



UPCOMING EVENTS:

July-

2nd -Farewell

15th -College Assembly

14,15&16th - Placement Interviews

August –

8th – Orientation for freshers

University exams for all UG's.

Selection of SDC members

Independence Day

September -

Freshers' Day

Investiture ceremony of SDC

Teacher's Day

Conferences attended!!!

All UG'S and PG'S of Medical laboratory Sciences participated in the one day seminar on "Emerging Trends in Laboratory Diagnostics" on 25th June 2016 at The Sankara Nethralaya Academy with Dr.Bharathi and Ms. Gokila, Lectures,MMMCHS.

From the Principal's desk....

– Dr.Deepa.C.Philip

My dear students, as you stand on the edge of moving into a real life profession beyond MMM College of health sciences changes will be inevitable! It is expected and indeed rewarding to see that our graduates are matured and became skills proficient ready to tackle and move on in life. It is to be anticipated that structures, processes and relationships will change in their day-to-day lives. It is inevitable that you will face new challenges and things may seem a little different from what you have come across till today. Yes, life is definitely going to become a little 'shaken up and stirred'.But the confidence and trust that you have built in these learning years and the blessings from all your elders and teachers will surely guide you towards excellence.

I am sure at this juncture, the PLACEMENT activities of our college will provide you platforms to face interviews for opportunities from various companies across the globe for our talented students. Wishing you all happy years ahead and God bless you all.



The Alumni's say...

Any day, with immense pride I would say Madras Medical Mission - College of Health Sciences was my Alma mater. The moment I stepped on to the campus, I felt it was the right place for me. I completed my PG course on Clinical Nutrition with a right blend of enriched practical experience and in-depth theoretical learning. The course was conducted in collaboration with Avinashilingam University, the pioneers of home science. I credit the program for helping me merge my interests into one fulfilling college experience that continues to help me even today. The critical thinking ability that developed during my course work helped me to address real challenges. My faculty team comprised of expert professors, doctors, senior dieticians and microbiologists who continued to equip me with all information and resources which widened my knowledge substantially. The truly dedicated faculty team helped me to identify nutritional issues in patients and discuss them critically. I had hands on exposure to many facets of nutrition including community nutrition. The six months internship under a registered dietician opened up many new perspectives for evidence based knowledge. Case study oriented learning helped me to put my knowledge into practice. Thus it was a perfect platform to start working towards my dream of becoming a teacher. My passion for teaching was further enhanced through the weekly journal club and academic seminars which led me to become an assistant professor at M.O.P. Vaishnav College for Women, Chennai. My five years of teaching at M.O.P Vaishnav College has been successful with the enriching learning experience at MMM. I am thankful to the entire faculty team who continue to inspire me and feel blessed for having the opportunity to complete my PG degree at this wonderful institution.



Aruna. M
M.Sc. Clinical
Nutrition
(2007- 2009)

Academic Enhancers...

Valuable training at my Vacation!!

I am so proud to say that I had one month of vacation training in a multispecialty Hospital called LOURDE HOSPITAL in my native at Taliparamba.

It was my first exposure to this health care system. So many types of diseases, trauma care, and emergency situations were taught to me by the Doctors there. In the initial days, I had too many doubts in every aspect of my training like emergency department and orthopedic department. But most of the time, I concentrated in emergency department only.

I did some simple dressing, glycerin hydro gel dressing which was especially given for surgical patients. I also did cuticle dressing and IG dressing. Dr. Kunjhi Muhamad and Surgeon Dr. Vinayakan taught me suture methods. I did many successful sutures and I have also done some stapler-suture method in the heads of about five children. I had assisted Dr. Ayappan for keeping suction catheter during emergency situations. I also had the chance to share my knowledge on some anatomy topics with first and second year Bsc. Nursing students and to give injections through IM and IV and to fix canola. I have done more than hundred dressings and some simple and mattress sutures. I had a great training experience and exposure to this emergency department.

From the bottom of my heart, I am thankful to my College, Principal and my Mentor for giving me this opportunity to undergo such a valuable training.

- Aby Baby, III B.Sc PA

Books to reality!!!

We the students of Medical Sociology Department had a village visit on June 8th Wednesday as an educational trip. This trip was very useful for us to get a hands-on training of what we were studying by collecting data and writing reports. This was a good exposure for us to learn about the people, their social, economic, cultural and politic aspects. It was a small village with limited number of houses. The people in that village were SC and ST category. Most of the villagers followed Christianity and Hinduism. Their main occupation was coolie, fishing and few people in government jobs and private jobs. Their income was not sufficient to maintain their family. The wages were differentiated in gender. Inter-caste marriage was not practised by the people inside the village but in a few families it was accepted. We visited a primary school in that village, where there was only limited number of students. The village people were aware about educating their children and many were educated till high school. People in that village were living with unity without any conflict. There was no caste conflict among the people. Village President and Panchayat system still existed in that village. Most of the people were not aware about the reservation system and many people were not aware about many schemes that are available for their caste. As medical sociologist students, we believe that this village will be a modern town in future with all the awareness that we have created among the people. I thank my Lecturers Dr.Jothimani and Mr.Raj for guiding and teaching us.

-Susmitha Gurung, I BSc Ms

Fluid: People with kidney disease have to restrict their fluid intake. Fluid intake should be 500-750 ml/day. Drinking too much fluid causes problems with blood pressure, breathing and heart function.



Maintaining a healthy weight is ideal for chronic kidney disease. Regular weight monitoring can be done.



Protein is used by the body for growth, healing and fighting infections. Meat, chicken, fish, eggs and dairy products are best sources of quality protein. Not eating enough protein can cause muscle wasting and malnutrition, weight loss, slow wound healing.

Decrease the intake of Trans fats and saturated fats. Increase the physical activity level. Include iron rich foods to prevent anaemia.

A '**No added salt**' diet is usually needed for people with chronic kidney disease. If there is fluid restriction, then the salt intake should be reduced. Avoid foods such as canned, smoked, pickled or salted meat or fish, highly processed foods, frozen meals, commercial soups and sauces

- INDRA PRIYA DARSHINI.B
II M.Sc Clinical Nutrition

Beyond Academics!!!

I recently attended a Musical concert at MMM hospital. The concert was on June 16 at 1:30pm in MMM auditorium. Audio Xchange was the name of the band that came up with their first Live Tour Musical Concert "More than ordinary" in India. Their main aim was to share the Gospel of God to all the people especially to students. The beginning of the concert was really excellent because all the people on instruments were playing music, that took me to a good state of mind, and the way the band held was very attractive to me. They used a lot of percussions, guitar and piano. The band members played exceptionally well and had a ton of mind boggling solos which made it even more interesting to listen. They shared their personal life stories and interacted with everyone present inside the auditorium. Out of all the members who were on the stage, I loved Jessica and Tabitha's performance the most, because the way they shared their testimony connected with everyone's life story especially mine. I really enjoyed a lot and their music was the one that made my day. All the songs were extraordinary and I really loved them. I felt that God spoke to me through the words from the bible and lyrics of the song. I was able to feel the presence of God at that moment. At that time I realized that the relationship with God is the most important experience that one can ever have. If we keep God in the first place of our life, we will never be disappointed as He will take care of everything. Overall I had a wonderful time at the concert seeing a lot of explosive solos and remarkable music talent. I think this one was the best concert I have ever been and I request our college management to have many more concerts like this in our college. I extend my heartfelt thanks to my Principal for providing us these refreshing sessions. – Susmitha Gurung, I BSc.MS



Adolescence is a period of rapid changes between the ages of 12 and 19. Adolescent counselling session in our college was an eye opener for many adolescent girls. Many emotional, physical and psychological changes occur in every adolescent girl. Desire to control own life, to be independent, attraction towards opposite gender, acceptance from friends are the more important concerns of the adolescents.

Young women, adolescent girls are more subjected to criticism at a rate of a 6 times more than boys that tells us a lot about vulnerability of women yet, negotiating the adolescent stage is neither quick nor easy.

I learnt a very good lesson from the session of counselling for young girls which was arranged by our College. They stressed the necessity of health and eating habits, the importance of exercise, the physiological and biological changes in our body, etc. I also learnt a very significant lesson that whenever we come across a crisis, it is always good to share it with our parents and teachers rather than sharing it to our friends who are also sailing in the same boat with us.

- Heeravathy .C,
I BSc Physician Assistant

Snippets of College Day – NOSTALGIA 2016 -17



National Award Winner & Play Back singer Dr. Velmurugan and Dr. C.S. Rex Sargunam Director & Superintendent, ICH & GCH were the Guest of Honor.

Dr. K. Jacob, Honorary Secretary and Mr. George Cherian, Director – Administration presided over the function.



The Rekha Cherian gold medal for the outstanding student for the year 2015-2016 was awarded to Ms. Haridha.P of third year B.Sc Medical Sociology for her achievements by Dr.K.Jacob, Hon.Secretary, MMM.

The christiaan Barnard medal for outstanding intern was awarded to Ms. Nargis Fathima of fourth year B.S PA student by our Guest of honour Dr.Velmurugan.



The **Best mentor award** for the outstanding mentor was given to **Ms. Mridula C. Jobson**, Lecturer Psychology by Dr. C.S. Rex Sargunam.



Editorial Team:

Patrons:

*Dr.K.Jacob, Hon. Secretary
Mr.Cherian Abraham, Hon.Treasurer*

Advisor:

*Dr.Jacob James Raj,
SeniorConsultant, Cardiac Surgery*

Editor-in-Chief:

Dr.Deepa Philip, Principal

Editor:

Ms.Gemwin Riana, Lecturer

Technical Support:

*Mr.S.P.Raj, Lecturer cum Academic
Co-ordinator*