



Behold the betwixt !!!

Student's reflections and testimonials

Alum Ark- S.Sudha , PA , expresses her gratitude!

Beyond Academics; Picture Gallery of Fun times at CHS

CHS Advisor Adds...

The launch of the Gazette last quarter filled the students and Alumni with awe and appreciation and gave them meaningful information to contemplate on and also a platform to showcase their talents and share their feelings. We are in appreciation of this and I wish your e-journal will continue to do this in the times to come.

I wish all the staff, editors and contributors success. I also have to add that I personally I am a fan of your Gazette and I look forward to the second issue.

-Dr.Jacob Jamesraj,

**Senior Consultant Cardiac Surgeon,
The Madras Medical Mission**

State level conferences at CHS

9April2015- Department of Medical Sociology held a State level one day conference on "Non-communicable diseases and its implications".

18April2015 - Department of Laboratory Sciences conducted a State level one day conference on "Health and Environment"

Dr.MGR University Awards

The following two merit candidates of MMM CHS was selected by the Examination wing of The Tamil Nadu Dr.M.G.R. Medical University awards under the special category quota for securing >60% in the first appearance of the University Examination of Allied Health Sciences Degree Course for 2011-2014. The following two students have been awarded a cash prize of Rs.3000/- each.

**Nithya Sree.D ,B.Sc. (Operation Theatre Anesthesia Technologist) and
Abinayasri.K.G,B.Sc.(Physician Assistant)**



News and Upcoming events

- 3 August, 2015 - University exam for the UG'S begins.
- 15 August, 2015 – Independence Day celebration at the Atrium, CHS from 9.00 am onwards.

HIGHLIGHTS

➤ Dr.Philomena Mariados, Dean participated at Regional Taskforce meeting on Allied Health professional courses at Amrita Institute of Medical Sciences, Kochi, Kerala organized by the National Initiative for Allied Health Sciences – Technical Support Unit, Ministry of Health and Family welfare, Government of India, on 26 th June, 2015.

➤ A Conference was held at MMM on the theme called "Role of Physician Assistants in health care – A global perspective". Nadia.M.Cobb, Assistant Professor, Director, Division of Physician-assistant studies threw light on the essentiality of a Physician Assistant in the medical arena. This was followed by a panel discussion on the multiple roles of Physician Assistants, on 24th June, 2015.

Moments of Pride

Dr Christian Barnard award is the most valuable award which is awarded to the best clinical trainee of the academic year. I felt very lucky to get such a prestigious award from the legendary Dr. Jacob Jamesraj, senior cardio thoracic surgeon. I feel very proud to get an award from one of the biggest institution, THE MADRAS MEDICAL MISSION. I am sure that I will make the flag of MMMCHS fly higher and higher.

- Lekha, III BSc PA

Once my name was announced, with smile and blessedness I received the gold medal and certificate of merit. I had a mixed feeling of fear and happiness, with the medal proudly hanging and the certificate dignifiedly held, I got down the stage. I would like to express my gratitude to the dean, the principle In charge, faculties, the management and the whole family for their support. I promise to withhold the qualities inculcated in me by them.

- Chetna Singh, II BSc OTAT



Students' reflections...

Learning through screening.. – Merin Sowmya, I BSc, CPPT



The most awaited English classes have been those in which movies were screened. The aim of screening the movies was mainly to improve the communication aspect of the language. This was an innovative way of making us like the language and it brought about

an urge in us to improve our English. Fortunately all the movies that we were shown had meaning to it, and in some way or the other it has taught something to us.

The first movie "MALEFICIENT" was the best out of the four; it starred Angelina Julie in the lead role. The story is based on the old fairy tale "sleeping beauty" but it is quite different from the old story. It portrayed another beautiful aspect of love amidst all the evil in the worlds "mother's love". It also taught us many other lessons like words once said cannot be taken back. There was also an unnoticed aspect of father's love too shown in the movies, but the fault was that the father failed to realize that love for his daughter was not shown the way it was meant to be.

On concluding, the movie made us understand that true love is always parental love and not the other love. It was truly a pleasant experience for us to watch this movie.

My first experience as a speaker.

–Deva Jishni, I BSc CT



A girl fresh from school enters into MMM CHS and she gets a great privilege of presenting a paper in the state level conference. It's me J. Devi Jishni. I was taken aback by this precious opportunity given to me. But it required a lot of hard work. I was curious in selecting a topic and after a discussion with my teachers I chose the topic as "ROLE OF PROBIOTIC AND PREBIOTICS"-In prevention of nosocomial disease and neonatal sepsis. I worked on the presentation and completed successfully. Finally the day of real challenge came. After a full day of waiting, it was 4 pm in the evening and my time to present came. With the great excitement of standing before a huge crowd, I landed up on the dais and started my presentation with a moment

of a silent prayer. Nearly three- fourth of my presentation was completed, suddenly the bell rang which said TIME UP. But I continued my prepared talk for nearly 15 minutes. After getting down from the dais I came to know that exceeding the time limit was my big drawback. But still my presentation was satisfying. My first experience as a speaker helped me to learn that a good speaker should always keep his time limit and this has moulded me for the upcoming events. Hope I have sown a small seed within me and I trust the seed will grow, bear fruits and shine one day!!

I BSc, Cardiac Technology

EXAM FEAR

- Karishma, I BSc, PA



"Put your notes away, it's time to take the test" says your teacher; you feel paralyzed by fear, stomach tightens and palms get sweaty. As your teacher places the test paper on your table, your mind goes blank. Exam time is all around and to many students, the words

"test" and "exam" strike terror in their hearts. They say things like "I can't afford to do badly in this test", "I will cry if I fail", some irrational demands like "I have to get 100% or I am worthless" and some catastrophic predictions like "I will fail no matter what I do".

Today's situation has been fully characterized by fear, fear of losing out, exams, disappointment and failure. This is because we live in a society that places a heavy emphasis on performance and achievement. So parents have high expectations on their children. Many students experience pre exam anxiety. Mild nervousness can motivate you to do your best. But exam anxiety is different from typical nervousness as it is more intense, potentially overwhelming, disruptive and disturbing and non motivating. It can totally affect your exam preparations and your physical and emotional stability.

In lower classes, your schedule is pretty well set for you and your parents are always looking over your shoulder. But as you get into the college, each day is an ocean of time and you have to decide everything what to do. This is wonderful, glorious freedom and a great challenge. But mastering that challenge, by learning how to successfully manage your time, will reap you great benefits not only in college but for the rest of your life. Trust me fear of exam beyond the limits helps you in NO WAY. One of the best time ever remarked by Albert Einstein, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid"

All these fears can be overcome by progressing through three stages:

"The stage of approval where students seek the approval from their parents and teachers", "The stage of acceptance where students begin to accept themselves fully with their strengths, talents and shortcomings" and "The stage of adventure where the students become intrinsically motivated when they begin to see education as an adventure of discovery".



Feel the fear but face it bravely. So let this thrilling journey will conquer your fear of failure.

Beyond Academics...

ESTRELLA 2015- A DAY TO CHERISH

- Mudasir Nazar Wani , III BSc OTAT

MMM College of Health Sciences is not only known for its academic excellence but also for its co-curricular and extra-curricular activities with opportunities to students to exhibit their inner talents. Despite busy of academics and clinical trainings, students always look forward to the holistic education which are given different, interesting and attractive names by our beloved dean. ESTRELLA 2015- the cultural day celebration remained the most awaited day throughout the year because it is only on this day all students gather for fun, joy and excitement. The auditorium of the MADRAS MEDICAL MISSION decorated with flowers, balloons, lights and banners made a warm welcome for the chief guest of the event. Students participated in various events - face painting, pencil drawing, rangoli, vegetable carving, cooking without fire, fancy dress, Ad zap, miming, singing, dancing etc. Students of different houses Glenn, Norwood, Fontan and Ross participating actively made it difficult for the judges to select the best performance among the various participants.

ESTRELLA-2015 with the morning, 'cultural events'- such as singing, dancing, fancy dress, miming, Ad zap, rangoli soon followed by the 'Literary Alliance' in the noon which included the elocution, JAM and quiz. All the performances were amazing - Anju, Chippy and Roniya mesmerized us with their singing , while the colourful dancing by Analiya, Samuel and Chetna kept us spell bound. At the same time there was a funny performance also given by the one who is penning down this article as being a Kashmiri student I was singing a Tamil song which I was hardly able to pronounce without knowing the meaning of the lyrics. But I think such a kind of performance should be there in between to entertain the gathering and to make the job of judges very easy to select the best. The morning was made even more exciting by the rocking performance of our chief guest which was followed by his live and interactive speech. Even if I didn't understand what he said as it was all in Tamil but still the same could be felt from the response of the august gathering.

The Literary Alliance events were even more interesting especially JAM. Even though it was a tough task, students actively participated and gave their best. The quiz master Ms Mridhula Jobson conducted the quiz in a very interesting and interactive manner. The prize distribution to the outstanding performers of the events of ESTRELLA 2015 was the evening's highlight.

ESTRELLA 2015 was surely a day of joy, fun, excitement and what not for the participants and the audience. It was really one of the most unforgettable days spent in College of Health Sciences. Thank you organizers for giving us such wonderful and unforgettable memories to cherish for a life time!



COLLEGE FAREWELL

- Adithya Soman, II BSc PA

It is normally said that the prime time in the life of anyone is the time spent in college. It is undoubtedly the golden period which we can recollect sentimentally for the rest of our life. I remember thinking that it would be hard to say good bye and I was right, it was really hard. Yet I consider myself fortunate to have met such special seniors that we care so much of that it makes saying good bye to them very hard. As we say good bye we remind ourselves that farewells are not forever, nor are they the end. They are simply words to say that we will miss you dearly and that we will remember you fondly. I still remember the day when I first met my seniors and to be frank, I was really terrified by those sweet funny things which they asked me and my classmates do. But later we realized that it was just to increase our confidence and to decrease the communication gap among us. Farewell day was a day with mixed feelings of joy and sorrows, tears and laughs, memories of the past and the expectations of the future. The games session and fun time was really amazing. Many shared the unforgettable moments of their college life which included sweet memories of small fights, beautiful friendships with small egos, hostel life and many more. We also had our refreshment with our dear seniors who guided us and stood as the pillars to support us.

Here are some comments from our seniors about the farewell:

"No words to express about the farewell day. It was one of the best days in our college life. It was well organized and had a great time with mixed feelings." says Jayashree Devi- BSc PA III Year.

"Really had a great time, yet we know that we are gonna miss all those pleasant days in our life. Neither cried and worried of all but again enjoyed a lot to make our feelings sweeter and remarkable." says Mythili of BSc OTAT III year.

Really loved the day. We wish all our seniors best wishes and good luck.

Alum Ark...

DAILY CONCENTRATION IMPROVES PATIENT OUTCOME - ??

Well, before answering this question I would like to list out my duties in the hospital where I'm currently working. In the outpatient department, I see patients and talk to them and I made them comfortable. I note down their problems and report it to the Physician. I help him in ordering diagnostic tests, physical examination, wound dressing and patient examination. I also help with the ICU rounds, ward rounds and help prepare the discharged summary and other paper work.



My duties are both comprehensive and complementary in easing the workload of the physician as well as contributing to excellence in patient care a multi-faceted way. Daily concentration and attention to detail goes a long way in patient comfort and preventing extended hospital stays and morbidity. The future looks bright for physician assistants. As a career it is the fourth fastest growing profession. In the near future most physicians and surgeons will find it easy and economical to function with physician assistants.

Words are not enough to thank MMM, cardiac surgery team, where I learnt the basics of cardiac surgical procedures and the importance of daily concentration. The lessons and work ethics I learnt at MMM has helped me to shine wherever I go. I thank the Dean for giving me this opportunity.

S.SUDHA ,Physician Assistant ,Chettinad Health City

DOWN THE SANDS OF TIME...

- THE HINDU.FEBRUARY 6, 2007



Letter to the Editor

It gives me immense pleasure to note that CHS gazette has taken its stride in publishing the second issue. This magazine inspires and entertains a diverse readership including alumni, faculty, staff, students and other well wishers of the college by presenting honest and timely portrait of the college, it's happenings, highlights , achievements, challenges , history, resources and mission of the college.

I congratulate the editorial team for maintaining a high standard in CHS gazette with the ultimate purpose to strengthen its readers association with the college and the spirit of the editorial team of CHS gazette and its aspiration to strengthen their commitment to the welfare of MMM College of Health Sciences.

As an Administrative Officer of the college I wish the CHS gazette team all the very best and many many more to come.

Best Wishes!

- V.Ashalatha, A.O.,
MMMCHS

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