

a. Contribution of Sikkim Manipal University in transformation of remote schools for providing quality education in North Sikkim

Sikkim Manipal University has partnered with 17000 ft foundation & Govt of Sikkim with a mission to transform education in remote, high altitude frontier villages of the state of Sikkim. The project aims to upgrade Govt. Schools in physically remote & network shadow regions of Sikkim with child friendly school infrastructure, improved learning resources and capacity building of teachers to increase enrolment and enhance learning levels of children.

Sikkim Manipal has adopted three schools of remote village (viz., Lingzya, Tingvong & Nampruk) of Dzongu, North Sikkim and provided schools with outdoor playground equipment consisting of slides, swings, see-saws etc. for children, a brightly coloured and decorated library with age-appropriate books and a highly specialized Solar Powered Offline Digital Learning Solution, called the DigiLab, with a Solar Panel, Battery, 30 Tablets, a mini Server, desks and chairs, flooring and paint for the DigiLab Room. The DigiLab Solution provides engaging and interactive content for the children even in network shadow areas to learn at their level, while also allowing for remote monitoring and tracking through the presence of a specially built last mile connectivity App

Glimpse of event :





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Established under Govt. of Sikkim, Act 9 of 1988, incorporated under 20 of the UGC Act, 1956





1. COMMUNITY BASED ACTIVITIES (April 2021- March 2022)

1.1. Students participation in Covid 19 vaccination drive

Date: 20.10.2021 - 22.10.2021

Venue: Tumlabong Junior Highscholl, East Sikkim

Conducted by: PHSC Tumlabong

On October 2021, 1st and 2nd year M.Sc. Nursing students participated in 3 days 2nd dose Covid -19 Vaccination drive i.e. from 20.10.21- 22.10.21 in collaboration with the staff of Tumlabong PHSC which was conducted at Tumlabong junior high school. All total of 669 population who were the resident of the area were vaccinated.

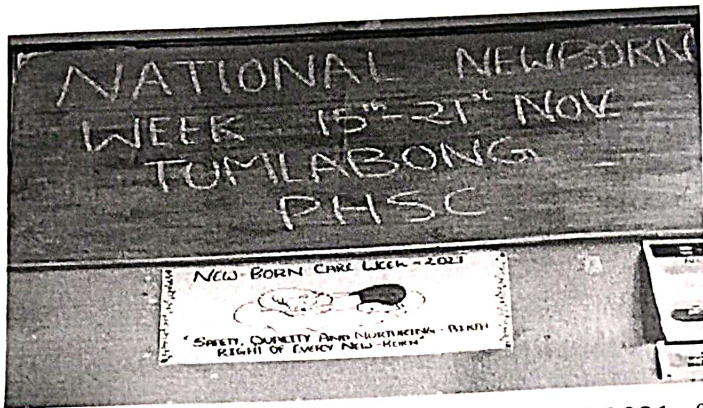


2. Observation of National New-born Week 2021

Date: 17.11.2021

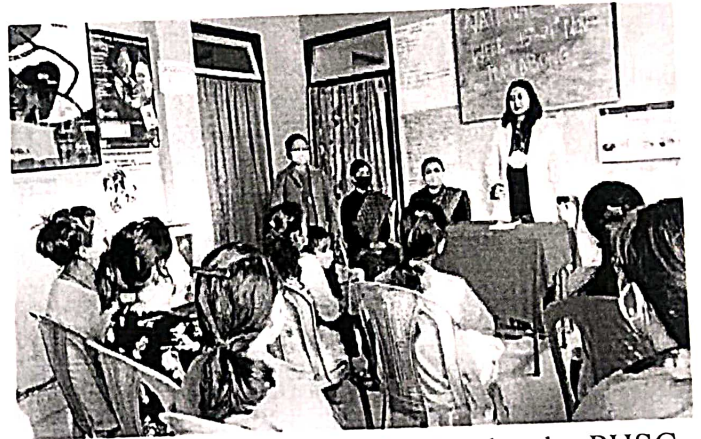
Venue: PHSC Tumlabong, East Sikkim

Conducted by: 1st and 2nd year M.Sc. students, Department of Community Health Nursing

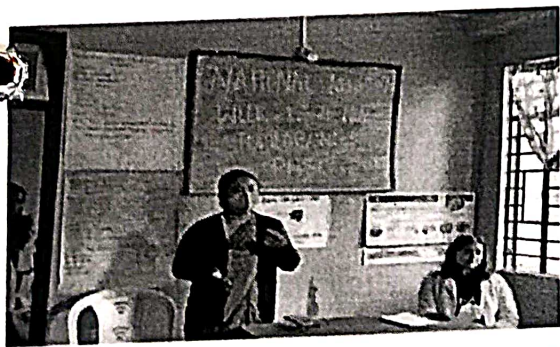


The M.Sc. Nursing students of Community Health Nursing Department, SMCON had observed the 'National New-born Week 15th - 21st November' 2021 on the theme "Safety, Quality and Nurturing Case - Birth Right of every newborn" at Tumlabong PHSC, East Sikkim.

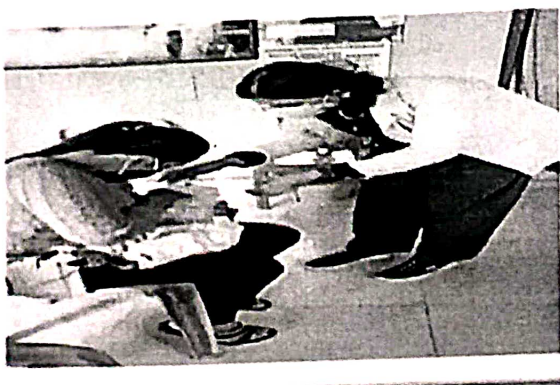
The programme was organized on 17.11.2021 for antenatal mothers and mothers with newborns residing at Tumlabong area. The programme was focused on the topics like-causes of new-born mortality in India, newborn care including importance of immunization and techniques of breast feeding. All total 12 mothers had attended the programme.



The programme started with an introduction by the PHSC staff on newborn health, causes of newborn mortality in India. Newborn care and importance of immunization was explained by the student Ms. Shrada Pradhan and techniques of breast-feeding was explained by Ms. Babina Khanal and Ms. Archana Niroula.



The students had put in all their efforts and creativity in bringing out a well-organized programme. The participants and the PHSC staff appreciated the students for their hard work.



1.3. In-Service education on Bio-medical waste management

Date: 24.11.2021

Venue: PHSC Tumlabong, East Sikkim

Conducted by: 1st and 2nd year M.Sc. students, Department of Community Health Nursing

Context: Bio-medical waste means any waste, which is generated during the diagnosis, treatment or immunization of human beings or animals or research activities pertaining there to or in the production or testing of biological or in health camps. Bio-Medical waste includes all the waste generated from the Health Care Facility which can have any adverse effect to the health of a person or to the environment in general if not disposed properly. All such waste which can adversely harm the environment or health of a person is considered as infectious and such waste has to be managed.

Objective: The programme aimed at creating awareness on biomedical waste, color coding for different wastes generated in the hospital and health centers and its management.

The Programme: The M.Sc. Nursing students from the Department of Community Health Nursing of Sikkim Manipal College of Nursing (SMCON) organized an In-service Education Programme on Biomedical Waste Management at Tumlabong PHSC, East Sikkim. ANM, ASHA and MPHWS were the focused audience of the programme. The students of SMCON demonstrated the different color coded bins for different categories of waste. The programme also highlighted the importance and significance of biomedical waste management at health care facility and steps to be followed during handling, segregation, disinfection, storage, transportation and final disposal of biomedical waste. The pretest questionnaire was given to the focused group to assess their knowledge regarding Biomedical waste management and after the program, same group was assessed for post-test knowledge using the same questionnaire to assess the effectiveness of the education program. Out of 11 participants, 80% of the participants had scored 50% in the pretest and the same had scored 90 % in the post test. The program was found to be effective and the participants also gave good feedback on the overall organization of the programme. The programme went well and ended with the vote of thanks by the students.



1.4. Awareness on nutrition and diet during and post Covid-19 disease

Topic: Covid-19 and Diet

Venue: Roads and Bridges department, Lumsey

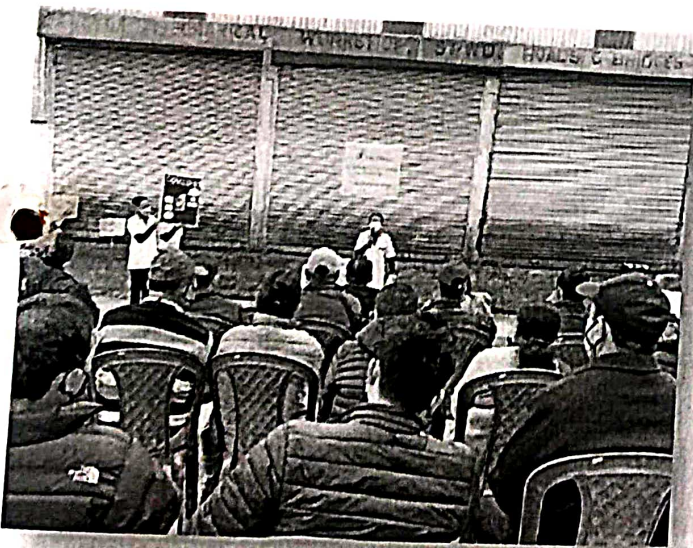
Date: 25th November 2021

Organised by: 2nd Year B.Sc. Nursing (Batch 2020-24)

Context: Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. As per current statistics of COVID-19 cases in India are 3.46 Cr and deaths 4.69 L and in Sikkim the total cases are 32,233 and deaths 403. Due to the increase number of cases it is important to manage the situation by spreading awareness regarding COVID-19 and preventive measures focusing the importance of diet and Covid protocols.

Objective: The programme aimed at creating awareness among public on COVID-19 and its diet during Pre COVID, COVID period and post COVID period.

The Programme: The 2nd year B.Sc. Nursing students from the Department of Community Health Nursing of Sikkim Manipal College of Nursing (SMCON) organized a Nutrition Programme on "COVID-19 and Diet" at Lumsey, East Sikkim. All the people of community especially those who were previously diagnosed as COVID-19 positive were the focused audience of the programme. The students of SMCON performed a roleplay focusing all the aspects of COVID-19. The programme also highlighted the importance of COVID protocol by demonstrating handwashing techniques and masking techniques followed by health education on nutritious diet in which the food items prepared by the students were displayed. At the end questions were asked to the audience 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. Bhim Tamang, AE, Roads and Bridges gave good feedback and appreciated on the the overall organization of the programme. The programme went well and ended with the educative song on COVID-19 and vote of thanks by the students.



1.5. School Health Awareness on Substance Abuse

Topic: Substance Abuse

Date: On 26th November 2021

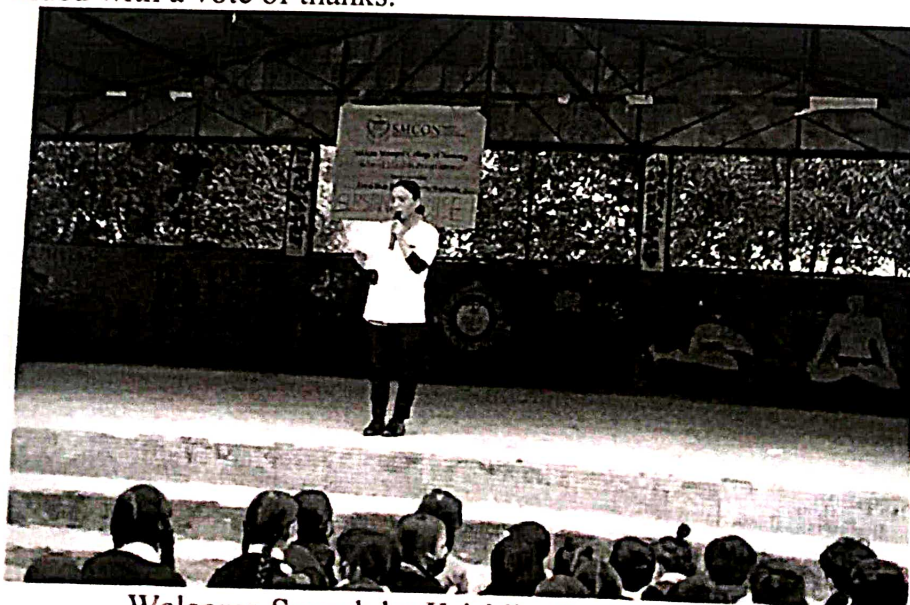
Venue: Govt. Junior High School, Tumlabong

Organised by: 4th Year B.Sc. Nursing (Batch 2018-22)

CONTEXT: Substance abuse refer as use of alcohol or drugs, characterized by daily intoxication, inability to reduce consumption, and impairment in social or occupational functioning. Substance abuse in the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress. It may lead to substance-related legal problems, or continued substance use that interferes with friendships, family relationships, or both. Substance abuse, as a recognized medical brain disorder, refers to the abuse of illegal substances, such as marijuana, heroin, cocaine, or methamphetamine. Or it may be the abuse of legal substances, such as alcohol, nicotine, or prescription medicines. Alcohol is the most common legal drug of abuse. The Incharge Head Master of Govt. JHS Tumlabng, Mr Dhanjit Rai and the people of community expressed the need for awareness programme on 'Substance Abuse' among the students as the incidence of substance abuse was increasing in Tumlabong area. The nursing students decided to reach out to the school students and community people with an awareness programme on the same.

Objective: This programme was aimed at reaching out to the school students and community people with the message on Substance Abuse explaining its types, its effects on physical and mental health and society as well as environment focusing on preventive and control measures.

The programme : After doing survey and assessing the community and discussion with the Panchayat Mrs Prabin Subba and the Incharge head master of Govt. JHS Tumlabng, Mr Dhanjit Rai, the awareness programme was planned. As a part of the curriculum, 4th year B.Sc. Nursing students organised the awareness programme. The Program started at 11 am with a welcome speech given by the MC Ms. Krishika Sapkota student, and felicitating of the guest Mrs.Prabin Subba Panchayat , Mr. Dhanjit Rai Incharge of TJHS and Mrs. Ranjita Devi, Professor , Mrs. Pranita Sharma, Assistant Professor, SMCON . School students from class V to VIII, faculties of Govt.JHS and community people including the staff of Sub-centre attended the programme. The programme mainly consisted of three segment: Firstly, the students organized a role play on Ill effects and consequences of Substance Abuse. Secondly, the students gave health education on Substance Abuse explaining its types, effects on physical, mental, social, economic and environmental health with the help of different AV Aids prepared by the students. The students also kept a small quiz for the students and community people in order to assess their gained knowledge after the education programme. Lastly the students ended the programme with a group song and a social message on Substance Abuse. Few words were expressed by the guests Panchayat and Incharge HM Sir of Govt. JHS and the programme ended with a vote of thanks.



Welcome Speech by Krishika Sapkota

1.6. Observation of World AIDS day

Topic: World AIDS Day

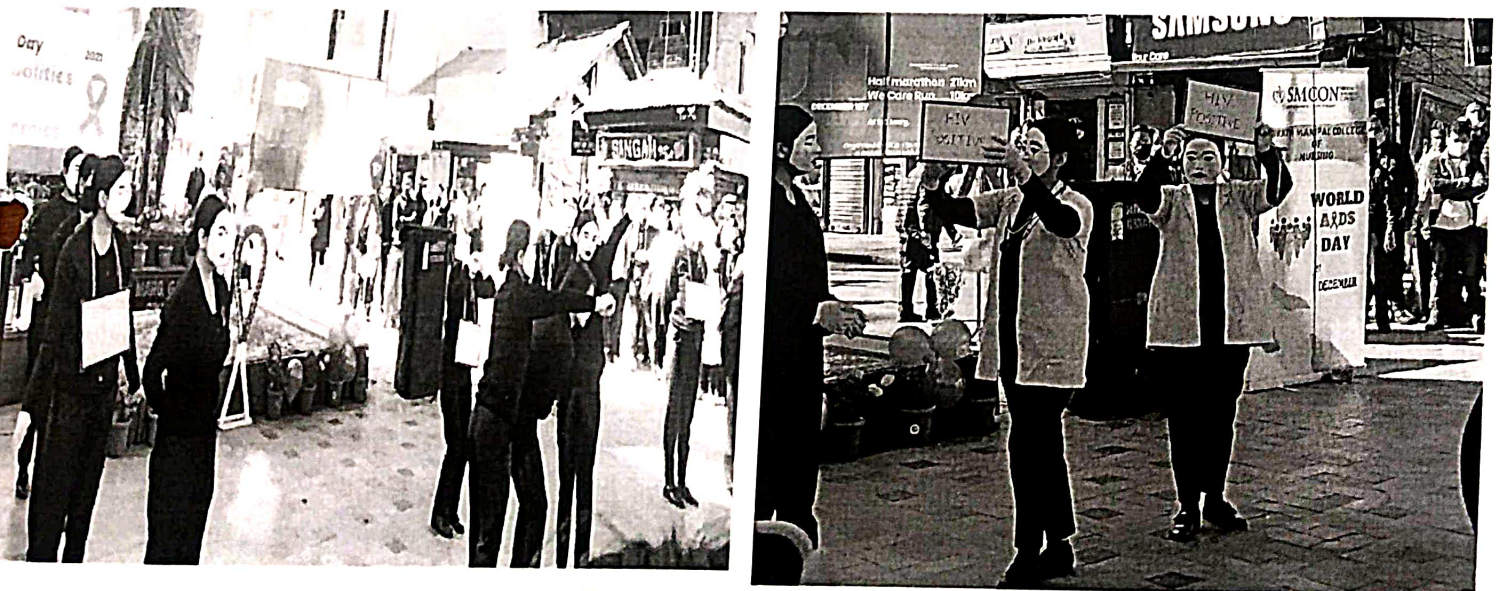
Venue: MG Marg, Gangtok

Date: 1st December 2021

Context: Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging the immune system, HIV interferes with the body's ability to fight infection and disease. The human immunodeficiency virus (HIV) targets the immune system and weakens people's defence against many infections and some types of cancer that people with healthy immune systems can fight off. As the virus destroys and impairs the function of immune cells, infected individuals gradually become immunodeficient. Immune function is typically measured by CD4 cell count. 37.7 million [30.2 million–45.1 million] people globally were living with HIV in 2020. 1.5 million [1.0 million–2.0 million] people became newly infected with HIV in 2020. 680 000 [480 000–1.0 million] people died from AIDS-related illnesses in 2020. [Source: UNAIDS]

Aim: The programme aimed at creating an awareness on HIV/AIDS, its causes, modes of transmission, signs and symptoms, diagnosis and prevention.

The programme: The programme was organised at MG Marg, Gangtok on 1st December 2021 by Sikkim AIDS Control Organisation (SACS) where, the students of 1st and 2nd year M.Sc. Nursing and 2nd year B.Sc. Nursing of Sikkim Manipal College of Nursing (SMCON) also participated. The audience comprised of the members from SACS and public of Sikkim. The posters on AIDS were displayed at the venue. The students of 2nd year B. Sc. Nursing students performed an educative mime followed by the health education given by 1st year and 2nd year M.Sc. Nursing students (Community Health Nursing Department) on HIV/AIDS, its causes, modes of transmission, signs and symptoms, diagnostics, and preventive measures. The programme ended with an interactive question and answer session and vote of thanks by the students.



An educative mime on HIV/AIDS

7. School health awareness on Substance Abuse and HIV AIDS

Date: 11th March 2022

Time: 10:45am

Venue: C.S Rai Government Secondary School, Arithang

Topic: Substance Abuse and HIV AIDS

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

Context: Substance abuse, is the use of drug or any substances other than for the intended purpose in a manner that damages not only, physical but mental and social functioning of a person. Well-supported scientific evidence shows that substance use disorders can be effectively treated, with recurrence rates no higher than those for other chronic illnesses such as diabetes, asthma, and hypertension. Therefore, after recommendation and the needs felt by the principal of C.S Rai Govt. Sec. School, students from SMCON decided to organize an awareness programme on Substance Abuse and HIV AIDS.

Objectives: The main objective of the program was to impart knowledge on Substance Abuse and HIV AIDS and its prevention.

The Program: The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a School Health Awareness Programme on topic "*Substance Abuse and HIV AIDS*" at C S Rai Government secondary school, Arithang. Programme started with a welcome speech by M.C accompanied by felicitation of Mr. Ganesh Kumar Bista, Principal C S Rai Government secondary school, Arithang and faculty from SMCON Prof. Ranjita Devi and Asst. Prof. Hemkala Dhakal. Around 100 school students from class IX and X attended the programme. Students of SMCON conveyed the ill effects of *Substance Abuse and HIV AIDS* through a skit and provided health talk on its risk factors, types, modes of transmission and its prevention with the help of attractive audio visual aids. A quiz round was also organized 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. The program ended with a motivational song by the students of SMCON and with a positive feedback by school principal.



GROUP PHOTO