

CHS GAZETTE  
VOLUME 3  
ISSUE 4  
OCT- DEC 2025

### UPCOMING EVENTS

#### JAN- MAR 2026

##### JANUARY

- Faculty development program
- YRC
- Pongal
- Republic day
- Tamil Literary club
- College assembly
- ED Cell

##### FEBRUARY

- NSS
- College Assembly
- Sports
- Cultural
- ED Cell

##### MARCH

- Allied Health Science Conference
- ED Cell

#### CONTENT

##### OCTOBER

- Induction programme
- College assembly
- NSS
- English Literary club
- MLT workshop

##### NOVEMBER

- SDC Investiture ceremony & Freshers day
- English Literary club
- Men's Day celebration
- Students's Notice Board

##### DECEMBER

- College Assembly
- ED Cell
- YRC
- Christmas

## *Preparation for Examinations Without Stress*

Examinations are an important component of Allied Health Science education, as they assess both **theoretical knowledge and practical competence**. While the academic demands may appear challenging, examinations need not be a source of stress if approached with **proper planning, discipline, and a balanced mindset**.



To begin with, students should start their preparation early and follow a structured study plan. Allied Health Science courses often involve a combination of **theory, laboratory work, and clinical training**. Organizing study time according to these components helps ensure comprehensive preparation. Breaking the syllabus into smaller, manageable sections and revising them regularly prevents last-minute pressure and improves confidence.

Secondly, emphasis should be placed on understanding concepts and their clinical application rather than memorization. Allied health professionals are expected to apply knowledge in real-life healthcare settings. Therefore, linking theoretical concepts to practical and clinical examples enhances comprehension and long-term retention.

Clarifying doubts with faculty members and peers at an early stage is essential for effective learning. **Maintaining physical and mental well-being** is equally important during examination preparation. **Adequate sleep, proper nutrition, and regular short breaks** help maintain concentration and reduce fatigue. Simple stress-management techniques such as **deep breathing, mindfulness, or light physical activity** can significantly improve focus and emotional stability.

Students should also avoid unnecessary comparisons with others, as each learner progresses at a different pace. Instead, they should focus on continuous self-improvement and skill development. Limiting distractions, particularly excessive use of mobile phones and social media, allows for better time management and improved academic performance.

In conclusion, **preparation for examinations without stress is achievable through disciplined study habits, conceptual clarity, and self-confidence**. Allied Health Science students should remember that examinations are not merely academic requirements but stepping stones toward becoming competent and compassionate healthcare professionals. A calm, focused, and balanced approach will lead to both academic success and professional growth.

***ALL THE BEST !!!***

***Ms.V Saritha, M.Sc., M.Phil.,  
Assistant Professor,  
MMMCHS.***

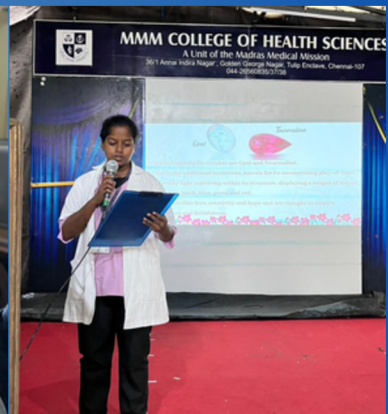
# INDUCTION PROGRAMME

The Induction Programme for the Academic Year 2025–2026 was held on 6<sup>th</sup> October 2025 at the MMM Auditorium, marking the formal reception of the new batch of students. The event was honoured by the presence of Dr. Deepa C. Philip, Principal, Mr. B. Suresh, HR Manager, and Ms. Ashalatha, Assistant Manager, MMM CHS. The day commenced with a Prayer Song and a prayer offered by Rev. Fr. Ajeesh V. Alex, Assistant Chaplain, MMM, followed by the Lamp Lighting Ceremony. Dr. Deepa C. Philip delivered the Welcome Address, after which the Coating Ceremony and the College Anthem were presented. The programme concluded with the Vote of Thanks, the National Anthem, and cordial interactions accompanied by refreshments.



# COLLEGE ASSEMBLY

The Department of **Medical Laboratory Technology** conducted the College Assembly on 9th October 2025 at MMM CHS Atrium. The programme included a prayer, scripture readings, flower of the month, stone of the month, special days of the month, new medical innovations and a special presentation on “Alcoholic and Non-Alcoholic Fatty Liver” was delivered by Annette Sundar and Pradeeksha S. (III B.Sc. MLT), creating active interaction through a question-and-answer session. Eco Club prize winners were awarded certificates. The assembly concluded with a vote of thanks and the National Anthem.



# NSS

In observance of Breast Cancer Awareness Month, the MMM CHS NSS Unit organised an awareness programme on 30th October 2025 at the Community Hall, VGN Phase 1, Thiruverkadu. The session, held from 9:30 AM to 11:00 AM, was conducted for residents of the VGN Mahalakshmi Nagar community.

The session was led by Dr. N. Suresh Anand, Consultant Breast and Oncoplastic Surgeon at MMM Hospital. Students from the 3rd year Physician Assistant course volunteered for the programme and distributed pamphlets on breast cancer screening. The speaker emphasized mental well-being, meditation, stress management, breast cancer prevention, screening, and cervical cancer awareness.

Around 25 residents actively participated in the programme, which included a brief guided meditation and an interactive discussion. The session concluded with the speaker being honored by the apartment association, followed by refreshments for all participants.



# ENGLISH LITERARY CLUB

On 30th October 2025, CHS Literaria organized literary competitions at the MMMCHS Atrium, featuring Short Story Writing, Photography, and Digital Poster Making contests. A total of 32 students participated, showcasing their creativity and talent.

Winners included Aerin Konain, Kalaivani S., Hamsavardhini S. (Short Story Writing); Ashwin D., Aniket Raj S., Job Prakash (Photography); and Hanzila Irene Rodrigues, Bernice Evangeline, Janarthanan P. (Digital Poster Making).

The event emphasized the library's role in fostering creativity and intellectual engagement while supporting the English Literary Club's mission to promote reading and expression among students.



# MLT WORKSHOP

On 30th October 2025, the Department of Medical Laboratory Technology at MMM CHS, in collaboration with HORIBA, organized a one-day workshop on Automations in Biochemistry with Hands-On Training. The event, attended by 43 students from various institutions, aimed to enhance practical skills in clinical biochemistry.

The workshop began with an inaugural session featuring Dr. M.P. Saravanan, HOD of Biochemistry at Govt. Stanley Medical College, who delivered the keynote address. Dr. Senthilkumaran, Senior Consultant, Biochemistry at MMM, spoke on automation theory. In the afternoon, HORIBA's Mr. Sri Sagar Deepak led a hands-on session, demonstrating the biochemistry analyzer (CA-40) and key principles of measurement.

The session concluded with a certificate distribution and feedback collection, providing participants with valuable skills in laboratory automation.



# SDC Investiture Ceremony & Freshers' Day

The SDC Investiture Ceremony & Freshers' Day 2025 took place on 6th November 2025 at the MMM Auditorium. The event was attended by distinguished guests, including Dr. Deepa C. Philip, Principal, Dr. Christopher Roy, Director, MMM, and Dr. Georgie Abraham, Advisor – Nephrology, MMM. The ceremony included the badging of new SDC office bearers, the farewell for outgoing leaders, and the presentation of the annual report. Freshers' Day featured performances and activities arranged by second-year students to welcome the new batch, marking an inspiring start to the academic year.



# ENGLISH LITERARY CLUB

The Literary Club organized a Literary Fun Month – Literary Cosplay Contest on 19th November 2025 at the College Auditorium. The event witnessed enthusiastic participation, with 13 students showcasing literary-themed cosplay inspired by cartoon and popular Hollywood characters.

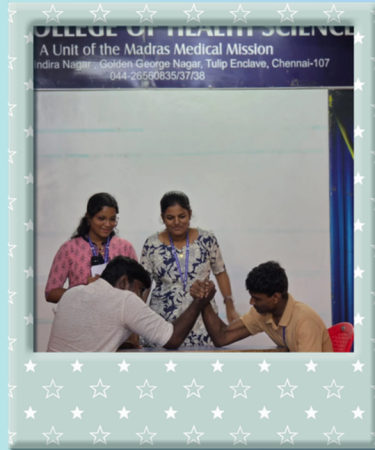
The contest highlighted students' creativity, confidence, and stage presence. Winners were Rajeshwari (I B.Sc. MLT), Latika (I B.Sc. PA), and Starlet (I B.Sc. OTAT), who were honored with certificates and medals by the Principal.

The programme celebrated literary imagination and artistic expression, encouraging students to further nurture their interest in literature.



# MEN'S DAY CELEBRATION

The students of Medical sociology celebrated Men's Day on 19th November to highlight the importance and contributions of men in society. Interactive games including arm wrestling and a special talent performance by the boys added enthusiasm to the programme. A script based presentation emphasized the role of men in the family, friendship, and society. The event concluded with a thanksgiving moment, appreciating the contribution of all men.



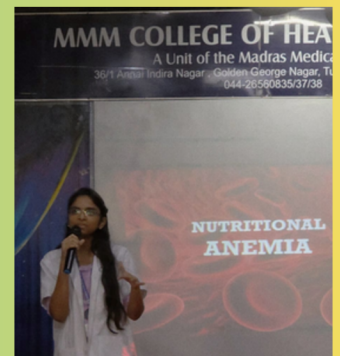
# STUDENTS NOTICE BOARD



# COLLEGE ASSEMBLY

The College Assembly was conducted on 15th December 2025 at the MMM CHS Atrium and was organized by the students of the M.Sc. Clinical Nutrition department. The programme commenced with a prayer song, followed by a welcome address and readings from the Holy Scriptures.

The assembly featured highlights of the month, including the flower and stone of the month, CHS news, new medical innovations, and important days in December. A special presentation on Anemia was delivered by II PG students, focusing on its causes, classification, symptoms, diagnosis, and treatment. The presenters were felicitated with certificates by the Principal.



# ED CELL

The first ED cell event for the academic year 2025–2026 was held on 17th December 2025, featuring food and accessories stalls organized by the Medical Sociology and Cardio Pulmonary Perfusion Technology students. Eleven stalls offered a range of food items and handmade accessories, giving students practical exposure to planning and managing a small business.



# YRC

An awareness session on Digital Violence Against Women and Girls was held on 9th December 2025 at MMM CHS on the International Day for the Elimination of Violence Against Women. The event highlighted online safety, types of digital abuse, legal protections and support systems. Students, faculty and staff participated actively.

The session, led by Ms. Saranya, Counseling Psychologist, Hindu Mission Hospital covered emotional and psychological impacts, safety practices and responsible online conduct. Interactive discussions and examples strengthened understanding of the issue.

The program included a prayer, welcome address, video presentation and vote of thanks. The event concluded with the National Anthem.



# CHRISTMAS CELEBRATION

The Christmas Programme – Joyeux Noel 2025 of MMM College of Health Sciences was held on 19th December 2025 at the MMM Auditorium. The event was graced by Rev. Ninu Chandy Vicar of Jerusalem Marthoma Church, Anna Nagar as Chief Guest and opened with a hymn by the Student Choir. The celebration featured songs, scripture reading, a Christmas message,, staff and student performances, prize distributions, competitions, and a Nativity play. The event concluded with the arrival of Santa and the Vote of Thanks.

A highlight was the Student Choir receiving the **national-level second prize** with a cash award of fifteen thousand rupees organized by Patrician college.

The charity work by the SDC Students and team to Christian Mission Charitable Trust shared love, care and provided essential needs which is required by the elderly people in the organisation and also captured the special moments.





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