

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

Ph : 8731044014



Email : mconfalkawn@gmail.com
mcon-dhme@mizoram.gov.in

NAAC Accredited B Grade

SHORT REPORT ON HEALTH ASSESSMENT CUM AWARENESS PROGRAM AT ANGANWADI CENTRES

Sl.No	Name of ICDS Centre	Date	Year & No. Of Students	No. of Teacher
1.	Anganwadi Centre I, Muallungthu	4 th Sept , 2024	5 th Sem – 6 Students	1
2.	Anganwadi Centre I, Falkawn	22 nd Sept , 2024	5 th Sem – 8 Students	2
3.	Anganwadi Centre II, Falkawn	6 th Oct, 2024	5 th Sem – 7 Students	2
4.	Anganwadi Centre VII, Thingsulthliah	17 th October, 2024	7 th Sem –6 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, six (6) students from the 7th semester visited Anganwadi Centre VII as part of health awareness campaign for the beneficiaries attending the centre. Health assessment cum health teaching on different topics viz. Dental hygiene, personal hygiene, Nutrition and Worm Infestation was given along with demonstration on handwashing wherein the attendee actively participated in it.

(LALDUHSAKI)

Principal
Mizoram College of Nursing

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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 , 2024	5 th Sem – 8 Students	2
2.	Health & Wellness Centre, Falkawn	5 th Oct , 2024	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
6.	Health & Wellness Centre, Falkawn	4 th June, 2025	7 th Sem – 2 Students	-
7.	Health & Wellness Centre, Tachhip	4 th April, 2025	7 th Sem – 4 Students	-

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.

The 7th Semester students, during their internship duty participated in the Routine Immunization program at HWC, Falkawn & HWC, Tachhip, contributing to vaccination activities and community health outreach.


(LALDUHSAKI)

Principal
Mizoram College of Nursing

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SHORT REPORT ON OBSERVATION OF NATIONAL DONER DAY

Date: 7th August, 2024

On the account of National Donor Day, the college hosted a brief program at M-Hall to commemorate the occasion. The event was well-attended by a total of 66 students from the 1st and 3rd Semesters, along with faculty members. During the program, students created and displayed placards featuring slogans related to organ donation, which were showcased through a short play.




(LALDUHSAKI)
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SHORT REPORT ON PARTICIPATION IN HIV/AIDS AWARENESS RALLY

Date: 10th September, 2024

At the request of the Mizoram State AIDS Control Society (MSACS) and as a component of the Red Ribbon Club initiative, 30 students from the first semester, accompanied by faculty member Ms. Lalhruaitluangi Pachuau, took part in an HIV/AIDS awareness rally organized by MSACS in Mizoram. The rally was a part of the “Intensified IEC Campaign - India's Fight Against HIV/AIDS & STI”. Its purpose was to raise awareness about HIV/AIDS and sexually transmitted infections (STIs), to promote preventative measures against these diseases, and to educate individuals about the impact of HIV/AIDS on young people.



Lalduhsaki
(LALDUHSAKI)
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NAAC Accredited B Grade

SHORT REPORT ON OBSERVATION OF WORLD SUICIDE PREVENTION DAY

Date: 10th September, 2024

A total of 60 students from the 1st and 7th semesters of B.Sc Nursing, along with 7 faculty members, attended the World Suicide Prevention Day program organized by the National Mental Health Program, NHM, Health & Family Welfare Department, at the DHME Auditorium, MINECO, Khatla.

The program provided valuable insights into suicide prevention strategies and the importance of mental health awareness. The nursing students actively participated in the discussions and sessions, making the experience both engaging and enriching.

This exposure will greatly benefit the students in their professional journey, especially in creating awareness and promoting mental well-being within the community.



(Signature)
(LALDUHSAKI)
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Mizoram College of Nursing

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SHORT REPORT ON FIRST AID TRAINING AT SAINIK SCHOOL CHHINGCHHIP

Date: 30th September, 2024

The Mizoram College of Nursing is dedicated to providing our services to the general population in every possible way. In response to a request from Sainik School Chhingchhip in Mizoram, two of our esteemed faculty members, Ms. LalrinchhaniKawlani and Ms. Lalhruatluangi Pachuau, were assigned to conduct a two-day First Aid awareness and training program. This initiative was organized by the school, and we were honored to participate. Such programs are just one of the ways in which MCON strives to serve the community, and we are committed to continuing to do so to the best of our abilities.



Lalduhsaki
(LALDUHSAKI)
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SCHOOL HEALTH PROGRAMME AT GOVT. PRIMARY SCHOOL & GOVT. MIDDLE
SCHOOL, FALKAWN
DATE : 10th October, 2024**

A total of 35 students from 5th Semester B.Sc Nursing, MCON were divided into two groups for organizing school health program within Falkawn Village Govt. school, as part of their requirements and of community service to the village adopted by the college. After obtaining prior permission from the headmaster of Govt. Primary School & Govt. Middle School, the program was held at each identified school. A total of 4 faculty accompanied and supervised the student groups. The activities done during the program were –

1. Health assessment to all the primary and middle school students.
2. Health Talk cum awareness campaign on Personal Hygiene, Environmental Hygiene, Nutrition for growth & development, Reproductive Health, First Aid in school and Substance Abuse.
3. Role Play on Prevention of Diarrhoea and Prevention of Dengue

The School Health Program proved to be immensely beneficial for the students as it has provided a comprehensive knowledge of the school health program, problems of the school children and the functions of the school.



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(Signature)
(LALDUHSAKI)
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NAAC Accredited B Grade

SHORT REPORT ON SCHOOL IMMUNIZATION & HEALTH AWARENESS PROGRAMME DATE : 10th October, 2024

A total of 15 students from the 7th semester, accompanied by one faculty member, participated in a school immunization cum health awareness program organized by the Health and Wellness Centre, Melthum. The program involved visits to three schools under the Melthum HWC jurisdiction: Government Middle School, Melthum; Government Primary School, Saikhamakawn; and Government Middle School, Saikhamakawn.

During the program, vaccinations were administered to the students, and health education was provided on important topics such as malaria prevention, diarrhoea prevention, environmental sanitation, and balanced diet.

The nursing students participated actively in both the immunization drive and health teaching sessions. The program proved to be effective, offering valuable hands-on experience and enhancing the students' practical skills in community health nursing and health education.



(Signature)
(LALDUHSAKI)
Principal
Mizoram College of Nursing



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ONE EARTH - ONE FAMILY - ONE FUTURE

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SHORT REPORT ON OBSERVATION OF AYURVEDA DAY : SPECIAL PLANTATION DRIVE DATE : 22nd – 28th October, 2024

In commemoration of the 9th Ayurveda Day, a *Special Plantation Drive* was organized by the State Medicinal Plant Board, Mizoram. A total of 30 students from the 2nd semester, along with faculty and staff from Mizoram College of Nursing (MCON), and officials from the Directorate of AYUSH, actively participated in the event.

The program focused on the plantation of medicinal plants and aimed to raise awareness about the significance of Ayurveda and its relevance in promoting health through natural and cost-effective remedies. The initiative helped students understand the importance of medicinal plants in treating various ailments and the broader role of Ayurveda in holistic well-being.

Such experiential learning activities are valuable in integrating traditional knowledge with modern healthcare education.


(LALDUHSAKI)

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Mizoram College of Nursing

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SHORT REPORT ON CHARITY OUTREACH DATE :25th October & 12th December, 2024

Mizoram College of Nursing has consistently demonstrated its commitment to uplifting the community and actively participating in community welfare initiatives. The Evangelical Nurse Fellowship Unit at MCON has provided monetary assistance to low-income families and those in need within the Falkawn community.

Additionally, during their rural field postings, students have contributed donations in kind to support underprivileged families. This compassionate practice has been an ongoing tradition at the institution, reflecting its dedication to social responsibility and community engagement.



Lalduhsaki
(LALDUHSAKI)
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SHORT REPORT ON OBSERVATION OF WORLD MENTAL HEALTH DAY DATE : 4th February, 2025

As part of the World Mental Health Day observance organized by UPHC Hlimen, 30 students from the 7th semester B.Sc Nursing program, accompanied by one faculty member, actively participated in the event held at Government Middle School, Hlimen.

The students conducted mental health screenings and provided counselling sessions for the school students. In addition, they delivered health education focused on mental well-being. Their efforts were well-received and played a significant role in raising awareness about mental health among the students.

The program offered the nursing students valuable field experience and contributed meaningfully to promoting mental health awareness in the school community.



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SHORT REPORT ON OBSERVATION OF WORLD CANCER DAY DATE : 4th February, 2025

As per the request and invitation from the National Health Mission (NHM), Health & Family Welfare Department, a group comprising 36 students and 4 faculty members from 4th Semester B.Sc Nursing attended the **World Cancer Day Observation** held at the Taxation Department Auditorium, MINECO, Khatla.

The students actively participated in the event and contributed a special performance, which was well-received by the audience. Their involvement not only enriched the program but also served as a meaningful effort in spreading awareness about cancer.

Overall, the program proved to be a valuable and enlightening experience for the students, enhancing their understanding of public health initiatives and reinforcing the importance of awareness in the fight against cancer.



(Signature)
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SHORT REPORT ON HIV/AIDS AWARENESS CAMPAIGN DATE : 5th February, 2025

The Community Health Nursing Department, in collaboration with the Red Ribbon Club (RRC), MCON Unit, organized an HIV/AIDS Awareness Campaign at Falkawn Clinic and Health & Wellness Centre, Muallungthu.

The event took place with active participation from 7th semester B.Sc. Nursing students, accompanied by two faculty members. The primary focus of the campaign was to raise awareness about the prevention of HIV/AIDS and promote healthy lifestyle practices within the community.

Activities included a health talk on HIV/AIDS prevention, which was followed by the distribution of informative pamphlets and condoms to the attendees. This community outreach initiative was aimed at enhancing public knowledge and encouraging preventive behaviors to support overall health and well-being.



Lalduhsaki
(LALDUHSAKI)
Principal

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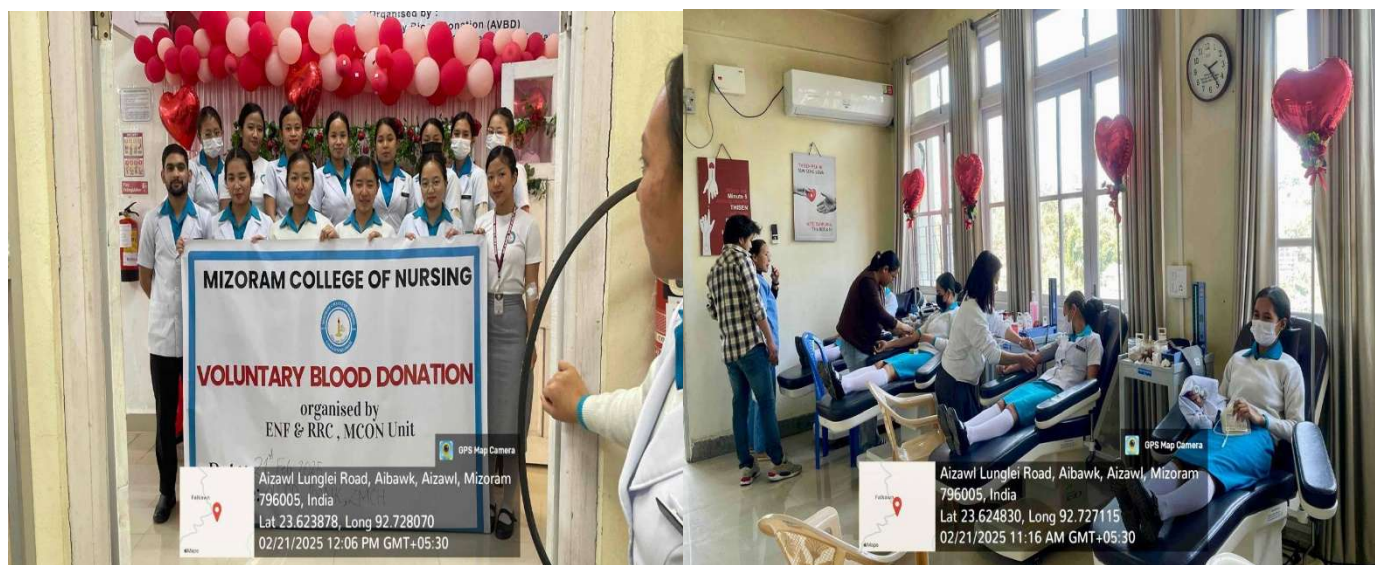
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mcon-dhme@mizoram.gov.in

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SHORT REPORT ON VOLUNTARY BLOOD DONATION Date: 21st February, 2025

Evangelical Nurses Fellowship & Red Ribbon Club, MCON jointly organized Blood Donation Camp in collaboration with Blood Bank, Civil Hospital, Aizawl & ZMC - SRHF. This camp was organized as part of our commitment to community service, aiming to support those in need of blood. The donation was done based on the convenient of the students in regards to their clinical duty.

A total of 20 units of blood was donated from students and faculty.



(Signature)
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SHORT REPORT ON

WALKATHON 2025 : WALK FOR HEALTH

Date: 21st March, 2025

The Mizoram College of Nursing (MCON) actively participated in the *Walk for Health – Walkathon 2025* organized by the Health & Family Welfare Department, Government of Mizoram. The event aimed to raise awareness about the prevention of Non-Communicable Diseases (NCDs) through positive lifestyle changes. A total of 96 students along with 2 faculty participated in this event. In addition to joining the walkathon, MCON students showcased their creativity and commitment to the cause through a poster-making competition, where one of our students won a prize — a testament to their dedication and talent.

The walkathon proved to be both a challenging and inspiring experience for the students, encouraging them to embrace and advocate for healthier habits in their personal lives and future professional practice. MCON remains committed to supporting public health initiatives and empowering youth to lead the way in community health promotion.

START POINT	START TIME
Barbarian South	8:00 AM
Changlang Downstream	8:00 AM
Changlang Traffic Point	8:30 AM
Changlang	8:30 AM
Khawla Kawn	8:30 AM
Changlang	8:00 AM
Changlang Office Road	8:00 AM



Quisaku
(LALDUHSAKI)
Principal
Mizoram College of Nursing

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SHORT REPORT ON OBSERVATION OF WORLD ENVIRONMENT DAY Date: 5TH June, 2025

Mizoram College Of Nursing in collaboration with State Medicinal Plants Board Mizoram (Directorate of Ayush) organized a workshop in observance of World Environment Day 2025, to raise awareness and promote sustainable environmental practices.

Venue - M-Hall, MCON

No. of participants- 78

Theme- Ending Plastic Pollution

Resource Persons :

1. **Dr. Lalrammuana Sailo, Consultant, SMPB**
2. **Mr. Lalruatsaka, LDC, SMPB**

The program started with a welcome speech from Mrs. Laldusaki, Principal, MCON. This was followed by elaboration of the theme by the resource persons where the scenario of plastic waste in Mizoram is highlighted and the measures & duties we have in controlling and preventing plastic waste was emphasized. The session ended with a Q&A session.



Laldusaki
(LALDUHSAKI)
Principal