

## CITATION

A soft spoken, unassuming gentleman always with a half smile on his face reflected in his gold rimmed glasses, is quite a contrast in his classroom where he is a strict disciplinarian, very grave and commanding in nature. That is Dr. T.N. SEKARA VARMA, former Professor and Head of Department of Biochemistry, Christian Medical College, Vellore.

Hailing from an aristocratic family of royal lineage Dr. Varma studied at the famous Banaras Hindu University for his B.Sc & M.Sc. He received his Ph.D in Biochemistry in 1959 from M.S. University of Baroda.

Dr. Varma's association with CMC began in 1959 as a Research Assistant in Wellcome Unit. He became a lecturer in Department of Biochemistry in 1961 and retired in 1990 as Professor and Head of the department after an illustrious and continuous service. Dr. Varma and Dr. Dumm established the first exclusive Biochemistry Laboratory in the College in 1961.

His sincerity as a teacher, innovative methods and lucid lectures tempered by his discipline has transformed Biochemistry an attractive subject and students never missed his classes. He was a very good and sympathetic examiner who always wanted to bring out the best in students.

Dr. Varma's extensive knowledge and methodical guidance for research was a boon to his research scholars. He successfully guided three students for the Ph.D of Madras University and several trainees for their M.D. dissertations. The department was recognised for advance research in Biochemistry.

Dr. Varma himself was a notable research worker especially as investigator-in-charge PL480 scheme during 1963-1973. His work included effects of amino acid and protein deficiency and amino acid excess on carbohydrate and lipid metabolism in albino rats. His publications have appeared in both national and international journals and widely quoted in international reviews in nutrition.

He was Member Board of Examiners for MBBS in ten Universities as well as examiner for M.Sc, M.D and the National Board examinations. He also has served as member of the UPSC and university selection committees.

Dr. Varma was a loyal staff who contributed much to the life in the college. And according to him "my stay in college gave me immense work satisfaction."

Prof. Varma was a good mixer with staff and students. A good tennis player and he took part in all extra curricular activities of the college. His home was open to staff & students.

A jovial, lovable man of principles who valued professionalism as well as ethos of the Christian Medical College, Dr. Varma deserves the gratitude and appreciation of the alumni and the scroll of honour of the Alumni Award is presented to him on 11th August 2001.

Dr. S.R. Banerjee Jesudason  
President, CMC, Alumni Association.