

## **Alumni Award of Distinction 2018**

### **Dr. Aravindan Nair**

The Christian Medical College Alumni Association is proud to present the Alumni Award of Distinction 2018 to Dr. Aravindan Nair for his commitment and years of dedicated service to the Christian Medical College, Vellore, and our Alumni, as a staff of CMC and after his retirement.

Dr. Aravindan Nair obtained the MBBS degree from Madurai Medical College, and then worked in CMC as a Senior House Officer between 1976 and 1979. He completed his post graduation in General Surgery from the Madurai Medical College, following which he joined the Institution in 1981.

During the 1980s, he mastered a range of general surgical procedures and helped develop the transhiatal esophagectomy, earning a reputation as a highly competent surgeon. He then developed his interest in Endocrine Surgery from his mentor Dr. A.S.Fenn, using his study leave to train in breast and endocrine surgery in the U.K. Dr. Aravindan used the experience to develop a team approach, functioning smoothly with his medical and laboratory colleagues, to enhance the multidisciplinary care of endocrine and breast cancers and familial tumours. His great commitment to clinical care of patients inspired many students to dedicated clinical service in surgery. His personal touch to the care of patients endeared him to so many families that generations were seen coming to CMC to experience his loving care.

Dr. Aravindan promoted clinical and laboratory research, and played an active role in the development of subspecialties in the Department of General Surgery. He helped consolidate the annual CME programme run by the Department. He was a very popular teacher in the institution helping generations of students grasp the fundamentals of surgery. He was awarded the Best Teacher Award in 2004 by the MBBS students.

He was well known for his spiritual approach to life and many struggling staff and students of CMC have been supported by his all embracing love and concern. His special concern for sick members of the CMC community, the alumni, retired staff and relatives endeared him to a wide network in the CMC fraternity. His trademark door to door clinical and counseling services were experienced by so many staff in need on the campus and outside. Dr. Aravindan gave freely and completely of his time and energy to the institution, and was a source of inspiration to colleagues in promoting it's ethos of serving others first.

His wife Dr. Sheila Nair (MBBS 1971) and their children Anupama (MBBS 2001) and Adarsh formed a close knit family and were an integral part of the community. At the Ultimate Lecture given to mark his superannuation, Dr. Aravindan spoke of the many influences in his life and shared his mother's inspiring injunction 'to be as patient as mother earth'. Dr Aravindan always exhorted the students to make use of the great learning opportunities provided to them in the Institution, and imbibe the work culture enshrined in its motto.

The Alumni Association joins the CMC community in thanking Dr. Aravindan Nair for his immense contribution to the Christian Medical College, its patients, staff, students, and and to those in need of love and kindness through his exemplary characteristics of integrity, high level of commitment and compassion, and is proud to honour him with the Alumni Award for the year 2018.