

# Modale Hostel Information Booklet

## Contents

|                                    | Page |
|------------------------------------|------|
| Introduction .....                 | 1    |
| Contacts and Communications .....  | 1    |
| Safety and Health .....            | 2    |
| Hostel Rules .....                 | 3    |
| Your Room, Your Belongings .....   | 3    |
| Laundry .....                      | 3    |
| Paying your Bill .....             | 3    |
| Food information .....             | 3    |
| College Stores .....               | 4    |
| Transport .....                    | 4    |
| Finding your way around .....      | 6    |
| Financial Issues and Banking ..... | 6    |
| Events in the College .....        | 7    |
| Church and Chapel Services .....   | 7    |
| Leisure Activities .....           | 8    |
| Other Information .....            | 8    |
| Friends of Vellore .....           | 8    |
| Postcards and Mementos .....       | 8    |
| Learn more about CMC .....         | 10   |

# Welcome to the Christian Medical College Vellore

## Modale Hostel Information Booklet

### **Introduction**

This hostel is the gift of Dr. Mani M. Mani, a CMC alumnus and his ancestral family (Modale) and was opened in February 2007. It aims to provide a comfortable and relatively inexpensive accommodation for overseas students/volunteers spending an elective period in CMC. Please help us to keep the hostel in good condition, by treating the furniture and fittings with respect. Please inform us of any problems you face while in Vellore. We value your feedback and suggestions: please use the form in your room or send us an email [dir.evo@cmcvellore.ac.in](mailto:dir.evo@cmcvellore.ac.in).



### **Contact Information and Communications**

We want to do our best to make sure that your stay is as enjoyable as possible. If you experience any difficulties or need help or advice, please contact one of the following people. Four digit numbers are CMC extensions. If you need to call a CMC number from a mobile or an external phone dial 0416-228 and then the four digit extension number.

| <b>Nature of Enquiry</b>                                       | <b>Contact</b>   | <b>Phone No.</b> |
|--|--|------------------|
| Emergencies, your room, laundry, etc.                          | Duty Receptionist (at Alumni House)  | 4722             |
| Guests from overseas, volunteers, observers, official visitors | Deputy Director (International Relations)<br>or<br>Mr. Hugh Skeil (Development Office) | 6114<br><br>3509 |
| Visiting students, elective arrangements etc                   | Elective Section (Principal's Office)  | 4480             |

The postal address of the Modale Hostel (for incoming mail) is:

**Modale International Hostel, CMC, Bagayam, Vellore 632 002, Tamil Nadu, India.**

However it may be more reliable to arrange for any incoming mail to be sent to the CMC department with which you are primarily linked (check with the Head of the Department). There is a **post office** situated above the State Bank of India branch, opposite the main gate of the campus, where you can buy stamps and post letters and parcels (open 10am – 12.30pm and 2pm – 5.00pm). There is a post office in the hospital campus, near the Emergency Department which tends to be busy. Courier services are also available.

**Telephone:** You can easily buy a local prepaid SIM card for your **mobile phone**, at the College Store, or in town, and use it for international calls. You will need a passport size photo, evidence of identity (eg photocopy of passport) and proof of address (copy of an official letter from CMC mentioning where you will be staying). **Incoming calls:** Modale Hostel reception is 0416 228 4649. You can arrange for someone to ring you on that number at a specific time, or they can leave a message with the receptionist when she is there. The international dialing code for India is **91**.

**Email and Internet:** There is a wireless internet connection giving broadband internet access, which you can use in the lounge/dining area. Ask the receptionist to give you a user name

and password, for which there is a charge. There is also a computer with internet access available on the first floor.

### ***Safety and Health:***

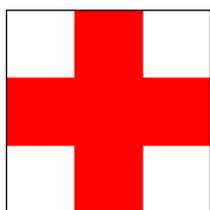
If you are not staying in your room overnight, please inform the receptionist, so that they know who is in the hostel. Familiarise yourself with the layout of the building, so that you know the shortest way out in case of emergency.

#### **If you discover a fire**

- Do not take any undue risks, but try to alert other guests if possible.
- Leave the hostel quickly, everyone should assemble outside in front of the hostel.
- From a safe telephone (eg Fitch Hostel opposite or from a nearby staff house), dial Extension 3000 and say “Fire in Modale Hostel, College Campus”.
- Inform the duty receptionist on 4722.
- Do not go back inside until told that it is safe to do so.



Please report any risks to health or safety that you see in the hotel. For example broken or dangerous electrical fittings/exposed wiring, uneven or broken floor tiles or steps.



#### **If you are unwell or have an accident**

The nearest Accident and Emergency department is at the CMC CHAD Hospital, in College campus. Please ask the receptionist at the Alumni House to arrange for a vehicle, if the patient cannot walk. The telephone number of CHAD Hospital is 4540. If there is an emergency it is helpful to warn the medical team of the nature of the illness/accident. The main Accident and Emergency Department in the main hospital is fully equipped to deal with serious accidents. Outside Vellore, you can dial 108 for an ambulance anywhere in Tamil Nadu.

If you need medical help, but it is not an emergency

- Students should contact the Elective Section in Principal’s Office at 4480.
- Volunteers and other visitors can contact the Deputy Director at the Directorate at 6114.

**Basic health precautions** in India: Wash your hands frequently and always before eating. Drink lots of water throughout the day, but take care of what you eat and drink. Avoid eating meals in places you’re not completely sure of, and uncooked foods (eg salad) or anything that might have been reheated. Avoid fruit juices (unless pre-packaged) and anything with ice or added water. Don’t buy ice cream from trolley vendors. Clean any minor cuts or insect bites thoroughly and apply antiseptic cream/ointment, since these easily become infected. If you have diarrhoea or vomiting for more than 2 days it is wise to speak to a doctor; likewise if fever persists for more than five days.

### **Security**

The College Campus is patrolled by security guards, and Vellore is generally a safe place. However you should take sensible precautions such as avoid traveling alone outside the campus at night, and making sure that others know your plans when you visit other places. Use a padlock to protect personal possessions in your room or while travelling.

### ***Basic Hostel Rules***

1. Smoking is not permitted in the Modale Hostel or other guest houses.
2. Alcohol is not allowed in the CMC campus.
3. Please keep the hostel kitchen and other common rooms clean and tidy
4. You should not hang clothes or other articles outside your room window. Ask the receptionist to show you where to hang clothes for drying.
5. Please respect other guests and campus residents, in particular their privacy and right to quiet especially between 10pm and 7am.
6. Please respect the hostel staff, they will do their best to help you, but also have to look after other guests and they may not be able to comply with all your requests.

### ***Your room: cleaning, equipment and your belongings***

Housekeeping Staff may enter your room for cleaning and changing the linen. Please keep your valuables locked in the wardrobe in your room, since we cannot guarantee the security of the room while you are out. Institution is not liable for any loss.

If you are bothered by mosquitoes in your room please ask the receptionist to borrow an electronic mosquito repellent or buy one from the College Store.

### ***Laundry***

Linen (sheets, pillowcases and towels) will be changed twice a week. You can use the washing machine for your clothes, or arrange for a dhobi service through the reception.

### ***Paying your Bill***

If you are staying for less than one week, please pay your bill on departure. Inform the receptionist the previous day at what time you will be checking out so that the bill can be prepared in advance. If you are staying for more than a week, you will be given a bill each week during your stay. The receptionist needs to check your room before you leave, especially to ensure that you haven't left anything behind. Don't forget to return your key!

### ***Food***

The **College Canteen** is very close to the Modale Hostel. You can get Indian food there. As well as the basic menu, which is prepared on the premises, you can order a wide variety of other food prepared at the Darling Hotel, although this will take some time to arrive. You can also eat at the **CHTC Guest House Canteen** which is also located in the same campus, but you need to buy a token in advance (phone 4433).

On the main hospital campus you can eat in the **Good Samaritan** canteen, the **A Block cafeteria** (ground floor), **ASHA Building** (terrace), **ISSC Building** (ground floor). There are also smaller food outlets in various places around the hospital. The foods here are usually safe to eat. You can also easily find affordable places to eat outside the hospital. We would recommend that you drink bottled water only, and avoid uncooked foods (eg salads), meat, fresh fruit juices and ice (unless bottled), except in higher class hotels. Freshly cooked vegetarian food is generally safe to eat.

Everywhere in India wherever you go you will find “hotels” (restaurants) offering a wide variety of different price and quality levels. Ask around to find out peoples’ recommendations. A tradition has developed amongst elective students and other overseas visitors to CMC of going to the Darling Residency Hotel rooftop restaurant on Wednesday evenings (arriving at about 7.30pm). This is a great opportunity to meet others and have a relaxed dinner in pleasant surroundings.



**Water** inside CMC campuses has been treated, but for improved taste we recommend purified water for drinking.

Please avoid wasting water – whether drinking water or tap water.

*Please do your best to conserve water, it is very precious here in Vellore.*

### **College Stores**

This is open daily from 10 am to 9.30 pm. It is just a short distance from the First Gate, opposite to the Gault Library. They also provide a travel service and can book trains, taxis and even flights for you. They sell SIM cards for mobile phones and can recharge prepaid mobile credit for major networks. On Sunday this store is open between 11 am and 4 pm and again from 7.30 to 9.30 pm.

### **Getting around: transport**

There are CMC buses/vans in the morning and evening that can take you from the CMC Bagayam campus to the main hospital and back again. All buses from the College pass through the security gate near the Alumni House, a few minutes after leaving the College Canteen or the main gate. Normally they will pick up passengers from there, but some buses do not stop if it is already full then wait for the staff bus. It takes about 20 minutes to reach the Hospital from Bagayam. Most buses go via the Schell Hospital (Ophthalmology and Low Cost Effective Care Unit).



Most staff buses from the hospital leave from the side road between the ASHA Building and the Paul Brand Building (behind the ISSCC Building). Some buses leave from the Electrical Department which is on the left after you enter the main gate to the hospital campus (opposite to the Chest Pain Unit).

| <b>From College to Hospital (Monday - Friday)</b> |                         |                                  |               |
|---|-------------------------|----------------------------------|---------------|
| <b>Start Time</b>                                 | <b>Starting From</b>    | <b>Via</b>                       | <b>To</b>     |
| 6.45 am   | Rehab Campus            | 2 <sup>nd</sup> gate CMC, Schell | Asha Building |
| 7.00 am   | Canteen / CMC           | Carman Block                     | Asha Building |
| 7.15 am   | Rehab Campus            | 2 <sup>nd</sup> gate CMC, Schell | Asha Building |
| 7.25 am   | Rehab Campus            | Canteen, Schell                  | Asha Building |
| 7.35am  | Rehab Campus            | Canteen, Schell                  | Asha Building |
| 1.30 pm   | MHC-Rehab-CHAD          | 2 <sup>nd</sup> gate CMC, Schell | Asha Building |
| 5.15 pm   | Rehab Campus            | Carman Block, Schell             | Asha Building |
| 6.45 pm   | Men’s Hostel<br>College | Canteen, W. Hostel               | Asha Building |
| 8.30 pm   | Carmon Block CMC        | Schell                           | Asha Building |
| <b>Saturday afternoon schedule from College</b>   |                         |                                  |               |
| 12.10pm   | Carman Block            |                                  | Asha Building |

| From Hospital to College (Monday - Friday) |               |                 |                 |
|--|---------------|-----------------|-----------------|
| Start Time                                 | Starting From | Via             | To              |
| 7.15 am                                    | Asha Building | Schell          | Rehab           |
| 7.20am                                     | Asha Building | Thorapadi       | College         |
| 1.00pm                                     | Asha Building | Thorapadi       | College         |
| 2.15pm                                     | Asha Building | Thorapadi       | College         |
| 4.30pm                                     | Asha Building | Thorapadi       | CMC Hostels     |
| 4.35pm &<br>5.05pm                         | Asha Building | Thorapadi       | CMC Hostels     |
| 4.45 pm                                    | Asha Building | Schell, canteen | Rehab (College) |
| 5.15pm                                     | Asha Building | Schell          | Rehab (College) |
| 5.45pm                                     | Asha Building | Schell          | Rehab (College) |
| 6.00 pm                                    | Asha Building | Schell-Rehab    | College         |
| 6.30pm                                     | Asha Building | Schell-Rehab    | College         |
| 7.15 pm                                    | Asha Building | Schell-Rehab    | College         |
| 7.30pm                                     | Asha Building | Schell-Rehab    | College         |
| 8.00pm                                     | Asha Building | Schell, Canteen | Rehab (College) |
| 8.30 pm                                    | Asha Building | Schell-Rehab    | College         |
| 9.30pm                                     | Asha Building | Schell, Canteen | Rehab (College) |
| 10.30 pm                                   | Asha Building | Schell-Rehab    | CMC Hostels     |
| Saturday afternoon schedule from Hospital  |               |                 |                 |
| 12.35pm                                    | Asha Building | Schell          | Canteen, Rehab  |
| 12.40pm                                    | Asha Building | Schell          | CMC Hostels     |
| 1.30pm                                     | Asha Building | Schell          | College         |
| 3.00pm                                     | Asha Building | Schell          | College         |
| 9.00pm                                     | Asha Building | Schell          | CMC Hostels     |

There are no buses to hospital on Sundays.

Town Buses go regularly between the College and Hospital. You can board either the number 1 or the number 2 bus (bus stop is next to the main gate). Both buses will take you to the main hospital in Vellore (stops near the hospital exit gate) for Rs.8 (INR 8). These buses go up to the railway station at Katpadi. They are very cheap but usually fairly crowded. Ask someone where to get down for CMC if you're not sure.



Auto rickshaws are a relatively cheap way to travel, and can be flagged down or picked up at the main gate or from near the CHAD hospital. Negotiate the fare before getting in. The charge between the College and the Hospital should be around INR 200/- although they may charge more at night. In the hospital campus autos are available between the ISSC building and Emergency Department. They can also take you and your luggage to the Katpadi railway station for INR 300/- or New Bus stand for INR 250/- from Alumni House. If going to the hospital, say "CMC Hospital". If you want to come to the College campus say "Medical College, Bagayam". The receptionist can arrange for an auto to pick you up from the Alumni House.

Taxis for long distances are quite cheap, especially for a whole day trip. You can book it yourself, through a travel agent, or through the Transport Office at CMC (give your request in writing through the department to whom you are attached). Charges vary according to the

type of vehicle and whether or not you ask for AC. Typically the trip from Bagayam to Katpadi Station will be around INR 400 – 450. To be dropped at Chennai airport will cost around INR 2,400 with AC, excluding tolls. A larger vehicle will cost more.

All prices above are subject to change and are for guidance only.

### ***Finding your way around***



There is a schematic plan of the Bagayam campus on the back cover of this booklet. There are also three maps available from reception:

- Map of CMC Bagayam Campus
- Map of CMC Main Hospital Campus
- Map of central Vellore town.

These maps are not to scale, but we hope you will find them useful in orienting yourself.

### ***Financial Matters: Bank and ATMs***

There is a State Bank of India (SBI) branch in College campus, opposite to the main gate. There is also an SBI ATM (cash machine) available. These will accept many overseas Debit and Credit cards (eg VISA, Mastercard). There are many more ATMs in Vellore Town. Usually withdrawal limits in ATM is INR 20,000 per day.



Travellers Cheques are not easy to change, but there are money exchange bureau in Vellore town that can usually help. UAE Exchange is located at Ida Scudder Road opposite to CMC Hospital (first floor). FOREX is opposite to Solai Hotel, first street on the left from Gandhi Road (opposite the main hospital pedestrian gate). They will also exchange many foreign currencies.

However when you get your money you will find it comes mostly in high denomination currency (INR 2,000 and 500). The larger shops don't usually have any difficulty changing these, but they aren't popular when trying to buy a cup of coffee for INR 20. The only advice is to get change of high denomination currency whenever you can, and hoard smaller denomination currency. Only larger hotels and shops will accept credit cards, although gradually more shops are accepting them.

### ***You are invited ... Events in College***

On the first Monday of every month we hold an International Evening in the Alumni House. This is designed particularly for guests and students from abroad, and gives people a chance to meet other visitors and to ask any questions about CMC or India in general. The evening runs from 8pm to about 9.30pm.



You are welcome to attend other events happening at CMC. For example there are a number of cultural and sporting programmes organised by the students at different times of the year. Information will be put up on the notice board in the Alumni House or you may come across notices on the campus.

## ***Church and Chapel Services***

There is a service in English in the College Chapel every Sunday evening starting at 6pm. If you would like to sing in the choir, join for the practice at 4.15pm in the chapel itself. There are many services in different languages in the Hospital Chapel, including an English service on Sundays at 6.30 pm (see the notice board outside the hospital chapel for further details). Rehab chapel (at the centre of the Mary Varghese Institute of Rehabilitation, also in Bagayam) has a multi lingual service at 11 am on Sundays.



Sunday Services in some **Church of South India (CSI)** Churches:

- Ida Scudder Memorial Church, near CHAD hospital at 8.30 am (Tamil)
- St. John's Church, Fort: 7.30 am and 9.30 am (both English). A bus leaves College campus 25 minutes before the second service and will bring you back after the service; pick up near the security gate by Alumni House.
- Central Church, Officer's Line: 8.30 am (Tamil), 7.00 am first Sunday of month (English)

### **Catholic Churches:**

- Infant Jesus Church near Bagayam – 7.30 am (Tamil) and 9.30 am (English) on Sunday and special mass on Thursdays at 6.30 pm.
- Assumption Cathedral, behind Bishop's House Roundtana, Vellore – 6. 15 am, 8 am and 5. 30 pm on Sundays (All Tamil).

There are many more churches of several other denominations meeting in Vellore. Chaplaincy can give further details.

## ***Leisure Activities***

**Walking** on the campus is a popular activity, especially at dawn and sunset when a wide variety of birds and animals can be seen. Monkeys and stray dogs turn up from time to time, and should be avoided: they can bite and rabies is present in this area.

The climb up **College Hill** (over the road from Alumni House) only takes around 15-20 minutes and gives a rewarding view of the campus and surrounding area. Start at the opening in the fence opposite the security gate nearest to Alumni House. The first part is easy as you follow the flat rock and then a well beaten path. If you wish to climb the small peaks it is a bit more of a scramble, so it is best to wear good shoes, avoid sandals/chapels.

There are snakes and scorpions, both in the campus and on the hills, but they are rarely seen. They are timid and will normally keep out of your way, unless they are surprised or cornered. It is best to use a flashlight / torch during hours of darkness, and to stamp your feet as you walk if you can't see what is ahead. Mosquitoes cannot be avoided, particularly at dusk, so use a good insect repellent and cover arms and legs.

There is a privately owned **swimming pool** just off the campus, at which you will be made welcome. This is very pleasant and well-maintained, a real oasis in dry and dusty Vellore. There is also a well-equipped gym there also. To reach it go to the opposite corner of the campus and go out of the security gate by the Psychiatry Department (Mental Health Centre /

MHC). Turn right after the gate and walk past the Bagayam Police Station. Take the next right turn, which is clearly marked "Swimming Pool" and proceed past the New Life Centre till you reach the gate to the swimming pool. The pool (and gym) is open from 6am to 12noon and from 3pm to 8pm daily except Mondays. On Sunday it stays open. You can pay per visit or you can join as a monthly or annual member (which might work out cheaper for families or people who expect to use it several times a week).

Indoor games such as Carrom and Chess are available, please ask at reception.

## ***Other Useful Information***

### **Photograph Printing**

There are several shops in Vellore that will print your photos (from digital or film) within 24 hours. They can download your photos onto CD. If you need passport/ID portraits of yourself they will do these also while you wait. The most convenient shop is MAX which is opposite to the pedestrian gate of the main hospital, up a flight of tiled stairs.

### **Clothes**

Please be sensitive to the dress code of the hospital and the culture of Tamil Nadu. Jackets and ties are not required, but when in the hospital, teaching or administrative areas men should be smartly dressed. Ladies should wear on the side of modesty. Loose clothes will also be cooler and invite less unwelcome attention in public places.

Ladies from overseas may wish to buy Indian clothes. There are lots of shops selling "ready made" shalwar kameez, but you can also buy sets that are not made up and ask a tailor to make them up to your size. Ask a lady in the department to which you are attached to suggest a suitable tailor, or select one in Gandhi Road. Both men and women can ask tailors to make copies of existing items of clothing using locally purchased materials; this can work well for items with which the tailor is familiar: shirts, mens' trousers/pants, pyjamas, simple skirts, but the results may not always be what you expect when you give complicated items.



### ***Friends of CMC Vellore***

Please consider keeping in touch with us by joining the Friends of Vellore. Membership is free, and brings newsletters and opportunities to meet others and to support the work we do here. There are separate charities in Australia, New Zealand, US, Canada, UK, Germany and Sweden. Citizens of other countries can join the India group (or start one in their own country). There should be a membership form in your room, but if not please ask the receptionist to give you one. For further information, please contact the Development Office, extension 3509, email [dev.office@cmcvellore.ac.in](mailto:dev.office@cmcvellore.ac.in).

### ***Postcards and Mementos available***

We have a beautiful DVD about CMC, *Home of a Healing God*, some audio CDs, CMC Calendars, postcards and other items available. All these have been produced to help raise funds for poor patients through our Person to Person Fund. The Receptionist at the Alumni

House will be happy to show you what is available. These items are also available in the Development Office in the Main Hospital.

***Thankyou for coming, and enjoy your stay!***

## **Would you like to learn more about Christian Medical College Vellore?**

CMC is a unique place, the result of God's grace at work through the lives of many people who have dedicated their skills and energy to the healing ministry.

It was founded by Dr. Ida Sophia Scudder. She was born in India, but arrived as a fresh graduate from Cornell Medical School in the United States on 1st January 1900. Starting with a small clinic and a dispensary she gradually created her dream of a centre of excellence for the training of women and men in the art and science of medicine, nursing and other related professions.

Today CMC is recognized as one of the foremost medical colleges and healthcare research centres in India, and it attracts patients from all over the subcontinent. It is a centre for training in many different fields, not only for people from India, but also from many other countries in Asia, Africa, Europe and etc.

To learn and see more about CMC's history and development, visit the Heritage Centre, which is located in CMC Hospital as you enter as you enter the main front entrance towards the right.

The ELS bookshop, is located at the first floor behind OT building, has biographies of Ida Sophia Scudder and other fascinating people who helped build the institution. Reception can give you a copy of our annual report.

The Development Office is always happy to meet visitors and alumni, please drop in and say hello. The Office is on the first floor of the main hospital block, near the Directorate and the Accounts Department.

