

**GOVERNMENT OF MIZORAM
OFFICE OF THE PRINCIPAL : MIZORAM COLLEGE OF NURSING
FALKAWN : MIZORAM**

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**SHORT REPORT ON WORLD SUICIDE PREVENTION DAY
DATE: 10th SEPTEMBER 2020
Theme- “Working together to prevent suicide”**

All students and teachers of 3rd year B.Sc Nursing observe World Suicide Prevention Day under the guidance of Dept. of Mental Health Nursing, MCON in association with Indian Association for Social Psychiatry. Students were grouped into 5 groups and the theme was discussed and presented. Slogans & videos on “A step closer” made by Indian Association for Social Psychiatry was shared among the participants. The programme was concluded by a vote a thanks from Mrs. R Lalruatkimi, Lecturer, MCON.

Social media platform (Twitter, Facebook, Whatsapp, Ig) was used to create awareness.

(LALCHHANHIMI)

Principal

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SHORT REPORT ON WORLD AIDS DAY

DATE: 1.12.2020

Theme- Ending HIV Endemic

1st yr students under the guidance of Red Ribbon Club hosted Online programme on the occasion of World AIDS Day. Michael Lalsawmliana, 1st year B.Sc Nursing student hosted the programme and Theme elaboration was done from the 1st yr students.

Short speech was given by the following persons:

1. Miss Laldinthari, Tutor, MCON
2. AZ Ngokhiangia, Alumni member, 13th Batch
3. Roluahpuui, Alumni member, 13th Batch
4. J Lalrinhlui, Alumni member, 13th Batch

Vote of thanks was given by Red Ribbon Club i/c Ms Laldingliani Sailo, Asst Professor.

Slogans & posters were also posted on whatsapp status.



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**INTERNATIONAL WOMEN'S DAY
DATE: 8th MARCH 2021
THEME: CHOOSE TO CHALLENGE**

All the students and staff of Mizoram College of Nursing observed International Women's Day in collaboration with Mizoram State Legal Service Authority (SLSA) at Multipurpose Hall, Multipurpose Hall. The programme was chaired by Mrs. Lalthanhimi, Principal, MCON.

The Programme is as follows:

Welcome Speech was given by Mr. R Vanlalvena, MJS, Member Secy, MSLSA.

MCON Choir had presented a melodious song. Ms. JH Lalbiaknungi, Advocate highlighted on the significance of Women's Day. She signifies the theme, "Choose to Challenge" and importance of uplifting the Women Welfare and elaborate on Women Empowerment.

The programme was concluded with a Vote of thanks from Ms. Laldin thari, Tutor, MCON

All participants raised their hands in support and shout out to women's welfare.

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**WORLD TB DAY
DATE: 24.3.2021
THEME: THE CLOCK IS TICKING**

Mizoram Collge of Nursing observed World TB Day at Civil Hospital Aizawl and at the College campus. The day was observed by giving health teaching on TB and highlighted on the theme to patients & relatives in the wards by 2nd Year B.Sc Nursing students and 6 faculty. Posters was also made by the students and displayed in the college as well as Civil Hospital, Aizawl.



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WORLD HEALTH DAY

DATE: 7.4.2021

THEME: LETS BUILD A FAIRER, HEALTHIER WORLD FOR EVERYONE

This day was observed in 3 groups.

1st yr, 4th yr students made posters and display at the college and attend webinar on the theme in their respective classes under the guidance of their respective coordinators. Discussion on the theme was also done by the students.

2nd year B.Sc Nursing students observed this day at Primary Health Centre, Thingsulthliah along with staff and patients attending OPD. Health Talk was given on the theme and Quiz was also organized among the groups.

The students of 3rd year observed the day by making posters and giving health talks at Civil Hospital Aizawl and Mizoram State Cancer Institute, Zemabawk.




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**BLOOD DONATION CAMP
DATE: 8.4.2021**

Evangelical Nurses Fellowship, MCON unit in Collaboration with Dept of Blood Bank, Civil Hospital Aizawl organised Blood Donation Camp on 8.4.2021 in celebration of ENF Day. Out of 117 students, 80 students were screened for blood donation. A total of 17 unit of blood was donated by the students and 3 unit from the staff.



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**EVANGELICAL NURSES FELLOWSHIP DAY
DATE: 12.4.2021**

The institute celebrated ENF Day by arranging a Retreat Programme to help the spiritual development of the students and Staff. The Revival speaker Evan Lalnghakliana, Sinners Friend delivered the word of God in 1st and 2nd session.

At the end of the programme, Counselling session was organised for students in need.

As a part of observation of this day, ENF, MCON unit also organized blood donation camp at Civil Hospital, Aizawl On 8th April.



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OBSERVATION OF WORLD ENVIRONMENTAL DAY

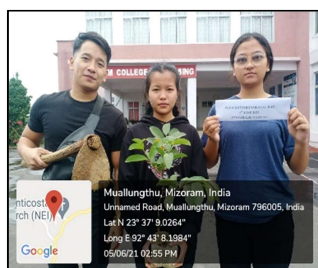
THEME: ECOSYSTEM RESTORATION

5th JUNE 2021

Mizoram College of Nursing is supporting Ecosystem restoration and has been taking many green initiative measures.

The World Environmental Day was observed as follows to create awareness about the need to protect the environment and the ways to do it.

1. Planting of Trees within the college Campus: The representatives from each batch of students from MCON planted a tree within the college campus.



**Planting of Trees by
1st year B.Sc N**

**Planting of Trees by
2nd Year B.Sc Nursing**

**Planting of Trees by
3rd year B.Sc Nursing**

2. Rooftop Garden: MCON is located at the outskirts of Aizawl having a beautiful view from the balcony. There is a large balcony on the 2nd floor which is utilized as garden with varieties of flowers and plants which has also has a cooling effect during summer other than providing oxygen.



Rooftop Garden at Balcony

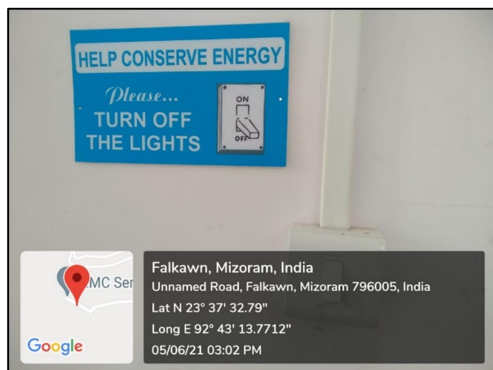
3. Printer Policy:

The college has taken many green initiative activities as well as environmentally friendly measures. The college has followed Printer Policy as follows:

- a) documents until and unless necessary are printed.
- b) office order was issued where soft copy instruction is accepted as official instruction
- c) Hard copy is used only for official document where it is necessary for future reference.
- d) Waste paper are stored and sold it from time to time for recycle.

4. Conservation of Energy:

The college strictly follows conservation of energy where instructions are made to switch off unnecessary lights by putting signage at the institution as well as the hostel.



6. Use of More Public Transport:

The institute is located around 14 km from Aizawl city and majority of the college staff avail transport provided by the college to conserve energy.

Online Activities related to the theme:

A. Essay/ Drawing Competition:

Mizoram College of Nursing organized Drawing Competition for Class VII & VIII students and Essay competition for class IX & X students on the theme “Ecosystem Restoration” to create more awareness among the school children.

A Prize award of Rs 1000/-+ certificate each is given for first prize and Certificate for 2nd and 3rd prize.

The results in **Painting Competition** were as follows:



**1st Prize: Lalmuanpuii Khiangte,
Class VIII, Presbyterian English School
Muallungthu**



**2nd Prize: Lalrinkimi
Class VII, Presbyterian English School
Falkawn**

The results in **Essay Competition** were as follows:

1st Prize: Jennifer Lawmsangzuali, Class X, Nazareth Higher Secondary School

2nd Prize: Lalrinkimi, Class X, Presbyterian English School, Muallungthu

B. Slogan Competition:

Slogan competition on the theme was organized for students of B.Sc Nursing, MCON and the following students got the prize:



1st Prize- C. Lalramsangi



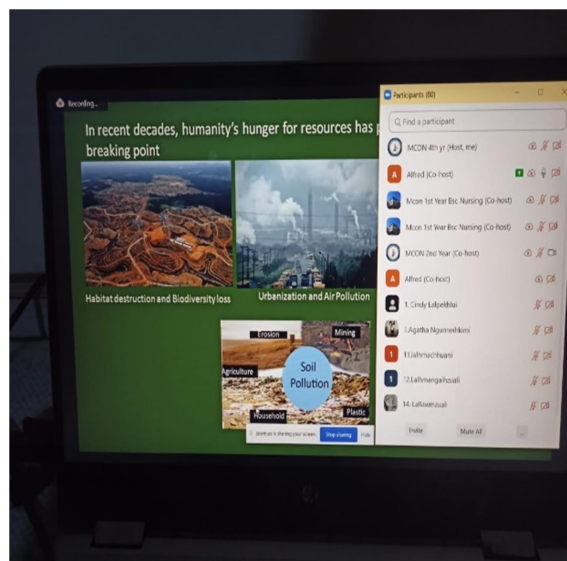
**2ⁿPrize-Christina
Lalhruaitluangi**



3rd Prize-Marina Krosnunhlimi

C. State level Webinar on the Theme:

The college also organized State Level Webinar on the Theme to create more awareness among the society on 5th June 2021 at 7 pm. Ms Lalfakawmi Fanai moderated the webinar. The resource person Dr Alfred Malsawmsanga, Scientific Assistant, Mizoram Pollution Control Board explained about launching of World Environmental Day and how the theme is chosen. He also explained the meaning of environment, ecosystem, causes of degradation and how ecosystem can be restored. He also stresses that it is the responsibility of all the society to restore the ecosystem. The webinar was attended by 86 participants and overall successful.



Conclusion:

All in all observing Environmental Day was successful and has certainly made a difference to the way we view our environment.

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SHORT REPORT ON OBSERVATION OF GREEN MIZORAM DAY

DATE: 11.6.2021

MCON host Aizawl District Green Mizoram Day Celebration at the College Campus organized by Environment Forest & Climate Change Department Govt. of Mizoram where State Minister Mr. Lalruatkima & other government officials attended the programme. This was followed by tree planting within the campus where more than 80 trees were planted.

'Before and after tree planting' photo competition was organised by Mizo Photographers Society and Forest Extension Division, EF& CC where 2 MCON students received consolation prizes.



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