right from its inception till date.

It is with a deep sense of reverence and gratitude that I pay my tribute to our founding President- Sr. Dr. Lillian JMJ, the previous Presidents - Sr. Drs. Hermina SSA, late Lina HCM, Lucian SCC and Board Members, who sowed the seeds for the growth of SDFI. Their relentless hard work, generosity and leadership has yielded rich dividends and SDFI can now be proud of its present membership of 1000 Sister Doctors.

With a grateful heart, I place on record the timely assistance we have received from CBCI Health Commission, Catholic Health Association India, St. John's Academy of Medical Sciences and many generous well-wishers, benefactors and friends.

A sincere word of appreciation to each one of you Sister Doctors for your inspiring and committed service in the healing ministry especially those who work in the remote villages and tribal regions of our country.

The XXIV National Conference - "Recent Advances in Diagnostics and Pharmacotherapeutics," organized in collaboration with SJMCAA, provides a unique platform to all the participants for productive, vibrant discussions, brainstorming sessions and debate with renowned galaxy of experts. The scientific committee has designed four workshops and two orations and other exciting scientific deliberations, thus aiming to update the delegates on the latest trends.

This jubilee celebration also beckons each one of us to look into the future and envisage what we would like to be as we march forward to the Golden dawn with God and humanity. May God's glory and healing power be revealed to thousands of the sick and needy of the Indian Society, through your healing ministry. May the Lord Jesus – the Divine Healer, guide us into the Golden Years.

Yours affectionate,
Sr. Dr. Beena Madhavath UMI
 MBBS, MD, DMAS
 National President, SDFI

Message from.....

Sr. Dr. Alphonse Mary FIHM
 National Vice President, SDFI



Jubilant greetings to all our dear Sister Doctors!

“I'll restore you to health and heal your wounds, declares the Lord...
 I'll heal my people and let them enjoy abundant peace and security.”
 (Jer 30:17; 33:6)

The Art of Healing is a creative practice that promotes healing, wellness, coping and personal change. Healing art is a spiritual path, a transformational process, a way of being. In modern times, the health care industry is rapidly changing as technology advances, regulations shift, and payment structures change.

The Catholic Church is the largest Non-Government provider of health care in the world. Catholic religious have been responsible for founding and running networks of hospitals across the world where medical research continues to advance, with 65 percent of them located in developing countries.

SDFI - 25 years in healing mission is a celebrative milestone in the journey of our vision. It's a momentous occasion and should be celebrated to declare the great deeds of the Lord in our life and mission. So let us come together, pause and reflect on all good works we have done and how much more needs to be done and to pass the torch to another generation.

Yours sincerely,
Sr. Dr. Alphonse Mary FIHM
 National Vice President, SDFI

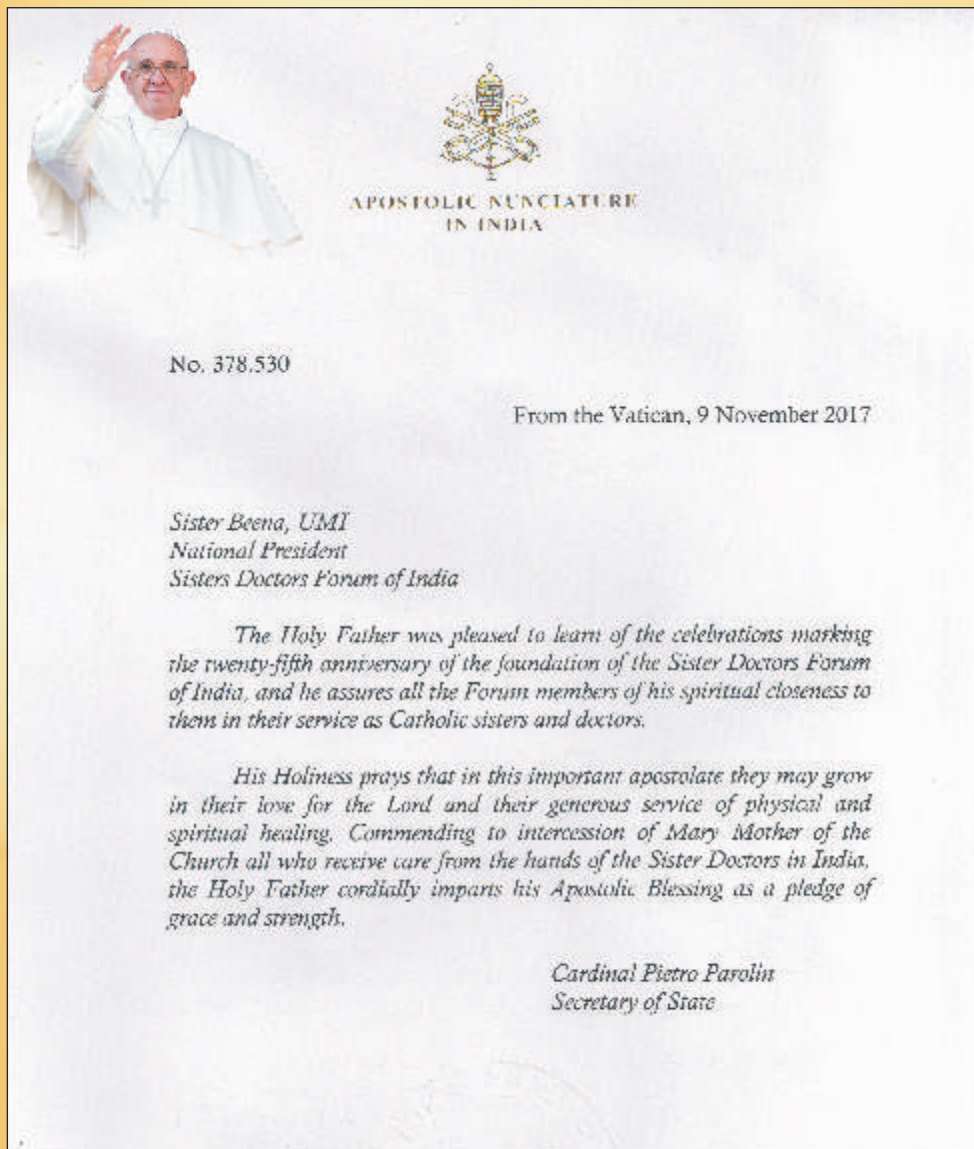


MAY YOU BE PROUD
 OF THE WORK YOU DO
 THE PERSON YOU ARE
 AND THE DIFFERENCE
YOU MAKE



Message from.....

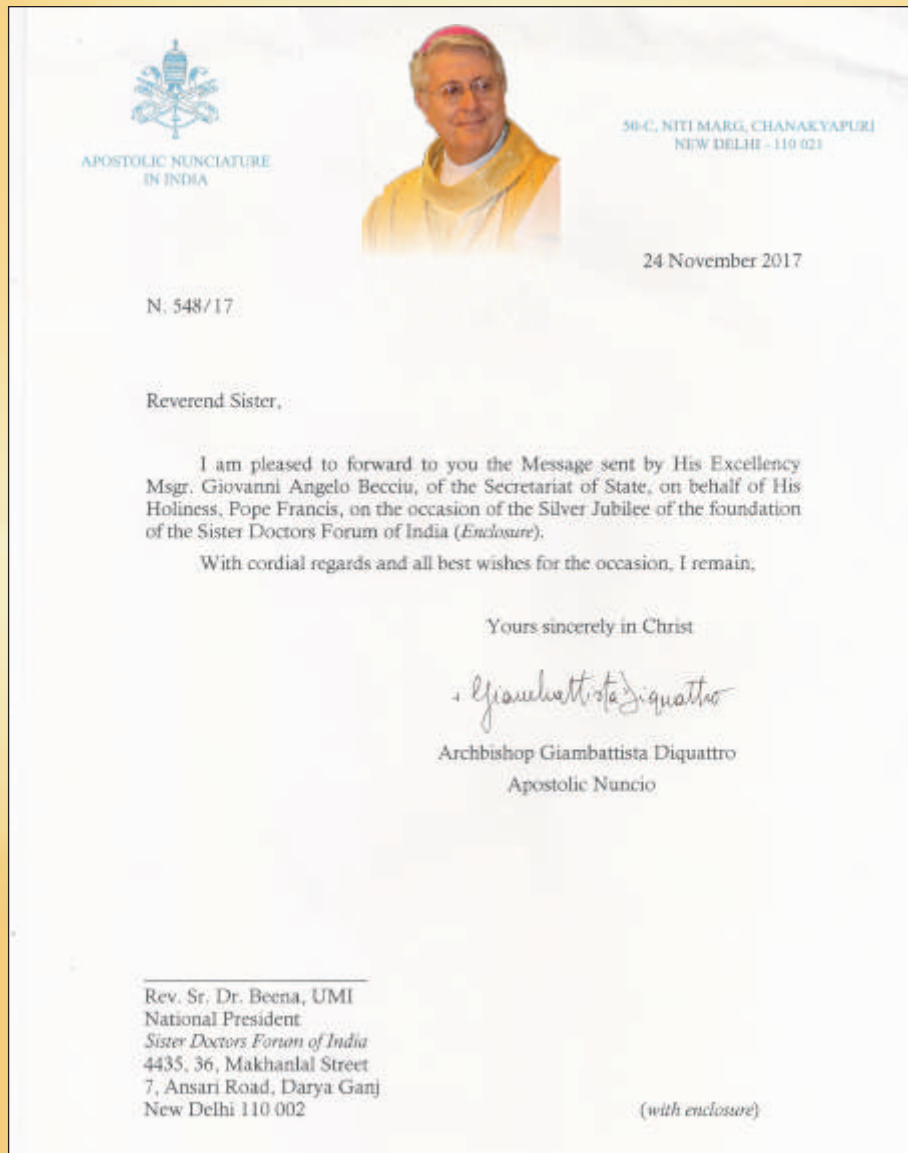
His Holiness Pope Francis





Message from.....

Archbishop Giambattista Diquattro
Apostolic Nuncio to India





Message from.....

Archbishop Bernand Moras
Archdiocese of Bangalore



MOST REV. BERNARD MORAS
Archbishop of Bangalore

Ref. No. :

ARCHDIOCESE OF BANGALORE



Archbishop's House
75, Miller's Road
Benson Town Post, Bengaluru - 560 046
Karnataka, INDIA

26th December 2017

MESSAGE

Dear Sr. Beena, umi

Greetings from Archbishop Bernard Moras.

I am happy to learn that Sister Doctors of forum of India is celebrating silver Jubilee of the forum. On this occasion please accept my congratulations and good wishes.

St. John's National academy health sciences, run and administrated by CBCI society for medical administration trains doctors to work for the under privileged people of our country. With this purpose, the institution has allotted specific number of seats for sisters doctors. Nearly 1000 doctors have graduated from St. John's and are working in the remote's places in of our country, giving witness through their service to the healing ministry of Christ. Jesus spent a large part of his ministry in healing, not only physical healing but spiritual, emotional etc. A church is called upon to have a holistic approach in its healing ministry, so that our institutions, our doctors and paramedical workers extend the love of Christ to those whom they serve, Jesus was compassionate towards the sufferers and the sinners. The Church is called upon to witness to the same in its ministry. I congratulate all the sister doctors and wish them God's choicest blessings and success in their ministry, which is sometimes quite demanding in the present challenging world, where the world does not respect any moral values or ethics. May God bless all sister doctors.

With kind regards,

Yours in Christ,


Archbishop Bernand Moras



Message from.....

Archbishop Prakash Mallavarapu
Archdiocese of Visakhapatnam



Dear Sr. Beena Madhavath, President, SDFI,

I am glad to know that the Sister Doctors Forum of India (SDFI) is celebrating its Silver Jubilee Year and I hereby extend my prayerful greetings to all the Sister Doctors who are members. Twenty five years of fellowship among the Doctor Sisters working in different states of this vast county is sufficient reason to celebrate and rejoice.

I congratulate the Founding members for their vision to form SDFI and convey my compliments to the office bearers at different stages of the journey of SDFI. I also extend my special appreciation to you, Sr. Dr. Beena Madhavath, along with your team for organizing this Silver Jubilee celebration along with the 24th National Conference. I join you as you rejoice and thank God for all the blessings the Lord has showered on SDFI and on all the Sister Doctors. In you and through your healing hands, God has been blessing thousands of patients and their families. May God bless all of you for your contribution to keep SDFI alive for two and half decades!

The merit of Forums like SDFI cannot be, and should not be, measured by the yardstick of the number of achievements or countable results, but the support system they provide for its members by animating and strengthening them in the profession the members are engaged. Silver Jubilee celebration is an acknowledgement of two things: one is that SDFI has helped the Sister Doctors in the challenging healing mission they are involved; second is that SDFI is giving something to Sister Doctors for their enrichment in their profession and mission. As the Chairman of the CBCI Office for Health Care, I want to acknowledge and place on record our appreciation for all the wonderful work Sister Doctors are doing across the country, especially in the rural areas, enhancing and bearing witness to the healing mission of Christ and His Church. I wish and pray that SDFI may be blessed with more members and that it might stay to celebrate the Golden Jubilee Year!

Invoking the blessings of the Lord and united in prayer,

Yours sincerely in the Lord,
+ **Prakash Mallavarapu**
Archbishop of Visakhapatnam &
Chairman of the CBCI Office for Health Care

Message from.....

Bishop Percival Fernandez

Emeritus Auxiliary Bishop of Bombay



Twenty five years ago, when I was the Director of St. John's National Academy of Health Sciences, one day, Dr. Sr. Lillian JMJ, of the first batch (1963) of students of St. John's Medical College, and then on the Faculty of St. John's in the Department of Obstetrics and Gynaecology, approached me with her idea of starting a Forum of Religious Sister Doctors, to build up a Body that will unite them in their unique health care mission, as Religious Doctors committed to serve God's people with Gospel Values as their foundation.

Dr. Sr. Lillian told me that her problem was that she can do this only if she has a little Office from where to function, and that it was not easy to get an Office space, which would need a lot of finance. I remember my response to Dr. Sr. Lillian vividly. I said to her, "Sr. Lillian, I think your idea is a very good one. You will have all my assistance to do this. See me next week and you will have an Office for the Sister Doctors Forum in this Campus itself!" You can imagine Sr. Lillian's reaction to what I said to her!

Within a week's time I identified a large room in the basement of St. John's Medical College, and called Sr. Lillian to look at it. She came and looked at it and smiled! I assured her that no payments will be involved! With that warm appreciative smile and the lighting of a lamp by the two of us, the Sister Doctors Forum was born!

Looking back at the past 25 years, and now having no clout whatsoever at St. John's National Academy of Health Sciences, as an Emeritus Auxiliary Bishop of Bombay, I feel great satisfaction and joy at what I spontaneously did for the Sister Doctors Forum as the First Director of St. John's National Academy of Health Sciences, to assist Sr. Lillian to found the Forum! I did it because I always believed and continue to believe that the Sister Doctors are the ones who fulfill BEST, one of the Objectives of St. Johns, spelt out by its Founders, HEALTH SERVICES TO THE NEGLECTED AND THE POOR, IN AREAS NEEDED MOST! It is precisely because of this conviction that I asked the Catholic Bishops' Conference of India, the owners of St. John's, and successfully so, to enhance the admission of Religious Sisters from 6 to 15 each year!

My dear Sisters, even though I have retired from St. John's National Academy of Health Sciences after being the Administrative Officer of the College for 7 years, and the Director of St. John's National Academy of Health Sciences for 15 years from 1985 to 2000, to show my love and gratitude to you, I have kept in touch with all those of you, whose addresses are available to me, to encourage you and thank you for your dedication and selfless service to the needy among God's people. Please continue to be so always!

I would have loved to be with you at this Silver Jubilee Meet, but unfortunately I had accepted earlier other engagements in Mumbai on the 27th and 28th of this month and am unable to change them!

THANK YOU dear Sisters! God bless you! I love you as God does too!

Yours sincerely in the Lord,
Bishop Percival Fernandez
 Emeritus Auxiliary Bishop of Bombay

Message from.....

Rev. Dr. Mathew Abraham C.Ss.R
Director General, CHAI



It gives me immense joy to learn that Sister Doctors Forum of India (SDFI), is celebrating their Silver Jubilee in January 2018, at St Johns Medical College, Bangalore. As far as we know, the founder of CHAI, Mary Glowrey, was the first Sister Doctor who practiced in India. Therefore, we can say with pride that 'Sister Doctor' was an integral part of CHAI, right from the inception. Having experienced the magnitude of the need for healthcare in India, Sr. Dr. Mary Glowrey felt like a "solitary grain of wheat, that longed for a Golden Harvest." She dreamt and prayed for a Catholic Medical College in India. Being a pragmatic woman, she knew that the dream was beyond her. Therefore, she took the bishops into confidence. Years later, after her death, St Johns Medical College became a reality. Today, there are more than 1000 Sister Doctors, most of them being trained in St. Johns, offering hope and healing to thousands of people living in the remote areas of the country.

Officially inaugurated in June 1993, during the Golden Jubilee celebration of CHAI, the SDFI has grown and has lived up to its objective of 'developing and fostering solidarity and fellowship among the Sister Doctors' in the midst of their challenging mission, following in the 'footsteps of Jesus, the Divine Healer.'

I take this opportunity to congratulate every Sister Doctor, including all those who have contributed to SDFI in the past, the current office bearers, especially Sr. Dr. Beena, the President of the Forum. Each one of you is a pillar of strength and source of inspiration for the Church as well as society. I look upon you dear Sisters, with great admiration, reverence, and love, for all that you have been for CHAI, the Church and the larger society. I pray that the Forum may grow from strength to strength celebrating down the lane its Golden Jubilee and Centenary, making compassionate and quality health care, accessible and affordable for the millions who are balancing their lives on economic stability.

With prayerful wishes,
Rev. Dr. Mathew Abraham C.Ss.R, MD
Director General, Catholic Health Association of India

Message from.....

Rev. Dr. Paul Parathazham

Director, SJNAHS



It is with great joy that I write this message for the Silver Jubilee Souvenir of Sister Doctors Forum of India (SDFI). I congratulate SDFI on reaching this important milestone in its journey of compassionate healthcare.

I am delighted to learn that Sister Doctors Forum of India is going to hold its 24th National Conference from 26th – 28th January 2018 on the campus of St. John's National Academy of Health Sciences, Bangalore. I extend a cordial welcome to the participants.

Sister Doctors Forum of India has rendered selfless, dedicated, and compassionate healthcare service especially to the underprivileged sections of our country for the past 25 years. In an age when health care is being increasingly commercialized in pursuit of profit, the lifelong commitment of the Sister Doctors to serve the poor especially in the medically unserved and underserved areas of our country is an admirable witness to the authentic call of medical professionals. Ordinary people are extraordinary just because they do everything with extraordinary passion. Likewise, Sister Doctors are extraordinary because they have extraordinary passion to serve the poor and the needy in the field of medicine without expecting anything in return. SDFI and St. John's share a common vision and mission in healthcare. St. John's takes pride in being associated with SDFI as it strives to realize the vision of a world where quality healthcare is accessible and affordable even to the poorest.

CONGRATULATIONS once again to SDFI on having completed 25 years of endless journey in making our nation a better place to live in.

Rev. Dr. Paul Parathazham

Director

St. John's National Academy of Health Sciences

Bangalore



Message from.....

Fr. Mathew Perumpil MI

Secretary, Health Commission, CBCI



Hearty Congratulations and God's Blessings upon each one of you Sister Doctors, as you celebrate the Silver Jubilee of the Sister Doctors Forum of India.

It is truly an occasion to thank God for the selfless and courageous services all our Sister Doctors have been rendering to the sick and suffering of our Country. The Church in India is proud of you for the beautiful witness you are making in the field of health care, walking in the footsteps of Jesus, the Divine Healer.

We are going through a challenging historical context in serving the sick and suffering. Health care services have become a business. The commitment, ethics and dedication of Doctors are constantly challenged by the growing consumeristic, profit motivated health care practices. The compassionate caring model of Christian Health Care Mission of bringing healing and wholeness leading to salvation is becoming increasingly difficult. It is in this context your role assumes greater significance.

You need to shine as beacons of hope in a world where people are lost and confused. Catholic Health Care Mission should be an evangelizing opportunity to lead people to fullness of life and salvation. I hope this Jubilee will become an occasion to position yourselves to be a "different" group of healers who not only cure, but more importantly lead people to wholeness.

May the Divine Healer continue to fill you with His healing power, to touch the lives of people with God's love.

Hearty Congratulations and Prayerful wishes,

Fr. Mathew Perumpil MI

Secretary, CBCI Office of Health Care

St. Johns National Academy of Health Sciences

Bangalore – 560034

Message from.....

Dr. Praveen Rodrigues
President, SJMCAA



Dear Sisters of the SDFI,

It has been an honour and privilege to help facilitate the arrangements and be an integral part of your Silver Jubilee celebrations.

On the occasion of your Silver Jubilee, please accept our best wishes and gratitude for all the work you all do on behalf of Alumni of St John's Medical College worldwide. I know I speak on behalf of all Johnites when I say that we all truly feel blessed that the Sister Doctors truly capture the Johnite spirit of service and we live vicariously through all the sacrifices and good work you do and are extremely proud and supportive of your achievements.

Down the ages, your batchmates have all stepped up to the plate in their individual capacities to help out in various ways and means. Now, the Alumni Association has grown stronger as a group and we have solidified our association with the SDFI with our renewed commitment to our common goal towards Rural Outreach.

The Mary Glowrey Award and Oration is one such initiative that is now an annual event. We are fervently working on developing our SJMCAA Corpus Fund started with the dual purpose of supporting Rural Outreach and Scholarship Activities.

This time (for the first time since its inception) we have awarded one of our two prestigious Alumni Orations' to a Sister Doctor to honour you all on the occasion of your Silver Jubilee.

We have also committed this year to sponsoring a project in each of your SDFI zones and honoured that commitment.

Going forward we hope to grow bigger and stronger together and make a difference to the people of India irrespective of caste, creed or socio-economic status true to the principles on which our respective organizations... the Alumni Association and SDFI are founded upon for the greater glory of God.

Congratulations to the SDFI on this significant milestone and Godspeed.

Dr. Praveen Rodrigues, MD
President
St. John's Medical College Alumni Association

REPORT OF THE XXIII NATIONAL CONFERENCE AND AGBM OF SISTER DOCTORS FORUM OF INDIA HELD AT ST. PIUS X SEMINARY, GOREGAON, MUMBAI

The 23rd National Conference cum AGBM of the Sister Doctors forum of India held on 21st, 22nd and 23rd April 2017, was conducted at St. Pius X Seminary, Goregaon East, Mumbai.

The theme, "Reaching the Unreached Through Emergency Medical Care," set the vibes of realization that we as Sister Doctors are specially chosen and called by God to help the poor, the sick, forgotten, forsaken and those in need of Emergency Medical Care in the remote areas of India. It was inspiring to see a total number of 215 Sister Doctors from all over the country gathered together in the campus.

The Inaugural Ceremony

The 23rd National Conference cum AGBM began by invoking the blessings from the Lord Almighty at the inaugural Mass celebrated by Rt. Rev. Bishop John Rodrigues, along with Fr. Aniceto Pereira and Fr. Mathew Perumpil. The choir from Our Lady of the Immaculate Conception Church (IC), Borivali West, led by Mrs. Antonella, through their melodious singing created a spiritual atmosphere for all those gathered to pray.

The Inaugural Session began with music setting a solemn tone for the ceremonious entry of His Eminence Oswald Cardinal Gracias - the Chief Guest, Mr. Amit Singh R. Mohane Assistant Charity Commissioner of Mumbai - the Guest of Honor, Rt. Rev. Bishop Percival Fernandez, the Emeritus Auxillary Bishop of Bombay, Sr. Dr. Beena UMI, President of SDFI, and all the special Invitees along with the Executive Board members of SDFI.

The Master of Ceremony, Dr. Joseph Sequeira, with a welcome note invited the students from St. Catherine's Home, Mumbai, to implore Divine help through a prayer dance, followed with the lighting of the lamp by the dignitaries on the dais as a symbol of God's presence amidst us.

Sr. Dr. Beena UMI, President of SDFI, warmly welcomed the dignitaries on the dais, the special invitees and all the Sister Doctors of SDFI. The dignitaries were felicitated with a potted plant by Sr. Dr. Vida (National Treasure of SDFI) and Sr. Dr. Liza (National Secretary of SDFI). In her address to the gathering, Sr. Dr. Beena presented and highlighted the activities and happenings in the SDFI.

Rt. Rev. Percival Fernandez, the Auxillary Bishop Emeritus of Mumbai, presented the keynote address throwing light on the importance of human relationships in the healthcare ministry. He spoke about the theories evolved after a lot of research. The X type people and Y type people. As leaders, the Sister Doctors should have X or Y theory mind set. A Doctor should have the ability to listen, to manage the patients and staff. Good listening is the best way to communicate. He also shared the ladder method of listening. L...Look at the face, A...Ask, D...Don't change the topic, D...Don't interrupt E...Emotional listening and R... Respond. He reminded us that during his tenure as the Director of St. John's National Academy of Health Sciences, the Sister Doctors Forum of India saw its inception and St. John's Medical College gifted them a place in the campus for their office. He also expressed his joy of meeting many Sister Doctors at the conference, who were part of SJMC during his tenure.



Lighting of the lamp by Oswald Cardinal Gracias

His Eminence Oswald Cardinal Gracias in his Presidential address expressed his happiness of being with the Sister Doctors at the 23rd National Conference and AGBM Inaugural Ceremony. He said that the church has always considered service of the sick as an integral part of its mission. St. John Paul II stated that, "Every concern for illness and suffering is part of the life and mission of the Church." The vocation for caring for the sick and the dying is a great responsibility and requires a special grace from

God. It is heartening to know that there are thousand Sister Doctors belonging to a hundred and four religious congregations, who are serving the Church in India not only by using their professional knowledge and skills but in particular working with utmost dedication, care, compassion and selfless service especially in the remote and rural parts of India where medical technology and modern therapeutic facilities are not available. The contribution of SDFI in improving the health of people especially in the rural and tribal areas through programmes like the anemia control and treatment, awareness of women's health, save the girl child, work with HIV AIDS patients, disaster relief, community and developmental activities, is truly commendable. He hoped that this 23rd National Conference on "Reaching the Unreached Through Emergency Medical Care," would be of great benefit to all the participants as they imbibe knowledge and vast experience in the field of medicine and also work out strategies of implementing efficient, timely, and quality emergency care to reduce mortality and prevent lifelong disabilities. He expressed his gratitude and deep appreciation to the Sister Doctors for their noble and unique responsibility undertaken by them as the guardians of human life. Oswald Cardinal Gracias placed the 23rd National Conference of SDFI under the protection and guidance of Most Holy Mother SALUS INFIRMORUM, the health of the sick, and he imparted God's blessings on all the Sister Doctors of India and wished success in all their heroic missionary endeavors in the service of health.

The Chief Guest, Honorable Amit Singh R. Mohane, Assistant Charity Commissioner of Mumbai, Maharashtra, congratulated and appreciated the work of SDFI and wished them all the success for the 23rd National Conference cum AGBM. He said that the Health Minister intended to reserve 20% of beds in the hospital for the weaker section. SDFI is doing good work for the people of India and may God bless their effort.

His Eminence, Oswald Cardinal Gracias, released the SDFI Magazine. Rev. Sr. Kathleen Pereira, Provincial Superior of Mission Sisters of Ajmer, Rev. Fr. Aniceto Pereira, Rector of St. Pius X Seminary, Rev. Dr. Stephen Fernandes, Professor at St. Pius X Seminary and Director of FIAMC, Rev. Fr. Mathew Perumpil, Secretary of CBCI Health Commission, and Rev. Sr. Sarla Macwan, President of the Catholic Nurses Guild of India; complimented SDFI for their noble deeds towards humanity and wished them success in the healing ministry of Jesus.

Sr. Dr. Ashreena, Organizing Secretary, and Sr. Dr. Rachita,

member of the Organizing Committee, handed over the mementos to all the dignitaries. Sr. Dr. Beena, National President of SDFI, felicitated the sponsors of the event with a memento and thanked them for their support and collaboration with the Sister Doctors.

Sr. Dr. Alphonse Mary, Vice President of SDFI, in her Vote of Thanks, expressed her gratitude to the dignitaries on the dais and all those involved in making this event a successful one. The Inaugural Ceremony set the ball rolling into the other sessions and activities for all the 3 days.

Friday, 21st April 2017

Academic Sessions

Sr. Dr. Melba moderated the academic sessions for the day. The 3 speakers, Dr. Robin Pinto MD, DM (Cardio), briefed the Sister Doctors on the management of cardiac emergencies; Dr. Armida Fernandez MD, DCH, spoke and guided on how to save a new born in a low cost setting; and Dr. Dylan Goveas MS (Ortho), assured and explained the ways and means of how to administer trauma care with ortho techniques which could be performed in a rural set up.

SDFI Togetherness and Outing



Speaker: Dr. Robin Pinto MD, DM

The organizing committee surprised the delegates with a view of Mumbai; a drive to the Mount Mary's Basilica, Bandra, and then proceeded through the Bandra - Worli sea link to the Gateway of India and the Taj Mahal Hotel, the historical places. The participants felt refreshed and renewed in spirit of body and mind, though very tired with the traffic jam.

Saturday, 22nd April 2017

The day dawned by invoking the blessing and graces from of the Father Almighty, at the Holy Eucharist offered by Rt. Rev. Bp. Barthol Barretto, and concelebrated by

Fr. Mathew Perumpil and Fr. Mathew Abraham. The choir from IC, led by Mrs. Antonella, through their melody created a heavenly atmosphere of prayer and worship.

All the members expressed their joy and happiness to be present at the group photo session.

Academic Sessions

The academic sessions for the day were moderated by Sr. Dr. Alphonse Mary, the Vice President of SDFI.

The speakers for the sessions were - Rev. Fr. Mathew Perumpil MI, spoke to the assembly the National Health Policies and the changing priorities of Catholic Health Care in India. Rev. Dr. Mathew Abraham CSsR, MD, geared the participants into looking forward through the topic, 'Action 2020 - Repositioning for the future'. Dr. Jacob Thomas MD (Medicine), explained how to manage an unconscious patient with the minimal available resources. Dr. Joseph Sequeira MS (OncoSurgery), spoke about management of cancer patients in a rural setting. Dr. Kevin Quadros MD, DGO, explained about Hysteroscopy in Gynecology. Rev. Dr. Stephen Fernandes, informed the delegates about the emerging ethical issues in health care. Dr. Bhavesh Vajifdar MD, DNB (Cardio), made the session interesting by explaining how to interpret ECG and conducted an ECG quiz. The Ortho Clinical Diagnostic spoke to the delegates about Cardiac Markers. Dr. Vishwaprasad Alva, from Ascent Capital, shared his views on Tele medicine and the support they can offer for those working in rural areas. Dr. Shamma Shetye, from Metropolis, shared her views on updates regarding rapid diagnosis of critical infections. Dr. Nikhil, from Vitamin Angels, shared about their availability with free distribution of Vit A, Albendazole for children and Multivitamins for pregnant mothers.

Annual General Body Meeting

The AGBM began with a prayer to the Holy Spirit. Sr. Dr. Beena, National President of SDFI, chaired the meeting. She welcomed all the members to the AGBM and appreciated the torch bearers of SDFI who led the association for the past 24 years. She thanked Almighty God, for the continuous inspiration and guidance in all the endeavors of SDFI till date. She briefed us of the dreams on the forth coming Silver Jubilee of SDFI and its challenges like lack of an office and the delay in obtaining FCRA. She also encouraged each Sister Doctor to continue the good work done and to strive for the better in the health ministry in the future. Sr. Dr. Liza, the National Secretary of SDFI, presented the National Report; which was proposed to pass by Sr. Dr. Betty FCC and seconded by Sr. Dr. Dominic SH. Sr. Dr. Vida, the National Treasurer, presented the Statement of Accounts; which was proposed to pass by Sr. Dr.

Francisulu JMJ and seconded by Sr. Dr. Wilma SAS.

Sr. Dr. Beena, put before the assembly the forthcoming Silver Jubilee year of the SDFI to be celebrated in the year 2018. Keeping in mind the Jubilee year, the following activities were given to each Regional group to plan and discuss, in order to make the Jubilee year a memorable one.



Sr. Dr. Beena addressing the assembly at the AGBM

The forum decided to take up the following activities for the Silver Jubilee year:

1. To revise the SDFI directory.
2. To revive the North East region.
3. To give a face lift to SDFI website and make it more user friendly.

The Executive Board members put forward suggestions for various activities to be carried out in the Silver Jubilee year which are as follows:

1. To create zones in each region for better functioning and coordination.
2. To form a YUVA-SDFI group of young Sister Doctors - less than 45years.
3. To adopt a better system for data collection and pooling of advocacy building.
4. To have a better collaboration with SJMCHHA, CHAI, CNGI and St. Luke's Medical Guild.
5. To organize activities/mega camps zone wise, where few Sister Doctors can get together to create an impact on the public.
6. To organize mega blood donation drives and organ donation campaigns.
7. To encourage every Sister Doctor to obtain medical indemnity insurance.

8. To practice preventive medicine.
9. To conduct awareness programmes like
 - a. Save the girl child campaign.
 - b. Prevention and early detection of cancers.
 - c. Prevention of lifestyle associated diseases like diabetes, hypertension and obesity.

The Regional Presidents presented the suggestions of the group regarding the various activities that could be carried out in their own region during the Silver Jubilee year.

Sr. Dr. Beena invited Dr. Joseph Sequeira to share his views, thoughts and ideas. He appreciated every member of SDFI for rendering their tireless service to humanity in the remote villages of India. He spoke on how to optimize the potential and the richness of SDFI. He suggested that we should strive and have a different look in the future like -

1. To tie up with Catholic hospitals overseas.
2. To project SDFI and make known its good work to the world.
3. Coordination of different congregations to manage the medical institutions in India.
4. To have more of generic drugs introduced with proper discernment.

Sr. Dr. Beena invited Rev. Dr. Mathew Abraham, Director of CHAI, to address the assembly. He congratulated and appreciated the great missionary work of the SDFI. He put forward few suggestions -

1. To tap resources from the batch mates of SDFI.
2. Mary Glowrey scholarship programs.
3. Offered CHAI's help for the website and directory.
4. To explore the possibilities for PG in international universities.

Paper Presentation / Unique Experience by Sister Doctors

The papers presented by Sister Doctors, gave a lot of enthusiasm and zeal as they shared their experiences. Sr. Dr. Liza FSLG, presented a paper on her experience of Missing Baby Syndrome; Sr. Dr. Roshni, presented on management of Post Partum Hemorrhage; Sr. Dr. Lata, presented on Neonatal Management; and Sr. Dr. Sally, presented a paper on Child Sexual Abuse.

Sr. Dr. Lillian, Sr. Dr. Hermina, Sr. Dr. Lucian and Fr. Dr. Mathew Abraham judged the presentations, giving a note of encouragement to each of the Sister Doctors for their great initiative.

Cultural Event

Dance and music elevates the mind and relaxes the body.

Keeping in mind the tiring day with academic sessions, the Organizing Committee arranged a cultural programme in the evening. The event began with the welcome dance by the students of Holy Family Hospital. The floor kept tapping with dance and music from the students of St. Joseph's School, Bandra (Dance Makes Me Happy), Koli dance (Staff of Karuna Hospital), and the Fusion dance (Nursing students of Holy Family Hospital). The performers continued to take the audience on the waves of the culture of Goa and to the state of Punjab through a the Punjabi dance (Staff of Karuna Hospital).

The Chief Guest, Rt. Rev. Bp. Percival Fernandez, the Auxiliary Bishop Emeritus of Mumbai, was introduced by Sr. Dr. Liza and felicitated by Sr. Dr. Beena.

The Guest of Honor, Dr. Praveen Rodrigues, President of the Alumni Association of SJMCH, in his speech congratulated SDFI and expressed his happiness to be with this special forum and promised whole hearted assistance to the Sister Doctors. He promised to extend help to those areas in need of finances where the Sister Doctors are working. He also promised whole hearted support for the forth coming Silver Jubilee celebrations of SDFI.



Cultural Dance

The dinner on the well decorated lawns, set the mood and filled the atmosphere with togetherness and friendliness. The guests for the evening, the Johnites classmates of the Sister Doctors, entertained the gathering with their melodious music and songs. The evening marked a day of memories in the history of the 23rd National Conference cum AGBM, ending with thanking the Lord for His love and care to each Sister Doctor.

Mary Glowrey Award Winners

The Mary Glowrey Award winners are Sr. Dr. Lucian and Sr. Dr. Annette. Sr. Dr. Alphonse Mary introduced and

appreciated Sr. Dr. Lucian for all her good work done to humankind, and Sr. Dr. Beena handed over the award to her as a token of appreciation. Sr. Dr. Vida introduced and congratulated Sr. Dr. Annette for all her effort in helping the patients with Sickle Cell diseases. Sr. Dr. Beena handed the award to her in appreciation of all the good work done to the poor in Gujarat.



Fellowship Dinner

Sunday 23rd April 2017

The day began with the Holy Mass celebrated by Rt. Rev. Bishop Percival Fernandez and concelebrated by Rev. Fr. Stephen Fernandes and Rev. Fr. Benhur Rodrigues.

Academic Sessions

The academic sessions for the day were moderated by Sr. Dr. Liza, National Secretary of SDFI.

The speakers for the sessions were - Dr. Susan Sodder MD, DGO (OBGY), spoke on Obstetric Emergencies; Dr. Praveen Rodrigues MD (Dermat), upraised on the management of Dermatological Emergencies; Dr. Christopher D'souza MS (ENT), DORL, DNB, spoke to the Sister Doctors regarding the management of ENT Emergencies; Dr. Lipeeka Parulekar MD (Gen Med), explained the management of a critically ill patient in a primary care centre; Dr. Purvish Parikh, MD, DNB FICP PhD, in simple words gave Practical Precautions against Allegation of Medical Negligence.

Award Ceremony

The day came to an end with the award winning ceremony.

The participants were eagerly waiting to know the results of their performance.

Sr. Dr. Lillian JMJ, the founder President of SDFI, awarded the winners - Sr. Dr. Elizabeth, Sr. Dr. Deena, and Sr. Dr. Liza, for the ECG quiz.

For the Paper Presentation, the first prize was awarded to Sr. Dr. Roshini; the second prize to Sr. Dr. Latha; and the third prize to Sr. Dr. Sally.

The Lucky Draw was conducted by Sr. Dr. Lucian and the winners were awarded with prizes.

Thanksgiving Session

At the close of the 23rd National Conference cum AGBM, the Organizing Secretary Sr. Dr. Ashreena, thanked each and every participant, persons involved in organizing the event - the Priests, Religious Sisters, Deacons, Brothers and the Laity, and a special thanks to Sr. Dr. Beena, Sr. Dr. Angela, Mrs. Freda and Mr. Cyril, along with the entire organizing team of the Western Region for their tireless effort and support.

The delegates expressed their joy and happiness for the well conducted Conference held at Goregaon, Mumbai. They appreciated the Local Organizing Committee (LOC) for their constant service in organizing this event, which was very successful. They also said that all their needs, including the food and accommodation, were met. The participants were happy with the various CME topics selected with latest updation, and expressed their desire for the credit points which would be of help for their renewal of Registration.

Sr. Dr. Beena thanked the LOC members and in appreciation felicitated them with a shawl and a gift. All were filled with joy and gave praises and thanks to the Lord for a pleasant togetherness and the fellowship of each other's companionship.

In conclusion of the 23rd National Conference cum AGBM, Sr. Dr. Beena declared the end of the Conference and wished every one goodbye and a safe journey back home and a meeting again at St. Johns Medical College, with the ringing of the Silver Bells of SDFI.

**Sr. Dr. Liza FSLG
National Secretary, SDFI**





Congratulations

Winner
CHAI Award 2017



Sr. Dr. Herman Joseph CSSJ

Glimpses of the 23rd National Conference, 2017



Inaugural Ceremony



Academy Sessions



Get-Together



SDFI Awards



Platinum Sponsors



Silver Sponsors



Vote of Thanks



REGIONAL REPORT - NORTHERN REGION 2017-2018

DATE: 10th September 2017

VENUE: St. Paul's Hospital, Clement Town, Dehradun, Uttarakhand



The Annual Regional Meeting of SDFI Northern Region was held at St Paul's hospital, Clement Town, Dehradun, Uttarakhand, on 10th September 2017. 10 Sister Doctors, belonging to the regions of U.P., Uttarakhand, Punjab, and Delhi were present for the meeting.

It commenced with a prayer by Sr. Dr. Rose Mary CFMSS, who also is the President of the SDFI Northern Region. She welcomed the members and introduced the days programme to the group. She appreciated the efforts taken by the members in spite of their busy schedule and wished many more to come forward for the regional meetings and to encourage one another.

The first session was delivered by Sr. Dr. Liza FSLG, on Cancers in Women, and she was introduced by Sr. Dr. Archana UMI. Sr. Dr. Liza explained about breast cancer and cervical cancer, screening, diagnosis and management modalities with the help of a power point presentation. Sr. Dr. Agnes thanked Sr. Dr. Liza for the informative presentation.

At 11 am, spiritual inputs were given by Rev. Fr. Tomy SAC, founder of the Cenacle Sisters of Sacred Heart at Bilaspur, M.P. Father exhorted the members, saying that the gift of healing comes from the Spirit of Jesus. If we are filled with the Spirit of Jesus, we can extend love, compassion, gentleness, availability and thoughtfulness towards others. Compassion always flows from the heart. The virtue of super speciality in our life should always be compassion. We had an hour of adoration before the Blessed Sacrament from 11 am to 12 noon. At 12 noon, we had the Eucharistic

celebration offered by Fr. Tomy, and the melodious choir led by the sisters of St. Paul's hospital community.

Post lunch Sr. Dr. Tessy ASMI, thanked Fr. Tomy for his spiritual input and for celebrating the Holy Eucharist. Sr. Dr. Jyothie SAP, presented him with a token of appreciation. She thanked Sr. Dr. Rose Mary for all the arrangements of the regional meeting and also thanked the sisters of St. Paul's hospital community for their hospitality.

Post lunch session was about sharing of SDFI news, activities in our mission and planning. Sr. Dr. Rose Mary informed the members that SDFI is bringing out a new directory this year and all the members were requested to go through the draft and if there is any correction, to kindly contact Mr. Cyril. This year's National SDFI meeting will be held from 26th to 28th January 2018, at St. John's National Academy of Health Sciences, Bengaluru. All were requested to attend the meeting as SDFI is also celebrating its Silver Jubilee year. She also briefed us about the new projects i.e. 'Screening and early detection of cancers in women' and conducting of 'Awareness Programmes in Cancer'. The first project was taken up by Sr. Dr. Liza from Meerut zone and Sr. Dr. Jyothie from Rampur zone. The second project was taken up by Sr. Dr. Judit, Sr. Dr. Archana, Sr. Dr. Tessy, Sr. Dr. Agnes, Sr. Dr. Jessy Maria and Sr. Dr. Betty. Detail about the projects and reporting, was explained by Sr. Dr. Rose Mary. Since Northern Region is very vast, consisting of many states and dioceses, there was a suggestion from the National SDFI team to divide it into four Zones. After a lot of discussion it was decided to

consult with the National Team and so Sr. Dr. Liza was entrusted with this responsibility. For the CHAI Award, Sr. Dr. Melba was suggested, and the second was Sr. Dr. Emmanuel from our region. There was a request for volunteers to attend the SDFI Silver Jubilee meeting scheduled in Bengaluru and Sr. Dr. Archana and Sr. Dr. Jessy Maria volunteered for the same.

Sr. Dr. Liza informed the members that FCRA for SDFI is approved by the Government and the group applauded the efforts that went into achieving it. She informed that this year, St. John's Alumni Association contributed some financial support to one Sister Doctor of each region to develop her hospital. From the Northern Region, Sr. Dr. Vidya Lopez has received the amount to develop her hospital.

Following are the activities of the Sister Doctors of the Northern Region: Beside their routine OPD, surgeries, ultrasounds etc, two sisters are serving in the Government hospitals for one hour OPD on every 9th of the month under Pradhan Mantri Matrutva Surakshit Seva. One Sister is doing ultrasounds under this scheme. Other activities are - twice a week mobile clinic, once in three months outreach programme for mentally challenged persons, health camp

once a month, treatment for snake bites and all types of insect bites, home based palliative care, HIV/AIDS care in centre, de-addiction centre, Ayurvedic treatment for musculo-skeletal illness, panchkarma therapy training, RNTCP -DOTS programme, Microscopic centre, anaemia eradication programme, Girl Child programme, immunizations, school health programme, community health and outreach programme, sex education in schools and seminary, classes during marriage preparation course, health awareness programme, health programmes for rickshaw pullers group with social workers, free ante natal checks for fourth child of the family and 25% free treatment for the poor and senior citizens in the hospital.

At 4 pm, Sr. Dr. Rose Mary had arranged for an outing to the Tibetan Temple and colony, which was enjoyed by all.

All returned to their places, thanking the Lord for being spiritually enriched, academically nourished and relaxed to work with more zeal and enthusiasm in their respective hospitals.

Sr. Dr. Rose Mary CFMSS
President, Northern Region

Sr. Dr. Jyothie Serrao SAP
Secretary, Northern Region



REGIONAL REPORT - EASTERN REGION 2017-2018

DATE: 19th November 2017

VENUE: Don Bosco Provincial House, Pan Bazar, Guwahati



The regional meeting of the SDFI Eastern Region (newly revived) was held on the 19th November 2017 at Don Bosco Provincial House, Guwahati. There were 9 Sister Doctors from Northeast and part of West Bengal who attended the meeting. We were privileged to have the presence of Sr. Dr. Liza Ignatius FSLG, National Secretary of SDFI, who took initiative in organising this meeting.

The meeting commenced with a short prayer by Sr. Dr. Rani Rose, invoking the assistance of the Holy Spirit. Sr. Dr. Sherly welcomed Sr. Dr. Liza Ignatius, National Secretary of SDFI, and all the Sister Doctors of the region with a warm welcome address. This was followed by lighting of the lamp by Sr. Dr. Liza, Sr. Dr. Sherly and SDFI members, as a symbol of Christ's light and for the enlivening the Eastern Region and the SDFI activities.

Sr. Liza in her inaugural speech emphasized on the need of coming together and learning from one another. She reminded us of our identity as Sister Doctors and our responsibility to play the role of Martha and Mary in spite of the difficulties and challenges the Sister Doctors may experience from within and without. She reminded us of the need for Continuous Medical Education in union with the will of God, for He has chosen us to be His disciples.

After the inaugural speech, each of the Sister Doctors introduced themselves and shared their works in the

respective places. This was followed by election of the President for the Eastern Region. Dr. Sr. Sherly Mary Abraham was unanimously elected as the President of the Eastern Region. This was followed by a grand coffee break.

Sr. Dr. Liza FSLG, spoke to us on the Project - Prevention and Early Detection of Cancers in Women, especially breast cancer and cervical cancer on screening, diagnosis, management modalities and prevention, with an audio visual aid.

At 12 noon, the participants gathered in CRI Bhawan chapel for the meaningful Eucharistic celebration by Rev. Fr. Joseph Olickal, Financial Administrator of the Archdiocese of Guwahati. Sr. Dr. Prema, on behalf of the Sister Doctors, thanked Fr. Joseph Olickal for his devout and meaningful liturgy and the inspiring homily.

Sr. Dr. Liza informed the members that FCRA number for SDFI is approved by the government and the group appreciated the efforts made for it. She also briefed about the new projects of SDFI i.e. screening and early detection of the cancers in women and conducting awareness programmes in cancer. A detail about the projects and reporting was explained and the format was given. She informed that this year St. John's Alumini Association contributed some financial support for one Sister Doctor in each region to develop her hospital.



Sr. Dr. Liza requested all to attend the National SDFI meeting as SDFI is celebrating its Silver Jubilee. She also appealed to all, to raise funds towards this celebration. Each one was given appeal forms for donation/advertisements. For CHAI Award, Sr. Dr. Margaret name was suggested from our region. Sr. Dr. Liza requested the need for coming together and not to consider it as a waste of time citing her own experience over the years. She also suggested to have some relaxing programmes at the end of the regional meeting. Sisters also spend some time in discussing the various community health activities carried out at various centres.

At the end of the session Sr. Dr. Jyotsna appreciated and thanked Sr. Dr. Liza for her presence, for the resourceful and

interactive session and Sr. Dr. Sherly presented a small gift as a token of gratitude. She also thanked Sr. Dr. Sherly for coordinating this meeting and making the necessary arrangement. She expressed her gratitude to Sr. Tessa and the Sisters of MSMHC at CRI Bhawan for the preparation of the mass, refreshments and delicious food which was relished by all.

All felt happy to have come for the meeting. We thanked the



Lord and each other for the wonderful day. All returned to their communities with a renewed vigour and zeal.

Sr. Dr. Sherly Mary Abraham MSMHC
President, Eastern Region



REGIONAL REPORT - CENTRAL REGION 2017-2018

DATE: 10th September 2017

VENUE: Pastoral Centre, Raipur, Chhattisgarh



About the Central Region:

The SDFI Central Region consists of five states: Madhya Pradesh, Chhattisgarh, Jharkhand, Bihar, and Odisha. At present there are 80 Sister Doctors working in the Central Region.

Sr. Dr. Alphy OSF is the President of the Central Region and Sr. Dr. Shobha CSJ, the Secretary.

For convenience of communication, Central Region has made an internal arrangement of having state wise Zones and Zonal Secretaries. The Zonal Secretaries are: Sr. Dr. Alphy OSF (MP), Sr. Dr. Ancily ASMI (CT), Sr. Dr. Eileen OSU (JH), and Sr. Dr. Ancilla SCN (BH).

The Central Region is honored to have Sr. Dr. Herman Joseph CSJ given the CHAI Award 2017. Congratulations Sr. Dr. Herman for your hardworking spirit and dynamic personality, for even at 82 yrs you are still vibrant with energy, enthusiasm and vigor. She is still serving with dedication at St. Joseph's Hospital, Ashta (MP).

The Central Region Meeting 2017:

The Central Region Meeting and Continuous Medical Education, 2017 was organized at Pastoral Centre, Raipur (CT), on 10th September 2017.

Sr. Dr. Ancily, the local Coordinator of the meeting organized the venue and made the stay comfortable. Nineteen Sister Doctors attended the Regional Meeting. Sr. Dr. Alphy began the meeting with a prayer invoking the power and guidance of the Holy Spirit. She expressed her

happiness as she welcomed all the members for the CME cum Regional Meeting.

Sr. Dr. Merly Karikulam spoke to the gathering regarding Medical Disorders in Pregnancy. She informed the importance of recognizing and treating the medical issues and the care that has to be taken when a person is pregnant.



Most Rev. Victor Henry Thakur, Archbishop of Raipur, highlighted the importance of faith and selfless service in the Church's Mission which connects heaven and earth, and builds a community of love and care. The ministry of healing in which the Sister Doctors are engaged, is a very laudable work of selfless service to God's people.



The Holy Mass was celebrated by Archbishop Victor Henry Thakur.

The CME continued post lunch and the topic taken by Sr. Dr. Alphy was on Prevention and Early Detection of

Cancers in Women. The members discussed regarding the programmes that could be carried out in the screening of Cancer in women.

Further, the business session concerning the upcoming Silver Jubilee celebrations of SDFI was discussed and responsibilities allotted to the various members of the Central Region.

Sr. Dr. Archana proposed the vote of thanks to Sr. Dr. Alphy and Sr. Dr. Ancily for organizing the regional meeting, and to Fr. John Ponnor, Director of the Pastoral Centre, for allowing the meeting to be held at the Pastoral Centre. She also thanked each and every member of the Central Region for taking time to be present for the meeting.

Sr. Dr. Alphy OSF
 President, Central Region





REGIONAL REPORT - WESTERN REGION 2017-2018

DATE: 14th October 2017

VENUE: Retreat House, Bandra, Mumbai



ABOUT WESTERN REGION – the Western Region comprises of Gujarat, Goa, Mumbai, Maharashtra and Pune. There are about 32 Sister Doctors catering to the care of Humanity in this Region.

Sr. Dr. Ashreena is the President and Sr. Dr. Joma is the Secretary of the Western Region. The Sister Doctors, through their zeal and enthusiasm have reached remote areas especially in Gujarat.

REGIONAL MEETINGS

The Western Region held two regional meetings, the first on 22nd April 2017 at St. Pius X Seminary, Goregaon, Mumbai, and the second on 14th October 2017 at Retreat House, Bandra, Mumbai. The members showed their keen interest and expressed their views and ideas during the meetings.

On 22nd April 2017, the agenda of the meeting was to plan and discuss the activities to be held during the forthcoming Silver Jubilee year of SDFI in 2017-2018. The members felt the need to work in zonal groups for better functioning of the SDFI activities. The zonal groups formed were - Mumbai Zone comprising of Mumbai and Goa, Gujarat Zone and Amravati zone. The activities planned were, prevention and early detection of Cancer in Women by awareness programmes and cancer screening camps; to continue the campaign on 'Save the Girl Child', and to work for Anemia eradication and treatment among children.

The members expressed the need to consider the prevention of lifestyle diseases like Diabetes, Hypertension, etc. Few members felt it would be of much help to the society to conduct mega blood donation and organ donation camps, by two or three Sister Doctors coming together. During the meeting, Sr. Dr. Annette, SDFI Award Winner for the year 2016 from the Western Region, was congratulated and appreciated for the good work she does for the patients with sickle cell Anemia in Gujarat, in its detection and treatment.

On 14th October 2017, Sister Doctors from Gujarat, Amravati and Mumbai attended the meeting. It began by invoking God's grace on all gathered, conducted by Sr. Dr. Shiny, and a welcome note by Sr. Dr. Ashreena. Sr. Dr. Beena and Sr. Dr. Ashreena felt it was fitting to have a small get-together for the Sister Doctors of the Western Region after the hard work put in by all the members as part of the organizing committee for the 23rd National





Conference held in April 2017. It was a pleasant outing as we enjoyed dinner in the company of each other, with sharing, relaxing and bonding.

Sr. Dr. Angela, the resource person, could not share her input on 'Burnt out Syndrome among Doctors', as she suddenly took ill and was unable to come. Sr. Dr. Beena, the resource person, spoke to us regarding 'Early detection of Cancer and the various ways of screening the patient.' Sr. Dr. Ashreena explained the SDFI project for the year 2017-2018, which would focus on the theme "Prevention And Early Detection of Cancer In Women".

A detail discussion was held on how to carry out the Zonal activities, and the Sister Doctors who would be involved in the execution of the Project. Sr. Dr. Shiny and Sr. Dr. Bindu were given the responsibility to carry out the screening and early detection camp for cancer in women along with Sr. Dr. Joma, Sr. Dr. Annette, Sr. Dr. Charmaine and Sr. Dr. Rachita. The Awareness programmes on cancer prevention and early detection was assigned to Sr. Dr. Roshini, Sr. Dr. Shiny, Sr. Dr. Bindu, Sr. Dr. Annette, Sr. Dr. Rachita and Sr. Dr. Joma.

Sr. Dr. Beena informed the members that the Silver Jubilee Celebration of SDFI would be held in St John's National Academy of Health Science, Bengaluru, on 26th – 28th January 2018. The responsibility given to the western region was the Silver Jubilee Magazine, Liturgy on 26th January 2018 and the website of SDFI. For the Mary Glowrey Memorial Award, Sr. Dr. Wilma SAS was nominated from the Western Region.

The meeting ended with a note of thanks to each and every member.

ACTIVITIES CARRIED OUT BY THE WESTERN REGION

It is truly encouraging to know that the Sister Doctors walk in the footsteps of Jesus, the Divine Healer, when it comes to

cares for the sick and those in need. Sister Doctors of the Western Region, after their regular work in the Clinics and Hospitals, venture into various programmes, camps and training courses.

Sr. Dr. Beena is a resource person for the Bio ethics Training Centre and a guide for the DNB thesis. Sr. Dr. Shiny, Sr. Dr. Wilma SAS, Sr. Dr. Joma, Sr. Dr. Charmaine and Sr. Dr. Bindu, conduct regular camps and awareness programmes on Antenatal care, Breast feeding, and Anemia detection in women and girl child. Sr. Dr. Rachita is involved in immunization programmes, medical camps for school going children concerning anemia, skin diseases, and malnutrition conditions. Sr. Dr. Annette is involved in identifying those affected with sickle cell diseases and follows up with them through the course of their treatment. Sr. Dr. Roshini is ever enthusiastic in conducting regular camps and awareness programmes in the nearby villages and schools on Anemia detection and its prevention, along with general medical camps. Sr. Dr. Ashreena conducts training sessions for school children concerning puberty, study skills and sex education; and is involved in camps on World Diabetic Day and World Kidney Day in the screening



of patients through blood tests. Sr. Dr. Angela is involved in Palliative care for cancer patients. Sr. Dr. Lily Francis, Sr. Dr. Marina Francis and Sr. Dr. Shiny, provide health awareness diagnostic treatment and follow up of TB and leprosy patients.

In conclusion, the Sister Doctors of the Western Region have been actively involved in rendering quality health care services to the people of Goa, Gujarat, and Maharashtra.

Sr. Dr. Ashreena Miranda
President, Western Region

REGIONAL REPORT - ANDHRA PRADESH AND TELANGANA 2017-2018

DATE: 27th August 2017

VENUE: St. Theresa's Hospital, Hyderabad



The Regional meeting of Andhra Pradesh and Telangana, twin Telugu states, took place in St. Theresa's Hospital, Hyderabad on Sunday, 27th August 2017. There were 18 Sister Doctors present from all over Andhra Pradesh and Telangana. Among them were two Naturopathy, and the rest were Allopathic Sister Doctor.

The highlights of the 2017 Regional meet were:

- 1) New members enrolled.
- 2) More youngsters participated, and some of them were attending the Regional meeting for the first time.
- 3) More number of Sister Doctors were present than previous meets.

The day started at 8.30 am, with the Holy Eucharist celebrated by Rev. Fr. Vincent, Principal of St. Joseph's PG College, Gunfoundary, Hyderabad; in the Hospital chapel which was very well decorated, drawing us closer to God and it looked awesome. Sr. Dr. Lalitha MJ, Hyderabad Zonal Coordinator, introduced and welcomed the main celebrant. Father shared his own life events and challenges, inspiring us how we need to grab the opportunities, get updated ourselves, and become effective in our academics to one's full potentials; and thus be an efficient instrument in God's given mission.

Symbolic offertory of images of various objects, with meaningful reflections read out by Sr. Dr. Swapna MJ, added devotion to the Eucharist.

We had melodious, multi-language singing by the students of St. Theresa's nursing college, and soul filling spiritual input from the Father. Sr. Dr. Francis MJ, Regional President, thanked Rev. Fr. Vincent with flowers and a gift.

We started the academic session at 10 am. Sr. Dr. Francis MJ rendered her speech and warmly welcomed the Sister Doctors for the 2017 APT Regional meet. Sr. Dr. Lalitha introduced and welcomed Rev. Fr. Dr. Mathew Abraham, Director of CHAI, with a bouquet of flowers. Fr. Mathew talked on the importance of the presence of Sister Doctors as a spiritual and medical asset to the world. He insisted, saying that the more spiritual we are, the more fruitful we become. He asked us to reflect and write 3 memorable incidents in our life where others experienced God through us. All of us wrote and shared with our neighbours, and then a few of us shared with the larger group. This sharing enriched and deepened our faith in God. Sr. Dr. Sujatha MJ thanked Fr. Mathew with a small gift, for his excellent input and interactive session.

After lunch, we had the second academic session by Dr. Ashish Chauhan, the senior consultant-physician, who has other multiple added specialization degrees. Sr. Dr. Francis introduced and welcomed Dr. Ashish. He enlightened us on how to avoid law suits by using a mnemonic and updated us on adult immunization.

**DOCTORS:**

- D: Display your degrees
- O: Onus is always on you
- C: Cover yourself with insurance
- T: Treatment according to guidelines
- O: Own your patient as your family
- R: Record
- S: Surveillance.

Sr. Dr. Innamma CSA thanked Dr. Ashish with flowers and a gift, for his excellent and informative input sessions.

We had a business session which started with a prayer song by Sr. Dr. Deepa CSA.

The points discussed were:

1. Reading of the previous Regional meet report of 2016.
2. Separation of APT into AP and Telangana, to which no one agreed.
3. Directory update - addresses were corrected and the details of the Sr. Dr. transferred were deleted.
4. Life membership was encouraged, and 4 registered.
5. AP and Telangana were divided into 3 Zones, and Zonal Coordinators were selected.
6. Informed about forth coming AGBM -SDFI 2018 and Silver Jubilee Celebration at St. John's Medical College, Bangalore on 26th, 27th & 28th January 2018. APT Region was allocated the responsibility of cultural activities and picnic for the Jubilee. APT Region was allocated the responsibility of Cultural activities and picnic for the Jubilee.
7. Cancer awareness and Prevention and screening for cervical cancer programmes, were divided into 2 states,

one each; with Cancer awareness program divided into 5 centres in 2 states. The procedure is explained using the format. We were asked to make it mega by involving the local politician as guest invitee. A reminder was given that the bills should be produced in favour of Sister Doctors Forum of India, as it is funding the program, and to send the report by end of November 2017 with good photos.

8. To conduct special medical camps in their own centres, like Anemia eradication / saving the girl child / school health checkups / life style related diseases HTN/DM/OBESITY camps; as a Jubilee memorial camp which will not be funded by SDFI.
9. Talked about fund raising in their own places from various sources (each Sister Doctor at least Rs. 10.000) by using brochures, which will be forwarded soon by SDFI.
10. Informed once again, that Dr. Sr. Marietta SAL is proposed from APT region to SDFI for the CHAI Award.



11. All suggested to have the next APT meet in Phirangipuram, Guntur, AP; covering all the elements of Naturopathy.

The Regional Meeting was evaluated and the Sisters expressed their satisfaction regarding the venue, academic sessions, resource persons, food, accommodation and the time table. At the end of the session, Sr. Dr. Francis, President of thanked Sr. Dr. Lalitha JMJ and St. Theresa's Hospital, for hosting this meet and all the Sister Doctors for attending the conference. The boating trip was cancelled as many Sisters wanted to leave early. We concluded the meeting with high tea, thanking and praising God for His Providential Care.

Sr. Dr. Francis Annam JMJ
President, Andhra Pradesh &
Telangana Region

REGIONAL REPORT - KARNATAKA REGION 2017-2018

DATE: 30th September 2017

VENUE: Shanthikiran Bajjodi, Mangalore

**“Give thanks to the Lord, invoke His name;
Make known among the nations His deeds.” (Psalm 105:1)**



“It was the day the Lord did make.” 30th September 2017, was a unique, joyous and grace filled day, as it beckoned us for rejoicing, thanking, planning, hoping, and implementing, as 17 Sister Doctors from various parts of the Karnataka region gathered at Shanthi Kiran Bajjodi, a Pastoral Center at Mangalore. The Sister's presence delightfully added beauty to the quiet and peaceful surrounding.

We began the day by invoking the Divine Spirit in our midst through a meaningful prayer with audio-visual aid, conducted by Sr. Dr. Saritha. The first spiritual input session began at 9.00 am by Rev. Fr. Joseph Martis, Rector of St. Joseph seminary, Jeppu, Mangalore. He enlightened us with his wonderful talk on the healing mission of Jesus, the healing mission of the Church. He highlighted the importance of our sharing in Jesus' healing ministry especially when we are called to touch and heal the people in a holistic way. In the present scenario in the medical field, when we are called to respect every life as sacred, we face lots of challenges, but we cannot run away from the mission; rather by our empathetic approach called to be the Gospel to the people in need.

After a short coffee break, we discussed the National level

activities as well as new project of SDFI on “Prevention and early detection of cancer in women.” The Sisters willingly shared the responsibility in organizing health activities, conducting cancer awareness programme and conducting medical camps zone wise etc.

We were enlightened on various SDFI activities for the Silver Jubilee year and shared the various duties given to our region, in view of the Silver jubilee celebration which will be held at SJMC, Bangalore, in January 2018. We were also reminded to update our address and details congregation wise, for the updating of the SDFI directory.

Our region was divided into 3 Zones namely, Mangalore, Badravathi and Bangalore, and 2 cancer awareness programmes were undertaken by each zone. Mangalore and Bangalore zones will be conducting 2 medical camps.

At 12.10 pm, we participated in a meaningful Eucharistic celebration, which was followed by lunch.

Following lunch, the group gathered again for a sharing session and we had the unique privilege and joy of wishing our Golden Jubilarian, Sr. Dr. Vida, who celebrated her Golden Jubilee of religious life on the same day at the Province level.



At 2.30 pm, we were fortunate to have the input-brain storming session by Dr. Gopinathan, Consultant Cancer Surgeon, Father Muller Cancer Centre Mangalore. He spoke in detail on various types of Cancer in Women, and its prevention and detection in early stages, as well as different modalities of treatment. The interactive session was wonderful, and the resource person spent ample time answering the queries of the Sisters. It was a very good and informative session, especially for us working in rural areas. The members had plenty of doubts to clear.

Following the tea break, we came together for a sharing session and discussed our various activities.

Sr. Teresa SH, who represented SDFI Karnataka at the CHAI meeting at Shivmoga, enlightened us with the important points discussed during, mainly on palliative care and the ways and means we could reach out to lonely people. We also discussed the challenges faced in our rural setup and the need to handle the problems in order to carry on our mission, so as to reach out to the poor and needy. We did appreciate the esteem and affectionate dedication of Sister Doctors in rural areas, working single-handedly, for His greater glory.

Many of our Sister Doctors are actively involved in creating public awareness on health through classes, free medical camps and non-formal education of women. Some of us shared our experiences and challenges faced in the healing ministry. Thus our meeting was an enriching one and came to a fruitful end.

The whole day was an event of grace, to realize more and more Christ Jesus to be our reference point in our mission of loving, caring, redeeming and restoring every person to the dignity of a child of God. Aware of the sign of the times, we endeavour to face the changes and challenges, and



courageously play our role to alleviate the sufferings of humanity and bring a ray of hope and joy into the lives of the downtrodden and the most needy in the mission.

Sr. Dr. Lenita SCCG
 President, Karnataka Region



REGIONAL REPORT - KERALA REGION 2017-2018

DATE : 18th & 19th November 2017

VENUE : Ursuline Provincialate, Kannur



The Kerala Region held its Regional Meeting at Ursuline Provincialate, Kannur, on 18th & 19th November of 2017. 37 members attended. After the registration and breakfast, all gathered for Rosary at the Chapel where servant of God Sr. Maria Celine Kannanackal's tomb is. A moment of silence was maintained in honour of Late Sr. Dr. Mary Marcellus, the former President of Kerala Region, who had left for her Heavenly abode 2 days before our meet.



Rev. Fr. Mathew Perumbil, CBCI Health Secretary, spoke to us on National Health Policy and the changing priorities of Catholic Health Care in India, touching on the challenges of being a Sister Doctor, problems of having a small or medium Health Care facilities, Nursing education, quality of nurses, financial problems and laws against the management. He emphasized that our mission is to continue God's work of giving life and bringing about healing to the

person we touch.

A brief moment of silence was maintained invoking the power of the Holy Spirit and thereafter Sr. Dr. Betty Jose SH, President of the Kerala Region, welcomed the Chief Guest and other dignitaries including the delegates. Sr. Dr. Betty highlighted the most relevant and current issues faced by the Sister Doctors which can be confronted in 3 different ways – 1) Free from it. 2) Surrender to it. 3) Face it courageously.

His Lordship, Rev. Dr. Alex Vadakkumthala, Bishop of Kannur, expressed his happiness of being with Sister Doctors. He expressed his great happiness and thanks for getting numerous help from SDFI to manage 6 disasters when he was working in the CBCI Health Commission. He began with an article, 'Lighting Lives,' published in 'THE WEEK' magazine on 17th November 2017. It was about Dr. Ida Scudder who started Vellore Medical College, to expose the core value of serving people based on 1Cor:13 i.e. Love. A Doctor needs God for every step she/he takes, every word she/he speaks. Jesus, the Divine Healer, is the model par excellence for those in health care, especially for a Sister Doctor. The Gospel of Life is at the heart of Jesus' message. The priorities of a Sister Doctor should be - 1. Prayer 2. Physical fitness 3. Patience 4. Honesty 5. Joy. Bishop Alex inaugurated the Meeting by lighting the lamp.

Sr. Veena UMI, Vice Provincial, felicitated the gathering. She told us that to be a Doctor is to be an intermediary between man and God. A Sister Doctor lives her twin

vocation as a Nun and as a Doctor. She elaborated the word Doctor:

D - Detective, Delicate

O - Open-minded, Observant

C - Caring, Concerned, Compassionate, Confident,
Creative, Calm, Comforter

T - Trustworthy, Thinker, Teacher, Thoughtful

O - Obedient, Open-hearted

R - Realistic, Respectful, Responsible, Reliever, Reassuring



The vote of thanks to Sr. Veena was given by Sr. Dr. Elsy Lukose.

The Holy Eucharist was celebrated by Rev. Dr. Alex Vadakkumthala, Bishop of Kannur.

Rev. Adv. Thomas Therakam, the resource person, explained the JJ Act and POCSO ACT (Protection Of Children from Sexual Offence).

Sr. Dr. Betty discussed the Silver Jubilee agenda and the theme for the project was to conduct cancer awareness programmes for women. The Kerala Region was allotted to organise 2 cancer detection camps and 6 cancer awareness classes.

The members discussed on the following points:

1. Psychiatric problems are more than we imagine, and thus the need for awareness regarding psychiatric problems.
2. Palliative psychiatry is a one year course, which will be very much useful for our daily practice.
3. St. John's is planning to conduct psychiatry classes for Sister Doctors, and thus make maximum use of it. Our psychiatric Sister Doctors are able to give information regarding this.

4. Jubilee celebration will be conducted on 26th, 27th & 28th January 2018 at St. John's National Academy of Health Sciences, Bangalore, and Kerala Region has to arrange the venue. Sr. Dr. Johncia, Sr. Dr. Alphonsa SABS and Sr. Dr. Mary Therese CSN, agreed to help.
5. It was proposed that the next AGBM cum Conference venue could be South Kerala. The topic proposed is Medico Legal Laws.
6. Sr. Dr. Betty informed the members that SDFI is an executive member of KCBC Health Commission.

The members remembered and paid homage to the departed souls of Sr. Dr. Mary Litty, Sr. Dr. Hilaria, Sr. Dr. Ancilit, Sr. Dr. Rosamma, Sr. Dr. Patricia and Sr. Dr. Mary Marcellus. The accounts for the year 2016 were presented by Sr. Dr. Elsy.

The Holy Eucharist was celebrated by Rev. Fr. Benny Puthannada, Rector of Mother Home, Pariyaram. He gave us a brief input on the value of Human Life and how Medical Science seems to have forgotten the value of it. He quoted from Holy Bible to show the importance of life. We should respect the human body which is a mystery. The members later sat in adoration before the Blessed Sacrament, which was conducted by Fr. Benny. The vote of thanks was expressed by Sr. Dr. Vineetha to Sr. Vinaya, Provincial



Superior, Sr. Veena, Assistant Provincial, Sr. Annie, Superior, and Sr. Sherly Principal; and all were honoured with a memento. The two days Kerala Region Meeting came to an end with a hymn of 'Thanks' to God. After lunch the participants bid goodbye to one another, with the thought of meeting again at the SDFI National Conference in Bangalore.

Sr. Dr. Betty Jose SH
President, Kerala Region



REGIONAL REPORT -TAMIL NADU REGION 2017-2018

DATE: 4th & 5th March 2017 and 1st October 2017

VENUE: Pastoral Centre, Coimbatore



It was indeed an emergency call to all the members as there was an opportunity to attend the International Conference on Diabetes and Endocrine Disorders. So we gathered together in the Pastoral Centre of Coimbatore Diocese before could attend the conference. We were 32 present, and began with a prayer together, after which we had our Regional meeting and common issues were discussed. We were happy to have Sr. Dr. Lucian, our former President of SDFI with us.

After the Regional meet, we attended the '3rd International Diabetes and Endocrine Conference' at Radisson Blu,



Coimbatore, on 4th and 5th March, 2017, which helped us to update our knowledge on the very common disease "Diabetes". At the end of the first day of the conference, we had lighter moments together. The next day being Sunday, we had a meaningful Holy Mass celebrated by Rev. Fr. Francis. We then went ahead to attend the conference, after which we went back to our places of work refreshed and renewed.

The second part of the meeting was organized on 1st October 2017, along with the Zonal leaders of our region, at St. Mary's Hospital, Salem. Important issues were discussed, like cancer detection camps, awareness programmes and the jubilee year celebration, with our contribution towards it by way of service, care and in kind. After drafting the action plan for our region, we went back to our mission centres to do more for the sick and the needy.

Sr. Dr. Martina SJC
President, Tamil Nadu Region



Congratulations Sister Doctors...



To my very dear Sister Doctors,

Loving Greetings and Silver Jubilee wishes to my dear Sister Doctors! each one of you!

It gives me immense pleasure to be part of the Silver Jubilee Celebration Team this year. I have been associated with Religious Sisters and Fathers since I was a child, and now I am happy to be working with the Sister Doctors since the last seven years.

I have seen them working 24/7 all 365 days, without counting the cost or looking forward to any returns. They strive to serve humanity in as many ways they can. The Sister Doctors of our Country have been truly giving their heart, mind and soul to their mission of healing and upliftment of the needy millions of our society. They have been working zealously in the area of mother and child care, treating and supporting millions of women and children. Truly their work is worth appreciating.

I wish and thank all the Sister Doctors who work persistently, and have reached this great Silver year 2018. My mother used to say, "To work for Sisters, is to work for Mother Mary."

I am ever so grateful to Sr. Dr. Lucian SCC for giving me the opening to work with SDFI. Many thanks to Sr. Dr. Beena UMI, Board Members and all Sister Doctors, for allowing me to express my feelings and share my experience through this article.

I am proud of our Sister Doctors, who are doing extraordinary work in the remotest parts of India and have inspired others to carry on the mission of the healing ministry, so that others may benefit from their endeavors, all in the name of our Lord Jesus Christ!

Long live Sister Doctors...! Long Live SDFI...!



A. Roger Cyril
Coordinator
Sister Doctors Forum of India

PROJECT REPORT OF NORTHERN REGION 2017-2018

The Sister Doctors of the Northern Region, Sr. Dr. Rosemary, Sr. Dr. Liza, Sr. Dr. Jyothi Serrao and Sr. Dr. Malti, conducted a free Cancer screening camp on 26th November 2017 at Our Lady of Graces Hospital, Sardhana, Meerut, UP, along with Valentis Cancer Hospital. There were about 150 females screened from 4 different villages. 40 women underwent Pap smear examination of which 2 were diagnosed with mild dysplasia, 8 with bacterial vaginosis, 12 with candida vaginitis, 8 with non specific inflammation and 1 with Tricomonas vaginitis. Treatment and a follow up for these women were done. Another screening camp was organized at St. Martin De Porres Hospital, Isanagar, Bilaspur post, Rampur, by the Sister Doctors. 92 patients attended and it was a good response. 7 Pap smear done reported candida vaginitis -3, bacterial vaginosis -2, mixed vaginitis-1 and trichomonas vaginitis -1. Awareness talks on the prevention and early detection of cancer were given to those who attended the camp.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

NORTHERN REGION

SI No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Jyothie Serrao	Isanagar , Bilaspur post, Rampur Dist U.P.	17/12/2017	92	Cancer Awareness Programme and Camp	Hindi and English	Sr. Dr. Tissy Sr. Dr. Jyothie Serrao Dr. Abhishek Singh Dr. Bhanu Pratap Dr. Renu	Very Good
2	Sr. Dr. Liza FSLG	Sardhana, Meerut, UP	26/11/2017	150	Cancer Awareness Programme and Camp		Sr. Dr. Liza Sr. Dr. Jyothie Serrao Sr. Dr. Malti Sr. Dr. Rose Mary	Very Good



*“Help one another.
This is what Jesus teaches us.
This is what I do,
and I do it with my heart.”*

Pope Francis

PROJECT REPORT OF EASTERN REGION 2017-2018

The Sister Doctors of the Eastern region conducted awareness programmes on prevention and early detection of Cancer in women, organised by Sr. Dr. Rose Tom in Seva Kendra Training Center, Namphai I; Kuttum village, Kharsang and in New Lisan village, Injan; in Arunachal Pradesh. 69 people from 3 villages attended the awareness programmes. The resource persons were Sr. Dr. Rose Tom, Dr. Bhattacharji and Sr. Rincy Kozhimala. The response was good .



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

EASTERN REGION

Sl No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Rose Tom MD. DGO	Seva Kendra Training center Namphai I, Arunachal Pradesh Dharmapur I,II and III villages	16/12/2017	26	Cancers in Women Awareness Programme	Hindi and English	Sr. Dr. Rose Tom MD. DGO Dr. Bhattacharji MBBS Sr. Rincy Kozhimala	Very Good
2	Sr. Dr. Rose Tom MD. DGO	Kuttum village, Kharsang, Arunachal Pradesh	18/12/2017	22	Cancers in Women Awareness Programme	Hindi and Nagamese	Sr. Dr. Rose Tom MD. DGO Dr. Bhattacharji MBBS Sr. Rincy Kozhimala	Very Good
3	Sr. Dr. Rose Tom MD. DGO	New Lisan Village, Injan, Arunachal Pradesh	19/12/2017	21	Cancers in Women Awareness Programme	Hindi and Nagamese	Sr. Dr. Rose Tom MD. DGO Dr. Bhattacharji MBBS Sr. Rincy Kozhimala	Very Good

PROJECT REPORT OF KERALA REGION 2017-2018

Kerala region conducted two prevention and cancer detection camps.

First at Thokkilangady, under the leadership of Sr. Dr. Tessy DGO.

Sr. Dr. Betty , Sr. Dr. Elsy and Sr. Dr. Vineetha participated . 60 women attended the camp . Pap smear examination done for the needy. An awareness class was also conducted .

Second cancer detection camp and awareness program was conducted in 2 places at Kalpetta and at Pothi.

At Kalpetta, Sr. Dr. Mary Jose DGO, Sr. Dr. Annitta MS and Sr. Dr. Tesslin, examined the patients. 45 women attended and Pap smear examination was done for 35 women.

At Pothi, under the leadership of Sr. Dr. Bertha, awareness on prevention and detection of Cancer was conducted. Around 120 women attended. Medical check up and Pap smear examination done for the needy.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

KERALA REGION

SI No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Cicy Jose SH,	Christu Raj Hospital, Thokkilangady	29/10/2017	150	Cancer Detection Camp and Awareness Program	Malayalam and English	Sr. Dr. Cicy Jose SH, Sr. Dr. Tessy Jose SH	Very Good
2	Sr. Dr. Betty Jose SH	Fatima Mata Mission Hospital, Kalpetta, Wayanad, Kerala - 673 121	17/12/2017	250	Cancer Detection Camp and Awareness Program	Malayalam and English	Sr. Dr. Betty Jose SH Sr. Dr. Mary Jose SCV Sr. Dr. Stephina K. FCC	Very Good

PROJECT REPORT OF CENTRAL REGION 2017-2018

Eight Cancer Awareness Camps of the Central Region were conducted at different villages in Madhya Pradesh, from 2nd November 2017 to 7th January 2018. Of these, Sr. Dr. Alphy conducted 6 camps and Sr. Dr. Miji Joseph conducted 2 camps.

1. Nov 2, 2017 (Sr. Dr. Alphy): Usri, Narsinghpur; 45 women attended the camp.
2. Nov 20, 2017 (Sr. Dr. Alphy): Goreghat, Mandla; 38 women attended the camp.
3. Nov 26, 2017 (Sr. Dr. Alphy): Sagada, Jabalpur; 57 women attended the camp.
4. Nov 28, 2017 (Sr. Dr. Alphy): Leo Colony, Jabalpur; 37 women attended the camp.
5. Dec 4, 2017 (Sr. Dr. Alphy): Gotegaon, Jabalpur; 67 women attended the camp.
6. Dec 13, 2017 (Sr. Dr. Miji Joseph): Ramkiriya, Sagar; 43 women attended the camp.
7. Dec 22, 2017 (Sr. Dr. Miji Joseph): Gadolikurd, Sagar; 33 women attended the camp.
8. Jan 7, 2018 (Sr. Dr. Alphy): Gana, Jabalpur; 63 women attended the camp.

Cancer Detection Camp was conducted under the leadership of Sr. Dr. Reena at Girwalpura, Indore, on 23rd November 2017. 75 women underwent examination and no patient was diagnosed to have cancer. Pap smear of 2 patients were suggestive of Precancerous state and they were referred to a higher centre for further management.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

CENTRAL REGION

Sl No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Alphy OSF	Usri, Narsinghpur	2/11/2017	45	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
2	Sr. Dr. Alphy OSF	Goreghat, Mandla	20/11/2017	38	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
3	Sr. Dr. Alphy OSF	Sagada, Jabalpur	26/11/2017	57	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
4	Sr. Dr. Alphy OSF	Leo Colony, Jabalpur	28/11/2017	37	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
5	Sr. Dr. Alphy OSF	Gotegaon, Jabalpur	4/12/2017	67	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
6	Sr. Dr. Miji Joseph SJ	Ramkiriya, Sagar	13/12/2017	43	Cancer Awareness	Hindi	Sr. Dr. Miji SJ	Very good
7	Sr. Dr. Miji Joseph SJ	Gadolikurd, Sagar	22/12/2017	33	Cancer Awareness	Hindi	Sr. Dr. Miji SJ	Very good
8	Sr. Dr. Alphy OSF	Gana, Jabalpur	7/1/2018	63	Cancer Awareness	Hindi	Sr. Dr. Alphy OSF	Very good
9	Sr. Dr. Reena PHJC	Girwalpura (Khokariya)	23/11/17	150	Cancer Detection Camp and Awareness Programme	Hindi	Sr. Dr. Reena PHJC Dr. Smita	Very good

PROJECT REPORT OF WESTERN REGION 2017-2018

The Project of SDFI 2017–2018 focused on the theme, “Prevention and Early Detection of Cancer in Women.” The Sister Doctors of the Western Region took up activities and programmes towards the working of this project in their respective States.

Maharashtra: Sr. Dr. Roshini conducted awareness programmes in Thane district, on methods of self-Breast examination for early detection of Cancer in women. She also conducted medical camps for the prevention, detection and treatment of Anemia.

Sr. Dr. Bindu, Sr. Dr. Charmaine and Sr. Dr. Rachita conducted Cancer screening camps and awareness programmes for women in Nagpur for the village of Gulshan Nagar (Slum), and St. Joseph Hospital, Yerla village. Awareness programmes were conducted in Saoner village and Mission India campus, Khadgaon village.

Gujarat: Sr. Drs. Annette, Shiny and Joma were involved in the Cancer screening camp for women in the village of Dediapada, Narmada district, Gujarat. About 154 patients were screening with physical examination and Pap smear. The response was found to be good. They also conducted awareness programmes through audio visual aid explaining the ways and means to detect cancer in the early stage.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM WESTERN REGION

Sl No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Bindhu George(DGO)	Gulshan nagar (Slum), Nagpur	19/11/17	250	Cancer Awareness Programme and Camp	Hindi and Marathi	Sr. Dr. Charmaine Coutinho(DGO) Sr. Dr. Bindhu George(DGO) Sr. Dr. Rachita FCC (DCH) Dr. Shilpa Pazare MS (Surgery) Dr. Trishala MD (OBG)	Very Good
2	Sr. Dr. Bindhu George(DGO)	St.Joseph hospital, Yerla village, Nagpur	03/12/17	250	Cancer Awareness Programme and Camp	Hindi and Marathi	Sr. Dr. Charmaine Coutinho(DGO) Sr. Dr. Bindhu George(DGO) Sr. Dr. Rachita FCC (DCH) Dr. Shilpa Pazare MS (Surgery) Dr. Trishala MD (OBG)	Very Good
3	Sr. Dr. Bindhu George(DGO)	Saoner village, Nagpur	03/12/17	250	Cancer Awareness Programme	Hindi and Marathi	Sr. Dr. Charmaine Coutinho(DGO) Sr. Dr. Bindhu George(DGO) Sr. Dr. Rachita FCC (DCH) Dr. Shilpa Pazare MS (Surgery) Dr. Trishala MD (OBG)	Very Good
4	Sr. Dr. Bindhu George(DGO)	Mission India Campus, Khadgaon village, Nagpur	30/11/17	250	Cancer Awareness Programme	Hindi and Marathi	Sr. Dr. Charmaine Coutinho(DGO) Sr. Dr. Bindhu George(DGO) Sr. Dr. Rachita FCC (DCH) Dr. Shilpa Pazare MS (Surgery) Dr. Trishala MD (OBG)	Very Good
5	Sr. Dr. Roshmi Neerakal DNB, DGO	Maruthumi High School, Ratholi, Ambemath Block, Dt. Thane, Maharashtra, India.	08/11/17	220	Cancer Awareness Programme	Hindi and Marathi	Sr. Dr. Roshmi Neerakal DNB, DGO Sr. Shyla Rozario MSW -- Social Worker.	Very Good
6	Sr. Dr. Shiny (MD GP)	Dediapada, Narmada dist, Gujarat	19/11/17	154	Cancer Deduction Camp and Awareness Programme	Hindi and Marathi	Sr. Dr. Joma MS (OBG) Sr. Dr. Annette (MBBS) Sr. Dr. Shiny (MD GP) Sr. Marykutty. (Nurse)	Very Good

PROJECT REPORT OF ANDHRA PRADESH AND TELANGANA REGION 2017-2018

The Sister Doctors of the Andhra Pradesh and Telangana were eager to contribute to the Project through Awareness Programmes and Cancer Screening Camps.

The awareness program conducted by Sr. Dr. Innamma, Sr. Dr. Mary and Sr. Dr. Deepa, was held in Yeshwanthapur village, Tanlangana, and many women benefitted from it.

The camp catered to 350 women, where history and the physical examination was done.

25 Pap smears were send for testing. 10 people had severe inflammation of the cervix and 1 person was diagnosed to have breast cancer.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

ANDHRA PRADESH AND TELANGANA REGION

SI No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANTS
1	Sr. Dr. Annie Sr. Dr. Sujatha Ayush	Thokavaripallem Andhra Pradesh	07 th October 2017	50	Cancer Awareness	Telugu	Sr. Dr. Annie	Very Good
2	Sr. Dr. Annie Sr. Dr. Sujatha Ayush	Thokavaripallem	25 th October 2017	25	Gynecological Cancers- Breast, cervix, endometrial and Ovarian cancers - Awareness Program	Telugu	Dr. Kasava Ram Gopal.A, M.D. (NIMS)	Very Good
3	Sr. Dr. Francis	Santhapet	26.10.2017	250	Gynecological Cancers- Breast, cervix, endometrial and Ovarian cancers - Awareness Program	Telugu	Dr. Lakshmi MD Gynecologist & Oncologist Dr. Keerthy MBBS, DGO	Very happy and good response.
4	Sr. Dr. Innamma	Yeshwanthapur Village, Jangaon District Telangana State	11th October, 2017	350	Cervical Cancer and breast Cancer	Telugu	Sr. Dr. Innamma, Sr. Dr. Mary Sr. Dr. Deepa	Very happy and good response.
5	Sr. Dr. Lancy Maria Sr. Dr. Elizabeth Jose	Chimnapulipaka, Kankipadu Mandal, Krihna District, Vijayawada, A. P.	8th September 2017	100	Cancer Awareness Program	Telugu	Sr. Dr. Lancy Maria	Very Good
6	Sr. Dr. Annie	Turakapallem	07th October 2017	36	Gynecological Cancers- Breast, cervix, endometrial and Ovarian cancers - Awareness Program	Telugu.	Dr. Kasava Ram Gopal.A, M.D. (NIMS)	Very Good

PROJECT REPORT OF KARNATAKA REGION 2017-2018

The Sister Doctors of the Karnataka region worked with great effort implementing the activities of SDFI project of 2017- 2018. The theme, 'Cancer detection among women through awareness and screening method,' gave enthusiasm to each Sister Doctors to work with great effort to reach out to many villages in Karnataka

Medical camp for prevention and early detection of Cancer was held at Gurupura, Hunsur taluk, Mysore, Karnataka on 5th November 2017 by Sr. Dr. Hilda Lobo, Sr. Dr. Jyothi Fernandes and Sr. Dr. Amitha Lobo . 57 women of the Tibetan colony, Gurupura, availed themselves. 12 Pap smears testing done diagnosed 1% of women with cervical cancer and few were diagnosed to have Genital tract infection who were treated with Ciprofloxacin, Tinidazole, Fulconazole, and Clotrimazole.

Sr. Dr. Gladys conducted an cancer awareness programme at Snehalaya hospital, Solur, covering the topics on Breast, Cervical and Endometrial cancer, specially to the women belonging to the self help groups and to the people of Solur Parish.



REPORT OF CANCER DETECTION AND AWARENESS PROGRAM

KARNATAKA REGION

SI No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Lucian SCC	Gudnahalli Village, Lakur, Handenahalli, Kodur, Sivarpattana, Malur.	05/11/2017	250	Cancer Detection Camp and Awareness Program	Kannada	Sr. Dr. Lucian MBBS DGO, Sr. Dr. Lenita MBBS DGO, Dr. Fouzia Kouzar MBBS, DGO Sr. Dr. Ramya MBBS DGO.	Very Good
2	Sr. Dr. Jwana Thejaswi Sequiera	Yediwala, Raichur district.	24/10/2017	50	Early detection and prevention of cancer in women.	Kannada	Sr. Dr. Jwana Thejaswi Sequiera	Very Good
3	Sr. Dr. Jwana thejaswi sequiera	Chimlapura – govindoddi.	31/10/2017	30	Early detection and prevention of cancer in women.	Kannada	Sr. Dr. Jwana Thejaswi Sequiera	Very Good
4	Sr. Dr. Anritia D'Souza	Apsarkonda, Honavar, Ultra Kamada District	14/10/2017	55	Awareness Programme on Cancer in Women	Kannada	Sr. Valeria SRA – Nursing Tutor Sr. Mable SRA – Nursing Tutor Ms. Jane Rodrigues – MSW	Very Good
5	Sr. Dr. Anritia D'Souza	Haignuda , Honavar, Ultra Kamada District	16/10/2017	40	Awareness Programme on Cancer in Women	Kannada	Sr. Valeria SRA – Nursing Tutor Sr. Mable SRA – Nursing Tutor Ms. Jane Rodrigues – MSW	Very Good
6	Sr. Dr. Hilda	H. D Kote, H. B. Road, Mysuru	1/11/2017	82	Early detection & prevention of women cancer	Kannada	Sr. Dr. Hilda, Sr. Dr. Jyothi Fernandes Sr. Dr. Amitha Lobo	Very Good
7	Sr. Dr. Hilda	Gurupura, Hunsur taluk, Mysore, Kamataka.	5/11/2017	57	Camp in Early detection & prevention of women cancer	Kannada	Sr. Dr. Hilda, Sr. Dr. Jyothi Fernandes Sr. Dr. Amitha Lobo	Very Good
8	Sr. Dr. Gladys Menezes	Solur, Kamataka.	22/10/2017	75	Breast cancer, cervical cancer, Endometrial cancer, Cervical cancer.	Kannada	Sr. Dr. Gladys Menezes	Very Good

PROJECT REPORT OF TAMIL NADU REGION 2017-2018

The Sister Doctors of the Tamil Nadu region conducted a camp on screening and early detection of cancer in women on 15th October 2017. Sr. Dr. Emily Soosai MD, Sr. Dr. Cruz Mary MBBS, MD OG, Sr. Dr. Pramila MBBS, MS Surgery, Sr. Dr. Agnes MD, DNB and Sr. Dr. Vinoliya, MBBS, were present.

The Cancer Detection Camp catered to 53 women with physical examination. 19 women underwent Pap smear testing.



REPORT OF CANCER DEDUCTION AND AWARENESS PROGRAM

TAMIL NADU REGION

Sl No	NAME OF THE SISTER DOCTOR	NAME OF THE VILLAGE AND LOCATION	DATE OF THE PROGRAMME	NUMBER OF WOMEN ATTENDED	CONTENT OF THE PROGRAMME	LANGUAGE OF PRESENTATION	RESOURCE PERSON	RESPONSE OF THE PARTICIPANT
1	Sr. Dr. Emily Susai	Kilambadi, Erode District, Tamilnadu.	15/10/2017	200	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Emily Susai	Good and Active
2	Sr. Dr. Jude Joseph	Pootteti village Kanyakumari	15/10/2017	250	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Grazia and Sr. Dr. Jude	Enthusiastic
3	Sr. Dr. Annie Joyce	SAMI NATHA PURAM	14/11/2017	130	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Annie Joyce	Active Participation
4	Sr. Dr. Martina	EDAPPADI	21/11/2017	85	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Martina	Good and Active
5	Sr. Dr. Martina	RAMA NATHA PURAM	17/12/2017	98	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Martina	Useful
6	Sr. Dr. Annie Joyce	SALEM	10/10/2017	75	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Annie Joyce	Enthusiastic
7	Sr. Dr. Pramila	COIMBATORE	21/11/2017	75	Awareness Programme on Cervical Cancer	Tamil	Sr. Dr. Pramila	Active Participation
8	Sr. Dr. Emily Soosai Sr. Dr. Cruz Mary Sr. Dr. Pramila Sr. Dr. Agnes Sr. Dr. Vinoliya	COIMBATORE	15/10/2017	53	Camp on Screening and Early Detection of Cancer	Tamil	Sr. Dr. Martina	Active Participation



With Grateful Hearts We say
Thank you

Little Flower Provinciate and Training Institute, Lucknow

Monfort Inter College, Lucknow

Fatima Hospital, Lucknow

Sr. Dr. Martina SJC, Arockia Matha Nilayam, Salem

St. Francis Hospital, Ajmer

Fr. Mathew Edathattel, St. John's Seminary, Meerut

Mr. Ravi Saini (Vinod), Punjabpura

Rajput Pharmaceuticals, Bareilly, U.P

Sanket Pharmaceuticals, Bareilly, UP

Kusum Health Care Pvt. Ltd., New Delhi

Omkar Distributors, Mumbai

S. V. Enterprises, Mumbai

Mr. Dominic D'souza, Mumbai

*The Sister Doctors Forum of India
is grateful for your generous contribution*

Journey of SDFI Down Memory Lane

25
Years



Sr. Dr. Beena UMI
2016 till date



Sr. Dr. Lucian SCC
2010-2016



Late Sr. Dr. Lina HCM
2007-2010



Sr. Dr. Hermina SSA
2001-2007



Sr. Dr. Lillian JMJ
Founder President
1993-2000

Special Moments of SDFI



SDFI Foundation - 5th June 1993
Founder Sr. Dr. Lillian JMJ with
Fr. Percival, Director of SJMC



2007
Sr. Dr. Hermina and SDFI Members
met Dr. A. P. J. Abdul Kalam, President of India



2009
Sr. Dr. Lina with Board Members



2013
SJMC acknowledging and appreciating the work of Sister Doctors
Sr. Dr. Lucian receiving the Award



2017
Sr. Dr. Beena, SDFI President and Sr. Dr. Liza, SDFI Secretary
with Archbishop Giambattista Diquattro, Apostolic Nuncio to India



Down Memory Lane

1993 - 2000

Sr. Dr. Lillian JMJ



This article gives an overview of the SDFI's endeavors from its inception in 1993 till 2000. It highlights some of the remarkable events that occurred, and the initiatives taken in the early years to strengthen the Forum.

As the Chinese proverb says, "In the evening you turn back and see how beautiful the day was!"

Yes! As we turn back into History, 1993 was a memorable year for SDFI. The forum was born during the Golden Jubilee celebration of CHAI at Kaloor, Kerala, when the Sister Doctors were present. Fr. John Vathamattam SVD, who was the Director of CHAI then, facilitated the formation of SDFI.

The 1st National AGBM of the SDFI was held at Bangalore in May 1994. About 90 Sister Doctors attended the meeting. The General Body elected Sr. Dr. Lillian as President, Sr. Dr. Terezine as Vice President, Sr. Dr. Hermina as Secretary and Sr. Dr. Rosina as Treasurer.

- An important achievement was the preparation of the Memorandum of Association and Rules and Regulation and By-laws in 1994. Dr. C.M. Francis, Dean of SJMC, assisted us in framing the draft. This was circulated to members at the regional level, and after studying their reactions, suitably modified and approved by the members of the AGBM. The National office of SDFI was established at St. John's Medical College, Bangalore.
- The Forum, which had 400 members then, formed the following 8 Regions:
 - 1.Karnataka 2.Andra Pradesh 3.Tamil Nadu
 - 4.Kerala 5.Western Region 6.Northern Region
 - 7.Central Region 8.Eastern Region
- The office bearers of SDFI visited the regional units to strengthen them, offered suggestions and encouraged them in their activities.

Identifying the main Thrust areas, the Governing Body gave some action plan to the Regional units -

1. Women and Health 2. AIDS
3. Rational use of Drugs 4. Pastoral Care

The 2nd AGBM was held at SJMC, Bangalore, on 20th December 1995

190 members attended. A programme of CME was held on 17th, 18th and 19th Dec 1995. The CME covered Medical problems, AIDS update, Obstetrics and Gynecological update, common skin problems and psychiatric problems. There was a discussion on Human Life issues – Ethical and legal aspects and Rational Drug Therapy.

- The members of SDFI have been of immense help to Sister Nurses, Sister Paramedical staff, and other health personnel working in different remote parts of India.
- Members also showed keen interest to be financially self-reliant and they took steps to build a Corpus Fund for SDFI.

The 5th AGBM was held at Yercaud, Tamil Nadu, on 3rd May 1998

- Being the year of the Holy Spirit, there was a special sharing on the 'Healing and Transforming power of the Holy Spirit' by Fr. John Vattamattom SVD. Prior to the AGBM, a National Symposium on "Health Priorities and Challenges in India Today," was held on 1st and 2nd May 1998.
- Sr. Dr. Lillian and Sr. Dr. Hermina, were re-elected as the President and Secretary. Sr. Dr. Florine was elected as the Treasurer.

The 6th AGBM was held at Jeevan Jothi, Secunderabad, on 18th February 2000

The theme was "Health Care Challenges in the Third Millennium - Our Response as Sister Doctors." About 90 Sister Doctors attended the meeting. Rt. Rev. Dr Arulappa,



Archbishop of Secunderabad, gave the Presidential address.

The Forum took the initiative to respond to the disastrous situation in Orissa due to the effect of the cyclone. Some of the Sister Doctors joined the medical team of SJMC along with CHAI and ActionAid for the relief work.

- The Forum participated in the following programmes, in collaboration with CHAI, CMAI, and VHAI:
 - a. Health care Priorities in 2000.
 - b. Effects of Globalization on Health.
 - c. Globalization, Liberalization, Marketization.
 - d. Alternative models for Health Action.
- About 50 Sister Doctors attended the CME programme on “Recent Trends in General Practice,” organized by St. John's National Academy of Health Sciences, Bangalore.
- About 7 Sister Doctors from the Forum attended the International seminar for all the Health Personnel at Vatican City, Rome, in October 1998, organized by

the Holy See in view of Jubilee 2000. One of the members of the Forum, Sr. Dr. Concilia from Vijaya Marie Hospital, presented a paper on “Health Situation in Asia” during the seminar.

- About 8 Sister Doctors, who are also major Superiors, attended the National Assembly of CRI at Chennai from 10th to 15th January 2000. The theme of the Assembly was “Yesu Krist Jayanthi – A Renewed call for Discipleship in the pluralistic context of India.”

Sr. Dr. Lillian, the Founder President, contacted the CRI President of the Women Section, for SDFI to be approved by CRI. She also contacted the Major Superiors of all the Congregations to encourage the Sister Doctors of their congregation to become members of SDFI.

I thank the Board Members and all the Sister Doctors for their co-operation in building and strengthening the Forum, so that the members may fulfill the Aims and Objectives by following the mandate of Jesus Christ, the Divine Healer, to bring about health, wholeness and healing to all, irrespective of caste, creed, religion, age, sex etc.





Down Memory Lane

2001 - 2007

Sr. Dr. Hermina SSA



The highlights of events that happened between 2001 – 2007, during my tenure as the President, through the commendable services of Sister Doctors in various fields especially during the disastrous situation, we were able to take the Forum forward in Government circles, in the Churches in

India and also in some of the International Agencies.

I was elected as the 2nd President of SDFI during the VII AGBM convened at CARITAS complex Goa from 22nd to 25th Feb 2001 with the new Board members. The theme for the AGBM was 'Triple Intelligence' Sister Doctors who were involved in the Relief Work at Gujarat rescuing earthquake afflicted, shared their experiences during the AGBM

2002

The Church celebrated the 10th International World Day of the Sick from 9th to 11th February 2002 at the shrine of Our Lady of Good Health at Vailankani, India with the theme: 'In the Footsteps of Jesus, the Divine Healer'.

The VIII SDFI AGBM was held on 9th February 2002 at the Shrine and the members participated in all the events of the celebration. We had the privilege of meeting the Vatican dignitaries privately and introduced our Forum to them. They were surprised and thrilled to see 200 Sisters Doctors gathered in one place and happy to know that we are a total of 500 Sister Doctors as on 2002 in India, the largest number in the world. As a reply to our letter to the Holy Father John Paul II, we received a letter from the Secretariat of Vatican on 22nd February 2002 signed by the Nuncio Monsignor Pedro Lopez Quintana.

He had mentioned in that letter, "I have the honour to assure you that His Holiness has prayed for the members of the Forum commending all of you to the intercession of Mary, Health of the Sick. He cordially imparted his Apostolic Blessing." Now that he has been canonized as Saint, he will definitely bless all Sister Doctors from Heaven.

With the help of Fr. Alex, who was then the Secretary of Health Commission, and Archbishop Bernard Moras, the

Chairman, SDFI was officially recognized by the CBCI.

2003

The IX AGBM and CME programme was held at the Retreat Centre, Bandra, Bombay, on 7th, 8th and 9th Feb 2003. His Eminence Ivan Cardinal Dias attended the Inaugural function.

- About 4 Sister Doctors attended the 11 month HIV Physician Training programme at CMCH Vellore.
- Some SDFI members participated in the workshop on PM TCT of HIV/AIDS at Delhi on 17th and 18th March 2003, organized by CHAI and CMAI.
- Another heartening happening, was the step taken by the CBCI Health Commission to create awareness about HIV/AIDS. The President of SDFI participated in the International consultation on 'Church's collective Response to HIV/AIDS and a scale up action in India'.

2004

- Two groups of Sister Doctors attended a HIV/AIDS course for 6 days at Snehadan, Bangalore organized by SDFI & CHAI in December 2003 and January 2004.
- The X AGBM cum Conference of SDFI held at Chennai from 27th – 29th Feb 2004, was attended by 120 Sister Doctors. The theme: 'Access to Health through Clinical Hypnotherapy'
- Sister Doctors in all the regions conducted activities on HIV/AIDS programme and some regions held a course on Neuro-Linguistic Programme (NLP).

On 26th December 2004, when the Tsunami struck the coastal area of Tamil Nadu, the Sister Doctors teamed up with CHAI and reached the spot.

2005

- The XI AGBM cum Seminar was held at Sevakendra, Kolkata from 18th to 20th Feb 2005. 127 Sister Doctors attended it. The theme: 'Holistic Empowerment through Integrated Health Care.' His Grace, Lucas Sirkar, Archbishop of Kolkata celebrated the Inaugural Mass.



Sr. Nirmala MC, who was the Superior General of Missionaries of Charity, addressed the assembly on Spirituality of Healing. Sister Doctors had the opportunity to visit and attend the Eucharistic celebration at the Tomb of St. Mother Teresa.

- SDFI members were present when the Church in India finalized the policy of Health and HIV/AIDS. Launching of the policies on Health, HIV/ AIDS was done on 31st August 2005 at India Habitat Centre, New Delhi. A good number of Sister Doctors representing SDFI were present for the function.
- The Tsunami was followed by the killer earthquake on 8th October 2005 in Kashmir. Members of SDFI from the Northern Region, Jansi, Karnataka and Tamil Nadu, were involved in the relief work at Kashmir in the midst of the disastrous and tragic situations, in collaboration with CARITAS, CRS and J&KMSS.

2006

- The XII AGBM cum Seminar was conducted at the Renewal Centre, Kochin, from 17th to 19th Feb 2006 and was attended by a large number of Sister Doctors. The theme was: 'Health for all – A Mirage'. The Inaugural function was presided over by His Eminence Cardinal Mar Varkey Vithayathil.
- The Sister Doctors underwent a 5 day course in computer skills application and update in two batches at

BICS, Yelagiri Tamilnadu

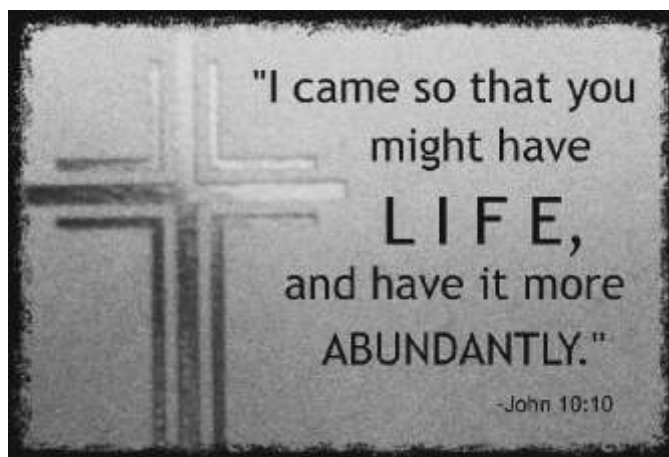
2007

The XII AGBM cum CME was held at Holy Family Hospital, New Delhi, from 28th Feb to 2nd March 2007 with the Theme: 'Ecology and Health'.

The Inaugural address was given by His Eminence Archbishop Pedro Lopez Quintana, Apostolic Nuncio. Other dignitaries present were His Grace Most Rev. Archbishop Bernard Moras, Chairman, CBCI Health Commission and Dr. Anbumani Ramdass, Health Minister. He released the CD "Sister Doctors Forum of India, Down Memory Lane".

The Participants enjoyed the Delhi darshan. The icing on the cake was they being audience with the Late President Dr. A. P. J. Abdul Kalam at Rashtrapati Bhavan. This event, at the Rashtrapati Bhavan has brought recognition to the Catholic Sister Doctors. Sr. Dr. Lina was elected as my successor during the General Body meeting with the New Board members.

Members of SDFI have always been working for the healing of the sick, the holistic interests of the downtrodden and the people affected by the calamitous situation. I am deeply indebted to the Board members and the members of SDFI for their cooperation during my tenure as President of the Forum. I am thankful to God for using me as an instrument to contribute towards the initiation and growth of the SDFI.





Down Memory Lane

2007 - 2010

Sr. Dr. Lina HCM



The Late Sr. Dr. Lina Muppathumkalam HCM, was elected as the third President of SDFI in 2007. She invested her heart and soul for the forum and brought in a lot of changes. The Sister Doctors Forum of India had the privilege of having a vibrant visionary President, Sr. Dr. Lina, from the year 2007 to 2010. Her dream was to take

SDFI to greater heights of medical service in India.

The following are her contributions to SDFI:

SDFI Directory: The first edition of the SDFI Directory came into being through her hard work. She was successful in securing details of 631 Sister Doctors to compile this directory.

Registration of the Forum as a Trust: Sr. Dr. Lina succeeded in getting the Forum registered as a Trust with its Head Quarters in New Delhi.

SDFI website: She was the pioneer who launched the first SDFI website at the SDFI AGBM in Patna on 13th March 2009.

Besides these works she has organized National Level CME and AGBM with the following themes

- Sister Doctor : A Doctor with a Difference – 2008
- Women's Health, Nations Wealth – 2009

I would like to summarize the main events of the Forum from 2007 – 2009:

1. Computer Training for the Sister Doctors in Boscoits, Yellagiri – 20 Sister Doctors participated.
2. Disaster Management in Flood Relief Camp in Kalpetta, Kerala.
3. Medical Camp arranged for Chikungunya affected Patients in Kerala.
4. Medical Camps arranged for Victims of Kandhamal.

Our special thanks to all the Board members and to the past coordinators of the Forum Sr. Susan Joseph MMM, MSW, Mr. Praveen Abraham MSW and Mr. Soji J Moothedan MSW.

She always encouraged the forum to collaborate with CBCI Health Commission, Caritas India, and CHAI etc. She continued an efficient net working of SDFI with these groups. SDFI was represented by her nationally and internationally. She represented SDFI in Georgetown University, Washington DC and Catholic Medical Mission Board, New York for the strategic planning in Health, Education and Social Development by the Church in India.

In 2009, she was diagnosed with cancer and was unable to complete her duties as President; and hence Sr. Dr. Lucian SCC was appointed as a Coordinator to carry on the functions of the Forum. Sr. Lina slipped away into eternity, peacefully and totally aware that she is going to her Lord, at 2.45 am on the 19th of September 2010, on her 66th birthday, in Khairabad.





Down Memory Lane

2010 - 2016

Sr. Dr. Lucian SCC



The Silver Jubilee of SDFI beckons us to rejoice, remember with gratitude, and reflect with mind and heart on the ways and means to walk more fruitfully, to move from Silver to Golden years. Every President and her team, from its origin, have contributed to the history of the

Forum till today. From 2010 to 2016, I was elected as 4th President of the Forum. I shall recount here, what the Lord has done during this period.

Shifting of the functioning office to St. Mary's Hospital, Malur:- In the initial years, SDFI had its functional office in the premises of St. John's Medical College, Bangalore. Thereafter, the office was shifted to the headquarters of CHAI in Secunderabad. However, from 2010 onwards the functioning office is at St. Mary's Hospital, Malur, Kolar District, Karnataka.

Receiving Prior Permission from the Ministry of Home Affairs, Government of India, from 2010 to 2013, was another main achievement during this time. This enabled us receive the Financial Support from Misereor, Germany directly into the Forum.

The themes for 2010 - 2013:

1. Children's Health, Nation's Health – 2010:- With the launching of “Save the Girl Child”, 2012 during this Conference we continued this theme for one more year. It was appreciated and supported by Vatican and Vatican Radio as well as by the people of India both from cities and hamlets.
2. Youth, the Nation's Heart Beat – 2011 was another successful event.
3. Let the Girl Child Live- 2012 -A nationwide campaign was launched on this occasion on the theme- “Save the Girl Child.”

Re-election of Sr. Dr. Lucian for a second term: The year 2013 was unique as we had our 19th CME and AGBM along with the Golden Jubilee celebrations of St. John's Medical College, Bangalore the Alma mater of most of the Sister

Doctors. The College acknowledged the work of Sister Doctors in furthering the mission of St. John's Medical College, Bangalore and an award was given to SDFI. At this AGBM, I was reelected for one more term. Since the Prior Permission for FCRA expired in 2013, we applied for FCRA Permanent registration from MHA, Government of India.

The themes for 2013 - 2016:

1. Women Alpha and Omega - 2014
2. Healthy Life Style for Healthy Living - 2015
3. Growing old gracefully and fruitfully - 2016

At the 2016 AGBM in Bhopal, Sr. Dr. Beena UMI was elected as the 5th National President. There was a mutual understanding that I will continue to work for FCRA till we received it.

I would like to summarize the main events of the Forum from 2010–2016:

1. Continued Medical Education Program for Sister Doctors which was conducted 6 times at National Levels and 42 times at Regional Levels.
2. Holistic Health Awareness Program in schools and Anemia Eradication Program were conducted in 44 schools during 2010 - 2013 (First term) and 52 schools during 2013 - 2016 (Second term) and remote villages all over India.
3. Training in Ultra Sonography in Coimbatore and Palliative care Program in MNJ Regional Palliative Care Centre, Hyderabad – 30 Sister Doctors were trained.
4. Disaster Management in Flood Relief Camps in Uttarkhand, Jammu & Kashmir, Chennai and earthquake stricken Nepal.
5. Launching a Campaign on “Save the Girl Child” Nation wide and Region wise.
6. Awareness Creation in Sexual and Reproductive Health for Women and Adolescents at the National and Regional level.



7. Updating the Knowledge of 11 Sisters as Lab Technicians in Rural Areas.

Kudos to all the Sister Doctors and all the Executive Board Members who worked in union with each other during 2010 - 2016. My special thanks to Sr. Dr. Emily Susai FMM, Vice President, Sr. Dr. Prema Devaraj SND, Secretary and Sr. Dr. Betty Jose SH, Treasurer (2010 - 2013 First term); and to Sr. Dr. Alphonse Mary FIHM, Vice President, Sr. Dr. Liza FSLG, Secretary and Sr. Dr. Hilda Lobo UFS, Treasurer (2013 - 2016 Second term). The coordinators Mr. Joji and Mr. Cyril are worth a mention. Mr. Cyril has done the major work of getting the Permanent FCRA registration for SDFI. Finally a big thank you to all the Sister Doctors of the Forum for their whole hearted cooperation and all their

contributions to the growth of SDFI.

I remember with joy and gratitude the assistance rendered by Rev. Fr. Lawrence D'Souza, Former Director, St. John's Medical College, Rev. Fr. Mathew Abraham CSsR, Rev. Fr. Tomi Thomas IMS of CHAI, Dr. Bobby Joseph and all the faculty members of St. John's Medical College and Leaders of SJMC Alumni Association.

My sincere thanks to Misereor, Germany, for their financial support, and Mr. Martin Pinto, our Auditor, who helped us with the registration of our Trust and in getting Prior Permission and FCRA.

Let the Lord who has been walking with us unceasingly, be praised for all the wonders He has done in and through each one of us.



Prayer
in action
is love, *Love*
in action
is service.

MOTHER TERESA



2016 - 2018

Sr. Dr. Beena UMI



It is said that life is a mysterious journey! Exactly this was my experience, on 27th January 2016, when something unexpected happened in my life. It was a very humbling experience for me to be elected as the National President of

SDFI. For a moment, I stood still not knowing how and where to begin. Then I heard a whisper from within. "Commit your works unto the Lord, and your thoughts shall be established." (Proverbs 16.3) Trusting in these words, I said "Yes" as I accepted this new responsibility.

Glancing back to the short duration of 2 years, I can vividly see the guiding hand of the Divine Healer leading SDFI, as it grows steadily and moves forward. It fills me with immense satisfaction and contentment to be at the service of SDFI.

The new project - December 2016: I began my tenure by taking up a new project - Prevention of cancers in women through screening and early detection.

FCRA approval - July 2017: It was a moment of joy, relief and gratitude as we received the good news of FCRA approval after five long years of waiting period. The whole credit goes to Sr. Dr. Lucian SCC, our Past President, and Mr. Roger Cyril who worked incessantly to obtain it. With gratitude I place on record their hard work, patience and deep trust in the Lord.

23rd National Conference & AGBM - April 2017: It was held in St. Pius X Seminary, Goregaon, Mumbai. It was a memorable event as this Conference set a new benchmark with 225 delegates, 35 Resource persons and various academic and cultural events. The Organizing Committee - the Western Region Sister Doctors, put in all efforts to attain this new standard. I experienced the Divine Providence through many generous benefactors, donors and sponsors who helped me to raise the necessary fund to organize it. The conference theme 'Reaching the Unreached' was very

apt for all the participants, who returned filled with fresh energy and enthusiasm.

Women's Cancer Awareness and Prevention Camp from August 2017: Following the conference, the Sister Doctors have maintained this tempo during the remaining part of the year and this is evidenced by the largest outreach programme of Cancer Awareness and Prevention Camp throughout India covering a large population of approximately twenty five thousand women.

Revival and Re-launch of Eastern Region - November 2017: Due to the geographical distance and lack of modern facilities the north east region needed a quick attention to revitalise it. Sr. Dr. Sherly Abraham agreed to take the lead to unite the Sister Doctors of seven states comprising of Assam, Nagaland, Meghalaya, Arunachal Pradesh, Manipur, Tripura and Sikkim. Thanks to Sr. Sherly for shouldering this responsibility.

The Silver Jubilee year 2018 and Activities

2nd Edition of SDFI Directory: It was almost a decade ago the first Directory of Sister Doctors Forum of India was released. There has been a lot of changes in the last few years. Preparation of the 2nd edition of SDFI Directory was another herculean task. I consider it as my privilege to release it on 27th January 2018 on the occasion of the silver jubilee celebration. A big note of thanks to all the Board Members and especially to Mr. Cyril Roger and Mrs. Freda DeSouza for their tireless support to complete this work.

Updating of SDFI Website - www.sisterdoctorsindia.org: It is yet another dream come true. This venture was carried out as a part of the silver jubilee year program. The updated website has become more user friendly and is more informative. I am grateful to Sr. Dr. Ashreena Miranda MSA for her keen interest to make it a reality before the Jubilee day Celebration.

The Silver Jubilee Celebration, 24th National Conference & AGBM - Jan 2018: Held in St. John's National Academy of Health Sciences, is another feather in



the cap for all the Sister Doctors, who go above and beyond their call of duty to serve some of our country's most vulnerable and hard-to-reach communities. We have entered into the Silver Jubilee era counting on all the glories and discounting the hurdles in our path. The Conference with the theme, "Recent Advances in Diagnostics and Pharmacotherapeutics," is organized in collaboration with St. John's Medical College Alumni Association. The scientific committee has designed four workshops and two orations and other exciting scientific deliberations, thus aiming to update the delegates on the latest trends.

The Sister Doctor Mary Glowrey Memorial Oration: As part of the Silver Jubilee celebration, the organising committee has launched this new initiative as a mark of honour and tribute to Sister Doctor Mary Glowrey, who was a visionary, leader and role model for all us Sister Doctors. Rev. Dr. Mathew CSsR, MD - Director General, CHAI, who is also an associate member of SDFI, was unanimously chosen by the board members to deliver the first Sister Doctor Mary Glowrey Memorial Oration on this occasion.

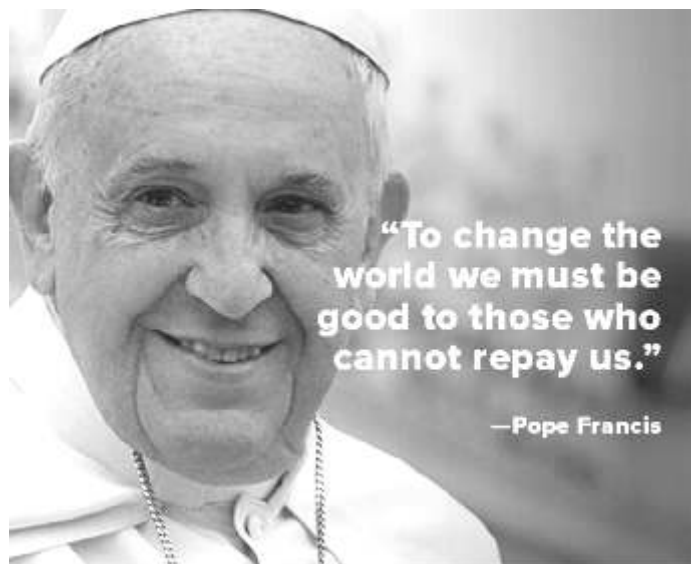
Jubilee Year Special Programs and Future Plans:

- Arranging focussed workshops for skilled development.
- Organizing a Nationwide camp and Awareness creation campaign to prevent Lifestyle associated diseases.
- A pilgrimage to Holy Land and Holy City.
- Registration of SDFI as a Society.
- Expansion of SDFI office

None of this would have been possible without the active participation of my pillars – the SDFI Board Members. Kudos to them for the excellent teamwork. A Salute to each and every Sister Doctor, for reaching out with selfless healthcare to the needy and the remote corners of our great Nation. I would like to conclude with the following quote.

"In a person's lifetime there may be not more than half a dozen occasions that he can look back to in the certain knowledge that right then, at that moment, there was room for nothing but happiness in his heart." Ernestine Gilbreth Carey

It is indeed a great experience for me. Thank you.





God Experience of a Sister Doctor

Story of a Little Life

Sr. Dr. Sally SJB

It is the story of a little life that I could save through a timely intervention; a life that wouldn't have seen the rays of light if not for a timely twist of fate. Pranita (name changed) the mother of a year old girl child hailing from a middle class family was suffering from Schizophrenia for nearly 15 years. Schizophrenia is a chronic mental illness that can so badly affect all of one's normal mental faculties including interpersonal interactions, emotional responses, cognitive functions, voluntary capacities and socio-occupational well being. Such a chronic uncontrolled illness can even take away one's capacity for adequate personal care and hygiene. To complicate the picture such patients can also have delusions (the false, firm and fixed belief which is not keeping with the existing cultural or social norms and believes) and hallucinations (experiencing or perceiving things, sounds, events which others around cannot normally perceive) and multiple behavioural and personality changes secondary to all these. (Remember John Nash from the Oscar winning movie, 'A Beautiful Mind.') They can be aggressive, disorganized, abusive, violent or at times totally lost to themselves, withdrawn and with not much awareness or response to what happens around them. Not every patient who has schizophrenia goes through all these in their life time as there are varieties of schizophrenia itself. There are patients with chronic schizophrenia on proper medications and follow ups, who do wonderfully well in all the above mentioned domains, having completed a certain level of education, holding respectable jobs and taking care of families at times better than a normal person can do. It depends a lot on early detection, proper timely intervention, regular medications and adequate follow ups.

Coming back to the story, this young woman Pranita was educated up to BA not completed, with adequate social support having had both her parents working in a government set up and now retired with not so bad amount as pension. She was married to a middle-class family, fortunately having good in-laws and a supportive husband. Since her insight or awareness into the illness was very poor she frequently defaulted on her medications and that caused her illness to go on unremitting despite the above mentioned protective factors. When her symptoms exacerbated she became very suspicious that her husband has another affair

and her parents and in-laws are trying to poison her. She had frequent anger outbursts and abusiveness whenever her symptoms worsened. Despite all this, her married life went unaffected probably owing to the good will and resilience her relatives had developed over a period of time. Their financial status and educational standards may also have had a bearing on their coping skills.

She was being treated elsewhere for the past many years till we saw her. She came under my care after the delivery of her first baby almost a year ago. Since she wasn't doing so well with multiple medications for adequately long duration in the past, she was considered as having resistant schizophrenia and was put on Clozapine, an antipsychotic medication which we keep as a last resort in such resistant cases since the response to the same is much better comparing to other drugs. We do not give it often owing to some possible life threatening side effects like the blood counts reducing drastically, severe skin rashes, seizures etc. Given all these, we still give to patients as these side effects are as low as less than one in ten thousand and we can monitor regularly for any such and stop the medicine as and when required.

So our index patient was started on Clozapine and was doing better on all symptom levels though not totally well. She had no major issues with the medicine and the family also felt happy with the extent of improvement she achieved as she was now less abusive, more cooperative with relatives, willing to take medicines and caring for the baby well. The baby was just few months old when she became pregnant for the second time, obviously an unplanned pregnancy. It was already beyond 2 months when she realized that she was carrying again. The relatives started panicking as her first baby was too small and still breast feeding and she was on medication which was controlling her symptoms to a great extent. They were in a dilemma as to continue the pregnancy or abort the baby. They went to a gynaecologist who apparently was their consulting doctor during the first delivery too. She counselled the patient, her parents and husband regarding the possible worst outcome of pregnancy when she is on an antipsychotic medicine and the dire need for aborting the baby as soon as possible.

Fortunately, before going ahead with the abortion, they came to meet me asking my opinion. I was horrified at the thought of the poor innocent baby in her womb getting murdered. I listened to all their fears patiently. Most prominent of it was the possibility of having a handicapped or mentally retarded baby. I kept counselling them as I was sure that the current medicine she was on was safe in pregnancy and may not cause a teratogenic effect (any organ related or limb related problem in the new born). They were inflexible in their decision having been totally brainwashed by the gynaecologist who probably knew very little about the psychiatric medicine or its side effects. They were hell bent on aborting the baby saying that they cannot afford to take care of another child as the first one is less than one year. (The relatives were sort of burnt out due to her continuous illness and taking care of her.) They were determined in their decision and weren't open to other options. At the end I said, "I take the responsibility for this baby. If the baby is born handicapped or with any sort of retardation and after the delivery suppose you do not want this baby, you can leave the baby with me and I will take care of the baby." I had in mind that neither the mother, however sick, nor her relatives would want to leave the baby once the baby is born. I also planned to find out the details of institutions where the baby can be placed just in case they did not want to keep the baby. By God's grace, they took my word seriously and relying on me continued her pregnancy. The gynaecologist tried her best again to convince them regarding the terrible aftermath of their decision. But probably because I was much more convincing when I

spoke to them, they didn't lose their faith in me. More than anything else, God didn't want that little life to be smothered even before it could protest or let out even a faint cry.

Pranita carried on with her pregnancy uneventful. At the end of 9 months she delivered a baby girl, so beautiful and totally normal that the gynaecologist herself was surprised. The patient and her relatives took an instant liking and bonding with her and needless to say, there was no place for the thought of abandoning the baby. After few days of her birth she was brought to me by her beaming grandmother. She thanked me profusely for the timely intervention that gifted them with such a treasure which they now wanted to cherish by all means. When I asked if they still remotely consider the option of giving the baby to me, the answer was a vehement 'no'. Whenever they come to the hospital, the grandmother brings the baby to me saying "Aapki Betti" (your daughter). The little one gives such warm, capturing smiles that win all hearts in the whole of our department.

I feel content at the turn out of events which went so wonderfully well, as planned by God who takes care of even the least of organisms in the universe, who cares for the birds in the sky, who adorns even the grass in the field. (Mt 6:28-30) Every single being is kept safe and cared so marvellously well in His hands and He finds ways to protect life when human beings in their selfishness seek destruction. We may not be able to save all the lives in the world or reach out to all those in the hands of danger of death or abuse. But a single life saved, makes a world of a difference at least for that single human being.





God Experience of a Sister Doctor

God, the Best Teacher and Prayer, the Best Medicine

Sr. Dr. Jwana

It is said, 'God is the best Doctor and prayer is the best medicine.' The scientific world is bubbling daily with new advances and technology is fast moving towards heretofore unknown horizons making some believe that God, faith and religion are antiquated notions. In the midst of all these advances I discover daily anew the power of God and the effect of faith in human lives.

I work in a mission station called Jagir Pannur in Manvi Taluk of Raichur District in Karnataka, and it is a challenging task working here in a backward area. But I have learnt a lot of new things which I want to place before all my readers.

Though they live in a backward area and people are materially poor, they are rich in humanity, especially in love. Their simplicity, faith in God and childlike trust is really an eye opener for me. They manifest in their humble lives that God dwells with them. Their hard work, life of total trust and dependence on the Providence of God, being satisfied with the little they have, acceptance of life's hard realities, deprivations, living with bare minimum and qualities like these take me closer to Jesus who chose to be born in a cattle shed and grew up in a humble home in Nazareth for thirty long years. These people are filled with love, life, laughter, innocence, joy and enjoy the simple gifts of life with such excitement.

One of my patients who also belongs to this place taught me a beautiful lesson on life's realities. In spite of being warned and told many times to go to a higher centre for the treatment of his cough and chest pain, which was first diagnosed as tuberculosis, he would come back to our centre with simple faith for symptomatic relief and would receive a long advice from us...only to come back for another visit after a few days. One day we refused him treatment in order to force

him to go to a higher centre. Due to unbearable pain, he reluctantly visited RIMS and a battery of tests were conducted with no diagnosis told to him (as it happens in most higher centres). They suspected cancer of the lungs and referred him to Bangalore. The poor patient lost all his energy visiting the hospital for three months and still not been given a definitive diagnosis and treatment. He returned to his village frustrated with what he met at the higher centre without even getting his reports. One of his family members was told about the disease he had but no one wanted to go beyond to get him the right treatment.

After a while as usual he started revisiting us. By then we could also see him slowly deteriorating and advised him to collect his reports for better treatment. The patient refused. I slowly spoke to him one day about the possibility of him having cancer, this elderly man was so serenely resigned to accepting whatever came his way. He only asked to be relieved of his symptoms and that he would die peacefully. What I saw in him that morning was not a sad resignation to what was inevitable but a realistic acceptance of both life and death as gifts to be received with gratitude and humility. He taught me a great lesson to accept life quietly with gratitude and to surrender without fighting back to those realities we can never contend against any way.

My patients are indeed my teachers. They teach me so much about life, love, faith and trust in God. Their trust in their Doctor hugely assures me as I grapple uncertainly with diagnosis and correct treatment and challenge me to trust in God the ultimate Healer. May God be praised for these experiences which come unasked but which all the same compel us to grapple with raw questions of life, health and death as well as with the spiritual resources that can existentially answer these questions.





God Experience of a Sister Doctor

The Gift of a Lustrous Pearl

Sr. Dr. Dayana

Whenever you do not understand what is happening around you, just close your eyes, take a deep breath and say, "God, I know it is your plan. Just help me through it." Instantly our beloved Lord will unravel many incomprehensible things to you. He will unbox intriguing mysteries.

This is what I have internalised from the umpteen touching experiences that have breezed through me in this healing ministry that I'm called for.

Sharing one of those treasured moments, I look back to July 14, 2017 that akin to any other day dawned pleasantly. However, at 9.00 a.m. I was disturbed by unbearable, wailing and weeping amidst which a six year old girl and her uncle were carried to the casualty in utmost hurry. Mustering all courage and pumping out all energy, I rushed to the casualty to attend the case. As I reached closer, I could hear only their loud cries that shrouded their words. I was clueless. A few minutes later whispers of the attenders drilled my ears.

"They were going to temple by bike.... accident.... Please do something doctor.... Pleaaasseeeee"

Immediately as if shaken up from a trance, I started examining the child. On examination I discovered that the girl had open cut injury over the right side of her neck. Without wasting much time I immediately started treating her. Meanwhile, I referred her uncle to a Higher Medical centre as he had sustained multiple fractures.

Two hours later, when I visited the child in the ward the scene quite moved me as I saw the child on the father's lap and the mother sitting next to him. Their eyes were fixed on the child. Their hands ran gently over her head and body caressing her. Uncontrollable tears flowed down their eyes, while they were speaking something into her ears. I immediately sharpened my ears and inquisitively listened to what they were saying. I turned motionless as the mother said "Oh my precious daughter. You are God's gift to us after 20 years of our married life. You brought meaning to our life and brought in joy and mirth in the family. You mean a lot to us."

The mother's words pierced my heart. I wondered at the

mystery of life and death. Suddenly, I came back to reality and sent the baby for a CT scan with the given nature of the injury.

After four hours, I found the father carrying the child over his shoulder and running to the casualty as he did in the morning immediately after the accident. This time I was jolted and became speechless as I examined the pulseless girl with fixed and dilated pupils.

Was it the parents' innocence or ignorance?

They had taken the girl straight to the temple instead of CT scan and had given her "yellow water" and clothed her in yellow robes. That is when they had noticed her pulse dropping and rushed her back to the casualty. "Oh God!! What's all these?"

Gradually, I garnered enough strength and with a feeble and quivering voice revealed to them, "The baby is NO MORE." Both cried inconsolably but their firm gaze articulated a gravity, an intensity that startled me. As I moved away from them I heard their rhetorical questions:

"Why.... Why.... Why..... to us?"

"We were only going to the temple...."

"And you took her life away in the temple...."

"Oh God... its's you who gave her after 20 years of our married life and you robbed us of her in six years."

"What wrong did we do? What sin did we commit?"

"If you wanted a life, you could have taken either of us."

"Doctor please tell us.... Why all these to us?"

I just kept slowly drifting away from them, bankrupt of even a syllable to respond.

As moments and days passed I eventually learnt that every event that we encounter in life is a hard shell to break - a doorway to maturity. It is in experiencing the experience you comprehend the most difficult truth that the shells can turn even the parasites into stupefying and lustrous pearls.



God Experience of a Sister Doctor Miracles in the Healing Ministry

Sr. Dr. Lenita

*“Heard memories are sweet
But those unheard are sweeter.
Seen deeds are great
But those unseen are sublimely marvellous.”*

As I take a stroll down the memory lane, I recollect all the beautiful memories that took place in my medical career. It seems like yesterday that these miracles occurred in my life. Looking back, I see the thread of God's love and guidance all through my life.

In 1997, after successfully completing my MBBS, I was posted at a rural center in K.R. Pete, Mysore. One fine day, a 56 year old lady visited me regarding her health issue. Her entire body was afflicted with a skin disease for 8 years and looked very unappealing to the eyes. After a thorough examination, I diagnosed her to have severe form of psoriasis and suggested that she consults a dermatologist. She then narrated to me about all the treatment failure she experienced in several states like Bangalore, Tamilnadu, Kerala, and how she was advised to come see me as a last ray of hope.

I referred her to a tertiary centre but she refused saying, “My disease seems incurable by all the Dermatologists. I heard about this centre. Please don't refuse to treat me.” I never believed in an instant miracle through my hands. But for her satisfaction, I treated her with simple medications that were available at my Center. When she returned after 24 days, I couldn't believe my eyes. She was completely healed by God's grace. Her skin was glowing and she was looking like a charming lady. That was the first miracle I witnessed with my own eyes.

Ever since I completed my post graduation, I do witness miracles everyday in my life. I allow His healing power to flow through me to my patients.

Another incident I recollect is about a 40 years old lab technician from Mangalore who had infertility for 18 years.

3 infertility Specialists told her that she will never conceive, as she had already finished 3 Assisted Reproductive Technology (ART) which had failed. Finally she agreed to adopt a baby. 2 months prior to adoption, she approached me. I understood her problem was beyond any medical treatment. Yet I said, “For God nothing is impossible.” I asked her to put all her trust in the Lord and treated her for 2 months. Alas! A miracle. She conceived and was blessed with 2 beautiful kids. Since then I have treated more than 100 infertility patients who had ART failure, and many went back home with the gift of having a baby.

These are the greatest moments of my life, the ones I will never forget. These memories I will cherish and hold close to my heart. My journey in faith strengthens me, as the years go by.

'We care, God heals' is the slogan displayed at many hospitals. Yes, sometimes people fail, technologies fail, but God still works.

I strongly believe, that it is God who touches and heals. We are only instruments in his hands. I thank God for the great wonders the Lord works through Sister Doctors when we place our trust in Him.

“Miracle happens everyday. Change your perception of what miracle is and you will see them all around you.” (Jon Bon Jovi)

“Before I formed you in the womb... I knew you,
Before you were born I consecrated you.” (Jer 1:5)

My life may not be going the way I planned it; but it is going exactly the way God planned it.





God Experience of a Sister Doctor

Jesus, the Wonder Worker

Sr. Dr. Annie Sheela

The great name of Jesus

From my childhood I have had great love for Jesus and experienced the wonder work of Jesus. Whenever we faced certain difficult situation or problems at home, as the elder daughter I used to gather my younger siblings and together we would loudly and continuously call out Jesus .. Jesus...Jesus...and things would be settled.

Jesus gave me the seat in medical college

St. John's Medical College has only one seat for DM Cardiology and anyone from India can apply for this seat. Applicant doctors prepare a lot and come for the entrance. As I was working in a P. S. Mission hospital, I could not prepare much for the entrance. As preparation I spent 10 days in our prayer house in Ayroor, where I prayed and also studied every text I had taken for study, like a machine. I made small notes from these text books, and I remember with great wonder that almost all questions had come from these notes. The last night before travel to Bangalore for the entrance, in a the dream as I was standing in front of a calm but great sea, Jesus gave me a paper to write. As I was searching for a pen, the waves brought me a big pen; and in the exam I could answer almost all questions very easily and I completed the exam 15 minutes before time. Previous day of the clinical interview, in a dream Jesus showed me even the clinical diagnosis of the patient kept for case discussion. scored high marks and got that only seat.

Wonder work of JESUS, the Great Cardiologist

A 86 years old lady was brought in at 9 pm with severe heart attack, in shock, gasping and was dying. Since recovery was unlikely, all were expecting her to breath her last. Emergency rescue coronary angioplasty was the only possible treatment. Cath lab was not available in our hospital at that time. The relatives were not taking her to another major centre also. I just went to chapel, sat with my eyes closed and asked Jesus to conduct the coronary angioplasty with me. As a cardiologist, in the next 25-30

minutes, I did all steps of the procedure to open up the blocked artery in her. Wonder work of Jesus! Next morning, she was hale and hearty, in good health and cheers! She still comes for regular health checkups.

A 40 years old lady collapsed just 4 minutes after reaching the casualty on 18th June 2017. Even though she was resuscitated, connected to ventilator; the relatives insisted to shift her to a major hospital. They refused to go to a close by corporate hospital and took her to a faraway hospital in a cardiac ambulance. She was only for one hour in our hospital since arrival to the casualty. She expired 8 days later in that referral centre. She had hypoxic damage to the brain and her relatives decided to come and damage our hospital and property. To our great surprise, we woke up in the morning with full police protection all around our hospital . We still don't know who arranged this. We believe... JESUS... JESUS... JESUS...only Jesus.

Jesus, as a Black American

I was traveling for the first time in USA, and I missed the connecting flight from Atlanta to Nashville, Tennessee. I was made to travel in a very small aircraft with only the Pilot as crew member and 4 persons including me as travelers. We landed in a small airport in Nashville, Tennessee. I was completely lost there. The person who had to receive me was waiting at in the main large airport. I did not have a cell phone to communicate. I waited there for some time, it was raining and cold . I could see the other passengers getting into different cars and moving to their destination. As I was standing there with a worried and staring look, suddenly a black American opened the door of his vehicle. He came to me and asked whether I could travel with him to the main airport. I took the risk, traveled with him and reached the airport in 30 minutes. There I met my relative in the parking area just as he was about to leave that place to go in search of me. Jesus... Jesus...Jesus...it is only Jesus who helped me.



God Experience of a Sister Doctor

God's Hand in My Life, He Intervenes

Sr. Dr. Teena

Trusting in Divine Providence brings great joy and happiness to the Soul. Here is an incidence that took place in my life when dealing with a complicated case of a pregnant lady.

On 11th July 2016 at 2 am Mrs. Rukmani, a 22 years old lady, first time pregnant, was rushed to our hospital with complains of labor pain on the previous day in the morning and passing of blood since night. She gave a history of being admitted in a district hospital in the morning and was found to have obstructed labor in the night. On being catheterized, there was frank blood in the urine. On emergency basis a Gynaecologist was called; but he did not attend to the patient as he was at home, 1 km from the hospital. In spite of the patient's husband going to the Doctor's house, there was no response.

Being in utter distress, the relatives learnt that there is a hospital where there are facilities for deliveries, Caesarean Section and other Surgeries. With the advice of the people, the patient and her husband along with their relatives came with fear and trembling in heavily pouring rain. I was called and briefed about her condition. On examination I found her very pale, exhausted and was in good labor contraction. Her urinary bladder was distended upto the umbilicus with frank bleeding seen in the catheter. With such strong contractions, I feared that she was heading for a ruptured uterus and had to take her immediately for the Caesarian Section. The situation was critical and risky. I explained to the husband the high risk of the surgery and its complications due to the present clinical condition. He stood helpless, in tears.

Action began with a prayer to God our Father and Mary our Mother, to be with us and the patient and we believed that God will do the needful. The patient needed blood transfusion as her blood counts were low and there was a high chance of bleeding. Blood was drawn from the husband as he was "O" positive, the same as his wife.

I prepared myself for severe bleeding as soon as we start the incision due to low platelets and which would further complicate the existing severe anemia. It was time for God to intervene and surely He did. To my surprise there was no bleeding from the incision site as I had expected during the surgery. We delivered a healthy baby and as usual the uterus was sutured with normal blood loss. There was a large amount of peritoneal fluid collection in the abdomen which still kept draining through the abdominal drain. Post operatively, the patient had abdominal distension with no complications. After conducting the surgery I waited behind to donate blood, just in case the patient required more blood.

And as any other Caesarian Case she was discharged on the 7th Day of her admission. Thanks be to God. As there is only one Gynaecologist in the district hospital, many patients now come to our hospital and I am able to help them. At times I get complicated cases due to the delay in the treatment and care of the patient, but this experience keeps me trusting in Divine Providence and enables me to go ahead helping the patients as God's hand is there to intervene.





SDFI STALWARTS

Andhra Pradesh & Telangana

SR. DR. LELLIS FCC

Sr. Dr. Francis Annam

Sr. Dr. Lellis FCC, a great Missionary, wanted to follow in the footsteps of Jesus, the Divine Healer, closely and said “Yes” when her authorities decided to send her to do Medicine. She completed her studies and graduated at the University of Padua, Italy, as MD, DGO MS (CRP).

She returned to India to a small town surrounded with many villages in the district of Nizamabad. It was a poor drought affected area with very low literacy level. Ladies were considered like labourers. Facilities were minimal with a single Government Hospital 40 kms away.

People of the village longed for medical help in their sickness, and Sr. Dr. Lellis would go from village to village with emergency drugs in her bag. Given a place to care for the sick and examine them, she would extend her stethoscope and diagnose the disease with treatment made readily available.

Life as a missionary, for Sr. Dr. Lellis working in the remote villages, was indeed tough and challenging. Her trust in the Lord and zeal to help the poor being tremendous, she depended much on Divine Providence. Once when encountered with a cholera patient and not having a place to treat the patient, she administered IV fluids under a banyan tree. Sr. Dr. Lellis felt an urgent need for a small hospital and her deep trust in Divine Providence was rewarded. She struck gold when she found an abandoned building. On repairing it, she transformed it into an 8 bedded hospital, with a labour room and a small laboratory.

The villagers of Lingampet found an 'Angel' in Sr. Dr. Lellis and many availed of her medical care and treatment. She would see almost 120 – 150 patients per day. She, with the support of her Religious Sisters, improved the facilities of the hospital. The 8 bedded hospital grew under her care and guidance and increased to a 15 bedded hospital, with facilities like operation theatre, labour room, Ultrasound, X-ray and a laboratory.

Sr. Dr. Lellis encountered a number of TB patients and many of them were unable to complete treatment due to lack of money for medicine and transport. She went a step further in providing free TB treatment and even the traveling fare to the patients who had no money, and thus she was able to cure many TB patients.

Sr. Dr. Lellis's main desire was to work for the total development of the person. She received constant graces and blessing from Almighty God, and with the support and collaboration of her Sisters, was able to carry out her great works of Mercy.

SDFI honours Sr. Dr. Lellis FCC, for she is one of the many Sister Doctors who work in places where other Doctors are not willing to work.



SDFI STALWARTS

Karnataka

SR. DR. MARISTELLA SCCG

Sr. Dr. Lenny Dsouza

The shining stalwart of Karnataka region Sr. Dr. Maristella, belonging to the 1966 batch of SJMC, is an angel to the people of Solur.

Sister completed her graduation in MBBS in 1972, and began her Mission as a Doctor working at various places seeing to the health and well being of patients in remote villages. She completed her MD in OBG in 1978. She was then sent by her Superiors to Snehalya Socio Medical Relief Centre in Solur in 1981, a very remote village at the outskirts of Bangalore. Sr. Dr. Maristella, the Florence nightingale, would work day and night for the patients with much love, affection and care, for she knew they had nowhere to go. She served this centre for 23 years and trained many MBBS interns who were posted there for their community health posting. Those who did their rural bond, remember her as a guiding light of courage, knowledge and strength in the beginning of their career. For the past 13 years, till date, she is working at Kripalaya Health Center, Karical, Pondicherry.

Her motto to provide Preventive, Promotive and Curative health care to all women and their families has been part and parcel of her life. The poor were her first priority. If they would not come she would go or else she would conduct mobile clinics in interior villages. Sr. Dr. Maristella, a brave religious, as a Gynaecologist would conduct deliveries, LSCS, minor surgeries, etc. As she had been trained for some months in Anesthesia and Pediatrics, in situations of grave necessity she would administer Anesthesia and care for the new born who were at risk.

Sr. Dr. Maristella, a leader and guide, would take every opportunity to impart education to the people of the locality, thus uprooting their superstitious beliefs about childbirth and unhealthy food habits of the post natal mothers. In this manner, she contributed a lot in reducing the Maternal Mortality Rate and Infant Mortality Rate in the villages of Bangalore.

Various programmes have been carried out by Sr. Dr. Maristella - training on preventive, promotive and curative aspect of health and hygiene to paramedical staff, training the local mid-wives (Dhais) to conduct delivery cases and educating the people on Natural Family Planning. She conducted camps for the detection of Anemia, eye check up, diabetes, hypertension and thyroid diseases. She went one step further in helping the people for cataract surgeries. Presently, Sr. Dr. Maristella shows her enthusiasm by participating in cancer awareness programs for women.

Life for Sr. Dr. Maristella has not been a smooth path. She worked alone as a single Doctor even while managing most complicated conditions in high risk patients. Her trust in the Almighty Lord and her fine surgical skills, made her a daring Sister Doctor.

Sr. Dr. Maristella was awarded by the IMA of Nelamagala Zone on Doctor's Day in July 2000, and in 2002 by the State IMA for her Rural Services concerning the healthcare of the people.

SDFI salutes Sr. Dr. Maristella for her dedicated and courageous endeavour in the field of Medicine.



SDFI STALWARTS

Tamil Nadu

SR. DR. CONRAD MARY OSM

Sr. Dr. Martina SJC

Sr. Dr. Conrad Mary belonged to the 1970 batch of St. John's Medical College. As a person, she is simple, humble and dedicated in her mission.

After she left St. John's Medical College, she worked in a village hospital in Ramnad District, Tamil Nadu. There she came across an Eclampsia patient who changed her track and vision of the mission.

As a missionary, Sr. Dr. Conrad Mary knew that the people in the rural areas needed her the most and she started living in villages and worked at a remote interior place for almost 9 years. At a rural place in Kolkata called Santrgachi, she worked for the upliftment and good health of the people of that place and then proceeded to Dindugal in Tamil Nadu. She is a very vibrant person and a guiding force in training personnel to be dedicated health workers. She would go with the health workers in reaching out to the farthest areas of the villages, catering to their health needs and queries.

Sr. Dr. Conrad Mary had great hopes to reach out to the remotest areas of the villages where the people have no access to medical aid and other facilities. Her zeal and enthusiasm led her to venture into difficult and trying situations. She would train and guide personnel in different aspects of medicine and skills, making them confident to be of service to humanity.

Seeing the good works of Sr. Dr. Conrad Mary, her authorities transferred her to a leprosy centre in Trichy, Fatima Nagar, where people affected with leprosy, HIV / AIDS and TB are cared for. She would work in collaboration with the Government officials in executing the projects.

Sr. Dr. Conrad Mary is ever young and dynamic, full of energy in her field of Medicine. The poor always had a place close to her heart. Through her simplicity, selfless and tireless works, she created ripples of love, compassion and care to the most forsaken and forgotten.

Presently, she is working in a coastal area, Uvari. She is of great help to the people affected by the cyclone in Kanyakumari district. A real tragic situation!

Sr. Dr. Conrad Mary, following in the footsteps of Jesus, would go from village to village in search of people who needed medical aid. Great was her love and care for the needy and abandoned.

SDFI is glad to have an amazing stalwart like Sr. Dr. Conrad Mary. We wish God's blessing upon her for all the tough and dedicated work she renders to God's people and the mission.



SDFI STALWARTS

Western Region

SR. DR. GIOVANNA UMI

Sr. Dr. Beena UMI

It is indeed with immense joy and gratitude I pen down these lines about a much treasured gift in the person of Sr. Dr. Giovanna Alberoni to the Ursuline family, rather to the Church of India. She is indeed an exemplary in the living of her vocation as a Sister Doctor.

Mother Giovanna, an Italian missionary, arrived in India at the age of 22, on 4th November 1948. Thereafter, she completed her MBBS from Lady Harding Medical College, New Delhi.

This remarkable Sister Doctor, with her pleasant nature and enthusiasm for mission, began her healing ministry in Mariampur Hospital Kanpur, UP. She was then transferred to the South, wherein, she worked in Nirmala Hospital, Calicut, Good Shepherd Hospital, Vaithiri, Wayanad and Holy Family Hospital, Bandra, Mumbai. She served Holy Family Hospital in different capacities. She is the inspiration and the mastermind who converted the 22 bedded maternity home to a 268 bedded multispecialty hospital and Research Centre at Bandra. Through her winning smile and gentle ways, she captivated the hearts of thousands of Indians.

Her keen perception, analytical mind and prophetic vision gave a new dimension and orientation to our Ursuline missionary activities in India. Through her life of self-sacrifice, intense prayer and unshakable faith, she steered the destiny of our congregation as Mission Superior, Provincial and Mother General.

With a heart which burns with a passion for Christ and compassion for humanity, she has touched and healed thousands of patients. She still continues to sprinkle the perfume of genuine love on all who come in contact with her. She is indeed a Missionary with a Vision.

On the occasion of the Silver Jubilee of the Sister Doctors Forum of India, we congratulate and thank her for her enormous contributions. It would indeed not be right, to conclude without thanking the Almighty for the gift of Sister Doctor Mother Giovanna to us.

SDFI is proud of you Sr. Dr. Giovanna Alberoni, a Missionary with a Vision.



SDFI STALWARTS

Central Region

SR. DR. HERMAN CSSJ

Sr. Dr. Alphy OSF

I am pleased to write about Sr. Dr. Herman Joseph CSSJ, the recipient of CHAI Award 2017. The Sister Doctors Forum of India, especially the Central Region, is proud of Sr. Dr. Herman and her long 46 years of dedicated service as a medical doctor.

Sr. Dr. Herman was born in Thrissur, Kerala, on 9th September 1935. She made her first religious profession in the congregation of Sisters of St. Joseph of Chambery in 1958. She belonged to the second batch of MBBS students who graduated from St. John's Medical College, Bangalore, in 1970. Her first stint of service was at St. Jude's Hospital, Jhansi, from 1971 to 1986. She came to Bhopal in 1986 to oversee the setting up of Asha Niketan Hospital (Bhopal). She continued her service at Asha Niketan until she moved to Ashta in 1999. Till today, she remains very active in her health care ministry at Ashta, a rural town in Sehore district, MP.

Sr. Dr. Herman's life is an exemplary witness to the healing power of Jesus to every patient who comes to her. Even at the mature age of 82, she is available 24×7 for her patients. Her motto is, "Follow the footsteps of Jesus in His healing ministry." Although she did not do any specialization, Sr. Dr. Herman excelled in her practice of Gynaecology and managed all types of high risk cases.

Sr. Dr. Herman worked hard to set up Asha Niketan Hospital, Bhopal, from its initial years and brought it to its status as a reputed medical institution in the city. However, it was always her wish and dream to give her service to the poor in the villages. As soon as she got relieved from Asha Niketan Hospital in 1999, she set up a hospital in the village of Ashta, two hours from Bhopal city. Around 100 patients from Ashta and surrounding villages come to Sr. Dr. Herman's OPD at St. Joseph's Hospital (Ashta) every day. Interestingly, she is the only doctor available for treating the snake bite cases in the area. She also makes regular visits to the nearby villages and conducts medical camps for those who cannot go to the hospital due to the distance.

Sr. Dr. Herman is a true religious, who finds her strength from the daily Eucharist and personal prayer. Her life as a committed Sister Doctor, especially her missionary zeal and dedication to the poor, is a matter of inspiration to us all.



Best Wishes From

St. John's National Academy of Health Sciences

Sarjapur Road, John Nagar, Koramangala,
Bengaluru, Karnataka 560034



“So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters, the mustard seed germinates and roots itself.”

- Florence Nightingale





With Best Compliments From



HERBHYA FORMULATION

CHENNAI

Makers of:

NEEMEX CAPSULES / CREAM SCORE SCORE-F CAPSULES/
 HEM SYRUP/ FLEX OIL/ ORTHRIS CAPSULES CARRIM TABLETS CALCULEX/
 PILOWIN CAPSULES / KOFREE HESOFER TABLETS
 HEFOMEK TABLETS ANCID/ ANCID 'O' GEL HELEMO HELEMO KID TABLETS

With Best Compliments From



FRENCH CARRE FORMULATIONS

CHENNAI

BECOTIN	SYSCARE 150
BENSTAT	TUSORYL
FREZOLE	RESPORYL
FRECAL-D	RABEF
FCINAC-P	FREDASE FORTE



With Best Compliments From

WORLD CLASS CANCER TREATMENT IN MEERUT



Valentis Cancer Hospital

First & Only Comprehensive Cancer Hospital of Western U.P. & Uttrakhand



**Dual-Energy Digital
Linear Accelerator**
•IMRT •IGRT
•PET-Based RT
•Stereotactic Radiosurgery

Advanced Cancer Surgery | Modern Radiation Therapy | Haemato Oncology | Targeted Therapy

**Presenting PET-CT Scan for the first
time in Western UP & Uttrakhand**

**Achieved the milestone
of serving 10,000
Cancer Patients**



Mussoorie, Mawana Road, Meerut (U.P.), India
Phone : +91-121-2887700, 2887800, 2887900
info@valentiscancerhospital.org | www.valentiscancerhospital.org

**Helpline
07599221100**



With Best Compliments From

The Management & Staff
ST. JOSEPH'S GENERAL HOSPITAL
Guntur - 522 004
Amaravathi, ANDHRA PRADESH

The only Mission Hospital in the
New Capital of Andhra Pradesh.

The cradle of CHAI
(Catholic Health Association of India).

Congratulations SDFI on the occasion of
Silver Jubilee

We appreciate your dedicated and selfless
services in rural India

*"I can never thank God sufficiently for having deigned
to ask me to work for Him and for having directed me to this mission."*

- Dr. Sr. Mary Glowrey, Servant of God



With Best Compliments From

**Sisters of charity
Dharwad province**



**SAINT BARTOLOMEO
CAPITENO**
Best wishes From
**SAINT CINCENZA
EROSA**

Provincial Superior
Dharwad Province

Jyoti health centre
Mundgod
Navachetana
Charitable Hospital
Havagi
Lourdes Hospital
Dharwad
Arogya Matha Seva
Kendra Balki
Bosio Hospital
Candolim





***Congratulations
&
Best Wishes to SDFI***



Sr. Mercy FSLG

Superior General

Congregation of Franciscan Sisters of our Lady of Graces

St. Francis Convent, Meerut,
Uttar Pradesh - 250 001



With Best Compliments From
**Provincial Superior and Sisters
Mangalore Province**
**Sisters of Charity of Sts. Bartolomea Capitanio
and Vincenza Gerosa (SCCG)
(Sisters of Maria Bambina)**



With Best Compliments From

ACCOST
Pharmaceuticals

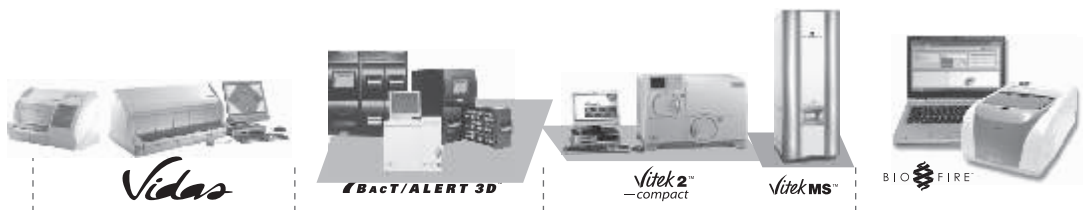




Sepsis every second counts

bioMérieux Solution for Sepsis Care Management

VIDAS® B-R-A-H-M-S® PCT	Procalcitonin (PCT) aid in the early diagnosis of severe bacterial infection and sepsis, help assess severity and prognosis of infection, and guide in antibiotics stewardship
BacT/ALERT® 3D	Innovation in septicemia diagnosis with the BacT/ALERT® 3D, Automated Microbial Detection System
VITEK® MS VITEK® 2 Compact	Rapid and Reliable solution for Microbial Identification, Antimicrobial Susceptibility Testing and Resistance Detection
BIOFIRE® Film Array®	Rapidly identify infections with symptom-driven testing. Respiratory, Gastrointestinal, Blood Culture ID and Meningitis/Encephalitis panels available





With Best Compliments From



Manoj Giri

ELIXIR BIOTECH

B-222, Major Dhyan Chand Nagar, Delhi Road, Meerut.

Congratulations & Best Wishes To SDFI



Sr. Arti CFMSS

Provincial Superior,
Sisters & Staff of St. Paul's Hospital,
Clement Town, Dehradun, Uttarakhand - 248 002.



With Best Compliments From



Systopic Laboratories Pvt. Ltd.

101, Pragati Chambers, Commercial Complex,
Ranjit Nagar, New Delhi – 110 008

✉ : systopic@systopic.com • www.systopic.com



With Best Compliments From



CASCADE INDIA PHARMACEUTICALS

38-IST Floor, Prachi Complex, Khair Nagar, Meerut,
Uttar Pradesh 250002

With Best Compliments From



OUR Lady GRACES Hospital

Sardhana, Meerut, Uttar Pradesh - 250 342
Phone No. : 01237 236562



With Best Compliments From



Catholic Diocese of Meerut

**Bishop's House 283 Rookee Road,
Meerut Cantt, Meerut, Uttar Pradesh 250001
Mobile : 9412500717 • mrtdiocese@gmail.com**

With Best Compliments From



Macleods
PHARMACEUTICALS

1st Floor, Atlanta Arcade, Church Road, Near Leela Hotel,
Andheri-Kurla Road, Andheri (E), Mumbai – 400 059, India



With Best Compliments From

NEELES H AGENCY

Dealers In : Diagnostic Kits / Reagents

Authorised Distributors / Stockist of :

- AGAPPE • AGD • ALERE • ARKRAY • DIASYS
- J. MITRA • MERIL • NIHON KOHDEN • OMEGA
- RANDOX • RAPHA • ROCHE • TOSOH • TRANSASIA
- TULIP GROUP

139, Satyam Shivam Shopping Centre, Nallasopara (West), Dist: Palghar, Pin – 401203
 Tel: 0250 – 2413741 / 2404505 • M : 8080546401 Email: neeleshagency@gmail.com

With Best Compliments From

ELLIOTT LABS PRIVATE LIMITED



406, B-Wing, Navkiran Marg,
 Andheri (West), Mumbai, Maharashtra.



*Congratulations SDFI
On the Occasion of your Silver Jubilee*



*We Appreciate Your Dedicated Service
and
Fulfilling The Vision & Mission of*

SR. DR. MARY GLOWREY

Best Compliments From

**JMJ
BANGALORE PROVINCE
Sr. Sundari Singareddy, Provincial Superior**

With Best Compliments From



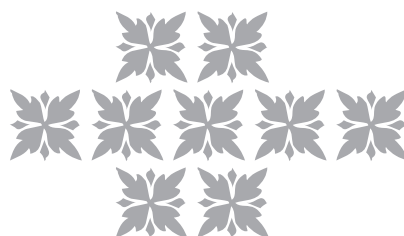
**Rt. Rev. Bishop Pius T. D'souza
DIOCESE OF AJMER**

Bishop's House, Kaisarganj, Ajmer. 305001



With Best Compliments From

Mr. Aamir



Jimmy Pathology

Bilaspur, Rampur Dist, Uttar Pradesh.

With Best Compliments From



GENETICS INDIA

DH/52, Pallav Puram, Meerut



With Best Compliments From



M/s MIDAS DIAGNOSTICS

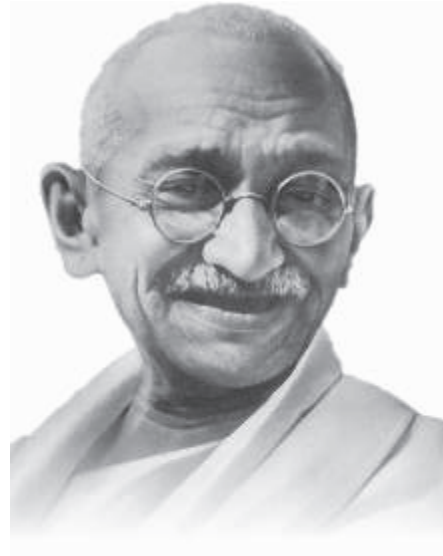
DISTRIBUTOR OF PREQ VACUTAINER

Gala 13, Tirupati Udyog, I. B. Patel Road,
Goregaon East, Mumbai - 400 063

With Best Compliments From



ALMONAIR LABORATORIES PVT LTD



“The best way to find yourself is to lose yourself in the service of others.”

- Mahatma Gandhi



A Tribute

to our Dear SDFI Members
2017



Sr. Dr. Melba D'Cunha MSA, MBBS, MD

Born : 11/03/1943

Expired: 21/09/2017

Congregation of Mission Sisters of Ajmer

Batch of 1967 of St. John's Medical College



Sr. Dr. Mary Marcellus SVM, MBBS, MD

Born : 15/07/1952

Expired : 16/11/2017

Congregation of Sisters of the Visitation of Mary

Batch of 1979 of Kottayam Medical College

Thanks

You Made A Difference

Nothing is more honourable than a grateful heart. Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings.

It is with this happiness that I, on behalf of the Sister Doctors Forum of India (SDFI) and the Organising Committee, extend a deep sense of appreciation to many who have been instrumental in planning and organizing the 24th National Conference, Annual General Body Meeting, cum Silver Jubilee Celebration, of the SDFI held on 26th, 27th, and 28th January 2018 at St. John's National Academy of Health Sciences, Bangalore.

I thank His Grace, Most Rev. Dr. Bernard Moras, Archbishop of Bangalore, for inaugurating the Silver Jubilee Celebration cum 24th National Conference 2018, and who along with Most Rev. Dr. Prakash Mallavarapu, Archbishop of Vishakhapatnam, implored God's blessings through the Holy Eucharist on this event. We thank you for your graceful presence at the Inaugural Ceremony.

St. Johns Medical College is the Alma Mater of many Sister Doctors and I am ever grateful to Dr. Paul Parathazham, Executive Director of SJNAHS, and Rev. Fr. Jesusdass Rajamanickam, Associate Director of SJNAHS, for their ever welcoming hospitality, availability, never diminishing support and encouragement that made this event to be a historical and memorable one to SDFI.

Thanksgiving is a time of togetherness and an expression of gratefulness, especially to the St. John's Alumni Association. I am most grateful to Dr. Praveen Rodrigues, Dr. Denis Xavier, Dr. Mario Vazand, and all the members of the Alumni Association. It was their keen interest of working in close association with the Sister Doctors, that enabled them to render valuable support to the Organizing Team, paving a way to excellency in organising the academic sessions of the Conference. The great union with the Alumni Association brought back memories of our college days of togetherness, and it was expressed with a special moment at the Gala Dinner.

I also keep on record the immense contribution of Dr. Priya Pius, Academic Secretary, SJMC, Mrs. Nandhini Mathur, Senior Study Coordinator, SJRI, and Miss Deepthi K. B., Clinical Research Assistant, SJRI, who did the root work for the academic sessions and pursued to claim the credit hours for the programme from the Medical Council of Karnataka.

A thankful heart is not only a great virtue, but the parent of all virtues. I express my grateful sentiments to all the resource persons for their availability and generosity in sharing their expert knowledge with us.

I thank Dr. Sanjiv Lewin, Chief of Medical Services (CMS), and Dr. Bobby Joseph, for their ever glowing interest to help the Sister Doctors and their enthusiasm in upbringing the skills for better service in the field of Medicine.

Gratitude is the inward feeling of kindness received. I express my gratitude to Rev. Fr. Mathew Abraham CSSR, Director of CHAI, for his care, concern and readiness to support and help SDFI through CHAI. I also thank him for his powerful message to the Sister Doctors in the Mary Glowrey Oration, the first ever held at this event.

I am grateful to Rev. Fr. Mathew Perumpil MI, for his availability, and the support of CBCI to all Sister Doctors in our mission.

Thanksgiving is living as though everything is a miracle. I am grateful Rev. Sr. Celsy Mary FIHM, Principal of St. John's College of Nursing, who was always cheerful and generous to render us the auditorium, halls, cultural programmes and personnel, to help us and stand by us.

Thanksgiving is like a jewel that is set on the heart of a honest person. It was the dedication and hard work of the Organizing Committee - the Presidents of all Regions along with the Executive Board Members, who saw to every detail that has made the hosting of this event possible. Our appreciation to Mr. Cyril Roger, Coordinator of SDFI, and Mrs. Freda D'Souza, for their valuable secretarial contribution and timely help to the making of this event. We are very grateful to Sr. Dr. Beena UMI, President of SDFI, Sr. Dr. Liza FSLG, Secretary of SDFI, and Sr. Dr. Vida Olivera SCCG, Treasurer of SDFI, for their involvement and whole hearted collaboration in organising this Conference.

Gratitude is magical, it is free and it works. I thank Mr. Jaison and the group who did the catering effectively and intelligently, keeping all hearts and stomachs happy and satisfied. Gratitude is the spiritual experience of living. We are grateful to Rev. Sr. Laurentia, In-charge of Annex – III, SJMC and the team, who had shouldered the hardest job of providing us with the accommodation and the other needs of each participant so effectively.

Thankful people are happy people. We place on record our gratitude to Sr. Dr. Betty Jose SH, who helped in taking care of the stage decoration and arrangements. We thank Sr. Dr. Alphonse Mary, Vice President of SDFI, for taking up the important job of CME and its smooth happenings. We thank Sr. Dr. Francis Annam JMJ, for arranging the cultural evening, and all those who contributed their talents to make the moment colourful. We thank Sr. Dr. Alphyl OSF, for food arrangement and Sr. Dr. Lenita SCCG, for liturgy and Mass arrangement. We also thank the Karnataka Region for helping with registration and reception. A special thanks to Sr. Dr. Ashreena Miranda MSA, for accomplishing the herculean task of this newsletter cum souvenir magazine, as well as taking charge of upgrading the website along with Mr. Masban Pereira.

We are indeed very grateful to the sponsors - Platinum and Gold, Advertisers and Donors, for their financial assistance towards the expenses incurred in organising this event. God bless you in all your endeavours.

We also thank many more hearts and hands that supported us in various ways and at different stages of this event. Many more people who helped us from our Congregations, communities, friends, benefactors, batch mates, and of course our own members of Sister Doctors Forum.

If you are grateful for everything, then whatever you have is enough. Last but not the least we thank God Almighty and the guidance of the Holy Spirit at every level of our planning and in executing. Every step has become the experience of God's miracle. May God reward every one with more glitters of joy, peace and happiness till the Golden bell chimes again.

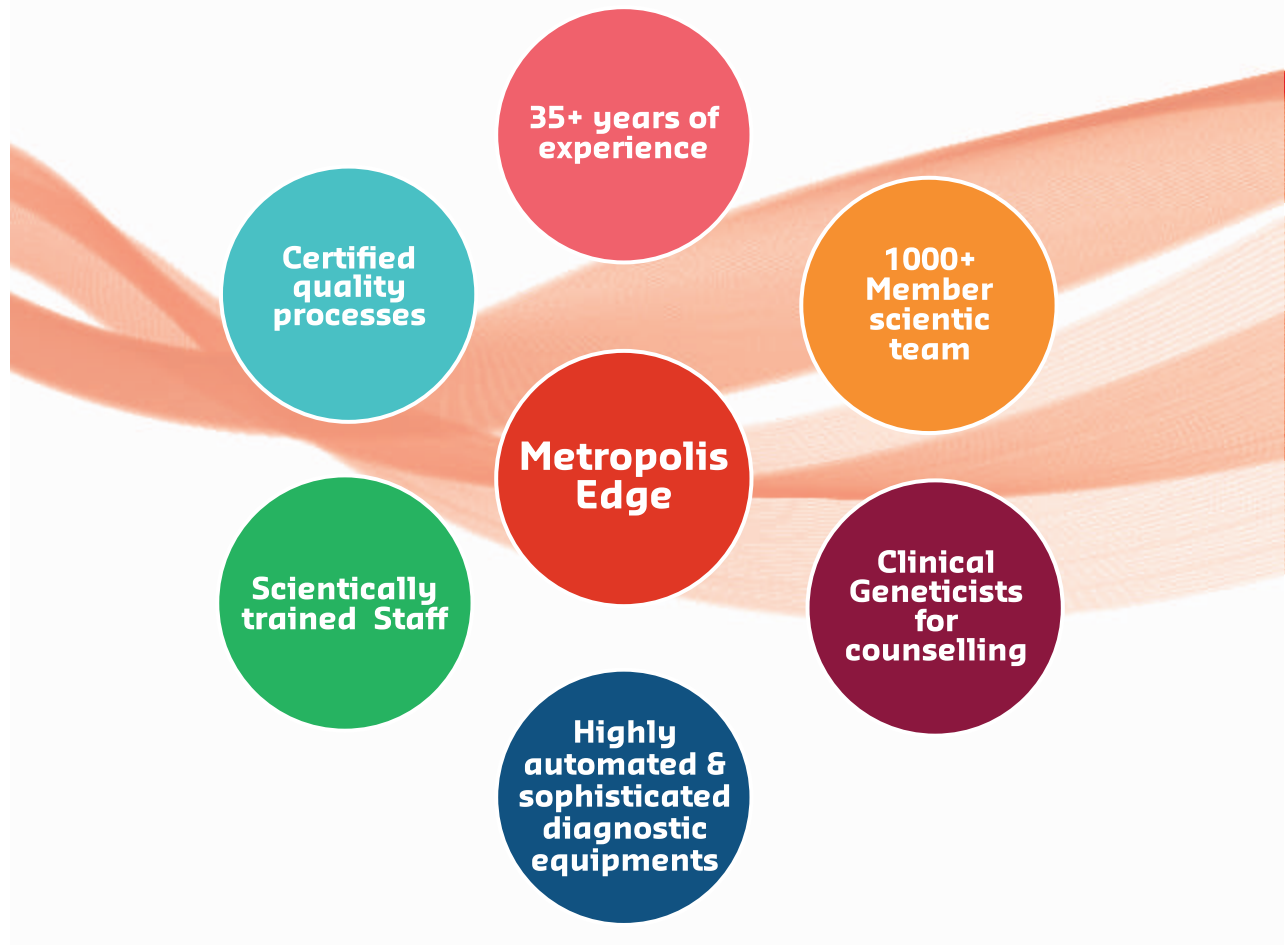
God bless you.

Sr. Dr. Martina SJC
 President, Tamil Nadu Region
 Organising Secretary





MOST ADVANCED & SCIENTIFIC DIAGNOSTIC LAB



200,000+ Doctors & Hospitals trust us | 150+ Labs | 4,500+ Tests | 1500+ Centers



BLOOD TESTS • DIAGNOSTICS • WELLNESS

India | South Asia | Africa | Middle East

Board Members of SDFI

2017-2018



Sr. Dr. Liza FSLG
National Secretary



Sr. Dr. Beena UMI
National President



Sr. Dr. Alphonse Mary FHM
National Vice President



Sr. Dr. Vida SCCG
National Treasurer



Sr. Dr. Rose Mary CFMSS
President Northern Region



Sr. Dr. Alphy OSF
President Central Region



Sr. Dr. Sherly MSMHC
President Eastern Region



Sr. Dr. Ashreena MSA
President Western Region



Sr. Dr. Francis Annam JMJ
President Andhra Pradesh &
Telangana Region



Sr. Dr. Lenita SCCG
President Karnataka Region



Sr. Dr. Betty SH
President Kerala Region



Sr. Dr. Martina SJC
President
Tamil Nadu Region

Results matter.

VITROS^{System} 5600
Integrated



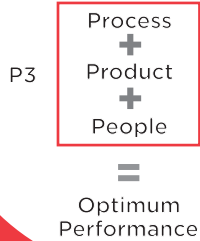
VITROS^{System} 3600
Integrated



ORTHOVISION^{Analyzer}



PROCESS Excellence
(PEX) Solutions



24/7
Support
+
e-Connectivity[®]

Ortho **Path**शाला 

Lab results can change lives.

For more information contact:

Ortho Clinical Diagnostics

403, Leela Business Park, Andheri Kurla Road,
Andheri East, Mumbai 400059 ■ Tel - +91 22 67879300

