

**CHS GAZETTE  
VOLUME 10 ISSUE 1  
JAN- MAR 2023**

Dear Readers,



Good wishes on New Year 2024, to all the teachers & to all students, wishing you a healthy, happy and prosperous life.

I believe that every learner is unique and special and that they all have the ability to learn. I believe it is our responsibility as educators to nurture and develop every student to prepare them for life. I continuously encourage my students to appreciate, to care, develop a concern and respect others & our environment.

The months ahead hold many challenges for the students. University exams and internal assessment exams are listed to shoot out eventually. Hope you all are running in the right track to stay focused to do well. Results followed by parent teacher meet are planned to keep track of your performances. We plan and circle around the student's performance to make you better and move with confidence.

Shortly, you will have vacation holidays to refresh, relax and learn more than what is taught. Of course, there is a lot of pressure and responsibility on your shoulders, loosen up your pressure and relax during vacations in may.

Happy learning.

Dr. Deepa c. Philip  
Principal, MMMCHS

**APR 2024**

- Mental health awareness program
- English literary club
- Tamil literary club
- Industrial visit
- Department visit & Orientation

**MAY 2024**

- Orientation for I years
- Vacation training for II & III years

**JUNE 2024**

- Faculty development program
- YRC
- ED Cell

**CONTENT**

- Pongal Celebration
- English Literary club
- Medical sociology village & tribal visit
- Republic day
- College assembly
- AHS Conference
- World Cancer Day
- English Literary club
- Entrepreneur development cell
- National Conference
- Women's day walkathon
- College assembly
- Entrepreneur development cell

# PONGAL CELEBRATION

Pongal celebration was held on 12th January 2024 at MMM College of Health Sciences. The celebration was inaugurated by Dr. Deepa C Philip in a traditional manner. The students arrived in traditional dhotis and sarees to mark the occasion.

Pongal preparation was done by the PG students along with staffs. As the milk came up to the brim of the pot, boiled water and milk overflowed and the crowd chanted 'pongalo pongal' to express oneness. The first handful of rice was added by the Principal Dr. Deepa C Philip followed by Ms. Asha Latha, Administrator Officer and students. The sweet pongal, prepared from jaggery was offered to the Sun God on the occasion after it is prepared in a specially decorated pot with religious fervour. The students were provided with breakfast. The Tamil Literary club organized a rangoli competition for the students to celebrate the traditional art forms.

The stage events began with prayer song, followed by a speech on the 'Significance of Thamizhar Thirunaal'. Cultural programmes included a traditional folk dance, group song and villu paatu. Thirukkural competition was conducted. Winners were awarded certificates. There was also silambam and parai drumming to balance the tradition. Games like uriyadi, murukku kadi, Tug of war were conducted to the staffs and the students. There were mehendi, art work and jewellery stalls which added essence to the festive mood. It was an ambience filled revelry, music, dance and the joyful faces reverberated with big smiles.





# ENGLISH LITERARY CLUB

**CHS Literaria** organized an educational trip for UG first year students, to **Dakshinchitra**, on account of **WORLD TOURISM DAY** on *22nd January, 2024*, Monday. Dakshinchitra, meaning "a picture of the south", is a heritage village where the lifestyle of South Indians are displayed based on their states, through the architecture of the region and the living conditions and habits of the people. It is an open air cultural living museum of art, architecture, lifestyles, crafts and performing arts of South India. This educational trip was aimed to develop the understanding on the South Indian cultural values, tradition and life style. It is a non-profit, community service project of the Madras Craft Foundation for the promotion and preservation of the cultures of the diverse people of India with emphasis on Tamil Nadu, Kerala, Andhra Pradesh and Karnataka. 84 students accompanied by 3 staffs for the visit. Initially, covered the display of **Kerala**, where Hindu house, Tiruvananthapuram dt., followed by cow shed, Hindu house, mankavu, kozhikode dt., the granary, kuthattukulam, kottayam dt., syrian christian house and puthupally, kottayam dt. Next, the art of **Tamil Nadu** includes Agraharam Brahmin House, Ambur, Tamilnadu street, Exhibition of religious art, ambur art gallery, temple chariot, agriculturist's house, thanjavur dt., textile exhibition hall, weaver's house, kanchipuram, potter's house, chengalpattu dt., basket weaver's mud houses, tiruvallur dt., and village ayyanar shrine. Followed by the culture of **Karnataka** which includes Muslim Trader's house, Aldur, Chikmangalur dt. And Weaver's house, Bagalkote dt. Finally, visited the display of **Andhra Pradesh**, Ikkat weaver's house, koyalagudem, Nalgonda dt., and Chuttilu House, Haripuram, Yelimanchili dt. In between the visit, there was a surprise open-air folk performance by the *thappattam dance* team near the stage area where students enjoyed their nativity performance. Students also involved in *pot making* activity, *rice flour making* process and *saree weaving process* and purchased some handcraft products from the craftbazaar. The heritage museum showed the different art & craft and lifestyles of Kerala, Tamil Nadu, Karnataka and Andhra Pradesh which is a memorable and enlightening trip.





# MS VILLAGE AND TRIBAL VISIT

Village and Tribal visit was part of the curriculum to understand about sociological perspectives and demographic profile. Students visited the target areas from January 25th to 28th, 2024. It is located at Muttal, Thalaivasal village from Attur, Salem District. Students accompanied with two staff Ms.Adline and Dr.Jothimani.

Muttal and thalaivasal is a small village where students got an opportunity to know and understand about changing patterns of lifestyle, customs and religion.

We visited the Primary health centre, Government school and election booth. Students also visited Manivizhuthan village's Panchayat office to know about its activities and also the Self help group.

Students conducted a Mass awareness programme where people got to know about diabetes, blood pressure, stress and anxiety and its harmful effects on health.

Students had a knowledge enriching experience able to fulfill all the criteria for the practical components of their syllabus. Students got a break after their tireless efforts to enjoy the cool breeze and natural showers from Annaivari falls followed by a cosy time at the lake and the boat ride.

The visit ended well and everyone had an enriching experience as for most of them it was their first visit to tribal and village area. Students not only had a good exposure to academics but also were edified personally and were sympathetic.





# REPUBLIC DAY

On 26th January 2024, MMMCHS celebrated 75th Republic Day in the college premises. It was the matter of great pride for all of us. Principal, Dr. Deepa C. Philip hoisted the National flag; the staff and students saluted the National flag. Students presented the patriotic Tamil Thai vazthu song. Republic Day's special message was delivered by Mrs. Gokila, Assistant Professor, MMMCHS and highlighted about the constitutional activities and its important features. Finally vote of thanks was proposed by Mrs. Deepa.S, Assistant Professor cum Coordinator, MMMCHS.

The celebration came to an end by singing the National anthem.

The students dispersed after sweets with the image of the fluttering tricolor in their mind and heart.

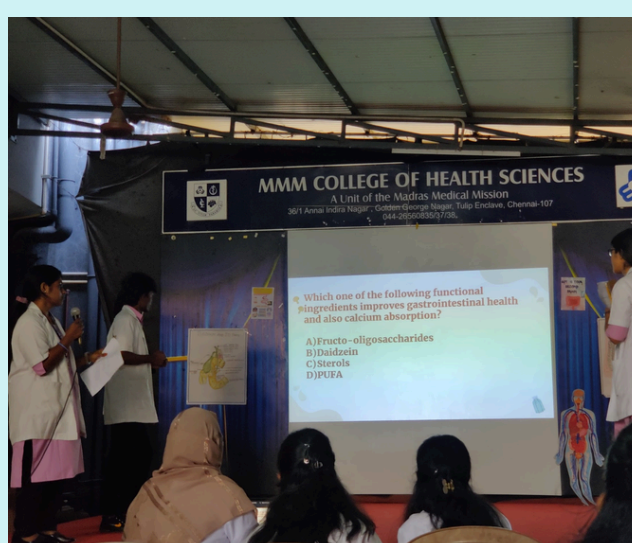
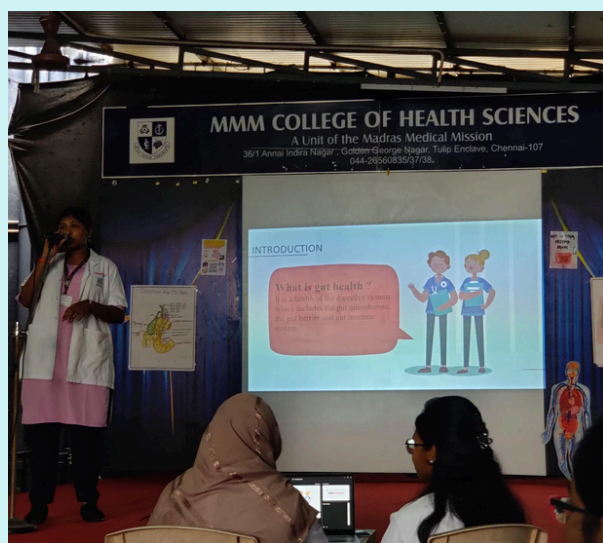


# COLLEGE ASSEMBLY

The College Assembly was conducted on 29th January 2024, at MMM CHS Auditorium. It was organized by Clinical Nutrition department. The program started with a prayer song by Aparna, Stacey, Khushali, Sweety from II PG CN. The gathering was welcomed by Aparna S from 2nd PG CN. Followed by readings from Holy Scriptures- Bible, Bhagwad Gita, Thirukural and Quran. The students also highlighted about the flower, stone, Zodiac sign, Events of the month of September and thought of the day.

It was followed by student presentation by kanimozhi of 2nd PG CN on the topic “GUT HEALTH”. The Program continued with Skit presented by 1st PG CN students and open Quiz, Cross word and Memory game conducted by 2nd PG CN students

The college assembly concluded with Vote of thanks by Kamaleeshwari from 2nd PG CN and National Anthem





# AHS CONFERENCE

MMM CHS organised Allied Health Science conference held on 2nd Feb 2024 at MMM Auditorium . The Main theme was “**Futuristic View on Health Care Delivery System**”- view to update the knowledge of digitalization in patient health care. AHS conference brought together 430 participants from various Allied Health Science Colleges from Tamilnadu & Pondicherry. The event started with the prayer song by the students and prayer by Rev Fr Abey M Chacko, Senior Chaplain- MMM. Prof. Dr. K. Narayanasamy MD., DM(Gastro), Vice Chancellor, The Tamilnadu Dr.MGR Medical University was the chief guest for the inaugural session and released the Conference Souvenir. The inaugural session commenced with a lamp lighting by the chief guest and other dignitaries Mr. John Thomas - Honorary Treasurer, Dr. Benjamin Ninan, Director - Anaesthesia, Chief of Medical Staff, and Principal. Unveiling the theme of the conference and a warm welcome by Dr. Deepa C Philip, Principal, MMM CHS. The guest of honor address delivered by Dr. Vijit Koshy Cherian, Director- Minimally Invasive Cardiac surgery, MMM. The first scientific session was delivered by Dr Rajeevalochana Parthasarathy illustrated that Personalized medicine, gene therapy and targeted therapy are the other rays of hope to prevent and treat kidney disease. The second resource person was Dr. Supraja, who made a presentation on the Translational medicine will help in bringing COPD into the spotlight and highlighting the prediction methods to help patients tackle the disease. The third session by Dr. Dibyajyoti Sahoo, described the Blood centre needs quality systems and infrastructure to maintain good laboratory practices in spite of the heavy workload. Automation also addresses the issues related to traceability and reproducibility of the test results as well as documentation of the reports and also explained the Newer techniques. The next speaker Dr. A. Praveen specified on Artificial Intelligence is increasingly used in Electrocardiography to assist in diagnosis, stratification and management. The final session led by Ms. Stella Sherry exemplified on Indian and Tamilnadu government initiatives for health equity, Agriculture-Use of Drone technology empowering women, Technologic Advancements in Food Sector, Nutrition Informatics - Precision Nutrition. Digital platforms enable researchers, policymakers, and practitioners to share data, insights, and best practices, fostering innovation and accelerating progress towards sustainable solutions. The guest of honor for the Valedictory Function was Mrs. Gomathi Sundar, Director RR Academy followed by the prize distribution for poster and paper presentation by Dr. John Nellimala George, Member, Management committee, Madras Medical Mission. The summary of proceedings delivered by Ms. Divya.B, Tutor, MMMCHS. Finally the vote of thanks given by Ms.V. Ashalatha, Assistant Manager, MMMCHS. Cash Prize and memento given for poster & paper presentation.

## **Poster Presentation:**

1st Prize (Rs. 1000 & Memento) - Ms. Afrin Siddiqua S & Ms. S Vedhasree - MMMCHS.  
2nd Prize (Rs. 500 & Memento) - Mr. Meghavarshan L - Kauvery Paramedical Institute.  
3rd Prize (Certificate only) - Ms. Keerthana Vijayarangam - Dr. MGR Education And Research Institute.

## **Paper Presentation:**

1st Prize (Rs. 1000 & Memento) - Ms. Hygine Beyatriz A - Dr. MGR Education And Research Institute.  
2nd Prize (Rs. 500 & Memento) - Ms. Sneha R - Meenakshi Academy of Higher Education and Research, Kanchipuram.  
3rd Prize (Certificate only) - Ms. A. Annie Shrine - MMMCHS.  
Certificates issued to all delegates. Conference ended with the National Anthem.



## WORLD CANCER DAY

The Youth Red Cross Society (YRC) Of MMM College of Health Sciences organized World Cancer Day Awareness Program on 14th February, 2024 in MMM CHS Atrium. The guest speaker was Dr.Gokula Kannan, Registrar, MD (Pathology) FID, FFM Apollo Hospitals, Greams Road was honoured by Dr.Deepa C Philip, Principal, MMMCHS with a memento and presented a talk on the topic Cancer Awareness and Prevention and shared the different route causes of exposing, developing against infectious cancer in our day to day life activities and food habits, its pathogenesis, symptoms and also concentrated more on various diagnosis and treatment of cancer. Around 80 students were participated.

Second & first year students performed skit and mime show on topic based on true story such as fast foods which causes serious effects to the body and leads to get colon cancers awareness and prevention was given to the students. The program was ended with national song.

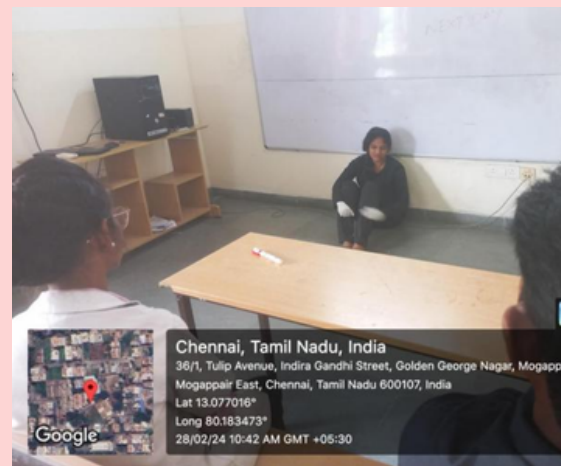
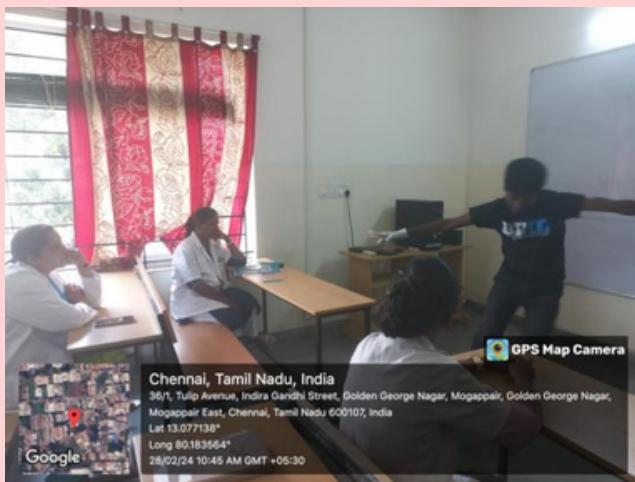






## ENGLISH LITERARY CLUB

CHS Literaria organized RJ HUNT AND SOLO MIME CONTEST conducted on 28th February, 2024. Open theme for both the contest, with 3 minutes of duration. The judge for the RJ Hunt and Solo Mime contest was Ms. Eunice, Assistant Professor. The evaluation for RJ Hunt was based on communication, fluency and spontaneity and for Solo Mime was based on facial expression & acting and concept with music. The winners of RJ Hunt was Varsha of I B.Sc CT won the first prize and Lincy of I B.Sc MS secured second prize. The winners of Solo Mime was Mageshwari.R of I B.Sc DT won the first prize and Jacob Blessen of I B.Sc MLT secured the second prize.



# ENTREPRENEUR DEVELOPMENT CELL

The first event of ED Cell for the academic year 2023-2024 was organised on 13th February 2024 (Tuesday) by the department of B.Sc. Cardiac Pulmonary Perfusion Care Technology and B.Sc. Dialysis Technology students. The following food items were sold by the students.

Lays chaat, Papdi chat, Bhel puri, Paani puri, Raw mango, Gulab jamun, Rose milk, Sundal and Sweet corn.





# NATIONAL CONFERENCE

The Department of Medical Sociology of MMM College of Health Sciences organized a national conference “Reconnect & Ignite” A healthy approach towards mental health on 2nd March 2024 at Madras Medical Mission. Every year the world teen mental wellness day is observed on 2nd March, to create an awareness among the teenagers about their mental health issues, the impacts it may create in their teen life and ways to deal with it.

The focus of the conference sessions was on the different types of psychotherapies for mental illness, to understand the impact of the therapy in an individual. To teach the delegates about the relapse and coping skills related to therapy, tips to handle stress and mood related disorders, inturn, challenging negative self belief and practice positive self-talk or cultivating self compassion.

The inaugural session begun with lamp lighting ceremony by Ms. Sandhya Cherian, Governing Board Member, MMM along the chief guest for the conference Dr. Nappinnai Seran, Founder, Psychhub Brain & Behavior Clinic, Chennai and guest of honour Dr. Zarina, Head, Dept of Psychology, Women’s Christian College, Chennai and Dr. Deepa C Philip, Principal, MMMCHS

Mr. John Joseph, Honorary Treasurer, MMM and Dr. Dinesh kumar, Medical Superintendent, MMM graced the event and released the souvenir.

The Principal welcomed the gathering and unveiled the conference theme. Ms. Sandhiya Cherian shredded light on importance of mental health awareness, not to be complacent about mental health as everyone can be victim of mental illness. Dr. Zarina, shared her insight about the importance to take proactive approach and to be sensitive to others needs. Dr. Nappinai Seran addressed the gathering about the importance to address mental health issues and its challenges and not to feel ashamed to take the help from therapist to handle the issues.

The conference had eminent speakers like Dr Riba Maria Kurian, Counselling Psychologist from Bangalore Dr. Priscilla Sathianathan, Chairperson, Centre of Excellence in Health Psychology, Madras School of Social Work, Co-Founder & Senior Consultant Psychologist, Madras Memory Clinic. Mr. Saravanan, Assistant professor Cum Clinical Psychologist, Department of Psychiatry. PIMS, Puducherry. Dr. Bhasi, Head, Dept of Clinical Psychology, SRM Medical College Hospital & Research Institute, Chennai.

The conference ended with enthusiastic young teens filled with positive vibes to share and teach their colleagues about importance of mental wellness.





## WOMEN'S DAY WALKATHON

The Youth Red Cross Society (YRC) of MMM College Of Health Sciences & Decathlon sports organization Collaborated & Organized 5 Km Women's Day Walkathon 2K24 on 8th March, 2024. Registrations were open for the cost of Rs.199. 5 Km Walkathon deliverables which includes T-Shirt, Cap, Certificate, Medal and Refreshments. Counter 2 registration for Rs.100 were opened for the students and the deliverables which includes certificate & medal only .

Overall 76 students & staff from MMMCHS were registered through counter 1 & counter 2 and 1600 participants from various institute, schools and college were registered and participated.

The event started with zumba activity at 5.30 am followed to that walkathon flag off commenced by 6.15 am. Walkathon was conducted from decathlon store service road maduravoyal - ambattur Estate, NH West, Nolambur, Mogappair, and reported back to the store by 7.30 am. The event was arranged with police protection and vehicles were blocked during the time of walkathon.

5km Walkathon completed certificate, medals and refreshment were distributed to all the participants. Event Manager Mr.Aravind presented a plant bouquet as a token of gratitude to Dr.Deepa C Philip, Principal, MMMCHS. The Program was ended with a group photo









# COLLEGE ASSEMBLY

The College Assembly was conducted on 24th March 2024, at MMM CHS Auditorium. It was organized by Undergraduate Operation theatre and anaesthesia technology department. The program was started with a prayer song by Devin and his team from II yr OTAT . The gathering was welcomed by Shivani from 1I year OTAT. Followed by readings from Holy Scriptures- Bible, Bhagwad Gita, Thirukural and Quran. The students also highlighted about the flower, stone, Zodiac sign, Events of the month of September and thought of the day.

It was followed by presentation which was done by Lydia from III year OTAT on the topic “Mitigating Medical Errors: Strategies for safer healthcare practices”. The Program continued with Skit presented by I st and II year OTAT students.

The college assembly concluded with vote of thanks by Keerthana from 2nd year OTAT and National Anthem.





# ENTREPRENEUR DEVELOPMENT CELL

ED Cell was organised on 15th March 2024 (Friday) by the department of B.Sc. Operation Theatre and Anesthesia Technology and B.Sc. Medical Sociology students. The following food items were sold by the students. Butter milk, Nombu Kanji with vada, Birinji, Chicken biriyani, Ice Cream, Paani puri , Brownie, Rose milk



<b>PATRON</b>	<b>: Honorary Secretary, MMM Honorary Treasurer, MMM</b>
<b>ADVISOR</b>	<b>: Dr. Jacob Jamesraj, Sr. Consultant, MMM</b>
<b>CHIEF EDITOR</b>	<b>: Dr. Deepa C. Philip, Principal, MMMCHS</b>
<b>EDITOR</b>	<b>: Ms. Divya.B, Lecturer, MMMCHS</b>
<b>TECH SUPPORT</b>	<b>: Ms. Ashalatha, Asst. Manager MMMCHS</b>

