

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

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NAAC Accredited B Grade

SHORT REPORT ON HEALTH CHECK UP CUM AWARENESS PROGRAM AT ANGANWADI CENTRES

Sl.No	Name of ICDS Centre	Date	Year & No. Of Students	No. of Teacher
1.	Anganwadi Centre I, Mualungthu	22 nd Sept , 2023	5 th Sem – 8 Students	2
2.	Anganwadi Centre I, Falkawn	22 nd Sept , 2023	5 th Sem – 8 Students	2
3.	Anganwadi Centre II, Falkawn	6 th Oct, 2023	5 th Sem – 7 Students	2
4.	Anganwadi Centre V, Thingsulthliah	14 th Feb, 2024	4 th year – 15 Students	1
5.	Anganwadi Centre VII Thingsulthliah	14 th Feb, 2024	4 th year – 15 Students	1

The 5th Semester students of B.Sc Nursing students had conducted health check up at Muallungthu and Falkawn ICDS in two groups for children below 6 years, pregnant women and postnatal mothers who has attended the Anganwadi centre on 22nd Sept 2023. Health talk was given on the following topics- Use of Mobile phone among children and dental hygiene.

A health check up cum awareness was also carried out on 6th Oct 2023 at Anganwadi centre-2 . A total of 27 children attended the program. Health talk was given on the topic- Dental hygiene and importance of hand washing.

During community health rural posting at Thingsulthliah village, the 4th year students divided in 2 groups – 15 nos each visited Anganwadi Centre V & VII as part of health awareness campaign for the beneficiaries attending the centre. Health assessment cum health teaching on different topics viz. Immunization, Growth & Development, Nutrition, Worm Infestation was given along with demonstration on antenatal exercise and handwashing wherein the attendee actively participated in it.

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**SHORT REPORT ON
SCHOOL HEALTH PROGRAMME AT PRESBYTERIAN ENGLISH SCHOOL, FALKAWN
(27th Sept, 2023) AND GOVT MIDDLE SCHOOL MUALLUNGTHU (12th Oct 2023)**

Fifteen students of 5th semester B.Sc Nursing students had conducted School Health Programme at Presbyterian English School, Falkawn. Health assessment was also conducted for the students and faculty of the schools, RBS was also checked for the faculty. The common health problems identified were dental caries, refractive errors. Upon the findings, students requiring referral were advised to attend OPD at SRHF - ZMC, Falkawn at their own convenience. Health awareness was also given on the topic- Sanitation, Dental hygiene and Use of Mobile phones.

School Health program was also conducted by 15 students of 5th semester accompanied by 2 faculty on 12th October 2023 at Govt Middle School Muallungthu. Health check up cum Health talk was given on common health problems. Health screening was also conducted for the teachers.



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SHORT REPORT ON OBSERVATION OF WORLD INTERNATIONAL DAY OF CLEAN AIR FOR BLUE SKIES

Date: 7th Sept 2023

The 5th Semester students observed World International Day of Clean Air for Blue skies was observed at Thingsulthliah Sub Health Centre, Health and Wellness centre on 7th Sept 2023. Health awareness was created at the OPD .

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SHORT REPORT ON OBSERVATION OF WORLD AIDS DAY

Date: 1st Dec 2023

The 5th Semester students observed World AIDS Day at Civil Hospital Aizawl on 1st Dec 2023. Health Awareness was given on the theme of this year 'Let Communities Lead' to raise the awareness about the challenges that remain to achieve the goals of ending AIDS by 2030. Health talk was conducted at different OPD areas like- Eye, Ortho, Surgery, Skin of Civil Hospital Aizawl.

4th year B.Sc Nursing have also conducted the same awareness program at Medicine OPD, Civil Hospital Aizawl by giving health education regarding prevention of HIV-AIDs.

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SHORT REPORT ON PARTICIPATION IN ROUTINE IMMUNIZATION PROGRAM

Sl.No	Name of Centre	Date	Year & No. Of Students	No. of Teacher
1.	Health & Wellness Centre, Muallungthu	5 th Oct , 2023	5 th Sem – 8 Students	2
2.	Health & Wellness Centre, Falkawn	5 th Oct , 2023	5 th Sem – 7 Students,	2
3.	Health and Wellness Centre, Thingsulthliah	6 th Feb 2024	4 th year-10 students	1
4.	Health and Wellness Centre, Tlungvel	7 th Feb 2024	4 th year-10 students	1
5.	Health and Wellness Centre, Khumtung	7 th Feb 2024	4 th year-10 students	1

The 5th semester B.Sc Nursing students had participated in the immunization program at health & Wellness Centre Muallungthu and Falkawn in 2 groups. Health awareness cum health check was also done for the children.

The 4th year B.Sc Nursing students also participated in the Routine Immunisation program at Thingsulthliah HWC, Tlungvel and Khumtung HWC. A total of 110 beneficiaries were given vaccination out of which 86 were children and 14 antenatal mothers.

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SHORT REPORT ON OBSERVATION OF NATIONAL TB ELIMINATION PROGRAMME

Date: 7th February, 2024

The students of 4th year B.Sc Nursing students, MCON have observed National TB Elimination Programme on 7th February 2024 at Khumtung Health and Wellness Centre. The theme is, 'Yes, WE can End TB'. Health Awareness was made among the patients attending the Health Centre.

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SHORT REPORT ON OBSERVATION OF NATIONAL DEWORMING DAY

Date: 9th February, 2024

National Deworming Day, 2024 was observed by the Subcentres and Anganwadi centres under Thingsulthliah CHC. The students of 4th year B.Sc Nursing students actively involved in the program and participated in the distribution of Albendazole tablets to Anganwadi centres, Primary, Middle and High School Students in the villages of Thingsulthliah, Seling, Tlungvel and Khumtung.

A total of 3153 tablets of Albendazole was distributed. Health awareness of prevention of Worm Infestation and Importance of Sanitation was also given.

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SHORT REPORT ON HEALTH CHECK UP CUM HEALTH TEACHING PROGRAM AT SAMARITAN RIANGVAI RUN

Date: 20th Feb 2024

The Fourth year B.Sc Nursing student conducted health check up cum health awareness program on 20th February 2024 at Samaritan Rianguvai Run which is a home for destitutes. There were 35 inmates in total out of which 31 were physically and mentally challenged. Role play, and demonstration on hygiene techniques, and health teaching on 3 topics was given. Health assessment was performed for the inmates and the caretakers.

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**SHORT REPORT ON
HEALTH CHECK UP CUM HEALTH TEACHING PROGRAM
PISGAH REFORMATORY CENTRE**

Date: 23rd Feb 2024

The Fourth year B.Sc Nursing student conducted health check up cum health awareness program on 20th February 2024 at PISGAH Reformatory Centre which is a reformatory centre for substance abusers . Interactions, health check up and awareness on different health topic was given by students.

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SHORT REPORT ON INTENSIFIED PULSE POLIO IMMUNISATION PROGRAM

Date: 3rd March 2024

The students of 4th year B.Sc Nursing students had participated in IPPI on 3rd March 2024 at Hlimen areas. The students had participated in mass vaccination program and administer Polio vaccine to all the children below 5 years of age. They also participated in the Mop up program where house to house survey was conducted to identify the missing cases.

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SHORT REPORT ON OBSERVATION OF POSHAN PAKHWADA

Date: 20th March 2024

The Fourth year B.Sc Nursing students had observed Poshan Pakhwada on 20th March, 2024 at Anganwadi Centre, Melthum. The theme of this year is 'Nutrition for All: Together Towards a Healthy India'. Health teaching was given on the importance of a balanced diet and its impact on the health.

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SHORT REPORT ON TWO DAYS CAPACITY BUILDING PROGRAM FOR HEALTH SERVICE PROVIDER Date: 10th -11th April 2024

Two days capacity building program for Health Service Provider consisting of nurse, health worker and volunteer from different Centre's and Home affiliated under Dept. of Social Welfare & Tribal Affairs, Mizoram was organized by Mizoram Social Defence & Rehabilitation Board (SLCA) at SLCA Training Hall, Chaltlang. Two faculties from MCON, Mrs Lalrintluangi, Asst Professor and Ms Eaudi Pachuau, Tutor were invited to be the Resource person.

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**SHORT REPORT ON
SCHOOL HEALTH PROGRAMME AT PRIMARY SCHOOL, MIDDLE SCHOOL & HIGH
SCHOOL, FALKAWN
DATE : 12th April,2024**

A total of 30 students from 4th year B.Sc Nursing, MCON were divided into three groups for organizing school health program within govt. school, Falkawn as part of their requirements and of community service to the village adopted by the college. A total of 4 faculty accompanied and supervised the student groups. Health assessment was conducted for the students and faculty of the schools, Hb estimation and RBS was also checked for the faculty. The common health problems identified were dental caries, refractive errors and skin infection. Upon the findings, students requiring referral were advised to attend OPD at SRHF - ZMC, Falkawn at their own convenience. Health awareness was also given on the topic- Sanitation, Dental hygiene, Prevention of HIV-AIDS, First Aid, Personal Hygiene, Tobacco & its ill effect, Prevention of Diarrhoea, Preparation of ORS at home, NCD & Lifestyle Modification. The health teaching was carried out using lecture, demonstration and role play wherein the students participated effectively.



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SHORT REPORT ON OBSERVATION OF WORLD MALARIA DAY

Date: 25th April 2024

The thirty students of 4th year B.Sc Nursing accompanied by 2 faculty had attended World Malaria Day celebration at DHS Auditorium, MINECO, Aizawl on 25th April 2024 organised by National Health Mission.. The theme is 'Accelerating the fight against Malaria for a more equitable World' and key note address was made on the importance of different levels of prevention to fight against Malaria. Smt Esther Lalruatkimi, Principal Secretary, Health and Family Welfare was the Chief Guest. The 4th year students had presented a choir on this auspicious day.

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SHORT REPORT ON VOLUNTARY BLOOD DONATION

Date: 20th May, 2024

On the occasion of the Nurses Day and as part of community service for the patient in need MCON organized Blood Donation Camp in collaboration with Blood Bank, Civil Hospital, Aizawl & ZMC - SRHF. The donation was done based on the convenient of the students in regards to their clinical duty. Voluntary donation record was as follow –

4th Year – 18 students

A total of unit of blood was donated from students and faculty.

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SHORT REPORT ON PARTICIPATION IN WALKATHON CUM TOBACCO AWARENESS CAMPAIGN

Date: 17TH JUNE, 2024

A total students of 66 nos from 2nd semester & 4th year B.Sc Nursing accompanied by 3 faculty have participated in the Walkathon jointly organised by National Health Mission, National Tobacco Control programme and Comprehensive Primary Health Care, Mizoram for the observation of World No Tobacco Day. Mrs. Lalrinpuui, Health Minister, Govt of Mizoram flag off the walkathon. A pledge was taken by all the participants to refrain from using tobacco and its related product which was led by Dr Eric Zomawia, Mission Director, NHM.

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