

### PRINCIPAL'S NOTE

Wishing all my students a Happy new year!!!

This year is like a new book where you can fill the sheets with your experiences, new learnings and memories. Every year starts by reflecting on the old experiences and our new goals.

As Albert Einstein says "Strive not to be a success, but rather to be of value." It reminds us that success isn't just about grades, but how much we grow and learn along the way.

I hope in 2025, you will aim for better learnings than last year. Whether it's improving your grades, learning new skills, or simply being kinder to others.

Remember, every small effort matters and every challenge is a new opportunity to grow. So let's begin this new year with excitement, positivity, and the courage to keep moving forward!

Dr. Deepa C Philip  
Principal



### *FACULTY MESSAGE*



Dear Students & Faculty,

I hope this message finds you well. As an Associate Professor at MMM College of Health Sciences, I am delighted to take this opportunity to connect with all of you through this newsletter.

I would like to express my sincere appreciation for the hard work, dedication, and passion each of you brings to making our college a vibrant academic community. The spirit of collaboration and the pursuit of knowledge here at MMM CHS is truly inspiring, and I am proud to be part of it.

This academic year, we have already conducted several successful programs, including Pongal celebrations, an International Conference, Sports Day, a Blood Donation Camp, Community outreach and college assemblies—all made possible through the dedication and commitment of both students and staff coordinators. Looking ahead, we also have many exciting upcoming events, such as inter-collegiate competitions and educational tours, which I encourage you all to participate in.

I would like to encourage everyone to engage in research activities and aim to publish your work in reputable journals and forums. Such contributions are essential not only for your academic development but also for advancement in the field of health sciences. Additionally, I urge students to stay actively involved in both academic and extracurricular activities, as these help to shape our dynamic learning environment.

Finally, I want to remind everyone of the importance of maintaining a strong sense of community. Together, we are working to learn, advance health sciences and make a positive impact in our respective fields.

I look forward to all the great things we will accomplish together.

Dr. G. Jothimani  
Associate Professor, MMM CHS



## STUDENT DEVELOPMENT COUNCIL PROGRAMS

### **Pongal Celebration**

The Tamil Literary Club celebrated the harvest festival “Pongal” on January 10th, 2025, Samathuva Pongal was cooked, vibrant cultural program featuring traditional dances, music and song debate was performed by students. On the event of Thiruvalluvar Dhinam, Thirukkural recitation and games like Karakattam, Tug of war and Uriyadi was conducted.









## SPORTS DAY

The annual sports meets was held on 21st February 2025. The Chief Guest for the events was Mr. Vivek Raj, Tamil nadu Premier league Cricketer, Chennai-Central board of excise and customs, There was a special performance by Mr. Raghul, football freestyler and martial arts by Veerakalai Woordo Wilson, president and founder of Indian Martial Arts Academy.





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## EVENTS

### **Republic Day**

The 75th Republic day was celebrated on 26th Jan 2025. The national flag was hoisted by the senior faculty. The special Republic day message was given by Ms. Ashalatha, Admin Manager, MMMCHS. Prayer song, Tamil Thai Vaazhuthu and National anthem was sung by students. Chocolates were distributed among all.





## College Assembly

The College Assembly was conducted on 1st Feb 2025 by the Dept of Cardiac technology. Subject presentation was by Ms. Annie Shrine - 3rd CT on the topic "Ischemic Heart Disease". A question and answer session in the end of the presentation made it more interesting





## **International Conference**

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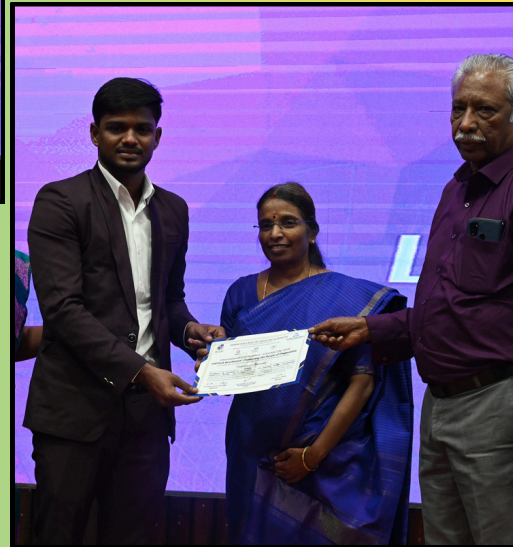








Students paper & Poster Presentation





## OUTREACH PROGRAM

### NGO VISITS

Students of Medical Sociology were taken to various non governmental organization as part of their university curriculum

1. Golden butterflies
2. Saathi
3. Thuvagam
4. Ashanivas





## GRADUATION CEREMONY

The 17<sup>th</sup> Graduation ceremony was held on 15<sup>th</sup> March 2025 for Undergraduate students of 2018 - 2022, 2018 2023 batch and postgraduate students of 2020, 2021. The chief guest was Dr. Sridhar, Vice Chancellor, Meenakshi Academy of Higher Education & Research. Our course directors along with Vice Chancellor awarded our students with their certificate.





## GRADUATION CEREMONY

Meritorious students who have done exemplarily in academics and extra curricular activities were awarded with meritorious awards during the 17<sup>th</sup> Graduation ceremony. The best mentor award was awarded to Dr. Bharathi, Assoc Prof, MMMCHS

