

“Whatever you do,
do it all for the glory of God.”

1 Corinthians 10:31



CATHOLIC
HEALTH
ASSOCIATION OF
INDIA
KERALA REGION

64th *Annual*
**GENERAL
BODY** *Meeting*
2026 WAYANAD

NEWS LETTER

19 AUGUST
2026

PASTORAL CENTRE,
DWARAKA, WAYANAD



HOSTED BY
ST. JOSEPHS
MISSION HOSPITAL
MANANTHAVADY, WAYANAD

64th Annual GENERAL BODY Meeting 2026 WAYANAD



Care in Catholic Hospitals Must Be Rooted in Humanity and Compassion:

Bishop Alex Vadakumthala

Inaugurating the 64th Annual General Body Meeting (AGBM) of the Catholic Health Association of India (CHAI) Kerala region at the Dwaraka Pastoral Centre in Wayanad, His Excellency Bishop Alex Vadakumthala, Chairman of the KCBC Health Commission, delivered a poignant call to action for the healthcare ministry. Addressing delegates gathered under the central theme “Faithful Stewardship,” he emphasized that the fundamental identity of Catholic healthcare institutions rests upon selfless service, ethical responsibility, and unconditional care for the sick.

In his inaugural address, Bishop Vadakumthala stressed that medical care provided within Catholic hospitals must remain deeply anchored in humanity and compassion. He cautioned healthcare administrators, religious personnel, and caregivers against allowing institutional expansion to cloud the core spiritual mission of their healing ministry. “Even as our institutions grow in scale, capability, and infrastructure, we must never lose our spirit of humility,” he stated.

Reflecting on the deeper spiritual dimension of medical service, the Bishop reminded the assembly that true stewardship requires seeing the face of Christ in every suffering individual. He urged healthcare workers to treat every patient—regardless of their social or economic standing—with equal dignity, profound love, and unwavering respect. His remarks set a reflective, mission-driven tone for the remainder of the 64th AGBM, reinforcing CHAI Kerala’s foundational pledge: Together in Service, Committed to Care, For Health with Compassion.



64th CHAI Kerala General Body Meeting Concludes Successfully in Wayanad



The 64th Annual General Body Meeting of the Catholic Health Association of India (CHAI) Kerala Chapter concluded successfully on August 19 at Dwaraka, near Mananthavady in Wayanad. The meeting brought together representatives and delegates from healthcare institutions across the state.

Presiding over the session, CHAI Kerala President Rev. Dr. Binu Kunnath emphasized that rapid progress and innovation are essential for the healthcare sector to keep pace with changing times.

“ADAPT OR BECOME HISTORY”

In his presidential address, Fr. Binu highlighted three globally influential figures to illustrate how modern technology and innovative thinking must be integrated into healthcare services:

- **Steve Jobs:** Revolutionized communication by introducing touchscreen technology during an era dominated by keypad phones.
- **Dr. A.P.J. Abdul Kalam:** Rose from a humble background in Rameswaram, Tamil Nadu, to become India’s “Missile Man” by daring to dream of scientific and technological advancement.
- **Elon Musk:** Continues to amaze the world by turning seemingly impossible ideas into reality through global ventures.

Fr. Binu urged healthcare professionals to cultivate a similar mindset—one that transforms the impossible into the possible. He cautioned that institutions unwilling to adapt in a fast-changing world risk being left behind as mere pages in history. However, he emphasized one fundamental condition: no matter how advanced technology or systems become, humanity must always remain the top priority.

Mastermind Session Spotlight:

“More with Less: Financial Excellence Through Operational Efficiency”

Dr. Gopinath Mamballikalam

Dr. Mamballikalam framed healthcare finance around two essential levers: Topline Growth (revenue generation) and Bottomline Optimization (cost containment). Highlighting key industry metrics like EBITDA, Average Revenue Per Occupied Bed (ARPOB), and Average Length of Stay (ALOS), he demonstrated how hospitals can drive financial health without compromising patient care.

- **Increasing Topline:** Focus on maximizing resource and bed utilization, diversifying into alternate revenue streams (such as home care), refining specialty mix, and reducing average length of stay (ALOS) via daycare procedures.
- **Protecting the Bottomline:** Eliminate operational waste using Lean management principles—specifically tackling the 8 Wastes (DOWNTIME): Defects, Overproduction, Waiting, Non-utilized Talent, Transportation, Inventory, Motion, and Excess Processing.

Optimizing Major Cash Outflows



In a standard hospital financial structure, Operational costs are driven by four major channels: Human Resources (~38%), Consumables/Materials (~20%), Overheads (~10–12%), and Marketing (~2%). Dr. Mamballikalam detailed targeted interventions for each:

- **Human Resource Management:** Keep total HR costs within 35–40% of topline revenue. Utilize acuity-based nursing deployment, transition non-clinical paperwork to physician assistants, enforce performance-based appraisals (KRAs/KPIs), and leverage workflow technology.
- **Materials & Supply Chain Efficiency:** Strategic procurement can reduce material costs by 10–15%. Implement centralized buying, leverage biosimilars/generics, conduct regular inventory audits, and deploy RFID/barcode tracking to minimize expiry and pilferage.

- **Overheads & Energy Savings:** Energy and utilities form a significant operational expense. Upgrading to smart HVAC systems, LED lighting, motion sensors, and solar panels can cut electricity expenses by up to 30%.
- **Strategic Marketing:** Shift focus from mere volume/occupancy metrics to revenue impact, digital transformation, and high-yielding service verticals.

Culture Eats Strategy for Breakfast

Quoting Peter Drucker, Dr. Mamballikalam reminded administrators that “Culture eats strategy for breakfast”. Even the most sophisticated financial plan will falter unless supported by an organizational culture rooted in accountability, continuous training, and employee empowerment.



The session concluded with a clear four-step pathway for healthcare leadership: Monitor cost drivers in real time, Cultivate a culture of cost-consciousness, Innovate through technology, and Reinvest operational savings directly into expanding patient-centric care.





64th Annual General Body Meeting and Election of the New Board (2026–2029)

Dear Members, Delegates, and Esteemed Leaders of Catholic Healthcare,
Greetings in the name of the Lord.

It is with immense gratitude and joy that I share a brief report on the successful conclusion of the 64th Annual General Body Meeting of CHAI Kerala Region, held in a prayerful and fraternal atmosphere at the Dwaraka Pastoral Centre, Wayanad. We were deeply honored by the presence and blessings of His Excellency Bishop Alex Vadakumthala, Chairman of the KCBC Health Commission.

This gathering brought together delegates from our member institutions across Kerala, alongside former leaders whose selfless dedication built the foundation we stand upon today. A primary highlight of this General Body was the election of our new Board of Management for the 2026–2029 tenure.

On behalf of CHAI Kerala, I extend my deepest gratitude to our outgoing office bearers who served faithfully over the past six and nine years. Your strategic foresight, sacrifice, and steadfast leadership have strengthened our association and guided us through challenging times.

Together with Rev. Dr. Binu Kunnath (President, CHAI Kerala Region), our board members, and regional delegates, we guided the election process and proudly introduce our newly elected leadership team:

CHAI Kerala Region Board (2026–2029)

President



Fr. Dr. Biju Payyampallil
(CEO & Secretary,
Pushpagiri Institutions, Thiruvalla)

Vice President



Fr. Vimal Francis
(Director, Lourdes Hospital,
Ernakulam)

Secretary



Sr. Thejas FCC
(Administrator,
Dhanya Mission Hospital, Potta)

Joint Secretary



Fr. Anto Antony Perumpallithara
(Assistant Executive Director,
Sahrudaya Hospital, Alappuzha)

Zonal Coordinators

• Trivandrum Zone



Fr. Binu Thomas B. Thuppassey
(Director,
Bishop Benziger Hospital)

Treasurer



Rev. Fr. Shibu Puthenpurackal CMI
(Joint Director,
Amala Medical College, Thrissur)

• Thrissur Zone



Fr. Dr. Demin Tharayil
(Joint Director,
Jubilee Mission
Medical College, Thrissur)

• Kottayam Zone



Fr. Ullas Chakkumootil
(Administrator, MMT Hospital,
Mundakayam)

• Ernakulam Zone



Fr. Claudin Bivera
(Director
Don Bosco Hospital
North Paravur)

• Malabar Zone



Sr. Josna FDCC
(Administrator,
Martin de Pores Hospital,
Cherukunnu)

I offer my warmest congratulations and prayerful best wishes to our new President, Vice President, Secretary, Joint Secretary, Treasurer, Zonal Coordinators, and Board members.

As we look to the future, CHAI Kerala Region remains firmly committed to supporting our member hospitals, addressing healthcare challenges through collective strength, and elevating our standards of care. Anchored in our spirit of “Faithful stewardship, compassionate service, and united leadership,” let us move forward together in our mission to serve the sick, the community, the Church, and the nation.

May God’s abundant blessings and the guidance of the Holy Spirit accompany our new leadership team and all our endeavors.

Yours in Christ,

Dr. Sr. Lillisa SABS
Secretary, KCBC Health Commission
Executive Director, CHAI Kerala Region



64th Annual GENERAL BODY Meeting 2026 WAYANAD

COMPREHENSIVE OFFICIAL EVENT REPORT

Date: August 19, 2026

Venue: Dwaraka Pastoral Centre, Wayanad

Theme: Faithful Stewardship

Motto: Together in Service,
Committed to Care, For Health with Compassion

1. MORNING INAUGURAL SESSION

- **Registration & Tea:** Delegates, hospital directors, administrators, and religious personnel from member institutions across Kerala arrived and completed registration.



- **Opening Prayer:** The formal program commenced with a solemn prayer song led by the choir/team from St. Joseph Hospital, Mananthavady.
- **Welcome Address:** Rev. Fr. Manoj Kavalakadan, Director of St. Joseph Hospital, Mananthavady, delivered the welcome address, extending warm hospitality on behalf of the host institution to all dignitaries and delegates gathered in Wayanad.
- **Presidential Address:** Rev. Dr. Binu Kunnath, President of CHAI Kerala, delivered the Presidential Address titled “Adapt or Become History.” Citing

key innovators like Steve Jobs, Dr. A.P.J. Abdul Kalam, and Elon Musk, he urged healthcare administrators to integrate modern technology and bold ideas while keeping humanity at the heart of care.

- **Inauguration & Inaugural Address:** His Excellency Bishop Alex Vadakumthala, Chairman of the KCBC Health Commission, formally inaugurated the meeting. In his inaugural address, he stressed that care in Catholic hospitals must remain deeply rooted in compassion, ethical responsibility, and selfless service, cautioning that institutional growth should never dilute spiritual humility.
- **Keynote Address:** Dr. Sr. Helen Mary, Director General of CHAI, delivered the Keynote Address focusing on the central theme of “Faithful Stewardship,” highlighting national priorities and strategic alignment for Catholic healthcare units.



- **Felicitations:** Words of felicitation were delivered by Msgr. Paul Mundolickal and Rev. Fr. Santhosh, Secretary of the CBCI Health Commission, highlighting regional synergy and leadership commitment.
- **Vote of Thanks:** Fr. Vimal Francis, Treasurer of CHAI Kerala, proposed the formal vote of thanks for the inaugural session, expressing gratitude to all guests, organizers, and participants.



2. MASTERMIND SESSION

Topic: “More with Less: Financial Excellence Through Operational Efficiency”

Resource Person: Dr. Gopinath Mamballikalam (Ph.D., EPGDHA, FPCC, COO of Aster MIMS, Calicut)

3. LUNCH BREAK

4. ANNUAL GENERAL BODY BUSINESS SESSION

Welcome:

Delivered by Sr. Cincy Maria S.H., CHAI Kerala Board Member.

Presidential Address: Delivered by Rev. Dr. Binu Kunnath, CHAI Kerala President.

Organizational Report: Presented by Rev. Fr. Manoj, CHAI Kerala Joint Secretary.

Account Review & Financial Audit: Presented by Rev. Fr. Vimal Francis, CHAI Kerala Treasurer.

Election of Executives

(CHAI Kerala Board 2026–2029): The General Body officially conducted elections and announced the new executive leadership team:

President: Rev. Fr. Dr. Biju Payyampallil (CEO & Secretary, Pushpagiri Institutions, Thiruvalla)

Vice President: Rev. Fr. Vimal Francis (Director, Lourdes Hospital, Ernakulam)

Secretary: Sr. Thejas FCC (Administrator, Dhanya Mission Hospital, Potta)

Joint Secretary: Rev. Fr. Anto Antony Perumpallithara (Assistant Executive Director, Sahrudaya Hospital, Alappuzha)

Treasurer: Rev. Fr. Shibu Puthenpurackal CMI (Joint Director, Amala Medical College, Thrissur)

Executive Director: Dr. Sr. Lillisa SABS (Secretary, KCBC Health Commission)

Zonal Coordinators:

Rev. Fr. Binu (Trivandrum),

Rev. Fr. Ullas MMT (Kottayam),

Rev. Fr. Claudin Bivera (Ernakulam),

Rev. Fr. Demin (Thrissur),

Sr. Josna FDCC (Malabar).

Manifesto: Presented by the Newly Elected President.

Vote of Thanks: Proposed by Dr. Sr. Lillisa SABS, Executive Director of CHAI Kerala, bringing the 64th AGBM to a formal and successful conclusion.





HEARTFELT THANKS TO OUR ESTEEMED GUESTS AND PARTICIPANTS

As Director of St. Joseph Hospital, Mananthavady, and on behalf of our entire hospital fraternity, it was an absolute honor and privilege to host all of you at the Dwaraka Pastoral Centre for the 64th Annual General

Body Meeting of CHAI Kerala Region.

Hosting this landmark gathering in Wayanad has been a deeply enriching experience for us. We extend our sincere gratitude to His Excellency Bishop Alex Vadakumthala for his inspiring presence and spiritual guidance, Rev. Dr. Binu Kunnath, Dr. Sr. Lillisa SABS, our keynote speaker Dr. Gopinath

Mamballikalam, and every delegate, administrator, and religious leader who traveled from across Kerala to join us.

Your shared commitment to compassionate healthcare, faithful stewardship, and collective progress made this event truly memorable. We hope your stay in Mananthavady was comfortable and welcoming.

We offer our warmest congratulations and prayerful support to the newly elected board for 2026–2029 as we continue working together in our shared healing ministry. May God bless you all abundantly in your dedicated service.

Fr. Manoj Kavalakkadan
Director, St. Joseph Hospital, Mananthavady



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The background of the entire image is a scenic landscape. In the foreground, a calm blue lake reflects the sky. A small, light-colored speedboat with an outboard motor is moving across the water from left to right, leaving a white wake. The middle ground is a dense, dark green forest of tall trees. In the background, rolling hills and mountains are covered in lush green vegetation under a bright blue sky with scattered white clouds. A large, semi-transparent white map of Kerala is overlaid on the upper left portion of the image, serving as a backdrop for the text.

Annual
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