



FACULTY MESSAGE

Dear Students,

Every patient tells a story, even before speaking a single word. That story is written in the vital signs—heart rate, blood pressure, respiratory rate, body temperature and oxygen saturation. These simple measurements are the body's silent language, reflecting the physiological status of every organ system.

As students of Allied Health Sciences, physiology is more than a first-year subject. It is the scientific foundation that supports clinical reasoning and patient care. Whether you become a Medical Laboratory Technologist, Operation Theatre Technologist, Cardiac Technologist, Dialysis Technologist or Physician Associate, understanding normal body function will help you interpret disease more effectively.

Develop the habit of asking 'Why?'

- Why does the heart beat faster during exercise?
- Why do we sweat?
- Why does blood pressure change when we stand suddenly?

Curiosity transforms memorization into meaningful learning.

Equally important is caring for your own health. Adequate sleep, balanced nutrition, regular exercise, hydration and stress management improve concentration, resilience and professional performance.

Healthcare combines scientific knowledge, clinical skills and compassion. Let physiology inspire you to become a lifelong learner and a dedicated healthcare professional.

Physiology Pearl

Vital signs are often the earliest indicators of physiological imbalance. Learn to understand the story behind every number, not just the number itself.

Akila S., M.Sc. Medical Physiology
Assistant Professor

CLUB ACTIVITIES

English Literary Club

The English Literary Club organized "MMMCHS Rising Authors 2026", a Flash Fiction Competition on 30th June 2026 with the theme "The Magic of Hope" with the motto, "Where words inspire, hope shines." The entries were evaluated based on relevance to the Theme, creativity and originality, plot development and story flow and grammar and vocabulary

WINNERS :

- First Prize: Ms. Kamali (I CT)
- Second Prize: Ms. Rachel (I CPPT)
- Third Prize: Ms. Sherly (II MS)



College Assembly

The College Assembly for the month of June 2026 was conducted on 18.06.2026 from 11.15 a.m. to 12.30 p.m. in the MMMCHS atrium. It was organized by the students of the B.Sc. Cardiac Pulmonary Perfusion Technology Department. The programme had an informative presentation by the students Dhanavarthi and Karishma (III Year) on the topic "Extracorporeal Membrane Oxygenation (ECMO): Principles and Clinical Applications."



The College Assembly for the month of June 2026 was conducted on 30.06.2026 from 11.15 a.m. to 12.15 p.m. in the MMM Auditorium. The assembly was organized by the students of B.Sc. Medical Sociology. Assembly had an presentation session delivered by Jerin and Lincy (III Year) on soft skill vs hustle skill. The content was supported by practical examples, which enhanced learning and encouraged active participation



YOGA DAY

On account of “INTERNATIONAL DAY OF YOGA 2026” our MMMCHS NSS wing organised “Miracle of Mind- Meditation for colleges” a small meditation program for students and staffs. The resource person for this program was Dr. Suresh Anand, Consultant Breast & Oncoplastic Surgeon, MMM hospital, he is an Isha Volunteer



MOCK DRILL

A demonstration session was held at MMM Hospital on 26th April, 2026, for the III-year bachelor students of medical sociology. The session was intended to impart practical knowledge on the topic Simulation Exercise on Bomb Threat /Fire Accident to the students. The session was conducted by Mr. Siva Kumar, Senior Electrician of Electrical Department at MMM Hospital.



CAMPUS DRIVE

Campus recruitment drive was conducted by Orbito Asia Diagnostics, Guindy, Chennai for the final-year Medical Laboratory Technology (MLT) students of UG and PG at our college campus on 13th May 2026. The recruitment team provided an overview of the organization, the available job role, eligibility criteria, salary package, and career prospects.

The recruitment process included an interaction session with the students. The company informed the students that the available position was primarily related to marketing of lab equipments.



YRC ACTIVITY

A Voluntary Blood Donation Camp was successfully conducted at MMM College of Health Sciences on 20th June 2026 (Saturday). The camp was organized by Dr. Swathandran Hamshavardhini, Head of the Department of Transfusion Medicine, along with the department team members of The Tamil Nadu Dr. M.G.R. Medical University, in association with MMM College of Health Sciences. The programme aimed to encourage voluntary blood donation and raise awareness among students and staff about the significance of donating blood to save lives and support healthcare services.



DEPARTMENT ACTIVITY

On 12th June 2026, B.Sc. Medical Sociology I, II & III year students, undertook a field visit to the Veeramamunivar Urban Primary Health Centre (UPHC), Mogappair East, Chennai. The visit was organised as part of the Medical Sociology curriculum to provide students with practical exposure to the functioning of a public healthcare facility at the community level. The primary objectives of the visit were to observe and understand the various healthcare services rendered at the PHC, to study the nature of the doctor patient relationship in a public health setting, and to collect case studies on prevalent disease conditions from patients attending the cent



AWARENESS PROGRAM

An awareness program on the UPSC Civil Services Examination was organized for the students on 18th April 2026 in collaboration with Kurushetra IAS Academy. The program was initiated to introduce students about the opportunities available through the Civil Services Examination and to motivate aspiring students to consider a career in public service and administration. The awareness session was conducted by Ms. Vasuki Vinothini, Chairperson, and Mr. Hema Kumar, Executive Director, Kurushetra IAS Academy.

