

**CHS GAZETTE**  
**VOL 8 ISSUE 2**  
**Apr to June 2022**

## UPCOMING EVENTS 2022

**July 2022**

Blood Donation Camp  
IA2- PTA meeting  
Entrance Exam-2022

**Aug 2022**

Admission - 2022  
I Year Practical Exam

**Sep 2022**

Final Year University  
Exam

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Dear students,

Try living in the moment!!

Enjoy the present moment even  
if it is hard.



College days are filled with fun and knowledge, it is your interest to learn and to have fun, overcome negative emotions, and whatever you do fight for it and strengthen yourself, don't resist, it will persist. Don't fast forward your life, and get mesmerized for likes and shares in social media.

Remember use of instagram, facebook and twitter to show a curated version of their life. Of course you may need to post every now and then to share your accomplishments. Social media can be a great for networking and finding out job opportunities. But try rationing the time you spend mindlessly scrolling. According researchers have found that using social media obsessively causes more than just anxiety.

Be wise in your choice be happy with existing friends than facebook friends. share your information with family, friends and relative than in the social media.

Get real applause and appreciation rather than smilies and GIFS.

Principal  
MMMCHS

# BLUE WINGS - 2022



The annual sports meet was conducted on 2nd April 2022 at Ambedkar Playground, Mogappair Eri Scheme.

The guest of honor were Thiru. Joseph Samuel, Honorable Member of Legislative Assembly Tamilnadu, Ambattur Constituency as the chief guest, Mr. Mohan Daniel, Board member-MMM as the guest of honor, Thiru. Thilagar, ward 90 MNC, Thiru. Rajagopal, ward 92 MNC & S. S. Sowrimuthu, Area Secretary and Dr. Deepa. C. Philip, Principal, MMMCHS graced the occasion.

The Program started with the Welcome address by Ms. Aishwarya Nair of II MSc Clinical Nutrition, President, SDC Panel. The Chief guest initiated the Annual sports meet by lighting the Olympic torch & released the Dove. He has accepted the March past honor. All students took the Olympic oath under the leadership of Mr. Dinkinson, III BSc Operation Theatre and Anesthesia Technology, Assistant Sports Secretary, MMMCHS.

Followed by March past the track events were held. The dignitaries were distributed the outdoor and track events prizes for the winners.

# ESTRELLA

The Estrella 2k22 was celebrated by the students for two days on 27th & 28th April 2022, programs were catagorised into on stage and off stage events.

The Off-Stage event was held on 27th April 2022. Events like Rangoli, Bottle Painting. 'Mehandi', 'Food Challenge', 'Doc Fam', 'Short Film' "Cooking without fire', Solo song, Group song, Solo dance, Group dance prelims was conducted.



The on stage events was held on 28th of April 2022 at Holy Trinity Church, Golden George Nagar, Mogappair Chennai. The first event of the day started with Fusion Solo Dance was judged by Fr. Joe Thomas Chaplain, MMM. The second event was Solo dance judged by Dr. Anusha Rohit, HOD of Microbiology Dept, MMM. The third event started with Group Song which was judged by Ms.Sriji, Lecturer & Ms. Preethi, Lecturer, MMM CHS. The fourth event was Adzap which was judged by Mr. Vinoth Kumar, Asst. Professor & Ms. Gokila, Asst. Professor, MMM CHS. The fifth event of the day was short Skits judged by Ms. Deena George, Asst Manager, communications, MMM The sixth event was Group Dance judged by Ms. Megha Sri, Dancer & Choreographer, Chennai. The final event Cos Play was judged by Ms. Saritha, Asst. Professor, MMM CHS. All the houses of the college participated in these events. The organizers (department wise) special performance held in between the completions and special performance like silambam & classical, musical concert, singing, poem etc. The winners were announced at the end of each program and certificates and prizes were also given.



# **AWARENESS ON POSTAL LIFE INSURANCE**

An awareness program postal life insurance was organised on 18.4.22. A talk was given by the marketing executives of general post office. They explained about this postal life insurance and various other saving methods.

# **ADMISSION - 2022**

Application are issued in MMM Theresa block, at MMCHS and online from April 15, 2022. Entrance exam for UG candidates are planned by the end of this July 2022 and preparatory work is being done. PG admission interview is during by mid august.

# **ZUMBA - ACTIVITY**



The NSS and YRC of MMM College of Health Sciences organized a Zumba activity for the staff from 10 th to 16 th May, 2022. It was conducted for 1 hour per day. The activity included stretching and general body relaxation. The outcome of the activity was relaxing and stress relieving. Daily workout increased the body mobility



# INTERNATIONAL YOGA DAY

The NSS and YRC of MMMCHS conducted the international yoga day on 21st June 2022. Ms. P. Sreemathi from DT intern has given one week yoga training to 20 UG first year students. The chief guest of the yoga day program Mr. S. Gokulakrishnan, Chief Yoga Instructor from Merit Karate Academy and his student Ms. Varsha, class IX demonstrated around six yoga.



## MONTHLY COLLEGE ASSEMBLY

Monthly College assembly is a student activity forum where students share their knowledge by presentation and creative skills etc. It conducted in the college campus by students of all department to share and educate the students on their learning and latest development and prospects of the medical field. The student of the same course I,II and III yrs participated in the program.



## INDUSTRIAL VISIT



Students of Medical Laboratory Technology were taken to Aavin Dairy Products unit to observe the preservation, packing, transport and milk quality test procedures run by the factory to provide good quality milk.

Details about the Quality control tests, adulteration test, Chemical analysis, microbial analysis was briefly explained to the students.



# STUDENT'S CORNER



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**Honorary Treasurer, MMM**

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