



# SDG 4



**Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**

## **SDG 4: SMU ROLE FOR QUALITY EDUCATION**

Sikkim Manipal University offers quality education in the field of medical, engineering, nursing, physiotherapy, medical biotechnology, humanities & basic sciences programs. The programs are developed based upon considering local, national, regional, global developmental and social needs.

Sikkim Manipal University believes inclusive and equitable quality education and promote lifelong learning opportunities for all class of society.

Northeastern states of India are mostly underdeveloped and many parts of it are not widely connected with rest of India properly considering the fact Sikkim Manipal University came to existence in 1992 with an agreement between Govt. of Sikkim and well know Manipal Group with a vision of education for all and to harbour quality professional education for the people of Northeast and the state of Sikkim.

The following are the initiatives taken by Sikkim Manipal University:

### **a. Reservation of Seats for the people of Sikkim:**

20% to 50% seats with 75% freeship in course fee are reserved in all the programme for the people of Sikkim where even a student from BPL can apply and join the programmes. Sikkim Manipal University has students strength from 28 states who are studying in various programmes. More than 30% students are studying from NE states where development has not reached in many parts.

**b. Vocational Training on Capital Market Professional:**

Sikkim Manipal University has partnered with National Stock Exchange of India Limited to offer NSE Certified Capital Market Professional (NCCMP).

It is offered to impart knowledge and awareness about the securities market and thereby upgrade the skills and proficiency of the participants (candidates) of the course. Student of Sikkim Manipal University can attend the courses as value added courses and are offered after college hours where the experts from NSE along with faculty from Dept. of humanities & social sciences, SMU takes classes on virtual and offline mode.



**c. Vocational Training: Startup Acceleration Program for North East  
(SAPNE 1.0):**

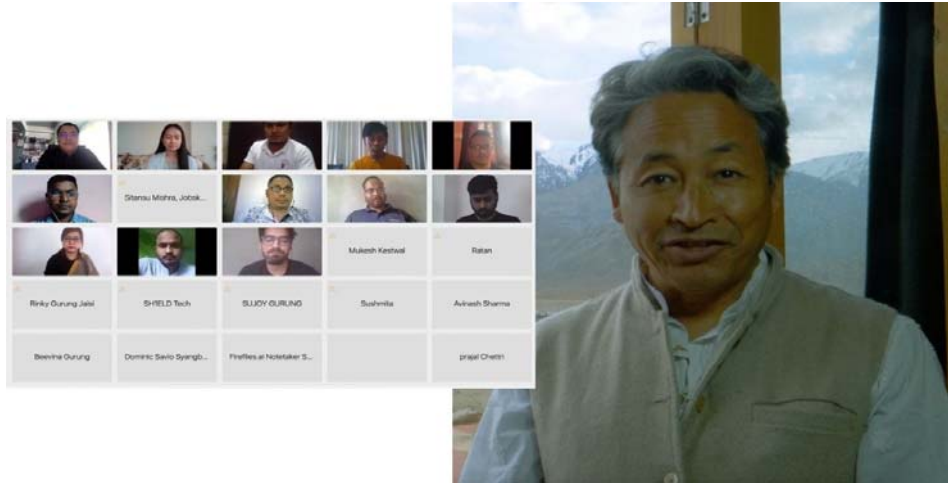
Startup Incubation cell of Sikkim Manipal University (AIC SMUTBI) launched 4 months Startup Acceleration Program for North East (SAPNE 1.0) in May 2021 on virtual mode for entrepreneurs from the Northeast who are looking for growth and scale of their business or those solving pertinent problems of Northeast.

The objective of the program is to help founders create “the Startup Playbook” with real-time problems which they may encounter and to ease them with the help a set of curated mentors and equip them with impactful knowledge to create a sustainable business.

SAPNE emphasised on creating sustainable livelihoods in the Northeast by entrepreneurs which can be achieved by innovative thinking, be it product-oriented thinking, process-oriented thinking or innovation in business models, societal forms etc.

The program was addressed by Dr Chintan Vaishnav, MD of Atal Innovation Mission, NITI AAYOG, Sonam Wangchuk, HAIL, Ladakh, Nikunja Borthakur, Senior Chief General Manager (Corporate Affairs) from Numaligarh Refineries Ltd who announced to take the top three startups from this cohort to the Investment Committee Round of investment for their program; Chaman Lal, Director, Private Sector Development, GIZ, Germany, Gautam Sivaramakrishnan, Venture Capital and Private Equity partnerships at Microsoft

for Startups and Headstart Network, Karma Paljor, ex-Senior Editor CNN and Co-Founder, EastMojo delivered a very motivating narration of his own startup story and his journey from being a successful Editor at CNN to leaving the job at the peak of his career and doing something the North East really needed.



**Sonam Wangchuk, Founder HAIL, Ladakh addressing participants of SAPNE 1.0 program**

**d. SEED School for underprivileged students of Majitar Village:**

Many school going students in Majitar village leaves their education at early age as no one in their family is educated and can give time to them at home for teaching them after school. Looking into the fact Society of Electrical and Electronics Department (SEED), Sikkim Manipal Institute of Technology in 2009 started SEED School to provide quality education to underprivileged students of Majitar Village.

SEED school conducts classes for students from 4<sup>th</sup> to 10<sup>th</sup> standard. Classes are conducted after college hours inside the college classes. Classes are conducted by the students of college who helps children with their homework, help them complete their study work post school hours. SEED School has been supportive for the underprivileged school students with quality education after school hours.







### **e. SMU selected as training partner with NSDC under the PMKVY 4.0 program 2023**

SMU selected as training partner with NSDC under the PMKVY 4.0 program of Ministry of Skill Development, GOI. The following points were explained by her :

a) The entire program is coming under the Pradhan Mantri Kaushal Vikas Yojana 4.0 (PMKVY 4.0) scheme.

b) The five job roles/ course we have selected are as follows:

Job Role	Sector
Assistant Technician-CCTV	Electronics
Software Developer Associate	IT-ITeS
Electrician-Aide	Construction
Internet Support Technician	Telecom
Software Programmer	IT-ITeS

c) Training will be conducted for a maximum of 240 students. However, students have to be enrolled in batches.

d) The maximum possible student in a batch is 30 and there has to be minimum of 10 students in a batch.

e) The deadline for the starting the first batch is 15th July and last date to on board first batch is 30th June.

f) NSDC will allot a sum of Rs. 6923 /- per student for his/her skill development course

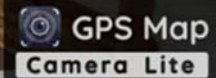
g) The timing for the course is flexible and the allotted hrs can be spread over 3 months or 1 month as decided by the University.

h) The total cost for the course will be given in two instalments. The first instalment of 60% of the total amount will be considered after minimum of 70% student's attendance is recorded within first 20 days. The remaining instalment will be provided if 70% of the batch attains the certificate.

i) The exams will be conducted by NSDC personnel on campus after course is completed and date of exam will be selected by the University in coordination with NSDC.

j) The courses will have to be conducted in fully offline mode and biometric attendance of the students to be recorded.





C-Quad Portico, Majitar, Sikkim 737136, India

Latitude  
27.1825011°

Longitude  
88.5019855°

Local 03:03:29 PM  
GMT 09:33:29 AM

Altitude 338 meters  
Wednesday, 24.05.2023



Members present.

- (a) Prof.Dr. Gurdaman Lal Sharma, Director, SMIT
- (b) Prof. (Dr.) Udit Kr Chakraborty, HOD CSE & Head QC
- (c) Dr. Bikash Sharma, Head e cell
- (d) Dr. Amrita Biswas, Deputy Registrar(A)
- (e) Dr. Satadru Jha, Dept of Chemistry
- (f) Dr. Abhinandan Baruah, Dept. of ME
- (g) Dr. Dipendra Gurung, Dept. of CA
- (h) Prof. (Dr.) Rabindranath Bera, Dept. of CSE(DS)

## MEMORANDUM OF UNDERSTANDING (MOU)

BETWEEN

**17000 ft Foundation (17000ft)**

AND

**Manipal Foundation**

This is a MOU dated 1 July 2021 ("Effective Date") by and between

**17000 ft FOUNDATION** is a non-profit organisation, registered under Sec 25 (Non Profit) of the Indian Company Act 1956, and having its office at Q-139, Ground Floor, South City, Gurugram-12003, Haryana (hereinafter referred to as "**17000ft**" which term shall unless repugnant to the context include its successor, representatives, administrators and permitted assign)

and

**Manipal Foundation** a trust established under the Indian Trust Act, having its registered office at University Building, Madhava Nagar, Manipal – 576104, hereafter referred to as '**Manipal Foundation**' which expression shall include its permitted assigns)

for the purpose of providing access to Quality Education for children living in the rural areas of Sikkim, by 17000ft.

Both the Parties hereto collectively referred to as the "Parties" and individually as the "Party".

- (a) 17000ft is a non-profit organisation working to improve lives of the people of remote, high altitude mountainous villages of the Indian Himalayan region.

(b) Manipal Foundation is engaged in funding and implementing social projects in five focus areas of Education, Healthcare, Women Empowerment, Skill Training & Employability and Environment & Civic initiatives independently and with help of other service providers.
- Manipal Foundation contemplates to carry out an Educational project by which 3 schools and the students studying in those schools, located at remote Sikkim will benefit and would like to collaborate with 17000ft in this initiative.
- From the Effective Date, Manipal Foundation with a view of promoting Education as an approved activity as per Schedule VII of the Companies Act 2013, governing the Corporate Social Responsibility Policy of the Company under the said Act, will provide to 17000ft, a **onetime amount of INR 30,00,000/- (Rupees Thirty Lakhs Only) for a year**, towards 17000ft's project aimed at providing access to quality education for children in three rural Govt. schools of Sikkim by setting up a Digital Education Program (DigiLab) and a Library Program, as listed in the annexure to this agreement. The contribution shall be made at the start of the Project, on formalization of this agreement

The funds are being provided in accordance with and so as to comply with various laws, rules or regulations as laid down by Companies Act, 2013, Income Tax Act, 1961, etc. or any such other law, rules or regulations as may come in force during the course of this Agreement.

- Disbursement to funds shall be made in Indian Rupees (INR) and funds so disbursed shall be deposited in the bank account of Foundation shared below:

A/c Holder:	17000 FT FOUNDATION
Bank Name:	HDFC Bank
Branch:	VATIKA BUSINESS PARK, BADSHAHPUR, GURGAON
A/c No.:	10981450000110
Type:	SAVINGS
IFSC:	HDFC0001098

5. 17000ft agrees to provide all necessary and required documentation to Manipal Foundation to enable its compliance under the various laws, rules or regulations as laid down by Companies Act, 2013, Income Tax Act, 1961, etc. or any such other law, rules or regulations as may come in force during the course of this Agreement.
6. 17000ft agrees to provide specifically all required and necessary documentation required by Manipal Foundation from time-to-time claim expenditure/ deduction on account of CSR contributions made by it to 17000ft for compliance and tax deduction purposes as applicable with specific reference to where CSR expenditure is specifically allowable under the applicable laws.
7. **Reports:**
  - a) **Progress Report:** 17000ft shall submit quarterly Progress Report on the Project, on a mutually agreed format finalized at the project start. The Final Completion Report of the project will be submitted by 17000ft, within 45 days of completion of the said project, incorporating scope of work met, benefits achieved, financial details mentioned and recommendations made by 17000ft along with photographs (at no extra costs to Manipal Foundation).
  - b) **Financial Reports:** 17000ft shall furnish to Manipal Foundation receipt for the funds received. 17000ft shall submit to Manipal Foundation ONE utilization certification from a Chartered Accountant-Independent Auditor for the aforesaid contribution, within 45 days of the completion of the Project Term.
8. **Inspection, Evaluation and Audit:** Manipal Foundation shall, at its discretion, undertake or cause to be undertaken, evaluation of the impact and cost effectiveness or an audit of the Projects. Such evaluation/audits shall be carried out during the tenure of this Agreement. 17000ft shall when notified by a thirty (30) day notice, give Manipal Foundation or its representative reasonable co-operation and access to its records in connection with this Agreement.
9. 17000ft reserves its right to return in part or in whole the funds provided by Manipal Foundation if the work envisaged cannot be reasonably executed by 17000ft or if such work does not fall within the intended interests of 17000ft.
10. 17000ft shall acknowledge the support received from Manipal Foundation in such manner and in such communications as may be mutually agreed to by the parties. For on-site physical branding, Manipal Foundation to provide all design and material for installation by 17000ft. Promotional videos, if required, will be quoted for separately.
11. Media interaction with the beneficiaries and their relatives may be arranged by 17000ft and the Manipal Foundation with prior intimation and co-ordination and under controlled circumstances.

The Manipal Foundation shall be entitled to use the photographs of the beneficiaries for promotion. 17000ft shall be responsible to secure appropriate no objection certificate (NOC) from the concerned beneficiaries in this regard. This utilization shall be applicable during and after the period of MoU with and the promotional material should mention "in association with 17000ft".
12. **Term and Termination:** This MoU shall be effective from 1 July 2021 and shall be valid until 30 June 2022 ("Term"). The Parties agreed and acknowledged that for the implementation of the CSR Project they may renew the MoU on mutual consent of both the Parties in writing at least thirty (30) days prior to the expiry of the MoU.
13. **Relationship:** Both the Parties acknowledge that they are acting for the limited and exclusive purpose of the Agreement. This Agreement does not constitute any Party as a servant, employee, partner, a joint venture partner or an agent of the other Party and no Party shall have no authority to bind the other Party in any respect whatsoever and shall not hold itself out as owned by or associated with the other Party other than as specifically authorized and permitted under the terms and conditions of the Agreement herein set forth. At no point of time, none of the employees of the Party shall be construed or deemed to be the employees of the other Party at any time.


14. **Intellectual Property:** 17000ft shall not have or claim to have any rights in or to the Manipal Foundation title, or any such property provided by the Manipal Foundation. Similarly, the Manipal Foundation shall not have or claim to have any right in or to 17000ft title, trademarks, trade names logo or any such property provided by 17000ft.
15. **Assignment:** Neither Party shall be entitled to assign its rights and obligations under this Agreement without the prior written consent of the other Party.
16. **Notices:** Any notice required to be given under the terms of this Agreement shall be in writing and delivered to the Parties at the address given above, including any changes communicated thereon.
17. **Force Majeure:** Parties shall not be liable for any loss or damage for delay in delivery of the Project activities due to causes beyond its reasonable control, including, but not limited to, acts of civil or military authority, priorities, fire, strikes, floods, extreme weather conditions, epidemics, quarantine restrictions, war, riots, road blockage, delay in transportation, car shortages, economic recession, acts of government or compliance with any governmental rules or regulations, acts of terrorism and in such a delay occur, Parties may reasonably extend the Project activities for such delayed period.
18. **Amendment:** The Parties shall always have the right to add, delete, amend or alter any of the terms and conditions of this Agreement as may be required by business exigencies and/or any change made by the regulatory authority and/or statutory changes and such terms and conditions as mutually agreed shall be reduced in writing and shall be binding on the Parties.
19. **Governing Laws:**
- (a) All disputes, differences and/or claims arising out of this Agreement shall be settled by mutual resolution within 30 (thirty) days, failing of which, the same shall be subjected to the exclusive jurisdiction of the Courts of Bangalore.
- (b) This Agreement shall be governed and construed in accordance with the laws of India.

IN WITNESS WHEREOF the Parties hereto have hereunto executed these presents on the Effective Date first hereinabove written.

For Manipal Foundation

For 17000 ft Foundation

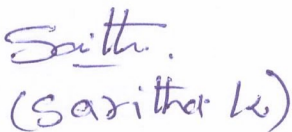
  
Name: Harinarayan Sharma  
Designation: Chief Executive Officer  
Date: 1 July 2021

  
Digitally signed by SANDEEP SAHU  
Date: 2021.07.02 10:59:39 +05'30'

Name: Sandeep Sahu  
Designation: Director  
Date: 1 July 2021

Witness:

Witness:

  
(Saritha K)

**ADDENDUM TO MEMORANDUM OF UNDERSTANDING (MOU)**

**BETWEEN**

**17000 ft FOUNDATION (17000ft)**

**AND**

**MANIPAL FOUNDATION**

---

In view of certain additions in the earlier MoU executed on 1<sup>st</sup> July 2021 between **17000 ft Foundation**, a non-profit organisation, registered under Sec 25 (Non Profit) of the Indian Company Act 1956, and having its office at Q-139, Ground Floor, South City, Gurugram-12003, Haryana and **Manipal Foundation**, a trust established under the Indian Trust Act, having its registered office at University Building, Madhava Nagar, Manipal – 576104, hereafter referred to as '**Manipal Foundation**'; both parties are executing an addendum to the earlier Memorandum of Understanding. This addendum to the MOU is made at Gurgaon and signed on 6<sup>th</sup> December 2021.

1. From the Effective Date, Manipal Foundation with a view of promoting Education as an approved activity as per Schedule VII of the Companies Act 2013, governing the Corporate Social Responsibility Policy of the Company under the said Act, will provide to 17000ft, a **onetime amount of INR 11,87,514 (Rupees Eleven Lakh Eighty Seven Thousand Five Hundred and Four Only)**, towards 17000ft's project aimed at improving the infrastructure in three rural Govt. schools of Sikkim by setting up an Outdoor Playground, as listed in the annexure to this agreement. The contribution shall be made at the start of the Project, on formalization of this agreement

The funds are being provided in accordance with and so as to comply with various laws, rules or regulations as laid down by Companies Act, 2013, Income Tax Act, 1961, etc. or any such other law, rules or regulations as may come in force during the course of this Agreement.

2. Disbursement to funds shall be made in Indian Rupees (INR) and funds so disbursed shall be deposited in the bank account of Foundation shared below:

A/c Holder: **17000 ft Foundation**  
Bank Name: HDFC Bank  
Branch: VATIKA BUSINESS PARK, BADSHAHPUR, GURGAON  
A/c No.: 10981450000110  
Type: SAVINGS  
IFSC: HDFC0001098

3. **Term and Termination:** This MoU shall be effective from 1 July 2021 and shall be valid until 30 June 2022 ("Term"). The Parties agreed and acknowledged that for the implementation of the CSR Project they may renew the MoU on mutual consent of both the Parties in writing at least thirty (30) days prior to the expiry of the MoU.

4. All the other terms and conditions of the original MOU remain unchanged.

IN WITNESS WHEREOF the Parties hereto have hereunto executed these presents on the Effective Date first hereinabove written.

For Manipal Foundation



Name: Harinarayan Sharma  
Designation: Chief Executive Officer  
Date:

Witness:

For 17000 ft Foundation



**17000 ft Foundation**

Name: Sandeep Sahu *Director*  
Designation: Co-Founder & Director  
Date:

Witness:



# PROGRESS REPORT ON TRANSFORMING EDUCATION IN REMOTE RURAL GOVT SCHOOLS OF SIKKIM

*A summary of activities and achievement made across the 3 adopted schools in North Sikkim -  
December 2021 till date*



**SMU** SIKKIM  
MANIPAL  
UNIVERSITY

Established under Govt. of Sikkim, Act 9 of 1995, recognised under 2(f) of the UGC Act, 1956





## PROJECT DETAILS

PROJECT PERIOD: July 2021 – June 2024

REPORTING PERIOD: July 2021 – June 2023

PROJECT GEOGRAPHY: 3 Govt. schools in Mangan District, Sikkim

## PROJECT OBJECTIVES

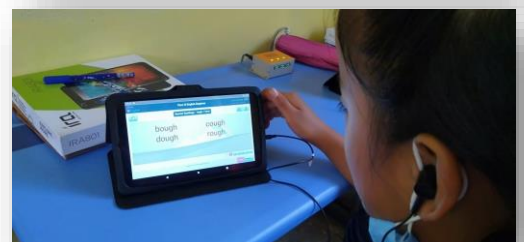
The project, supported by Manipal Foundation and Sikkim Manipal University, is aimed at creating access to quality and holistic learning in three adopted Govt. schools. As part of the Project, over a 3-year period, 17000ft will

- Improve infrastructure through the setup of outdoor playground to get children back to schools.
- Improve Learning Resources by setting up:
  - i. DigiLab – highly specialized offline Digital Learning Solution meant for areas with no mobile connectivity, that enables children to learn in school and at home.
  - ii. Library, with average 400 books across genres, levels and languages.
- Build capabilities of Headmasters and Teachers on implementing a Blended Learning program and an Active Library program in schools
- Improve Student Learning by implementing a Structured Library program and the DigiLab program in the 3 schools.

## PROJECT PROGRESS

The first two years of the Project has been devoted to

- Setting expectations with the Department of Education
- Mobilizing and sensitizing parent and the communities
- Improving infrastructure in schools through the installation of the Playground
- Contextualizing the digital learning content for the DigiLab program
- Enhancing learning resources in schools through the setup of the DigiLab and Library
- Building capacity of HM and Teachers through annual training and periodic refresher training
- Supporting the schools through quarterly monitoring visits and calls
- Maintaining the provided hardware and troubleshooting, as required





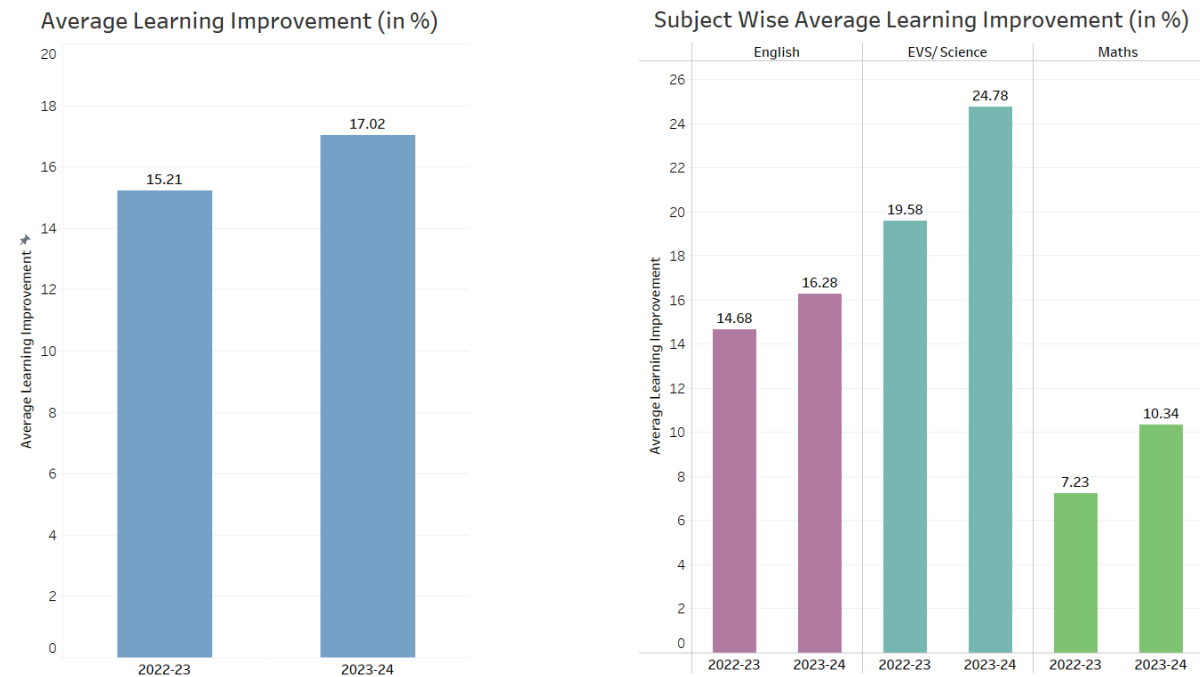


## PROJECT RESULTS

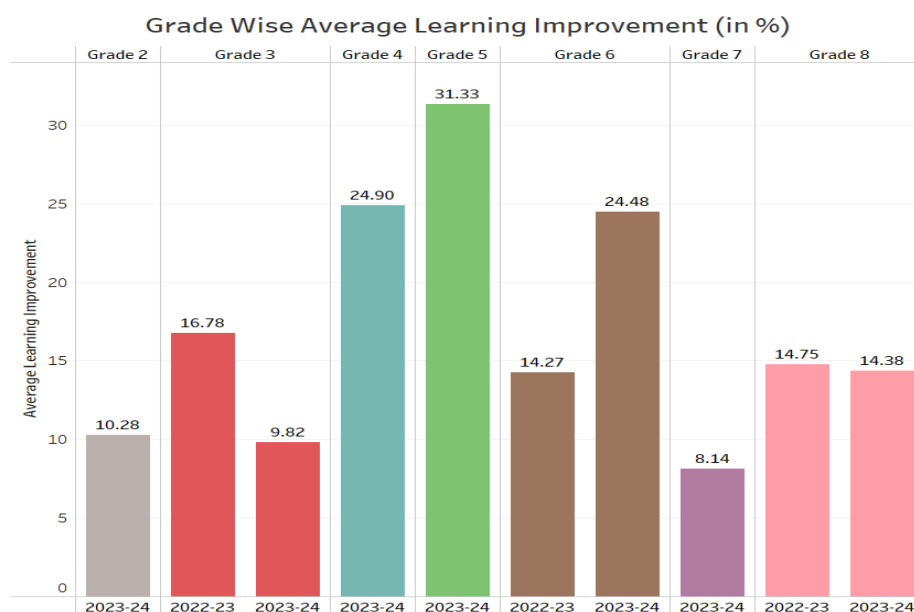
### DigiLab

The overall **Average Learning Improvement (ALI)** across subjects is **16.63%**. In the current academic year, the overall ALI is higher (17.02%) as compared to the previous session (15.21%).

Children have demonstrated the highest learning improvement in EVS/ Science – 24.78% in the current academic year and 19.58% in the previous year. It is encouraging to see that in Maths, the children are displaying a higher improvement this year (10.34%) as against 7.23% displayed last year.



The Grade wise data for ALI is also extremely heartening as children across grades are demonstrating improvement in their learning. The data reveals that the highest Learning improvement has been achieved by children of Grade 5 followed by Grade 4 and Grade 6. There has been a marked increase in ALI for Grade 6 in the current session with an over 10% increase from the previous session.

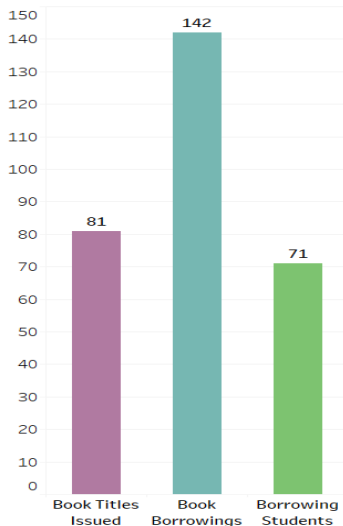




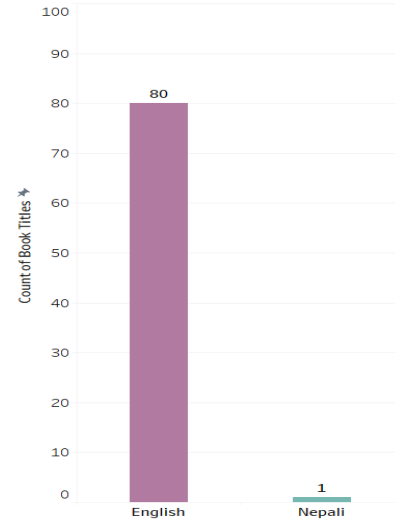
## Library

It is immensely inspiring to note that children are borrowing and reading books. All the three schools have incorporated a Library period in their schedule and have allocated one period per week.

Details of Books Issued

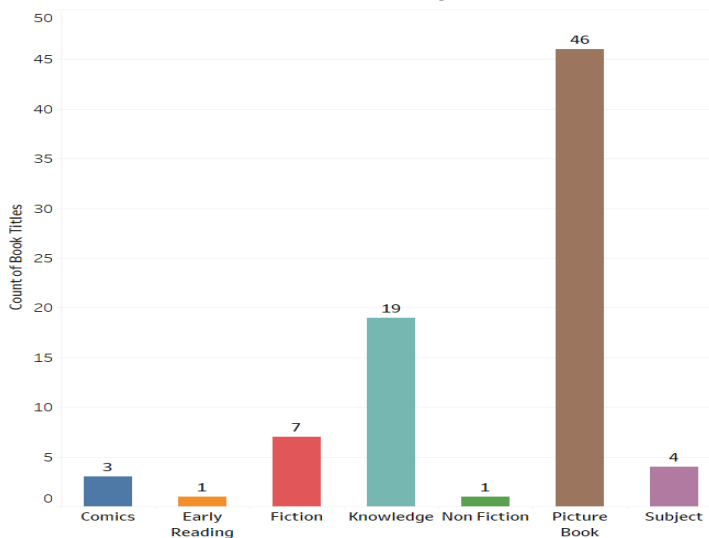


Book Titles Issued by Language

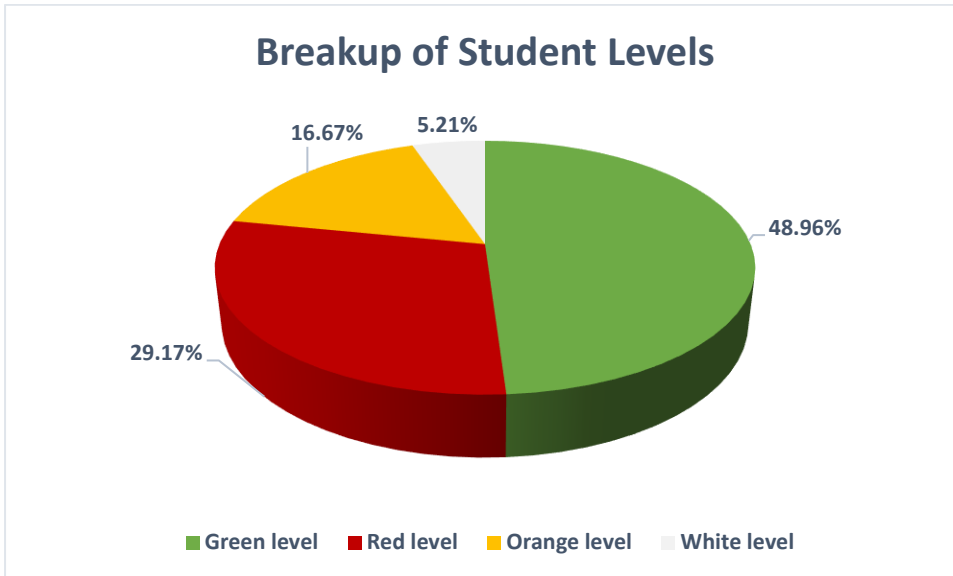


As can be seen in the above graph, a total of 81 book titles have been issued across the three schools to 71 students a total of 142 times. Almost all issued Book titles have been of English language; only 1 book in Nepali has been issued while there have no books issued in Hindi language.

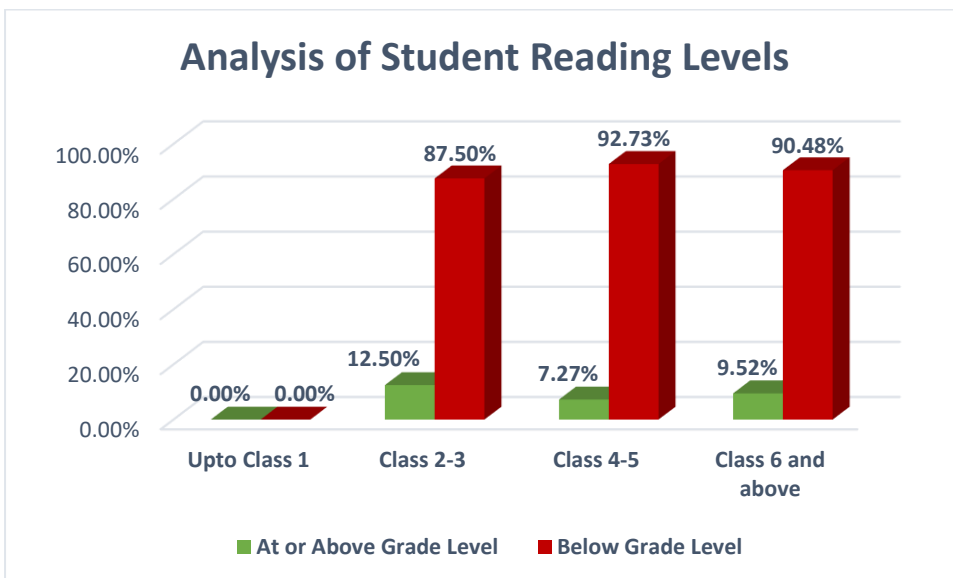
Book Titles Issued by Genre



It has been observed that majority of the books issued have been Picture Books which account for 56.8% of all book titles issued, followed by Knowledge genre books which account for 23.5% of all book titles issued. Children are being encouraged to explore other genres too.



Almost half (49%) of the students across the three schools were found to be in the basic ‘Green’ level with close to 30% in the ‘Red’ level. Just under 17% were in the ‘Orange’ level while only a little over 5% were in the most advanced level- ‘White’.



As can be seen above, the vast majority of students in the three schools are not reading at Grade level at the moment. To address this, 17000ft has conducted centralised & refresher training of HM & teachers on creating an active reading program in schools with the overall aim to inculcate a reading habit amongst children. We are confident that these measures will encourage children to read more and a larger proportion of students will start reading at Grade level.

#### Enrolment Updates

Even though the overall enrolment has declined in all the 3 schools, it has been observed that the overall students’ attendance across grades is over 90%.



Sl No	Name of School	Enrolment of Start of Year 1	Current Enrolment
1	UPS Lingzya	36	32
2	Ups Namprick	36	32
3	SS Tingvong	65	47

## CHALLENGES FACED

Over the last two years of the Project, 17000ft has faced a few challenges which have been addressed as highlighted below:

- i. **Raspberry Pi stability issues:** A stability issue was observed in the Raspberry Pi setup in the 3 schools, as part of the DigiLab. It was noted that due to power fluctuations, when multiple devices would try to connect to the Raspberry Pi, the Pi was unable to take the load forcing the devices to drop off automatically. This caused issues in syncing data from the DigiLab sessions. To resolve this issue, 17000ft has now provided an additional 220V transformer in these schools which is converting the load from AC to DC, thus providing stability when multiple devices attempt to connect to the Pi.
- ii. **Power Supply issues:** Inconsistent power supply causing malfunctioning in the DigiLab was a major issue reported by the schools. In order to counter this, 17000ft provided Top Up boxes to stabilize power supply for the DigiLab and ensure continuous and uninterrupted power supply for all devices. This step has particularly helped increase DigiLab usage in the schools.
- iii. **Delays caused due to weather vagaries:** Due to the long monsoon season causing roads to be washed out and travel practically impossible, it was not possible make monitoring visits to the schools in each quarter; hence only 3 out of the planned 4 visits could be made. In address this challenge, 17000ft has ensured support to the schools through calls/ WhatsApp.

## SUPPORT PROVIDED BY SMU

### Health Camps

The Central Referral Hospital Manipal, in association with 17000ft Foundation, has organised a one-day free medical health camp for the benefit of community members at:

- Lingzya Village in Dec 2021
- Namong Arithang in July 2023

The medical camps were conducted on the grounds of the schools in the villages.

Specialist doctors from various department namely General Medicine, Paediatrics, Dental and Psychiatry conducted these camps. Both the camps were well attended by students, parents and teachers. Medical examination along with free blood pressure and blood sugar were also conducted. Few of the patients were referred by the doctors for further





treatment at Central Referral Hospital Manipal. The Central Referral Hospital also gave free medical treatment to the needy patients.



### *Hiring of Team*

Before 17000ft started its full-fledged operations in Sikkim, the Sikkim Manipal University had provided space to the 17000ft senior team for conducting candidates' interviews for the role of Program Facilitators.

### **17000 ft's PRESENCE IN SIKKIM**

17000ft started its operations in Sikkim in July 2021 by adopting 3 Govt. schools in collaboration with Manipal Foundation and Sikkim Manipal University. Since then, 17000ft has expanded its reach and has transformed a total of 85 Govt. schools across Mangan, Pakyong and Gangtok districts and will soon be expanding to the Soreng district.

In this journey, 17000ft has been supported by Manipal Foundation & Sikkim Manipal University, Axis Bank, HT Parekh Foundation and Cipla Foundation.

### **PHOTOGRAPHS FROM THE GROUND**







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

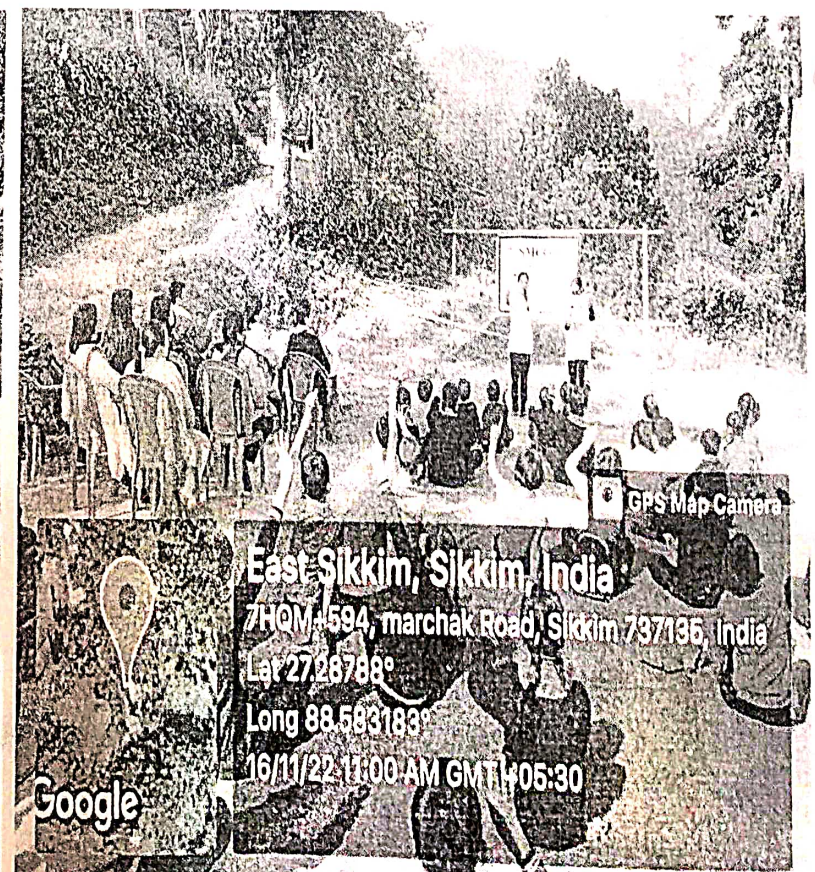
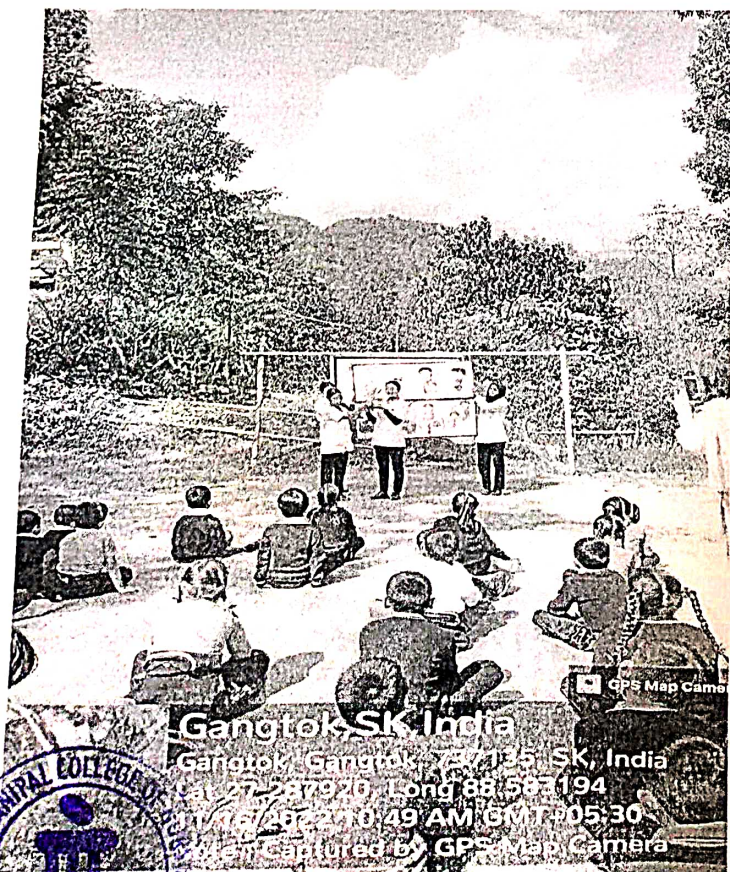
**Topic:** Importance of Moral Values and Personal Hygiene

**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

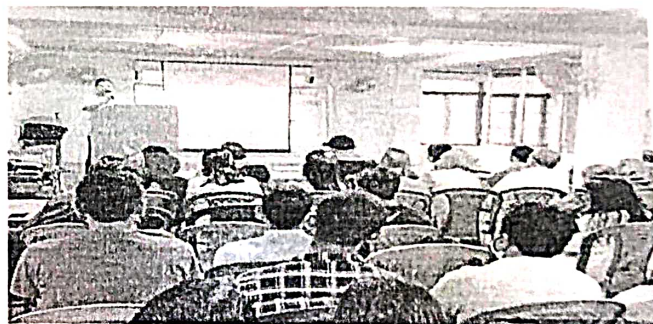
Topic: Frailty Syndrome and Its Management

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

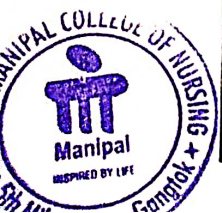
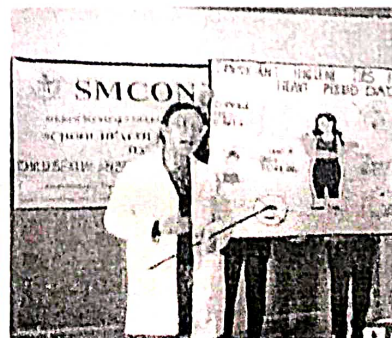
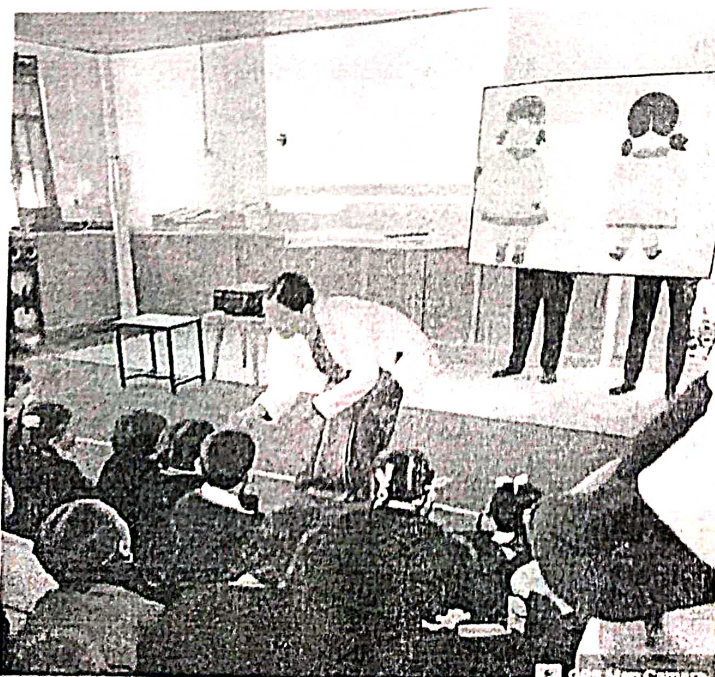
**Topic:** Child Sexual Abuse and Menstrual Hygiene

**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

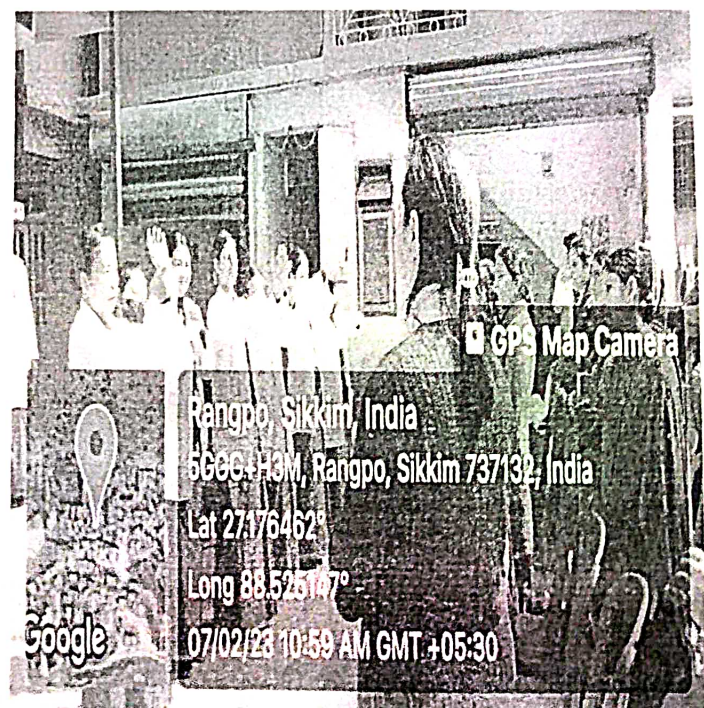
**Topic:** "Management of Diarrhoeal Diseases and Immunization"

**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  
HEAD OF DEPARTMENT  
COMMUNITY HEALTH NURSING  
SMCON  
1 Mile Tadong, Gangtok  
East Sikkim

*[Signature]*  
18/3/2023  
(Subject - Coordinator)

*[Signature]*  
18/03/2023  
Principal  
SMCON  
TADONG, GANGTOK  
SIKKIM

