

K.M.F. Newsletter

Volume 7 (2)
Jul - Dec 2025



What's inside?

MS Comments

What's happening? - Reports of activities in the hospital

Special consultations

Plans / Needs in KMF

Community health / Palliative health care report

K.M.F. Newsletter (Jul - Dec 2025)

The KMF Newsletter is a periodic collection of stories and news about KMF and its work. The newsletter is aimed at those interested in the story of this hospital and the initiative to revive it, that it may be a faithful witness in the community it seeks to serve. Please do keep the work of KMF in prayer.

MS Comments:

Greetings from KMF.

At the close of the year, we are grateful to God for his mercy and strength over the past 12 months. It was a difficult year in many aspects but the grace of God and the prayers of those supporting our work have seen us through. The regular clinical work in the hospital goes on with the addition of dental surgery which has enhanced our service over the last one year. Community outreach includes home based palliative care, food and dignity kit distribution, free eye camps and cataract surgery village camps and school screening. KMF purchased a small piece of land which we plan to use for a geriatric care/ respite care center. Work on a comprehensive rehabilitation center is going on.

We are ever grateful to all donors and well-wishers who have been our constant support over the years. Please continue to uphold us in prayer as we enter into a new year. We wish you all a blessed Christmas and a happy New year.

Be joyful in hope, patient in affliction and faithful in prayer. Romans 12:12

Dr. Tony Abraham Thomas
Medical Superintendent, KMF Hospital

What's happening in KMF ?

CLINICAL SERVICES AND COMMUNITY HEALTH

Clinical services – medical and surgical



Regular clinical services in KMF include outpatient and inpatient care, physiotherapy, 24x7 emergency care, pharmacy and laboratory services. Thrombolysis for acute myocardial infarction (heart attack) and stroke, respiratory and cardiac emergencies are some of the common illnesses encountered in the Casualty. The outpatient services continues to show a growing trend. The addition of Dental and oral maxillo-facial surgery has enhanced our clinical service over the last one year.



Medical students and schools students



Students from Believer's Hospital, Thiruvalla visited KMF from 30th October to 14th November 2025 for their Secondary Health Programme (SHP).

Free Eye (DBCS), Dental and Medical camp

A team from KMF consisting of an ophthalmologist, optometrists, nurses and volunteers has been conducting free eye camps twice a month in the villages in Kotagiri since July 2022. During the period from April to October 2025, eight camps were held. Around 563 persons were screened and 61 free cataract surgeries were done in KMF under the DBCS (District Blindness Control Society) scheme. Those with refractive error are provided glasses in the camp.



School screening for eye diseases

Regular screening of children for refractive error and other eye diseases is done by a team from Ophthalmology department of KMF. Those identified to have refractive error are referred to KMF or the government hospital for further evaluation and glasses. Between July to November 2025, KMF visited 30 schools in Kotagiri, Coonoor and Ooty and around 3000 children were screened for refractive errors and other eye disorders.

Research

1. *Anemia study - Low Hemoglobin Is Not Always Iron Deficiency Anemia–A Cross-Sectional Study In A Tribal Community in The Nilgiris, Tamil Nadu – Published.*
2. *Stroke Study – A research project to assess prevalence of stroke was approved by the IRB of CMC Vellore and Department of Public Health, Tamilnadu Government. The first phase of the study has started.*
3. *Hematology– Hematology at an altitude; prospective observational study on anemia and Hb levels – Published.*
4. *Prevalence of anemia in a tribal population – A cross-sectional study. IRB in process.*

Academic Classes, CME and expert consultations



Some of the academic sessions in KMF:

(Clockwise from above) – Training for community staff, training for nurses by Dr. Ancy, Community programme strategic planning session, Classes by Dr. Aditya (Neurology, CMC), Class for nurses by senior nurses from CMC Vellore. Class by Dr. Rajadoss, (Urology, CMC Vellore).



New vehicle – Bolero

KMF was able to purchase a new vehicle – Mahindra Bolero , which will be used for visit those in need in the villages as part of the community outreach of KMF. We are thankful to Mr. Ananth Ramanujam and team of Turbo Energy Pvt. Ltd., which made this possible.



The impact of KMF - A family transformed



Kumar* is a man in his late thirties hailing from a tribal community around 30 kms from Kotagiri who came to us after a stroke that paralysed the right side of his body. He had suffered from a stroke earlier and this was his second attack. Now, this breadwinner of the family was left unable to walk, unable to talk and with his right hand paralysed. This was a terrible blow to the young family but there was a silver lining – his resourceful and strong wife and her family rallied through the whole event supporting him through a long period of rehabilitation in KMF. He spent over a month in KMF going through treatment for stroke and the slow process of physical rehabilitation, learning to walk and speak again. With the care and therapy given by the team including nurses, physiotherapist and doctors, he was able to take a few steps by the time he was discharged. He was brought faithfully by his wife for follow up therapy and today he is able to walk mostly independently, can speak a few words. He still finds it difficult to use his right hand but he and is independent for most of his daily activities. The community team visits him regularly, ensuring that he sticks to his therapy and encouraging him. He was treated almost free of cost because of the support given by donors for the community work of KMF.

Ward Christmas Programme



Ward Christmas programme for patients and staff was held on December 17th. The programme included songs and skits by staff followed by a Christmas message. The in-patients of KMF and their relatives were the chief guests.

STAFF ACTIVITIES

Staff Christmas programme and dinner – Dec 4th



Staff retreat - Center for Leadership and Change (CLC)

A staff retreat was held from December 4-6th. This was facilitated by Mr. Victor Emmanuel and Mrs. Sarah Emmanuel from Center for Leadership and Change (CLC). They led the staff through a process of thinking about work as part of the 'Kingdom of God'. The staff also spent time thinking and discussing the mission and vision of KMF.





Christmas carol rounds



Specialty Consultations

Visiting consultants from CMC Vellore, alumni from Vellore fill the need for certain specialties for which patients have to otherwise travel to Coimbatore.

- **Vascular surgery and general surgery consultation-** A team of vascular surgeons, anesthetists and technicians visit KMF once every 2 months for a consultation led by Dr. Prabhu Premkumar from Vascular Surgery Department, CMC Vellore. Endovascular laser surgeries were performed at a fraction of the cost in any other center, which is beneficial to those from financially deprived backgrounds.
- **Urology (Bi-monthly) -** Dr. Ganesh Gopalakrishnan, retired professor of Urology, CMC Vellore does consultations, diagnostic procedures and urological surgeries.
- **Rheumatology (Monthly) -** The Rheumatology department of CMC Vellore provides consultations KMF every second Saturday of each month. They see local as well as follow-up patients from Erode and Coimbatore.

- **Pulmonary medicine (Monthly)** – Consultations for pulmonary illnesses by consultants from the Department of Pulmonary Medicine, CMC Vellore. The visiting consultant also conducts a CME during each visit.
- **Dermatology** – Dr. Amitha from Coimbatore visits on the first and second Monday of every month.
- **ENT & Plastic surgery** – Dr. John Oommen, from Coimbatore, every alternate month, Dr. Vidya H (CMC Vellore)
- **Cancer and Radiotherapy** – Consultants from Dept. of RT, CMC Vellore once every 3 months
- **General surgery** – Dr. Suraj Surendran, Dept. of Gen. Surgery, CMC Vellore (1-6th Nov)
- **Nephrology** - Dr. Joseph Johny, Dr. Athul Thomas, Dr. Selvin Dept. of Nephrology, CMC Vellore
- **Urology** - Dr. Rajadoss, Dept. of Urology, CMC Vellore (12-15th May)
- **General surgery** - Dr. Divya M. Dept. of General Surgery, CMC Vellore, Dr. Eunice S., Dept. of Anesthesia, CMC Vellore
- **Neurology** – Dr. Aditya Nair, Dept. of Neurology, CMC Vellore (16-29th Sep)

Staff training and meetings

- The staff meet once a month, usually on the fourth Thursday of each month.
- Daily devotions
- Youth fellowship once in two weeks, children's club once in a month (last Saturday), Weekly fellowship, Women's fellowship every 2 weeks,
- Staff retreats – Dec 4-6th 2025 – “Kingdom of God”
- Leadership training – CLC First line leadership classes – once a month

Academic activities

1 – Academic sessions - Regular CMEs and academic classes have been held in KMF attended by the doctors and nurses on relevant various topics once a month.

2 - In-service training of nurses is being held regularly, under the guidance of Mrs. Roseline (nursing in-charge)

3 - Staff training – Academic sessions by visiting consultants and regular consultants, including formal CME programmes for staff and local general practitioners.

ASSOCIATIONS AND COLLABORATIONS

These are some of the major associations with different organizations

- 1 - **CMC Vellore** – Training of staff, specialty consultations, sponsorship for PG, administrative support
- 2 – **CFH, Oddanchatram** – Recruitment of staff, training of staff, cover during leave
- 3 – **St. Johns Medical College** – Rural service obligation medical doctor – one every 2 years
- 4 – **CMC Ludhiana** – Stroke unit training
- 5 – **KMCH Medical College, Coimbatore** – STEMI programme for MI management
- 6 – **Center for Leadership Change** – Leadership training and mentoring, retreats
- 7 – **ICMR** – Telestroke implementation study
- 8 – **CSR and grants** – some major contributors
 - Azim Premji Philanthropy – CT scan and neonatal ICU
 - AIMS Kochi – Stroke teleconsultation
 - Nandan Nilekani Philanthropies – Oxygen/Vacuum pipelines, Effluent treatment plant
 - Microland – Ambulance, Community and Palliative care programme
 - Kotak Mahindra – Ambulance
 - Tata Education and Development trust – Oxygen generation plant
 - Turbo Energy – 4-wheeler for community work

Ongoing projects and plans

1 - Palliative and rehabilitation centre – A comprehensive centre with physiotherapy, occupational therapy, palliative care is being planned. This will be a community and hospital based programme.

2 – NABH

3 - Geriatric care centre – A centre for care of the elderly with long term illnesses, respite care

KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL



PALLIATIVE CARE OUTREACH

MONTHLY NEWSLETTER

September 2025

Cared for 236 patient families

Palliative care is a vital yet underrecognized component of healthcare in India, offering relief from pain, distress, and suffering for individuals facing life-limiting illnesses. Access to palliative care remains limited, especially in rural and underserved regions, due to low public awareness, inadequate training, and systemic gaps.

Despite these challenges, we've had the profound privilege of walking alongside families during some of their most difficult moments. **Thanks to your generous support**, we've been able to provide timely tests, essential medications, nutritious provisions, wheelchairs, and even simple comforts like blankets. These small acts of care make a big difference—easing suffering and restoring dignity when it's most needed.

103
OUTPATIENTS **5**
INPATIENTS **122**
HOME VISITS **5**
DEVICES

74
MEDICINE
S & TESTS **59**
IP
BED DAYS **635**
Kms **19**
MONTHLY
TRAVELED **19**
RATION KITS

Joy amid disease, poverty & brokenness

In a small household, both the father and his elder son live with sickle cell disease. After the mother left, the grandmother stepped in to care for the family. The father, who walks with a limp due to complications from the illness, earns a meagre living by selling varkey biscuits. His son suffers frequent episodes of pain and breathlessness, often requiring hospitalization and ongoing medication. As we listen to them, our hearts are warmed, sharing their struggles and simple joys.



11 DIGNITY KITS
(These include diapers, underpads, blankets etc as needed)



Presence Brings Joy - PBJs in crummy situations

SIGN UP TO VOLUNTEER!!
[Volunteer registration form](#)



+91 868 180 8403
kmfcommunityhealth@gmail.com

TO DONATE
[Donation form](#)

KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL



PALLIATIVE CARE OUTREACH

MONTHLY NEWSLETTER

October 2025



Walking with 246 patient families

Thanks to your generous support, we've had the privilege of walking alongside families during some of their most difficult moments. Our care extends beyond patients to their loved ones—offering not just medical help and comfort, but we hope, so much more.

With your partnership, we've provided essential medicines, nutritious provisions, walkers, and simple comforts, such as appropriately sized clothing.

Our specialist hospital camps continue to offer vital care. Monthly pulmonology and rheumatology camps serve palliative patients consistently, and this month, eighteen patients attended our quarterly oncology camp



99	5	97	14
OUTPATIENTS	IN-PATIENTS	HOME VISITS	DIGNITY KITS
67	26	425	16
MEDICINES & TESTS	IN-PATIENTS BED DAYS	Kms TRAVELED	MONTHLY RATION KITS



The Joy of Eating Again!

A Gen Z girl with seizures and intellectual disability finds deep joy in family, meals, and simple routines. One day, she cried in pain, unable to eat. Her mother sensed a toothache. Our dentist confirmed some teeth needed removal, but even a basic extraction in this situation required an anaesthetist and ventilator-equipped theatre, which we didn't have. She was started on antibiotics and referred to Coimbatore Government Hospital. On admission, she had multiple episodes of seizures; she was finally discharged without the extraction. When she came back home, the mother was beaming, saying, "Miraculously, now she is able to eat food"

Presence Brings Joy - PBJ - in crummy situations

In hard times, it's not grand gestures but gentle presence that brings joy. Whether it's a smile, a visit, or a helping hand, your presence can bring joy. We'd love to have you volunteer as we grow together in compassion as a community - one PBJ at a time!



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KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL

PALLIATIVE CARE OUTREACH



MONTHLY NEWSLETTER

November 2025

Walking with 247 patient families

Thanks to your generous support, we've had the privilege of walking alongside families during some of their most difficult seasons. Our care extends beyond patients to their loved ones—offering not just medical help and comfort, but we hope, so much more.

This month, 68 palliative patients visited our OPD, with some requiring multiple visits, bringing the total to 109 OPD visits. 12 patients also consulted more than one doctor per visit. Of the total visits, 49 were for meeting the doctor and receiving repeat medication at no consultation fee. The bar graphs show consultation details, with special hospital camps highlighted in green.

3 DEVICES	7 IN-PATIENTS	103 HOME VISITS	11 DIGNITY KITS
88 MEDICINES & TESTS	48 IN-PATIENTS BED DAYS	449 Kms TRAVELED	15 MONTHLY RATION KITS



In this season of Hope

One of our five-year-old girls with Downs syndrome, hypothyroidism, a heart condition, and adenoids needed multiple OPD visits this month. At the most recent visit, the ENT specialist explained to her parents that if she still struggled to breathe—especially at night—despite the high-dose medications, she would need surgery. Her mother, exhausted after months of sleepless nights, had known surgery might be necessary, but hearing it now felt overwhelming. As we sat together, she slowly brightened for a moment as she showed photos of her daughter's and three-year-old son's birthday celebrations, held just five days apart. A few days later, when our nurse called to follow up, a quiet voice answered: "My husband had a heart attack and passed away yesterday." When we visited her at home, she was broken yet calm—with her two children in her arms, surrounded by extended family and friends, asking for the Saviour to be born in her home.



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How can you be involved in KMF's revival?

You too can be a part of KMF in the following ways:

1. **Pray** – Please pray and support the work in KMF, for the staff and
2. **Participate** - Visit us for a holiday, as a volunteer or join us!
3. **Contribute** - For those wishing to contribute financially, bank account details are given below.

Account Name - KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL Account no. - 1958914021

IFSC code - CBIN0281010 MICR – 643016302CENTRAL BANK OF INDIA, KOTAGIRI, Savings account

Prayer points:

1. **Hospital activities and staff** - Please pray that all that we do as a community will be done with the love of Christ and a spirit of unity, thus being a witness to Him who works within us.
2. **Projects** –Pray for the Sewage Treatment Plant installation, Rehabilitation centre construction (waiting for approvals).
3. **Stroke study** – A large scale community prevalence study. Please pray that we will be able to form the team and get government support for the study.
4. **Finances** – Pray for wisdom to use our finances wisely as we purchase equipment and expand the activities of the hospital.

Support, Finances and funding

The revival of KMF hospital is an endeavour shared by not just the staff, but by a wider network of donors and well-wishers who pray and 'hold the ropes'. A big thank-you to all individual supporters who have given generously - the work goes on because of your involvement. We are especially grateful to CMC Vellore for supporting the hospital through financial and administrative input and through the many specialists who visit regularly.

Needs in the hospital

The following are some of the needs of the hospital that we are working on with an approximate cost. As a charitable hospital, we manage the daily running expenses independently but we are dependent on contributions to invest in equipment to upgrade the services provided. Those interested in contributing financially to the hospital are encouraged to contact the medical superintendent.

1. **ENT surgeon, General surgeon needed** – On short-term or long term or visiting basis.
2. **Occupational therapist, Medical sociologist**
3. **Charity fund** – Any amount to this fund will be used to subsidise treatment costs to those who require treatment but cannot afford the cost.
4. **Equipment** – Anaesthesia machine (Rs. 14 lakh)
5. **Eye and ENT camp support** – **KMF conducts free eye & dental camps every month.** Rs. 25,000 will support one eye/ENT camp. Rs. 1 Lakh will support the cost of surgery for 10 patients who undergo free cataract surgery during each eye camp.

KMF Hospital contact details

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