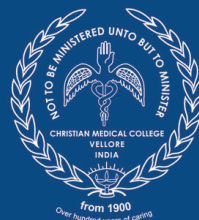


CHRISTIAN MEDICAL COLLEGE VELLORE, INDIA

DEPARTMENT OF DISTANCE EDUCATION
&
DEPARTMENT OF ENDOCRINOLOGY,
DIABETES & METABOLISM



PROSPECTUS 2016

DISTANCE FELLOWSHIP IN
DIABETES MANAGEMENT (DFID)

CHRISTIAN MEDICAL COLLEGE
VELLORE – 632 004, TAMIL NADU, INDIA
DEPARTMENTS OF DISTANCE EDUCATION &
ENDOCRINOLOGY, DIABETES & METABOLISM



ADMISSIONS 2016

Phone 0416 – 2285601 Mobile No: 9790211166

Email: dfid@cmcvellore.ac.in

Website: <http://admissions.cmcvellore.ac.in>

**ADMISSION TO THIS COURSE IS SUBJECT TO
APPLICABLE REGULATIONS BY UNIVERSITY /
GOVERNMENT / CMC ADMINISTRATION.**

Admission to CMC, VELLORE is through the process described in the prospectus. No fee or donation or any other payments are accepted in lieu of admission, other than what has been prescribed in the prospectus.

The General Public are cautioned therefore not to be lured by any person / persons offering admission to any of the courses conducted by CMC. Should any prospective candidate be approached by any person / persons, this may immediately be reported to the law enforcement agencies for suitable action and also brought to the notice of the College at the following Address:

**The Coordinator,
Department of Distance Education,
Christian Medical College,**

**3/1 CSI Vellore Diocese Building 1st floor, above Shalom Clinic,
Arni Road, Vellore 632 001. Tamilnadu, India.**

Phone: 0416 – 2285601 Mobile No: 9790211166

Email: dfid@cmcvellore.ac.in

Website: <http://admissions.cmcvellore.ac.in>

IMPORTANT INFORMATION

**Please Note: We do not admit students through agents or agencies.
College will not be responsible for any candidates or parents
dealing with such person / persons.**

I. PREAMBLE

Diabetes Mellitus has become a public health problem with more than 15% of the Indian urban population above the age of 30 years afflicted with this disease. Though the cost burden to the nation is not exactly known, the morbidity and mortality of this condition is now comparable to tuberculosis.

It is therefore necessary to create a physician who becomes a “one window operation” for care of the diabetic. This way an average patient does not have to go to a tertiary care institution or to an endocrinologist, preventing expenditure on a chronic disease which has the potential to haemorrhage their meager income.

II. OBJECTIVES

At the end of this program the candidate will be able to:

1. Systematize a preventing and promoting health care approach for Diabetes Mellitus.
2. Describe in detail the diagnosis of Diabetes Mellitus and all its complications.
3. Start a diabetic clinic on a regular basis with the aim of closely monitoring his patients.
4. Choose with sophistication the various modalities of treatment including oral anti-diabetics and insulin.
5. Identify and manage the various complications of diabetes including hypertension, cardiac, renal, neurological & feet related ones.
6. Refer appropriately to cardiac, renal or surgical centers.
7. Develop a functional team to handle an integrated diabetic clinic.

III. ELIGIBILITY CRITERIA

In the order of preference:

- a) Doctors with MD/DNB in General Medicine/Internal Medicine/Family Medicine
- b) Doctors who have completed the Post Graduate in Family Medicine (PGDFM) from CMC, Vellore or M.MED in Family Medicine

c) Doctors with MRCGP

d) Doctors with MDGP (General Practice) from Nepal/ FCGP from SAARC Countries

Preference will be given to

- Women candidates.
- Candidates working in Government set up / Mission Hospitals
- Candidates between 35-50 years of age.

There is no entrance examination for this course

IV. TRAINING OF DIABETES EDUCATOR / COUNSELLOR - MANDATORY REQUIREMENT

As the emphasis of the course is to promote integrated diabetic management and the team concept in the management of diabetes, **one of the mandatory requirements of the course is to depute one of your team members to be trained as a Diabetic Educator / Counsellor.**

Each candidate enrolling for the course should depute a nurse or physiotherapist or dietician or any clinical assistant with a science background to be trained as a Diabetes Educator/ Counsellor.

The course for the “Diabetic Educator/Counsellor” is conducted by the Department of Endocrinology, Diabetes and Metabolism 3- 4 times in a year. The candidate deputed needs to pay a course fee and the training will be held for 10-11 days in the Dept.of Endocrinology. Travel and accommodation charges have to be borne by the candidate deputed for the training. The details of the training can be obtained from the Department of Endocrinology, Diabetes and Metabolism:

The Secretary,

Diabetes Educator/ Counsellor Course,

Department of Endocrinology, Diabetes and Metabolism

Christian Medical College, Vellore 632 004

Tel:04162283437

Email: insulin05cmc@gmail.com

endowdf@yahoo.com

V. FOREIGN CANDIDATES

Candidates residing outside India can also apply. Those who apply from abroad should have post graduate level Medicine degree or Family Medicine degree. The fee structure will vary according to the country from which the candidate is applying.

Among candidates from abroad, NRIs and candidates from SAARC nations will be given preference, provided they meet the basic eligibility criteria.

Documents to be submitted by Foreign Nationals & NRIs:

The following are to be submitted as hardcopy along with the printed application form & DD If application fee is paid as a DD

Foreign Nationals:

Foreign Nationals should submit a photocopy of their passport or any other documentary proof of citizenship

Non-Resident Indians:

NRIs should submit documentary proof in support of residing in foreign country for more than three years at the time of applying for the DFID Course along with the application.

It is not mandatory for candidates from abroad to depute a person for Diabetes Educator/Counsellor training.

VI. COURSE DETAILS

VI. 1. Duration

This is a distance program of 1 year duration. In case of valid reasons, on the basis of written request, candidates may be allowed 2 years to complete the program.

VI. 2. CURRICULUM

VI. 2. 1. Self-Learning Modules

The course content has 25 self-learning modules which will be presented in 4 volumes with 6 - 7 modules each, written in simple and interesting self-learning format. There will be self-assessments to encourage the readers. Assignments will be posted after each module that needs to be sent back to CMC within a prescribed time limit.

LIST OF MODULES:

VOLUME	MODULE NO	TOPIC
1	1	Physiology of Diabetes
	2	Pathogenesis, Diagnosis and Follow-up of Diabetes
	3	Nutritional Therapy in Diabetes
	4	Exercise in Diabetes
	5	Counseling in Diabetes
	6	Oral Anti-diabetic Agents
2	7	Parental Therapy in Diabetes
	8	Practical Aspects of Insulin Therapy in Diabetes
	9	The Foot in Diabetes
	10	Neuropathy in Diabetes
	11	Footwear in Diabetes
	12	Hypertension in Diabetes
3	13	Cardiovascular Disease in Diabetes – Part 1
	14	Cardiovascular Disease in Diabetes – Part 2
	15	Nephropathy in Diabetes
	16	Diabetic Retinopathy
	17	Emergencies in Diabetes
	18	Infections in Diabetes
4	19	Pregnancy and Diabetes
	20	Diabetes in Childhood and Adolescence
	21	Surgery and Anesthesia in Diabetes
	22	Laboratory and Gadgets in Diabetes
	23	Diabetic Autonomic Neuropathy
	24	Secondary Diabetes and Other Specific Types of Diabetes
	25	The Concept of Integrated Diabetes Care

VI. 2. 2. Video Lectures

A series of 19 videos will complement the written material.

1. Physiology of Diabetes	10. Peripheral Neuropathy
2. Pathogenesis of Diabetes	11. Footwear in Diabetes
3. Nutrition in Diabetes Management	12. Cardiovascular disease & Dyslipidaemia in Diabetes
4. Exercise in Diabetes Management	13. Hypertension and Neuropathy
5. Counseling in Diabetes Management	14. Diabetic Retinopathy
6. Oral Anti-diabetic Agents	15. Emergency in Diabetes
7. Insulin therapy	16. Infections in Diabetes
8. Practical Aspects of Insulin Therapy in Diabetes	17. Pregnancy in Diabetes
9. Foot Care in Diabetes	18. Childhood Diabetes
	19. Summing it all up: Integrated Diabetes Care

VI. 2. 3. Contact Programs

This is a very important component of the training.

The candidate will be required to come to CMC Hospital for 2 contact programs:

- Contact program 1 : for a period of 6 days – Monday to Saturday
- Contact program 2 : for a period of 3 days – Tuesday to Thursday

Contact program 1: This involves class-room teaching on the various aspects of Diabetes and its management and practical exposure to the various aspects of integrated diabetes care. This program will be conducted 4 times a year in batches of 25 to 30 students per program. You could choose to attend any one of these 4 sessions.

Contact Program 2 : This is a clinical contact program for providing hands-on training in the various aspects of Diabetes Management which involves more intense exposure to outpatient diabetes management, evolving management plans for diabetic patients, case work-up and presentation of diabetic patients, fundus examination, posting in foot care clinic and observing and assisting other procedures. This program will be conducted year-round with a maximum of 2 students doing the program at any given time. Efforts

will be made to accommodate the candidate during his/her preferred week but this cannot be assured. The candidates are to arrange for their travel, food and accommodation during the contact programs at their own cost. Efforts will be made to house the women candidates in the campus guest house. The sessions will be from 8 am to 6 pm and all practical aspects of diabetes will be covered. The postings will comprise of: OPD – 2 half days , Foot clinic – 2 hours, ophthalmology clinic – 2 hours, Diet clinic – 1 hour, Ward rounds – 2, Journal meeting – 1 etc.



VI. 3. Assessment

The course assessment is done in two parts: Summative assessment and Formative assessment

Summative Assessment:

1. One outgoing theory exam at end of the course.

Assesses knowledge and its application in clinical practice, and theoretical aspects of practical skills. The Theory paper which will be objective type will assess all the broad areas of Diabetes Management.

Formative Assessment:

2. Internal Assessments during Contact Programs.

3. Log books maintained in Contact session 2.

4. Assignments completed and submitted at the end of each Module.

These are carefully designed in a range of styles to assess the candidates' ability to integrate skills, attitudes and values with theoretical knowledge. There are 25 modules and 24 of them will have a set of 10 MCQ questions as assignments to be answered and submitted. These have to be sent at regular intervals as per the schedule. The first assignment has to be sent within one month of receiving the first set of books.

5. Project-Work The purpose of the project requirement for the DFID course is to provide an opportunity for the candidate to apply the knowledge, methods, and insights developed through coursework and professional experience to make relevant changes in the clinical practice and the management of Diabetes or to analyse a significant problem or issue in the field of Diabetes management. Since the program offers a variety of options to fit your needs and interests, it is anticipated that these will vary considerably in focus, method of application and investigation.

6. Requirement for 100% attendance at the Contact Sessions where participatory learning takes place because of the range of teaching methods employed by the facilitators. These focus on exploring knowledge, skills and attitudes required to deliver high quality Integrated Diabetes care.

VII. CRITERIA FOR THE AWARD OF THE DIABETES FELLOWSHIP

i. A minimum score of 50% in each of the following components:

- Final Theory Examination
- Visual Examination
- Internal assessments
- Assignments.
- Log books
- Project work.

ii. 100% attendance in both the contact programs.

VIII. COMMUNICATION & STUDENT SUPPORT

Emails or phone calls are preferred for any course-related communication. There are dedicated student support personnel who would assist you during office hours on all working days. Documents, assignments, forms etc. may have to be submitted by post or courier unless otherwise specified. If you do not have an email id, this will be the perfect time to get one. Any queries can be sent to dfid@cmcvellore.ac.in or you can call the student Counselor @ 0416 2285537, mobile no: 9790211166

IX. COURSE FEES

☛ Fees for Indian citizens residing and working in India:

Application Fee: Rs.1000

Course Fee: Rs. 65, 000

☛ SAARC Nationals (Except India) residing and working in SAARC Countries:

Application Fee: US \$25

Course Fee: US\$1100

☛ Foreign nationals and Non - Residential Indians

Application Fee: US\$50

Course Fee : US\$1900

Admission fee and course fee once paid will not be refunded for any reason.

X. SUBMISSION OF APPLICATION

The application needs to be submitted online.

To apply online, visit our website at <http://admissions.cmcvellore.ac.in> and select 'Distance Education Courses' and follow the instruction given there.

Step 1 : ITEMS TO KEEP READY BEFORE APPLYING ONLINE:

1. Scanned Certificates:

- i. MBBS Certificate
- ii. Any one of these certificates: MD/ DNB (General medicine) or DNB (Family medicine) or PGDFM certificate (CMC, Vellore), MRCGP or MDGP from Nepal or FCGP from SAARC countries.

Scanning of these documents should be done at a computer center if this option is not available at your home or workplace. For the below procedure only Microsoft Power Point 2010 or 2013 version is to be used. It will not be possible in other older versions.

- a. Scan the certificates using a scanner at 200 pixels per inch (dpi).
- b. Save this as JPEG file
- c. Ask your computer centre to paste each of these JPEG files on separate slides in Microsoft Power Point (2010 version or 2013 Version). There are 2 certificates to be uploaded, both should be inserted on separate slides consecutively and their borders must be stretched to fit the slide border.
- d. Save as one single **PDF** file.

Please choose the following option that appears at the bottom of the box **“Minimum Size (Publishing Online)”**.

- e. Ensure that the PDF file size is between 50KB and 500 KB. Files larger than this cannot be uploaded.
- f. ONLY PDF File will be accepted.

2. Scanned signature:

This Procedure must be carried out at a computer centre (Internet café).

- a. Please draw a rectangular box of size 7cm × 2 cm on a white paper. Put your signature with black or dark blue ink pen within this box.
- b. Scan the signature using scanner at 200 pixels per inch (dpi), and crop the image to the box.
- c. Ask the computer center to provide the signature on a JPEG format with specifications – Width 150 x Height 50 pixels. ONLY JPEG Formats will be accepted.
- d. Ensure that the scanned signature size is between 5KB and 50KB.
- e. Photographs of the signatures taken using mobile phone or digital cameras are not acceptable.

3. Soft copy of your Recent Passport size photograph:

- a. The photograph must be in color and must be taken in a professional studio. Photograph taken using a mobile phone and other self-composed portraits are NOT acceptable.
- b. Photograph must be taken in a White or very light background
- c. Ask your photo studio to provide the image in a JPEG format with specifications - width 150 x Height 150 pixels. ONLY JPEG format will be accepted.
- d. Ensure that the Photograph size is between 5KB and 80KB.

Step 2 : FILLING THE ONLINE APPLICATION:

Once the documents are ready, fill in the online application.

Step 3 : UPLOAD DOCUMENTS

Next, you upload the scanned certificates, signature and photograph.

Step 4 : SUBMIT & PRINT

Make online payment using payment gateway (Credit or debit card) or DD Now, click submit button and then print the online application generated.

If selected for the course, documents to be submitted by Foreign Nationals & NRIs:

1. Photocopy of their passport or any other proof
2. Non-Resident Indians: documentary proof in support of residing in foreign country for more than three years.

Address to which these documents are to be sent:

**The Coordinator,
Department of Distance Education
Christian Medical College,
3/1 CSI Vellore Diocese Building,
1st floor, above Shalom Clinic,
Arni Road, Vellore 632 001.
Tamilnadu, India.**

Phone: 0416 – 2285601 Mobile No: 9790211166

The documents should reach us on or before 15th July, 2016.



Feedback from our alumni ...

I have finished my MD in 2010 and have been dealing with Diabetics for two years and was not happy with the results and was having skepticism about my abilities to treat. I came to know about DFID accidentally and decided to join as I was unable to pursue a full time course. The course was a revelation in diabetes management, and made comprehensive with the support of the busy faculty and team. The course has helped me approach Diabetes in a different perspective and to incorporate the different aspects like Foot care and diet into daily practice. It may take quite a few years to get the best possible model to be developed according to the local necessities. However, this course has provided the foundation for an endeavour that will be long and painstaking, because it will take some effort to educate lay men who have lot of half-baked knowledge about diabetes, not to forget the frightening number of our own fraternity writing away multivitamins for neuropathies.

P.M.Aneesh, Kanblakkad.



Right from my post-graduation days, I had a carving for doing a course in Diabetes and to serve the people with diabetes in a better way. Finally, it came in 2014 when I completed successfully my DFID course. In this regard, I thank all faculty and staff of CMC, Vellore for invaluable and interesting days during my study period there. The sessions were engrossing, insightful and academically fulfilling. My experience was an eye opener for me and gave me an insight of the integrated management of Diabetes. The minds are to be trained before we venture into this world. That's exactly what I got from CMC, Vellore. The faculty and staff were very friendly and encouraging. It has become an unforgettable event and stored as happy memories in my brain.

Dr. Manoj Kumar, Jamshedpur.

The DFID course is a highly informative and comprehensive program that aims to educate professional doctors in the field of diabetes. The course material is simple, yet detailed and self-explanatory. It adopts a stepwise approach that helps us understand the concepts in a systematic manner. The DVDs are also well structured, and the photographs of the clinical cases are very descriptive. From the point of view of the student, all these make learning a pleasure.

The two Contact Programs held at CMC Vellore were very well organized, and the staff were very helpful and approachable. Due to personal time constraints as practicing doctors, taking this DFID program and completing the same would not have been possible without the organizers' support and the flexibility of the program.

All this apart, the DFID program motivated me, with the help of other doctors, to conduct diabetic education programs regularly at the hospital where I work. The program helped me adopt a systematic approach in treating patients with diabetes. This program was well received in our hospital by the entire staff and many doctors are now eager to enroll in this course in the future. Through this, few nurses from our hospital participated in the Diabetes Educator's Program at CMC Vellore. In the near future, we also plan to start a diabetic clinic at our hospital. All this has been possible because of the successful training that the DFID program offered.

Dr. Bhuvaneswari Subramaniam, Puttaparthi, Anantapur Dt. A.P.



The DFID programme has been of immense boost to my approach to the subject. The compact yet detailed modules and the challenging assignments were interesting. The well planned contact programs acquainted me with the working environment of CMC, Vellore.

Dr. Aparupa Choudhury, Guwahati, Assam.

The efforts put in by the department of distance education for preparing the concept of such a well-structured course is well appreciated. This is very relevant for the doctors like us who are practicing in urban and semi urban area where a diabetic clinic and a super specialist in diabetes is not easily available. It enabled us to gain knowledge about the modern day epidemic-diabetes, and to understand the essence of prevention and treatment of diabetes and its complications.

The course materials were very rich and appropriately designed to solve the purpose of the course, as well as the size of the books were very suitable to carry with us. The video lectures have left a visual impression on our mind.

What was very impressive was the one week stay at CMC during the 1st contact program. The day long exclusive sessions of lectures, ward rounds, and surprise test were followed by late night coffee and group study at the Bagayam campus. That week not only taught us medicine and diabetes but also gave us lessons about dedication for work, appropriate time management and punctuality. The faculty of the Department of Endocrinology served as our role model for diabetic care.

The second contact program with a hand on training got us more involved with posting in the endocrine OPD and few other specialty clinics. It was our great opportunity to have such an exposure in a hospital like CMC Vellore.

Overall it was a great experience to be a part of such a nice program.

We would like to join the yearly CME and updates on diabetes from the department of endocrinology. Moreover we expect a well-structured course on community cardiology from the department of Distance Education in near future.

Dr. Debdeep Dasgupta, Kolkata.

The DFID program has imparted the apt skills related to Diabetes. I appreciate how you have created such a fantastic environment to learn. The tutelage given by the faculty enabled me to be a better diabetic caregiver. I am indeed honoured for being a part of your prestigious institution. The DFID programme is a definite assistance to many more doctors like me, so that we can serve the needy communities of our society.

Dr. Horshajyoti Chutia, Dibrugarh, Assam.



Excellent and unmatched course in diabetes. All aspects of diabetes care are covered in one year part-time course which is not less than any regular course. The referral rate of diabetics and complications management which was 80% before the course decreased to less than 2% in one and half year. I heartily appreciate the efforts the faculty in imparting best diabetes care and education.

Dr. Jangjit Singh, Anandpursahib, Punjab.



DFID has changed the way I manage my patients for the better. My patients and I are able to see the difference it is making in their lives. Many a times patients have exclaimed: “Nobody [including me] has examined me like this before ; nobody has told me this before!” Now my patients have better glycemic control, follow better foot care, a healthy life style and are able to adjust their insulin in an intelligent way. Most important, they in turn educate others. The course has empowered me with this experience by the Distance Education System.

Dr. Ruby Samuel .T, Dammam , Saudi Arabia.

The study material gave me opportunity to revise my basic knowledge about Diabetes and educated me on newer advances or studies done in the field of Diabetes which is becoming a global epidemic. While pursuing the course I learnt new ways to approach a patient of diabetes which put emphasis on primary prevention, screening and early intervention. I learnt about newer tools and tests in diagnosing Diabetes and its complications. The course in short orients me to proper management of Diabetes.

My clinical practice for managing Diabetes should be divided in two parts, the one I used to practice before and after contact program which I attended here in CMC. It has really benefited my patients in changing their life styles, controlling their blood sugars and early detection of any complication.

I would recommend this program to any practitioner who is working in rural area or in a private clinic so that patients can be benefited at an earlier stage and need for tertiary care would be lessened.

Dr. Shahid Qayoom Bhat, Srinagar, Kashmir.



It was a privilege to be a part of the course. Even after completing my MD Medicine I was sometimes puzzled by the complexities of managing my diabetic patients especially those with gestational diabetes. After taking part in the DFID program, I have become more confident with my patients. With few minor modifications in the second contact program it can become much widely useful. May I suggest that you incorporate the candidates in your Units and give them a firsthand experience of working with the department, which can include case presentations and Clinical activities. Can I also suggest a CME program annually for the candidates, which can be sent by mail to every candidate updating them with newer advances and changes in clinical guidelines over the year?

Dr. Shweta Bhanot, Durg.

The course materiel and modules were useful. The first contact session was very useful. May I request distance education or endocrinology department to provide us new information in the field of diabetic management, on regular basis in the future via mail. This will help all DFID holders to achieve new knowledge in the field of diabetes. I wish to say my heartfelt thanks to distance education department.

Dr. Mohammed Ali VP, Jeddah, Saudi Arabia.



The story of my association with this great, yet humble institution, CMC, started in March 2012, when I was posted to a small town of north east, as a physician in Indian Army hospital. I used to think that as a physician, I knew diabetes similar to the back of hand, but still the interest of getting a chance to experience CMC tempted me to join DFID. The use of the course material was similar to travelling a known road with a completely new style and experience. Finally the contact programs arrived as a life changing moment for me. Seeing the doctors, paramedical staff and various other officials working with a smiling face made me realize, that even a smile can bring new life to the patients. It is this capacity to greet even the 100th patient with the same freshness and smile, which attracts clientele from entire nation and so many neighbouring countries. Some of it comes from cities which have 2-3 medical colleges and corporate style hospital.

I graduated from Armed Forces Medical College, and was under the impression that no institution could have teaching methods better than us. But during DFID I felt, that we still need to fill up a few gaps. The innovative teaching and working style of CMC which inculcates a feeling to serve the nation and the community, deserves a salute. After this course I developed a new style in diabetes management, which had a community angle to it. I have learnt not only diabetes better, but this course has made me a better human being and a better doctor. All the CMC, its work force, which has this attitude of serving the community, has made a deep impact on my mind. I wish I could get a chance in future, to serve the community through this great institution. Jai Hind

Dr. Sudeep Prakash, Indian Army.

I would like to congratulate the entire team of DFID course for their effort to make this course so informative. The course content is very useful for a practicing and busy physician. All modules are very informative and easy to use their concept in day to day practice to have the right approach to diabetic patients. It also teaches the dos and do not's while prescribing OADs or insulin therapy for the diabetic patients. The very emphasis on spending some time on patients' education is indeed very helpful in maintaining good rapport with diabetic patients and in compliance to therapy prescribed. Patient education is of utmost importance in achieving glycemic control. This course is ideal for working doctors to improve the clinical skill and have right approach in diabetes management within a short span of time.

Dr. Pramod Kumar, Chitrakoot.



The Distance Education programme on diabetes management was excellent. It was the best clinical training upgradation after my MD. I could start a diabetes clinic on a small scale at our hospital, a Government Taluk Head-Quarters hospital. As a result, the management of patients has become more systematic. Compared to post MD days, one can now more confidently manage diabetes. We are now able to pick up cases of pancreatic diabetes, Emphysematous pyelonephritis, charcoat joints etc. Besides, management of diabetes foot ulcers also has improved. Doing the project was also very rewarding. Type 1 diabetics, even tribal children now use glucometers at home (which we could provide them with the help of tribal welfare department).

I also was able to take classes at IMA and other avenues on management of diabetes, thereby helping others to improve their own practice.

Dr. Vineeth Gladson, Sultan Bathery, Wayanad, Kerala.



And Jesus, when He came out, saw a great multitude and was moved with compassion for them, because they were like sheep not having a shepherd. So He began to teach them many things. When the day was now far spent, His disciples came to Him and said, “This is a deserted place, and already the hour is late. Send them away, that they may go into the surrounding country and villages and buy themselves bread; for they have nothing to eat.”

But He answered and said to them, “You give them something to eat.” And they said to Him, “Shall we go and buy two hundred denarii worth of bread and give them something to eat?”

But He said to them, “How many loaves do you have? Go and see.”

And when they found out they said, “Five, and two fish.”

Then He commanded them to make them all sit down in groups on the green grass. So they sat down in ranks, in hundreds and in fifties. And when He had taken the five loaves and the two fish, He looked up to heaven, blessed and broke the loaves, and gave them to His disciples to set before them; and the two fish He divided among them all. So they all ate and were filled. And they took up twelve baskets full of fragments and of the fish. Now those who had eaten the loaves were about five thousand men.

Mark 6:30-44 (Bible)

Anything given in the Lord's hands multiplies!



CHRISTIAN MEDICAL COLLEGE
VELLORE, INDIA