



Community based Extension activities From April 2022 to March 2023

**1. MASS HEALTH AWARENESS PROGRAMME ON VECTOR BORNE DISEASES**

**Topic:** Vector-borne Diseases

**Venue:** Junior High School, Tumlabong, East Sikkim

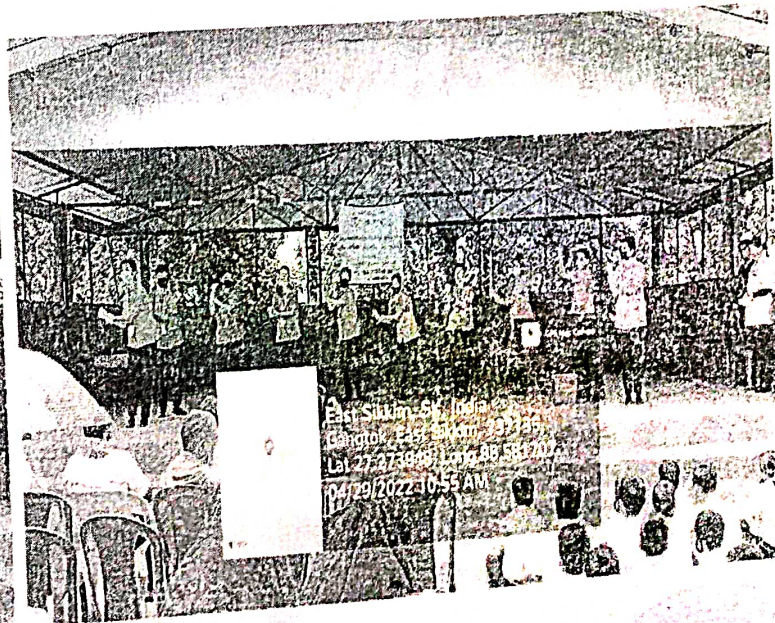
**Date:** 29<sup>th</sup> April 2022

**Organised by:** 2<sup>nd</sup> Year B.Sc. Nursing (2020-2024 Batch)

**Context:** Vector-borne diseases are human illnesses caused by parasites, viruses and bacteria that are transmitted by vectors. Every year there are more than 7000,000 deaths from diseases such as malaria, dengue, yellow fever, scrub typhus etc. The burden of these diseases is highest in tropical and subtropical areas and they disproportionately affect the poorest populations. In Sikkim, 118 cases of Dengue and 11 cases of Chikungunya till 19th Sept 2021 was reported.

**Objective:** The programme aimed at creating awareness on Vector-borne diseases and its prevention and control.

**The Programme:** The 2<sup>nd</sup> year B.Sc. Nursing students batch 2020-24 of Sikkim Manipal College of Nursing (SMCON) organized a Mass health awareness programme on "Vector-borne diseases" at the premises of Govt. Junior High School, Tumlabong, East Sikkim. All the people of community were the focused audience of the programme. The students of SMCON performed a skit emphasizing on the types, causes and symptoms of vector-borne diseases. The programme also highlighted the preventive measures and importance of hand washing and demonstrated the techniques followed by health education. The questions were asked to assess the effectiveness of the education program. All the people were able to answer the questions due to which the program was found to be effective. The Chief guest Mr. Arjun Gurung, Head Master (Tumlabong Govt. secondary school) gave good feedback on the overall organization of the programme. The programme went well and ended with the vote of thanks by the students.



Some glimpses of the program

## 2. MASS HEALTH AWARENESS & Health Check up

Date: 5<sup>th</sup> May 2022

Time: 10:00 am

Venue: Panchayat Bhawan, Shyagyong Rumtek

Topic: Diabetes Mellitus - prevention and management

Organised by: Final Year B.Sc. Nursing (2018-2022 Batch)

**Context:** In 2020, according to the International Diabetes Federation (IDF), 463 million people have diabetes in the world and 88 million people in the Southeast Asia region. Of this 88 million people, 77 million belong to India. The prevalence of diabetes in the population is 8.9%, according to the IDF. World Health Organization has also stated, 2% of all deaths in India are due to diabetes. Therefore when student of final year B.Sc. Nursing from Sikkim Manipal College of Nursing (SMCON) conducted a survey in Shyagyong Rumtek it was found that most of the community people have been suffering from Diabetes Mellitus. So after discussing with area panchayat, students of SMCON decided to organize a mass health awareness programme on Diabetes Mellitus and its prevention and management.

**Objectives:** The main objective of the program was to impart knowledge on Diabetes Mellitus and its prevention and management.

**Programme:** The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) in collaboration with Primary Health and Wellness Centre (PHWC) Shyagyong, Rumtek organized a Mass Health Awareness Programme on topic "*Diabetes Mellitus and its management*" and a Health Check-up at Panchayat Bhawan, Shyagyong, Rumtek. The programme started with a welcome speech followed by felicitation of guests, Rumtek Panchayat Mrs. Karma Doma Bhutia, SMCON faculty Prof. Ranjita Devi and staff from PHWC Shyagyong, Rumtek. Around 70 people from community attended the programme. Student presented a skit and provided health talk on the topic discussing about its risk factors, types, pathophysiology behind disease process, its complication, prevention and management with the help of attractive audio visual aids and live demonstrations. A quiz round was also organised to evaluate knowledge of the audience on the above mentioned topic and a small token of appreciation was given to the participants. A health check-up was also conducted for the community people as a screening purpose for Non-communicable diseases where their blood pressure, weight and random blood sugar was checked and recorded and were advised to visit nearby hospital for further management accordingly. The programme ended with a motivational song by the students of SMCON and with a positive feedback by the Panchayat, Rumtek and Staff from PHWC.



Role play by the students of SMCON

### 3. SCHOOL HEALTH AWARENESS PROGRAM

**Date:** 16<sup>th</sup> November 2022

**Time:** 10:00 am

**Venue:** Government Primary School, Chuten Marchak, East Sikkim

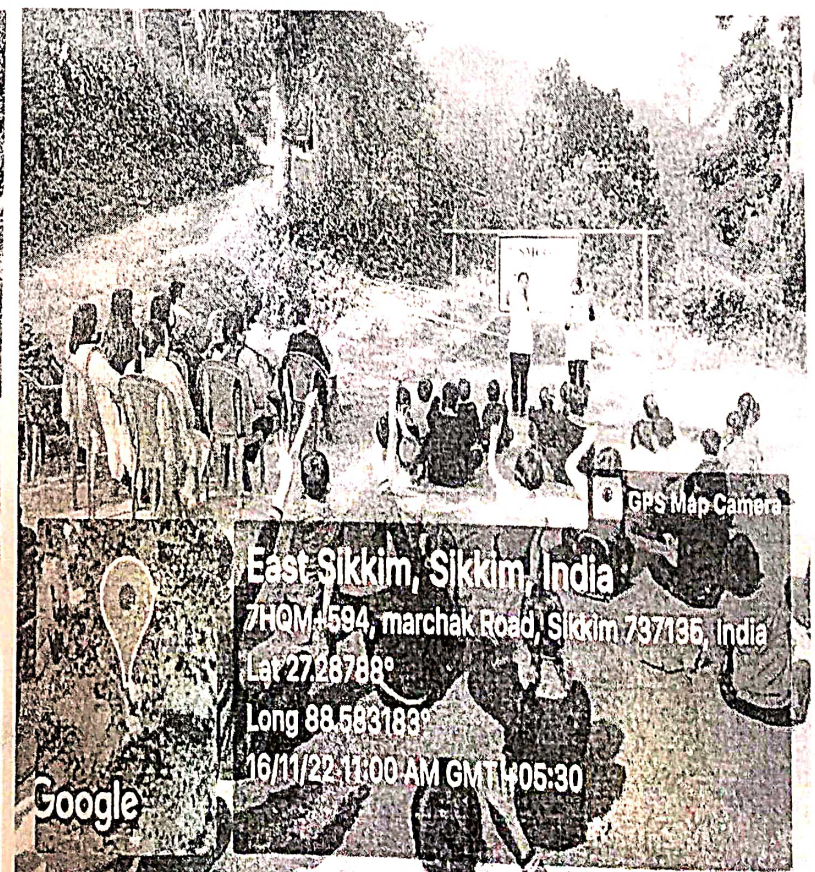
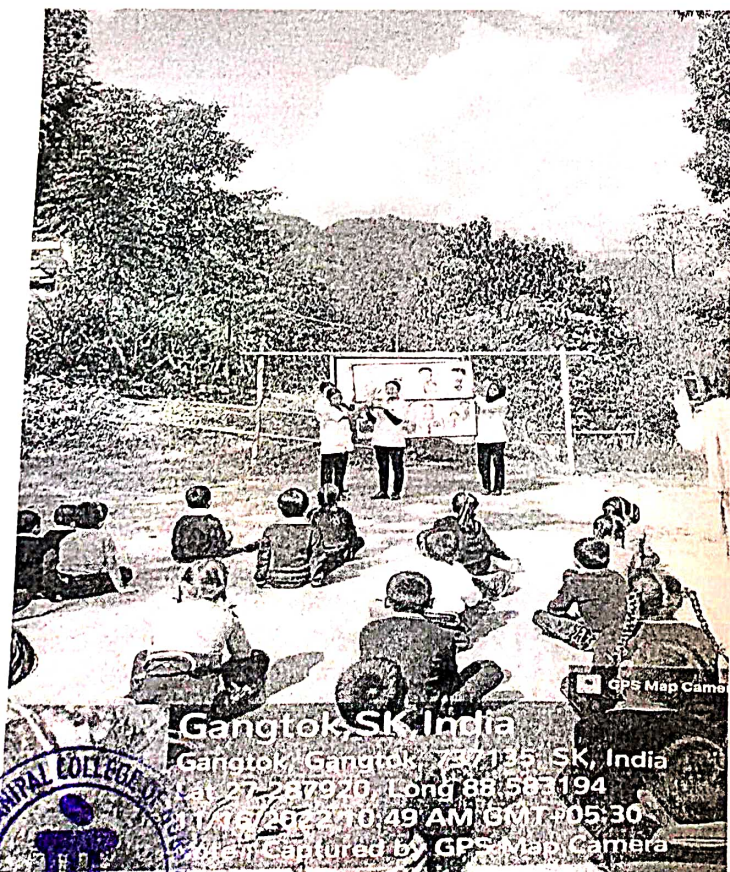
**Topic:** Importance of Moral Values and Personal Hygiene

**Conducted by:** Final Year B.Sc. Nursing (2019-2023 Batch)

**Context:** Moral values help children to develop a strong and impressive personality. Children are able to judge and differentiate between right and wrong if they are taught moral values at a very young age. It definitely changes how they perceive the world and behave once they are adults. Also personal hygiene is one of the important things to teach kids, right from the beginning. With the changing climate, unusual seasons, and pollution, etc. viral infections such as cold, cough and flu are on the rise. Unclean hands and clothes are the mediums through which germs travel to spread various types of diseases. Therefore, after recommendation and the needs felt by the Headmaster of Government Primary School, Chuten Marchak, East Sikkim students from SMCON decided to organize an School health awareness programme on Importance of Moral Values and Personal Hygiene.

**Objectives:** The main objective of the program was to impart knowledge on Importance of Moral Values and Personal Hygiene.

**The Program:** The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a School Health Awareness Programme on the topic “*Importance of Moral Values and Personal Hygiene*” at Government Primary School, Chuten Marchak, East Sikkim. The programme started with a welcome speech accompanied by felicitation of Mr Baichung Bhutia, Head Master Government Primary School, Chuten Marchak, East Sikkim and faculty from SMCON Prof. Ranjita Devi and Asst. Prof. Pranita Sharma. Staffs and students from the school attended the programme. Students of SMCON conveyed the Importance of Moral Values and Personal Hygiene through a role play and provided health talk on the same discussing about its significance and benefits in daily life with the help of attractive audio visual aids, models and live demonstration. A quiz round was also held to evaluate knowledge of school students on the above mentioned topic and a small token of appreciation was given to the students who answered correctly and participated enthusiastically. The program ended with a motivational song by the students of SMCON and with words of appreciation by school headmaster.



## MASS HEALTH AWARENESS PROGRAMME

Date: 17<sup>th</sup> June 2022

Time: 10:00am

Venue: Panchayat Bhawan, Yangtan, Aho

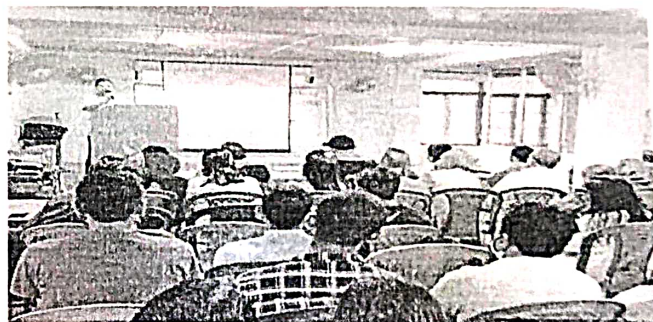
Topic: Frailty Syndrome and Its Management

Conducted by: Final Year B.Sc. Nursing (2018-2022 Batch)

**Context :** Frailty is theoretically defined as a clinically recognizable state of increased vulnerability resulting from aging associated decline in reserve and function across multiple physiologic systems such that the ability to cope with every day or acute stressors is comprised. Frailty Syndrome is a common clinical syndrome in older adults that carries an increased risk for poor health outcomes including falls, incident disability, hospitalization and mortality. With the help of proper care and management risk arising from this syndrome can be reduced effectively.

**Objective:** The main objective of the program was to impart knowledge on Frailty Syndrome and Its Management.

**The Programme :** The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a Mass Health Awareness Programme on topic "*Frailty Syndrome and its management*" at Panchayat Bhawan, Yangtan, Aho. The programme started with a welcome speech by M.C accompanied by felicitation of guests panchayat, Yangtan Aho Mr. Ramesh Prasad Sharma, SMCON officiating principal Prof. Champa Sharma, faculty Prof. Ranjita Devi and staff from PHWC, Aho. Around 50 people from community attended the programme. Student provided health talk on Frailty Syndrome discussing about its risk factors, types, disease process, its complication, its prevention and management with the help of attractive audio-visual aids. Prof. Champa Sharma HOD Mental Health Nursing, SMCON also enlightened the audience with the importance of managing Frailty Syndrome with the help of an informative video. A quiz round was also organised to evaluate knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated actively. The programme ended with positive feedback by the Panchayat, Yangtan Aho and Staff from PHWC.



## 5. SCHOOL HEALTH AWARENESS PROGRAM

**Date:** 25<sup>th</sup> November 2022

**Time:** 09:50 am

**Venue:** Government Senior Secondary School, Rumtek East Sikkim

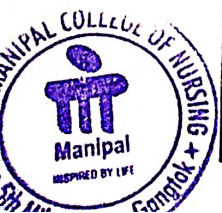
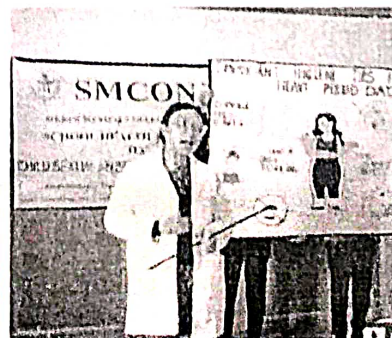
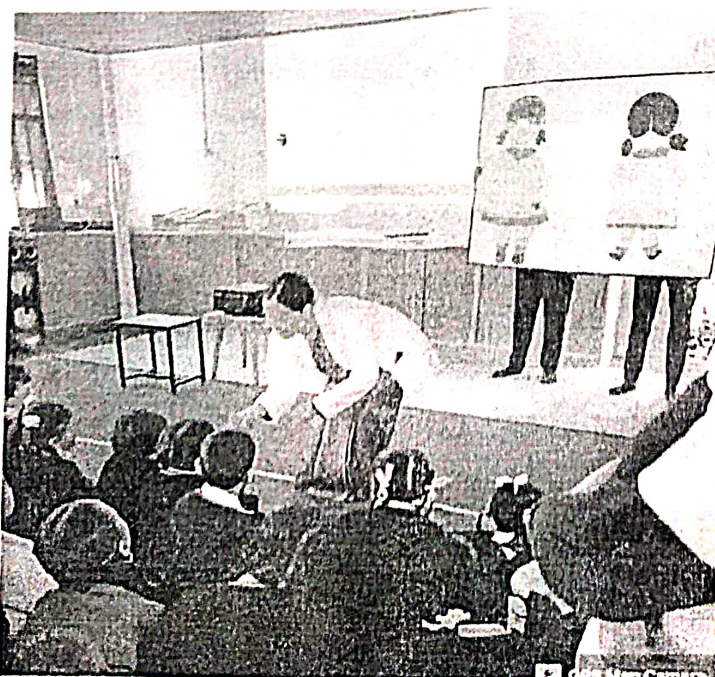
**Topic:** Child Sexual Abuse and Menstrual Hygiene

**Conducted by:** 4<sup>th</sup> Year B.Sc. Nursing (2019-2023 Batch) & 1<sup>st</sup> Year M.Sc. Nursing (2022-2024 Batch)

**Context:** Child sexual abuse is generally referred to as a form of abuse that involves sexual misconduct, whether it be pressuring, coercing, forcing, or manipulating a child to engage in or become exposed to sexual acts, and/or the sexual exploitation of children. Many children wait to report or never report child sexual abuse at all, which makes it difficult to fully capture the prevalence of child sexual abuse in our society. Menstruation is a natural biological process experienced by all adolescent girls and women every month, starting between 11 and 14 years age. Maintaining good hygiene during menstruation is of pivotal importance, especially in terms of increased vulnerability of reproductive tract infections. Poor menstrual hygiene management practices such as inadequate protection, insufficient washing facilities may increase susceptibility to infection and may put girls at risk of being stigmatized. Therefore, after recommendation and the needs felt by the school Principal Mr. Yangten Gyatso Bhutia of Government Senior Secondary School, Rumtek East Sikkim, students from SMCON decided to organize an School health awareness programme on Child Sexual Abuse and Menstrual Hygiene.

**Objective:** The main objective of the program was to impart knowledge on Importance of Moral Values and Personal Hygiene.

**The Program:** The Final Year B.Sc. and 1<sup>st</sup> year M.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a School Health Awareness Programme on the topic "Child Sexual Abuse" and "Menstrual Hygiene" at Government Senior Secondary School, Rumtek East Sikkim. The programme started with a welcome speech and felicitation of school principal Yangten Gyatso Bhutia and faculty from SMCON Asst. Prof. Pranita Sharma and Sandhya Gurung. Female students from class UKG to Class VIII were the main focused group in the programme. Students of SMCON delivered an educative health talk on the Child Sexual Abuse and Menstrual Hygiene where they discussed about the good and bad touch, the warning signs of sexual abuse, how they can prevent sexual abuse, measures to take in case of sexual harassments, POCSO Act and about cares and practices during menstruation respectively, with the help of attractive audio visual aids and a video. A quiz session was also held to evaluate knowledge of school students on the above mentioned topic and a small token of appreciation was given to the students who answered correctly and participated enthusiastically. The program ended with a motivational song and a short dance performance by the students of SMCON and with words of appreciation by school principal and teachers.



## MASS HEALTH AWARENESS PROGRAMME

**Date:** 7<sup>th</sup> January 2023

**Time:** 10:30am

**Venue:** IBM Rangpo

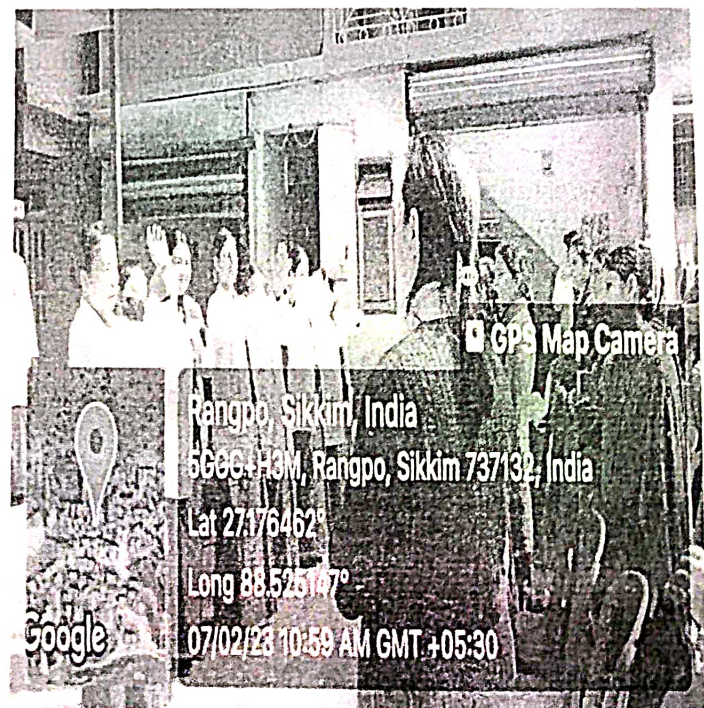
**Topic:** "Management of Diarrhoeal Diseases and Immunization"

**Conducted by:** 1<sup>st</sup> year M.Sc. Nursing Students (2022-2024 batch) Department of Community Health Nursing and Department of Child Health Nursing

**CONTEXT:** Diarrhoea is one of the leading causes of death among under five age group globally and claims approximately 1.1 lakh lives in India every year. According to NFHS-5, In Sikkim, Ladakh, Meghalaya, Andaman & Nicobar Islands and Mizoram there is a higher prevalence of diarrhoeal diseases in urban areas as compared to rural areas. According to WHO, Diarrhoea is defined as the passage of three or more loose or liquid stools per day (or more frequent passage than is normal for the individual). Key measures to prevent diarrhoea include: access to safe drinking-water; use of improved sanitation; hand washing with soap; exclusive breastfeeding for the first six months of life; good personal and food hygiene; health education about how infections spread; and rotavirus vaccination. On the assessment of the Community needs and in the view of increased incidence of diarrhoeal diseases, a mass awareness programme was planned at IBM, Rangpo among the mothers of under five children, students from nearby school and the community.

**OBJECTIVE:** The main objective of the program was to impart knowledge on Management of Diarrhoeal Diseases and Immunization.

**THE PROGRAMME:** 1<sup>st</sup> year M. Sc. Nursing students of Sikkim Manipal College of Nursing (SMCON) organized a Mass Awareness Programme on topic "*Management of Diarrhoeal Diseases and Immunization.*" at IBM colony, Rangpo. The Programme started with a welcome speech followed by felicitation of guests, Ms Anjrum Ara and Ms Samita Tamang, Teacher, Hans Raj School, SMCON faculty Ma'am Reshma Tamang, Professor and HOD, Department of Child Health Nursing, SMCON, Ma'am Pranita Sharma, Assistant Professor, Department of Community Health Nursing SMCON, Ms Kalpana Sharma, Aganwadi worker, IBM Rangpo. Around 20 mothers from the community and 20 female students (from class 8) attended the programme. M. Sc. Nursing students provided health education on Management of Diarrhoeal Diseases and Immunization with the help of attractive audio visual aids and demonstration. A quiz round was also organized to evaluate knowledge of the participants on the above-mentioned topic. Feedback was provided by Ms Anjrum Ara, Teacher, Hans Raj School, IBM Rangpo. The programme ended with vote of thanks by Ms Isha Pradhan.



## 7. MASS HEALTH AWARENESS PROGRAM

**Date:** 10<sup>th</sup> February 2023

**Time:** 10:30 am

**Venue:** IBM Colony (Goli Ground), Rangpo Sikkim

**Topic:** Observation of National Deworming Day

**Conducted by:** Final Year B.Sc. Nursing (2019-2023 Batch)

**Context:** Soil transmitted helminth infections are among the most common infections worldwide and affect the poorest and most deprived communities. The worms are regarded as the most important causes of intellectual and physical setbacks in children as it can cause diarrhoea, abdominal pain, a generalized feeling of discomfort and weakness and chronic intestinal blood loss that can result in anaemia and chronic fatigue. Therefore, after regular home visits by the final year B.Sc. nursing (interns) in IBM Colony they found the need of imparting knowledge on Deworming to the community people. And hence after seeking permission from required authorities B.Sc. Nursing students decided to organise Mass Health Awareness Programme on same.

**Objectives:** The main objective of the program was to impart knowledge on Deworming to the community people of IBM Colony, Rangpo.

**The Programme:** On "National Deworming Day" the Final Year B.Sc. Nursing students (interns) from Sikkim Manipal College of Nursing (SMCON) organized a Mass Health Awareness Programme on topic "*Deworming*" at IBM colony Rangpo, Sikkim. Around 80 people from the IBM colony attended the programme. The programme started with a welcome speech by M.C addressing the gathering followed by an educative role play on Importance of Deworming in Children by the students of SMCON. Students provided health talk on Deworming discussing about worm's types, its causes, pathophysiology, sign and symptoms, diagnostic evaluation, prevention and its management and complications with help of multiple attractive audio-visual aids. A quiz session was also held to evaluate the knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated enthusiastically. The programme ended with positive feedback given by the community people of IBM colony, Rangpo.



**Mass Health Awareness Programme**

**Conducted By: Final Year B.Sc. Nursing (Interns), Red Ribbon Club**

**Topic: "Prevention of HIV in community"**

**Date: 02.03.2023**

Final Year B.Sc. Nursing students (interns) from Sikkim Manipal College of Nursing (SMCON) and the members of Red Ribbon Club organized a Mass Health Awareness Programme on the topic "Prevention of HIV in community" at Mandi Bazaar Rangpo, Sikkim. Students provided health talk on above mentioned topic discussing about definition, its causes, transmission chain, brief pathophysiology, sign and symptoms, diagnostic evaluation, prevention and its management and complications with help of multiple attractive audio-visual aids. A quiz session was also held to evaluate the knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated enthusiastically. The programme ended with positive feedback given by the audience of Mandi Bazaar, Rangpo.



*[Signature]*  
18/02/2023  
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