



From the Principal's Desk...



**Dr. Deepa Philip,
Principal
MMMCHS**

Welcome to the start of the new academic year! I congratulate each one of you for

being part of one of the best Allied Health Colleges in our country. The rich values and knowledge imbibed here would make your path to achieve greater heights. The discipline focused approach, dedication and passion for your subjects can make you an excellent allied health professional in the field of patient care. Time management and hard work are the key factors to achieve excellence in your field.

These can be some of the best years of your educational career and you need to make the most of all that you will experience. So I encourage everyone to contribute your testimonials to CHS Gazette - a platform for students to showcase their creative skills in print.

Our journey has already begun!!!

CHS Student Development Council 2015-2016

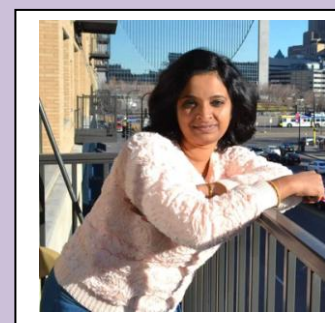
Students Office Bearers' election for the academic year 2015-16 was held on September 5, 2015 at MMMCHS Atrium. The representative for the student office bearers were nominated by their fellow mates. Communication, personality, attitude, leadership and knowledge skills were the key selection criteria. The selection committee included the Dean, Principal and Vice principal in charge. The nominated students finally contested against each other with a one minute speech as the last opportunity to get their last minute votes from the voters, the voters being the class rep and asst. rep of all courses. Tension and excitement filled the air when the selected candidate's names were announced. The selected candidates were felicitated at MMM Auditorium, on Fresher's Day 2015.



.. Left to right: *The joint secretary Uma Maheswari, I BSc OTAT, the student president Josephine Monica, II MSc Medical Sociology, the student secretary Saravanan, II BSc CPPT.*

ALUM ARK...

On a business trip to Mumbai, late afternoon 22nd of July....While I was half heartedly munching on the sandwich which the air hostess shoved into my desk I heard a page from the crew calling out for any medical practitioners or nurses on board to attend to a passenger. Me and a two more doctors rushed to the location. There he was a late 40 ish male unconscious with one of the crew members trying to feed him some sugar and the other trying to figure out his name. We cleared the crowd and put him at rest on the seat. While the doctor was auscultating, I tried for the pedal and carotid pulses but couldn't feel either. No breathing either! It was time for action. I started with the CPR.



Luckily the flight had an ambu bag with O2 cylinder on board. A few thrusts in the chest and 2 Ambus and BOOM... the pulse was back and breathing restored. The patient was conscious in sometime. Apparently we could not get enough history from the patient as he spoke only arabic. He just said "TAYYAB"(good in arabic)and we knew he was fine. With hardly any medical infrastructure en route, he was indeed fortunate to have survived a cardiac arrest. The whole of the flight crew and the passengers stood up to thank us. A very special moment in my life. It did give me goose bumps and misty eyes. To be able to save someone's life is very special. I owe it to all those endless duty hours spent in the MMM CCU and the rigorous training by the faculty members and cardiologists. Thank you MMM!!!! My sincere regards to the Dean and the staff Members. :)

-Anitha

Students' Reflections...



Learning Orthopaedics at PIMS

The clinical training at Pondicherry Institute of Medical Science (PIMS) was one of the best memories to be cherished. As a paramedic student, studying in a medical college along with the undergraduate and postgraduate students was a remarkable, knowledge gaining experience. The Orthopaedics department is one of the most challenging departments, as the term Orthopaedics refers to the branch of medicine dealing with the correction of deformities of bones or muscles. It was not only observing that we went to

the PIMS, it had much more. The physicians taught much more like, how to interact with the patients, examine them and run investigations. It was both a visual and a practical experience. The theory classes were taken by the doctors who made us understand even the tough topics, easily. The central library at PIMS was a "temple built on books" equipped with the latest edition books, journals, periodicals, visual guides and most of all the students maintained "a pin drops silence". It was a hall of Medical Wikipedia. The spark of competitive study was ignited here with other paramedics, physicians and surgeons as a team. Apart from academics I learnt many things like discovering my interest in the super specialties, adjusting with my classmates, standing together as a class, exploring places inside the campus and much more. I hope sometime in the future physician assistant students could study in medical college atmosphere.

- Reshma Ramesh, III BSc PA

The path to explore!!!

- Rebecca, I BSc,MLT

College is an inevitable part of our life where we change from the school levels. The very thought of getting into college intimidates many but apparently that didn't happen to me. I was pretty intrigued by the whole idea of learning something that interested me and befriending new people.

On the first day of college, as I stepped into my new classroom, I was so curious to know who my new classmates were and how my teachers were going to be. My mind was occupied with overlapping questions like, what should I do now? Should I talk or just stay silent? Eventually, when I got to know my mates better everything seemed much easier and under control including my irresistible thoughts that haunted me. To my surprise, everyone including the staff and teachers were so loving and helpful.

During the first month, we had our introductory classes which were super interesting and at the end of the month, we had our first examination. I got cold feet the night before my first exam as it wasn't a school exam anymore and that I had to be a little more serious because of the profession that I had chosen. Yes, I am an allied health professional. But the exam went well and it was not as scary as I imagined. We all got good grades, however.

Being a part of MMMCHS is a privilege as we are going to be the ones serving people and saving their lives in the future as our college motto says AD VITAM PARAMUS (Preparing for life). I look forward to encounter more and more treasured moments at CHS.



Freshers with their irresistible thoughts and rising expectations...





Enjoy energizing the elderly!!!

-T.Divya BSPA II yr

Care for the elderly is Geriatrics. There are many unnoticed groups of people and one among them is our elderly people who are not very far from us. They are the feeble voiced old age people of today. Ask yourself! Have you ever spent time with any senior citizen? Not even 50% of us would have. Tamil Nadu leads when it comes to geriatric medicine and care. The first geriatric outpatient service was started at Rajiv Gandhi government general hospital in 1978. This has become a great success, meeting an average of 100 patients a month.

Nowadays, people even deny to take an elderly person to hospital or to the markets or to help them with their small work. We always blame the younger generation when it comes to not being sensitive to the needs of the elderly. Of course, the children from their school are taught to be aware to the needs of elderly but is this example being set in all families? It is also the responsibility of the parents to inculcate the habit of respecting and helping the elderly people right from their childhood.

Learning Geriatrics has shaped us in realizing and turning our focus towards the elderly. Some of us in our class visited some elderly people in our nearby locality and spent time with them. We gained a lot from their experience and so we are encouraging our friends to share the joy with us. Though we may not have much time in the fast moving world to spend with all the elders in our locality at least we should make an effort with our own grandparents. Most of all everyone should realize that every senior citizen has the right for attention, respect and a life with dignity.

PHYSICIAN ASSISTANTS - Saviours of tomorrow...

- M.MITHULA BSPA II yr

I know that the physician assistants of today will be the future of the medical world tomorrow. The world does not only need the sun and moon, it also needs the stars. We physician assistants will serve as these stars. But why physician assistants? To save a life one does not need only the doctors and nurses, you need pharmacists, Paramedics, technicians etc., This thought caught my attention and was enough for me to write the entrance exam and attend the interview and ...here I am starting my physician assistant course with hopes and dreams as big as the universe. But when my college commenced, all hell broke loose, I was not able to follow my studies. I was confused with my classes and my training. I had no idea what to do. At that point, came in my long last friend and asked me - what will you do after this course? I was only able to smile and say "God alone knows". Classes went on a I listened more I framed my studies which made me know and understand my duties as a physician assistant. I started to get the bits and pieces of this grand puzzle and its taking its shape further. A Physician Assistant is what I am and what I will be! Never will I change this Golden Hat for any other crown!

English classes for a month!

The very first day when I entered my college, I came to know that my first class was English. I was quite excited to know what was going to happen. Fortunately, it turned out to be very interesting class and my madam, Ms.Gemwin was so polite and interactive in class. As a matter of fact, she makes each class interesting which involves fascinating tales and activities.

Samuel , I BSc,MLT

As I entered I was told that there would be coaching for my skills in English. I wondered its usefulness! One month at it and here I am not only talking in English but also with confidence and better etiquette to meet what is ahead of me with boldness and courage. Thanks to CHS for this excellent opportunity!!!

Pradhusa,I BSc DT

Beyond Academics...



Ms. Kavitha, Director-NIAHS.
Our inspiration...



The Fledglings' feel!!!

- Pushkala, I B.Sc PA

A month passed and the most awaited event THE FRESHERS DAY stepped in our way. We went there with a mindset of having total fun but it turned out to be very inspirational day. Our chief guest Ms. Kavitha Narayanan made our day more inspirational. Her speech narrowed our views of profession. The talk about her life made us design our future. She is also a victim who lost an MBBS seat with just a difference of one mark. She was very depressed, all people around her discouraged her saying that her life is lost but she did not lose her hope. Her aim was to study something related to health profession and she requested many universities to sponsor her studies and that paved way to a university abroad. The university believed only in her talents and offered her a seat. That was the **turning point** and she has created a great revolution in the field of allied health science, differentiating paramedical from allied health science. And now as the Director, National Initiative for Allied Health Sciences, Technical support Unit at Nirman Bhavan, MoHFW, Head, Healthcare Institutional Services, Public Health Foundation of India. Ms. Kavitha is a pride for Allied Health Care field and an inspiration to all of us.

Freedom at midnight! CHS recalls...

Remembering Independence Day is honouring our great leaders and freedom fighters who shed their blood for our freedom. Fervour and patriotism for the nation filled the minds of CHS students as they performed the songs, dance, parade and many other events.



Dr. Chitrasree, Senior Consultant and HOD-
Biochemistry and Haematology, Chief Guest of the day

JAI HO INDIA!!! Patriotism in the CHS skies!!!!



To the Editor

I feel really privileged for being a part of the editorial team of CHS online news letter. Being the student editor for the past issue was indeed a wonderful experience. This has also equipped my creative writing skills. I extend my sincere gratitude to the Editor and Editor in chief for giving me this opportunity. I wish all the very best to the entire team for the success of yet another issue of CHS Gazette, online. Best Wishes!

—Mudassir, B.Sc. OTAT (IIIYr)

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