

# CHS GAZETTE

## Online Students' Newsletter

Volume 1, Issue 4, October-December 2015.

MMM College of Health Sciences

A unit of the Madras Medical Mission



### Upcoming Events:

February 2016: Cultural prelims and finals

February 2016: Convocation.

March 7, 8, 2016: National Conference – "SHAKTI 2016" conducted by the Department of Sociology along with the Department of Clinical Nutrition.

March 2016: Sports day

March 2016 : Village adoption program by NSS

### Trainings & Conferences attended:

- II and III yrs Physician assistant students took part in the IAPA Conference at Kochi

- III yr Operation Theatre and Anesthesia Technology students underwent clinical training in the Department of Anesthesia at PIMS, Pondichery.

- II year Medical Sociology students visited HIV/AIDS infected childrens' home- "Anandha Illam" to observe their Psycho-social life and Anti-retroviral treatment.

## From the Principal's Desk...

Welcome to the fourth issue of CHS Gazette. It gives me immense pleasure to be a part of the student's newsletter. I take this opportunity to congratulate all CHS staff and students for your support and contribution made during the floods in Chennai. I am sure that this must have brought some changes in your perception about life and humanism.

2016 is here and I hope you will all have a wonderful year ahead with lots of academic, curricular and extra-curricular activities that will enrich your personality and overall development. This February and March awaits you all with many activities like Cultural events to show case your talents, Graduation day to honor your alumni, Alphonsites day for hostellers, etc. There is also an upcoming National conference on Women's Health to broaden the views on various dimensions of Women's health across different sections of women. I hope all these events will broaden your horizon and help you gain unique insights in all areas of your life.

MMM College of Health Sciences got its strong foundation from Dr. Philomena Mariados, Dean of MMMCHS. She is the architect of this college where each brick speaks of her. Her steadfast, untiring, extreme passion and commitment towards this college turned a one room premise to a forty thousand square feet campus. Her continuous high-spirited efforts took this Academy of Medical Sciences to a prestigious College of Health Sciences that has won many accolades both internally and from various parent bodies like The Tamil Nadu Dr. MGR Medical University, Sikkim Manipal University and BITS Pilani. The College is indebted to her for her contributions and its success. Dr. Philomena Mariados has set very high standards and given us a complete prototype platform which challenges us to take this College to greater heights.





## Jingle in the air of CHS ....

**Blessings and Carols...** MMM College of Health Sciences celebrated Christmas on 21<sup>st</sup> Dec 2015. The function was graced by the Guest of Honour Rev. Fr.. John Joshbi Thomas, Chaplain, Madras Medical Mission.

The Program started with a word of prayer, welcome by Dr. Deepa Philip, Principal MMM College of Health Sciences and a message by Rev. Fr.. John Joshbi Thomas, Chaplain, MMM. He blessed the premises of MMM College of Health Sciences after restoration from its flood and inundation.

The college atrium was decorated with simple decorations and a Christmas tree on stage, which enhanced the occasion in a grand display of red and green colours. Complementing to this, the faculty of MMM College of Health Sciences sang Christmas carols, followed by the joyful entry of the Santa. All hearts were filled with the merry of Christmas season and exchanged their wishes and gifts with each other.

### Christmas of loving and sharing....

MMM College of Health Sciences National Social Service (NSS) team took an unselfish measure of going on a no-cost celebration for Christmas day and contributed funds and materials to the nearby NGO's in Anna nagar and Ambattur. The staff also volunteered in giving gifts and food – one meal a day to the orphanages and spent valuable time with them. The joy of giving was experienced enormously by the students as they contributed in excess to the needs of the orphanages.





## The many faces of the recent flood!!!

Only humanity served but nothing else. Across space, across time, among people we cannot predict nature as it always finds its way. One important lesson from this year is that early warning system can only save lives. None can fight against nature; precautions can be taken but cannot be prevented.

It's high time for the country people as well the admin to wake up and learn lessons from the neighbouring countries like Singapore and Russia on water management and waste disposal system to which the state had to face a lot of difficulties.

However, a great salute to the fishermen who got all the rescue products when the people or even the government was helpless. I am also proud of myself that I was also a part of the relief team held during the flood.

- T.DIVYA Physician assistant, II YR



This flood has given me a chance to look back and count on the many blessings that I was enjoying from the day I was born.

The fruits of goodness filled my heart – humility, brotherly love towards fellow beings, content at mind and peace at heart.

Pride, richness, anger was all shattered and true happiness was experienced. This flood has changed my life in a better way!

–Madhumathi, II Physician Assistant



It is a month past those devastating floods which washed away the city. People say that Chennai looks cleaner than before, but it looks the same for me. I live in a small area called "Manapakkam" which is known for its river view villas. Well, I was boasting to my friends as my family moved to this beautiful river view house. No other place is as calm as my area. One can relax till their hearts content just by having a walk along the river. All these beauty came to an end last month.

It was on November, when the first rains of the monsoon started to pour. I was happy in a way because my college remained closed and we had holidays! The first flood hit us on November 26th. One of the perks of living in that area is that you get to know what's happening around the area because it is the place where most of the police officers lived. We received information that our area is going to get flooded as they have opened the nearby reservoir. We shifted everything to the first floor. That information was true indeed. Slowly, the river started to overflow and we were watching all these from our terrace. The first flood didn't affect us as much as the second one did.

It was only on December 1st, the rain gods had no mercy and it was pouring all day. Few police officers came and told us to evacuate our house. We were stubborn not to leave, but they insisted and told that it is going to be worst than before, as they have opened more than 50,000 cusecs of water, from "Chemberampakkam reservoir". Well, my mother usually gets tensed quite easily, and she started to shout. She wanted to go to our home town, but we never listened to her.

It was around 1 am in the middle of the night, where my legs felt really cold and I heard my mom shouting. There was water all around me and quickly I saved my electronic gadgets and put them in my pockets. Within minutes the water was up till my knee. When I opened the front door I was astounded, all the vehicles on the street was already under water.

The scariest moment in this chaos was, when we were standing in the water, suddenly, sparks from the electric cables fell in the water like shooting stars. For a moment I thought I was going to die. I was really scared that I was able to hear my heart beat through my ears. Everyone along with my pets was in the first floor. The following morning, when the light came up, that is when I saw how terrifying the flood looked. We were trapped in that house for two days, disconnected from the world as those electronic gadgets was dead without electricity.

The whole place looked like islands and we all were sharing food and water. We had a reason to smile, that we were alive. Everything was destroyed. Till now we didn't return to our normal days.

But I learnt something through these floods, whatever happens, life goes on. One should just have hope because Hope alone drives someone to light even in the darkest times!

-Nishkhriyaa, Physician assistant II yr.

## *The Anesthesians' day!!!*

We the second year students of B.Sc Operation Theatre and Anesthesia Technology along with the first years celebrated World Anesthesia Day for the first time in our campus at CHS. Dr.Dinesh Kumar.M, Consultant, Dept of Anesthesia, MMM, the chief guest of the day gave a talk on the Myth behind the spinal anesthesia. His talk was very informative and beneficial to all of us. Adding to this, we conducted a questioning session which was open to all students. Ms.Heeravathy( I OTAT) and Ms. Josmy Jose (II OTAT)spoke on the Introduction and the Basic Principles of Anesthesia. The First year boys of our department enacted a skit on the foundations of anesthesia. It was a day of gaining information and knowledge in the field of anesthesia. We thank our mentor, Ms. Eunice for her guidance and support in celebrating a day like this. We also thank our Dean and Principal for enriching us with such special opportunities.

- S.Sunitha Angelin, II B.ScOTAT

## **Alum Ark....**



Patan Subhan Khan,  
B.Sc OTAT, 2012-2015

*I still remember the date of my interview when I was not accepted for BITS Physician Assistant course. I tried for B.Sc Operation theatre and Anesthesia Technology and got an admission to this course with great difficulty. During my early days at college, I was poor in English language and never knew even the basics of Biology. At the end of my three years of study, I not only learned good English but also acquired sufficient knowledge in my field. I have also gained job in a multi-specialty hospital. I am very grateful to my teachers for shaping me the way I am and especially to our beloved Dean.*

### **EDITORIAL TEAM :**

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