

CHS GAZETTE VOL V ISSUE 1 JAN-JUNE 2020

UPCOMING EVENTS 2020

April & May 2020

Lock down due to COVID19

June 2020

Webinars

- "Impact of COVID19 on Health Care Workers and Prevention Methods & Future Measures"
- State Level webinar on Social Consciousness-COVID-19

July 2020

Webinars

- Ecmo&Its Basic Components
- Role of youth in Anti Human Trafficking
- Staying safe during Dialysis and COVID 19
- Covid 19 updates on challenges & Responses

Principal's Message



Good morning Students,

Even though we have limitations in coming together, thanks to the latest technologies, which connects and keep us together in a very effective way during this pandemic. As we are aware, COVID-19 is taking a lot from us. But it's also giving us something special - the opportunity to come together as one humanity - to work together, to learn together, to grow together.

It is important to look after your physical and mental health. This will not only help us in the long-term, it will also help us fight against COVID-19. "Let food be thy medicine and medicine be thy food." The most wanted slogan to combat covid 19, a well balanced diet can support the immune system to fight the infection.

1. Eat healthy and nutritious diet.
2. Drink 8-10 glasses of water to keep you hydrated.
3. Avoid eating out!!! Eat at home to reduce your rate of contact with other people and lower your chance of being exposed.
4. Avoid sugary drinks
5. Don't smoke
6. Exercise. 30 minutes of physical activity for adults and one hour a day for children.
7. Try not to read or watch too much news if it makes you anxious. Let us together fight it back to overcome the COVID.

I wish and pray that my students are safe and healthy, far from this dreadly disease

Thank you,

**Dr. Deepa C Philip, Principal
MMMCHS**

National Conference on Allied Health Professionals

The National conference on Allied health Professionals held at Madras Medical Mission organized by the Department of Allied health science on 10th January 2020, with the theme " Role of Allied Health Professionals Contemporary Practices. NCAP 2020 provided an ideal platform for exchange of ideas and dissemination of best clinical practices among scientists and experts from various fields

Annual Sports Meet

The Annual Sports meet was conducted on 13th March 2020 in Dr.Ambedkar play Ground, Mogappair, Dr.Kannan Pugazhendi, SPAARC Institute, Chennai & Dr.Ullhas Pandurangi, HOD, Cardio Electrophysiology & PACING were the chief guest.

The Four Houses FONTON GLEN, NORWOOD ,& ROSS exhibited march past with various themes. Finals were conducted for Kabaddi and Kho Kho, and all other Track events conducted and Prize distributed to the winners. The overall championship was awarded to ROSS



WORLD KIDNEY DAY

World Kidney Day was celebrated on 14th March 2020 at MMMCHS, organized by the students and staff of Dialysis Technology. The Chief Guest for the program was Dr. Saravanan FRCS, Director Transplant & Vascular Surgery, MMM, and special guest of honor was MS. Shanthi Rajmohan, Entrepreneur, Fashion apparel Consultant.

Poster presentation and quiz competition had conducted for students and prizes distributed.



National Voters Day

National Voters Day was celebrated on 25th January 2020 to spread the awareness about necessity of voting and to encourage young generation towards the voting rights. The students of MMMCHS administered a Pledge both in English and Tamil during the Morning college assembly

ALLIED HEALTH CONTINUING EDUCATION PROGRAM

Department of Cardiac Technology conducted the Allied Health Continuing education Program on 22nd February 2020. The Students explained the study of heart, ECG, and Congenital Heart diseases. The guest for the program was Mr. Ezhilarasan, Founder Dream Trust.

Department of Medical Lab Technology conducted the Allied Health Continuing education Program on 20th February. The Students created awareness on Bio medical waste management, hand washing and needle prick injury. Awareness in SARS causing Corona Virus, Work flow in biochemistry labs. The guest for the program was Ms. Jessy Joy, Member infection control Committee, MMM

VILLAGE VISIT

Students of Medical Sociology visited neay by village called Kilkondaiyaar, karlapakkam, The Purpose of visit was to study the life style of rural people, cultural pattern, social consciousness and awareness about illness and Women Health



CONFERENCE

The students of medical sociology and Medical Lab Technology attended one day conference on 23rd January 2020 conducted by Madras Medical Mission. The title of the conference is "Getting Employment: By Choice rather than by Chance."

ANTI HUMAN TRAFFICKING CLUB

Anti Human Trafficking Club(AHTC) was launched by ICWO on 31st January 2020, at ICSCA, Chennai.

Total 51 students and 2 faculty from MMMCHS attended the launch .

The students did face painting on the theme " STOP crime against Women and Children"



HIV/AIDS AWARENESS

As part of YRC activity an awareness program was conducted on HIV/ AIDS by ICWO & AHF india. It was a Gaana Contest on the topic. Our Students won the 3rd Prize out of 16 Colleges participated



STUDENTS TOUR

MMMCHS organized 3 days tour for final year students to Bangalore, Mysore and Coorg. The students enjoyed places like botanical garden, Wonderla Theme park, Coorg Elephant sanctuary, and visited the Mysore sandal soap Factory.



Two Days State Level Webinar on “Social Consciousness-COVID-19”

MMM college of Health Sciences, Department of Medical Sociology conducted Two days State Level webinar on “Social Consciousness-COVID-19” On 15.06.2020 & 16.06.2020. All over India around 350 Participants registered for the Webinar. The Webinar was conducted through ZOOM and Google meet, very good response was received from the participants.

Impact of nCOVID19 on Health Care Workers and Prevention Methods & Future Measures

On 18.06.2020 (Thursday) at 11am “Impact of nCOVID19 on Health Care Workers and Prevention Methods & Future Measures” organized by Department of Medical Laboratory Technology.

DR. T. BAKYARAJ, Consultant Microbiologist and Infection Controller, New Hope Medical Center

DR. DEEPA PHILIP, Principal inaugurated the webinar and welcome address by Dr. Bharathi karnan, Ms. Hema, introduced the chief guest students question answer session was taken care by Ms. Saritha and vote of thank given by Ms. Gokila, Department of Medical Laboratory Technology.

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