

**CHS GAZETTE
VOLUME 10 ISSUE 2
APR- JUN 2024**

**UPCOMING EVENTS
2024
JUL 2024**

- Sports day
- College assembly
- Cadaver dissection

AUG 2024

- Independence day
- Students tour

SEP 2024

- Teachers day
- Onam Celebration

CONTENT

- Mental health awareness program
- English literary club
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Dear Students,

Mental health...is not a destination, but a process.

It's about how you drive, not where you're going." - Noam Shpancer



Mental health is a critical aspect of overall well-being. The mental health of students encompasses their emotional, psychological, and social well-being. The pressure to excel in exams, meet deadlines can lead to anxiety and, in severe cases, burnout. This stress is often contributed by external factors such as expectations from family, peers, and society at large.

Moreover, the transition from adolescence to adulthood can bring about emotional turbulence, as students navigate identity formation, relationships, and newfound responsibilities. This period of life is characterized by rapid changes, and students may struggle to cope with these transitions.

Furthermore, financial constraints like student loans and tuition fees can affect their mental health and academic performance. To address these challenges, educational institutions have started implementing various initiatives like counseling services, workshops on stress management and resilience, and awareness campaigns to reduce stigma. You should engage yourself in mindful practices, physical activities and hobbies to reduce your stress

Outside of academic institutions, parents and families also play a significant role by open communication, unconditional support, and being attuned to signs of distress can make a profound difference in a student's well-being.

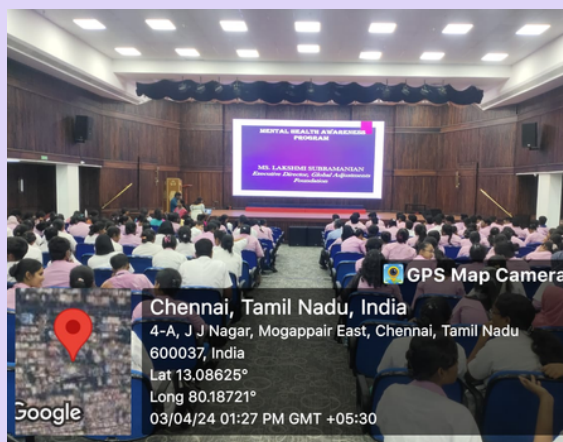
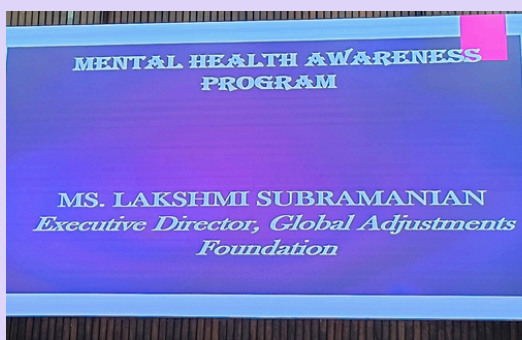
"You are stronger than you know. More capable than you ever dreamed. And you are loved more than you could possibly imagine." - Unknown

V.Ashalatha

Asst Manager, MMMCHS.

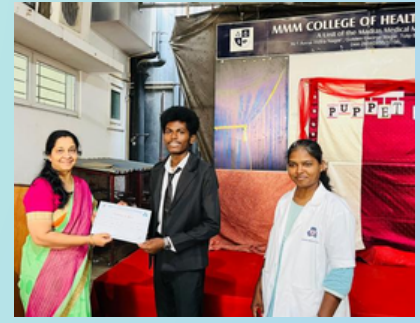
MENTAL HEALTH AWARENESS PROGRAM

MMM College of Health Sciences organized the Mental health awareness program on 3rd April 2024 by 1.30 pm at the Zachariah Mar Dionysius auditorium of Madras Medical Mission, Mogappair, Chennai. All undergraduate and postgraduate students with the faculties attended the awareness program. The session was led by Mrs. Lakshmi Subramanian, Executive Director, Global foundation, Champion woman organization, Chennai. The speaker emphasized on self reflection and self awareness. She insisted that it was very important that all of us as individuals has to be our brand and we have to stand above in our profession. To become a brand everyone should maintain a proper appearance, value, belief and habit. She insisted everyone to “find their niche” and make it better. The event was very interactive and had activities. Overall the event was very inspiring and entertaining.



ENGLISH LITERARY CLUB

CHS Literaria club organized a Puppet show on 08th April, 2024 in the college performed by the first year students. Totally 5 teams showcased their talents in the show. The performance by the students of Dialysis Technology, Operation Theatre and Anesthesia Technology, Medical Laboratory Technology and Medical Sociology, Cardiac Technology and Physician Assistant flashed the fairy tale of “The frog and the Princess”, “The one arm amy”, “Awareness on child trafficking and organ theft”, “Awareness on election 2024” and “Talent show”. Students exhibited their hardwork with dedication with enormous skills like script writing, voice over, timely act, puppet preparation, etc. Followed by the prize distribution by our Principal Dr. Deepa C Philip for the winners of Mime and RJ Hunt contest held on 28th February, 2024 awarded with medals and certificates.



TAMIL LITERARY CLUB

On behalf of Tamil literary club “**Tamil Ilakkiya Mandram**” celebrated Tamil new year on 17th April 2024 at MMMCHS Atrium. A special talk was delivered by Dr. Bharathi, Associate Professor based on the occasion. Various cultural activities like solo song, classical dance, comedy skit and folk dance were performed followed by a short speech delivered by Maheshwari of 1st year Dialysis Technology. Games were also conducted for both students and staff. The Tamil new year celebration evoked the importance of Tamil language.



ENGLISH LITERARY CLUB

World Music Day is celebrated every year to encourage people to listen to a variety of songs and embrace art for future generations. Music is not only a fantastic creative outlet, but it can also have many health benefits.

On behalf of World Music day, Vocal performances were presented by our first year students on 29th June, 2024 at MMM Zachariah Diosysius Auditorium. One team performed with guitar and the other team performed without instruments. It was completely a multilingual performance. All staff and students cherished the essence of Music.



ENTREPRENEUR DEVELOPMENT CELL

The third event of ED Cell for the academic year 2023-2024 was organised on 20th June 2024 (Thursday) in the college premises by the department of B.Sc. Cardiac Technology and B.Sc. Physician Assistant students. The following food items were sold by the students 1 Paani puri, Bhel puri Dahi puri, Murukku sandwich, Chips chat, Rose milk, Sandwich, Sarbath, Popcorn, Raw mango, Corn, 1 Lemonade, Dahi puri, Pappadi chat, Chocolate cake, 1 Popsicle, Zipzicle and Oreo bread cake.



NSS- MARTIAL ARTS

MMM College of Health Sciences planned for certified Martial Arts classes for students in the academic year 2023-2024, under Indian Martial Arts Training Academy with different categories, the first category was Silambam, Adimurai & Kuthuvarisai, second category was Tai-Chi & moving yoga and the third category was Karate, Nunchuk & Self defence. Totally 20 students enrolled their names from all departments. The course duration was 6 months.

Two students Annie and Mahalakshmi from 1st year BSc PA participated in the Belt Test Graduation conducted on 28-4-2024 and passed the belt test. Mahalakshmi M.D secured A grade in Martial arts lesson and received Green belt from institute of Indian Martial Arts Academy. Annie participated in Silambam and secured A grade and received medal & certificate.



YRC- BLOOD DONATION

Youth Red Cross Society (YRC) MMM College of Health Sciences in association with Landsteiner – Lakshmi Memorial Foundation Voluntary Public Charitable Trust Blood Bank (LLMRF) organized blood donation camp on 15th June 2024 in the college. Around 60 volunteers reported to the blood camp from nearby areas(mogappair). Mr.Karthik Public Relationship Manager, LLMRF and his team coordinated for the preparation of this camp. After blood donation, the donors were kept in observation for half an hour and finally refreshment and blood donation certificates were issued to the donors. LLMRF presented the overall appreciation of donating certificate to the college.



STAFF DEVELOPMENT PROGRAM

On behalf of Staff Development program, one day event was arranged on 05th June, 2024 (Wednesday) at Green Coconut Resort, East coast road, Mutukadu, Chennai. 25 Staff actively participated in the creative games and activities like table tennis, shuttle, tug of war, Team Building Ice-Breaker, Teacher Morale Games, Logical thinking Games - Jigsaw Puzzle, Creative Thinking through online - Elevate, Peak, Braingle, Zumba Dance, Fun brain Games, Time management training Games, Concentration gaining Game - Mental Ups and Common bond exercise. Refreshment and lunch were provided.

All staff members had a fruitful session. This event enhanced skill development and competency building.



NSS- HYPERTENSION DAY

As a part of NSS activity and in observance of World Hypertension Day 2024, our college conducted a camp on 10-06-2024 to monitor the blood pressure of all staff of MMMCHS by the students of DT and CT under our staff supervision and also participated in the hypertension survey by filling the google forms sent by the university. A free blood pressure monitoring camp was conducted in the nearby Star apartments, Tulip Enclave, Mogappair east on 15-06-2024 by the 3rd year Cardiac Technology students. Many residents participated in the free BP monitoring camp and the hypertensive groups were also advised to seek medical advice, regular BP check up and follow regular medications. They were happy to participate in the camp and suggested to conduct these camps regularly.



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