

# CHS GAZETTE

## Online Students' Newsletter

Volume 1, Issue 1, January-March 2015.

MMM College of Health Sciences

A unit of The Madras Medical Mission



### CHS – 20 YEARS IN MEDIA



Dr Cherian Award  
goes to student

### Peep in!

- AlumArk
- Students' reflections
- Enthu Chams of CHS
- Students development Council

### THE DEAN'S CALL.....

Dear Students & Alumni,

Greetings from MMM College of Health Sciences!



CHS Gazette is an online Newsletter - for the students, by the students and of the students!! It is now 23 years, since the first student, Ms. Gomathi passed out in 1992 from the portals of Madras Medical Mission. Ms. Gomathi Sundar is a very successful Medical Writer and Manager at Care Hospital, Hyderabad. She is also the Sr. President of the Indian Association of Physician Assistants; Surely all members of the CHS family will desire to know the strides made by this college, earlier referred to, as MMM-BITS Training Centre. Hence..... **the birth of this CHS Gazette!!**

I invite you **students** to share classroom notes, upcoming events or something special through these pages to keep yourself and your colleagues shine as excellent allied health professionals. You can also seek doubts and clarification of your profession through **"Letters to the Editor"**. **Alumni**, do send your messages, workplace learnings and your rich experiences. Share your interesting cases for knowledge enhancement of your juniors. Putting up career openings in your organization through this gazette can also help your juniors or peers to avail the opportunity. Thus you facilitate your organization and aggrandize the image of your Alma Mater too.

I trust that the **CHS Gazette** will be an information sharing bridge between all who have been in the college and those who are out of college today. This **Quarterly Quest** release will certainly quench the thirst of curiosity about the College of Health Sciences!

**Meet us in these pages in March, June, September and December!!** The Student Development Council of CHS seeks the goodwill of all well wishers for the first **online release of the CHS Gazette.**

**Congratulations and best wishes to the Editorial Team for their hard work of the first release of the CHS Gazette.**

Dr. Philomena Mariados,  
Dean; MMMCHS & MMMAMS

### CHS GAZETTE

#### FIRST RELEASE by

**Mr. James Vasanthan,**  
**Film maker,**  
**Music composer**  
**on**  
**1st April 2015**



### UPCOMING EVENTS

April 9, 2014- One day State level conference on Non-communicable Diseases and their Societal Implications by the Department of Medical Sociology.

April 18, 2015 – One day State level conference on Health and Environment by the Department of Laboratory Sciences.

### Awards

#### President's Gold Medallion

**Ms.Anju Jacob**

-Physician Assistant with highest CGPA in BSPA.

#### P.C.Kurian Gold Medal G.Priscilla

-highest in Academics in MSc Clinical Nutrition

### Beyond Academics!

#### The Literary Alliance-

This club helps all the students who have a desire to develop their English language skills, to participate in many competitions **inside** and outside campus. The competitions include Elocution, Essay writing, Just A Minute, Debate, etc.

#### Estrella - The Arts Club

Talented students get the opportunity here to exhibit their skills in various genres of competitions conducted by our College. Face painting, Chart painting, Singing, Vegetable carving, Dancing, Pencil Drawing, Rangoli, etc.

#### Robusta Recreations - The Sports Club

This club helps students to bring out their talent in sports by encouraging them to participate in all indoor and outdoor games. Training is also given to selected students.



## *Students' reflections and testimonials.....*

### ***My driving force – Krishan. M, I DT***

Hi, I am Krishna. M studying BSc Dialysis technology at MMMCHS. I had no aim in life when I was doing my XIth std. So I went by the words of my mother and chose Dialysis. One day, when I met a poor girl asking for alms, I started a conversation with her at once and got to know that her mother was not keeping well. As I accompanied her home, I saw a middle aged lady with swollen body lying at the muddy floor. She was suffering from severe renal failure. At once, I understood the immediate need of the patient and contacted the nearby government hospital where they offer free dialysis for poor patients. This incident enkindled the fervour inside me of fulfilling the needs of dialysis patients, specially to the people belonging to the lower socio-economic group.

I am very grateful to my mother for directing me to this course and also to my College of Health Sciences for supporting and guiding me in all ways possible to be an effective and well trained Dialysis Technologist

### ***My experience as an Anchor – Sneha., I BSc MS***

A comperor is a person who introduces the programs to the audience. As King Solomon wrote, "The more the words, the less the meaning, and how does that profit anyone?" Words serve as signposts while anchoring. They are to be used sparingly. It was an experience where I could polish my thoughts and frame it into words. Our Dean Dr. Philomena Mariados trained me and made me confident in the aspect of anchoring. I was also trained to handle situations like change in program. I thank god for giving me such good trainers at MMMCHS.

***My field trip experience – Josephine, II MSc MS*** - A new experience is what I gained through my visit to PIMS. It was part of community field visit and I learnt a lot from this visit. Before this field visit, I had wrong assumptions about rural people but after interacting with them I understood about their Culture, Moral Values, Traditions and also Medicine. I also realized that they are caring and affectionate. Even though the standard of living is low they live a contended life. This visit helped me to know about value of life. Though people prefer to live in an urban area, where pollution and stress is more. The rural area is comparatively less stressful with greenery and more oxygen environment. We should all feel the countryside and experience the difference!

## **Working with Life Saving Knives**

**-Mudasir Nasar, III OTAT**

Kashmir is the place where I was born.. Right from my childhood I have been suffering from hemophobia "fear of blood" because I have been through few incidents where people were covered with a layer of blood right in front of my eyes. Apart from Hemophobia I was also suffering Aichmophobia "fear of sharp objects" like knife etc. When I was in my teens my goal in life was to become a lawyer. But my mentors including my father never supported me. They wanted me to go in the field of health sciences. I could not believe! How can they send me to a field where I will have to come across blood, injuries, and sharp objects always? I denied them all the time.

On 22<sup>nd</sup> July 2010, I lost my niece when she was only a few months old. It was due to a drug overdose by a medical practitioner. It was this incident that changed me. I have seen the silence of my sister for months after losing her daughter. I then made my decision. But I was still very confused as to what to choose in the field of health sciences. It was my father who was also my favourite mentor, suggested me to take the field of anaesthesiology.

I started my education as a health care professional and now I am in my final year of my bachelor's degree in Anaesthesia technology. Every day I work with blood, knives or any sharp instruments and contribute a negligible percentage in saving somebody's life. Every time I give my hand to help the patient in any small way I feel simply awesome. Contributing in saving somebody's life has become my only goal, aim and motto. I love working with knives and sharp instruments which I was scared of in the past. I was unaware that there is life saving knives available in the world. I now proudly say to my family especially my sister that I am contributing my little mite in saving many lives which makes me and my sister to see her lost daughter in those saved people.

### ***Field trip – Aachi Masala***



### **Letters to the Editor**

*... awaiting your  
response/ Queries*

**-Gemwin**

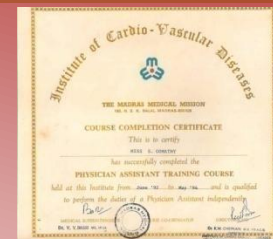
**ams@mmm.org.in**



# ALUM ARK...



**Ms. Gomathi Sundar**  
*Medical Writer and Manager, Clinical research,  
 Department of Electrophysiology, CARRF Hospital, Hyderabad*



It is truly an honour to be invited to write in this column and that too in the capacity of the first physician assistant (PA) to have graduated from the country. 'What is it like to be the first Physician Assistant hardly ever occurred to me during these 20 years or so. The thought was put off after the certificate of appreciation that was given in my honour was put aside for safe keeping.

To be the first leaves you with no examples to tread behind but to believe in your instincts and follow your heart. In choosing this profession, I too simply followed my heart without calculating the prospects. When the advertisement appeared on the papers calling for admissions for the PA programme, I should say that I was excited. The environment in Madras Medical Mission where we worked also was conducive or to say more precisely – gave the impetus to be the instrument of doing things differently from the routine! I thank my Alma Mater for being what I am today.

## ENTHU CHAMS OF CHS...

### ACE (ALLIED HEALTH SCIENCE CONTINUING EDUCATION)

Richer we are in knowledge with these!!!

- ❖ 9-11 Jan 2015 – Clinical Cardiology update meeting at MMM. 12 students volunteered (II CPPT, I CT)
- ❖ 4.2.2015 – Continuing Medical Education (CME) organized by Dr. Chitrasree. Eight Students were the volunteers (PA, DT, OTAT, CPPT – I Yrs)
- ❖ 21.2.2015 – IACTS conference at Hyderabad. 28 students participated ( BSPA III Yrs, BSC PA III Yrs)
- ❖ 28.2.2015 – One day conference at Vijaya hospital 125 students attended from PA, CPPT, DT & CT.
- ❖ 7.3.15 – 12 students participated in Neeya Naana conducted by Nutrition departments at MMM (I – MLT, OTAT, CPPT, PA, CT, M.Sc MS)

## CSR (CORPORATOR SOCIAL RESPONSIBILITY)

We learn our commitment to society...

- ❖ 8/3/2015 - 6 students volunteered in tanker foundation's screening camp at Santhome Church.
- ❖ 4/2/2015- Cancer awareness rally at marina beach. 39 students from MS participated.
- ❖ 22/3/ 2015- 10 students participated in tanker foundation's screening camp at Broadway church. (I BSPA, II CPPT, II OTAT, I BSC MS, MLT, CT, CPPT, DT, PA)
- ❖ 16,17,18/3/ 2015- 2 students of I MSC MS conducted a screening camp at Emmanuel Methodist church, Vepery



**TANKER SCREENING CAMP – BLOOD DONATION CAMP- VOLUNTEERISM**

## STUDENT DEVELOPMENT COUNCIL(SDC)

CHS Student Development Council is a representative structure comprising of Student Advisor, Student President, Secretary, Joint secretary and the representatives of all classes. This council is for students only, through which they can become involved in the affairs of the college working in partnership with college, staff, students and parents for the benefit of the students. The Student President is selected by holding elections. The President represents the student body for all college meetings and in improving the academic integrity and exemplary conduct. The Secretary keeps accurate minutes of the meetings and handles all council correspondence. The Secretary and Joint Secretary closely work with the Student President in order to effectively carry out the council's responsibilities. The class representatives are the main members of the council. SDC members help especially in completion of academics and organising events in smooth conduction of college under the guidance and leadership of the Student Welfare Advisor.

**Ms.M.Kanagadurga,**

**Student President.**



### Student Advisor

- Dr. Bharathi Karnan

“All that is valuable in human society depends upon the opportunity for development accorded to the individual”-Albert Einstein. As the quote state, the work valuable resource of human being depends upon the development of the self, the self reflecting, the development of team reflecting the development of Institution.

The members of Student Development Council (SDC) with support and guidance from the teaching staff march forward with the vision of growth and development of the students in various disciplines. I take this opportunity to wish the team of SDC, all the best and to reflect their development in the performance such as academic, co-curricular, extracurricular and behavioural aspects of College life.

## Picture Gallery



**Youth Red Cross Inauguration**



**Christmas**



**Republic Day**



**Tribal Visit**



**Monthly College Assembly**



**PTA Meeting**

## EDITORIAL TEAM

**Patrons:** Dr.K. Jacob, Hon.Secretary

Mr. Cherian Abraham, Hon.Treasurer

**Advisor:** Dr.Philomena Mariados, Dean

**Editor :** Ms. Gemwin Riana, Lecturer

**Student Secretary:** Reshma Ann Mathen, II BSPA

**Designer:** Ms. M. Vanitha; **Technical supporter:** Mr. P. Sankar