

Swasth Bharat (Health care) Cell

A Brief report

Introduction

- Swasth Bharat is the policy undertaken by the Indian Government to promote and uplift the health care system in the country by ensuring basic medical health to each and every citizen of the country.
- Providing authentic Health information and to create health awareness to the society is one of the most important factors in improving health outcomes.
- Inadequate or poor health information especially in rural areas increases the risk of hospitalization or even disease and death burden.
- Health Care services are important in the institution in order to provide emergency care for illness or injury while at school or college.
- To ensure that all students get appropriate referrals to health care services, to monitor and to provide education and counseling in a variety of wellness topics. In our institution, the health care centre is a basic health requirement which ensures that students and staffs are provided with basic medical attention.

Objective:

- Swasth Bharat (Health Care) Cell in the college was formed on 2009 with an objective to create basic health care awareness to the entire college fraternity which includes students, teaching and non-teaching staff.
- The Cell comprises of teachers as members including a professional nurse (Mrs. Larisa Hek). Mrs. Larisa also manages the health care center in the college which provides the basic medical needs to students and staffs in times of emergency.
- Health care cell ensures that health awareness programme is conducted from time to time to help students and staff understands the basic of health care needs.

1. Programmes organized during the years 2016-2021

1. 31th August, 2017- Awareness programme on Heart care conducted in collaboration with Microbiology Dept and Heart Care society of Assam.
2. 23rd March, 2018 - Career counseling seminar for Health care was organized in collaboration with Tech Mahindra Smart Academy.
3. 22nd August, 2019- Awareness programme on Meghalaya Health Insurance
Scheme Phase IV in Collaboration with the Office of the Additional District Medical and Health Officer cum District Key Manager, MHIS, Government of Meghalaya in convergence with Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana.
4. 09th October, 2021- Webinar on Awareness Programme on Covid Vaccination
5. 24th November, 2021- Free Covid Vaccination Drive organised by Microbiology Dept and Swasth Bharat (HealthCare) Cell and Shillong College in collaboration with the office of the District and Health Office East Khasi Hills District, Shillong, Government of Meghalaya. Celebrating the 50th Anniversary of Statehood of Meghalaya.
6. 10th November, 2022- Awareness programme on Ayushman Bharat Digital Mission and Registration of Ayushman Bharat Health Account. Organized by the office of the District and Health Office East Khasi Hills District, Shillong, Government of Meghalaya in Collaboration with Swasth Bharat (HealthCare) Cell, Shillong College

2. Programmes Attended during the years 2016-2021

1. 07 July, 2018- National Conference on the theme “Substance , Suicide and Adolescents. Effect of Substance abuse and suicide in Adolescents” Organised by Nursing Education Cell, Woodland Institute of Nursing, Shillong
2. 27 September, 2019 - Participated in the Celebration of World Heart Day at
Don Bosco Technical Hall, Laitumkhrah, Shillong. Organized by The State NCD Cell, National Health Mission, Meghalaya, in collaboration with the District NCD Cell, East Khasi Hills District.

A. Programmes organized during the years 2016-2021

1. Awareness Programme on Heart Care Organized by Health Care Committee and Microbiology Department in collaboration with Heart Care Society of Assam.

Venue: Shillong College Conference Hall.

Date: 31st August 2017

Time: 11:00 AM

Heart Care Awareness Programme organized by Health Care Committee and Microbiology Department of Shillong College in collaboration with Heart Care Society of Assam was held on the 31st August 2017 at Shillong College Conference Hall. The fruitful programme was organized with the initiation of Mrs. Chandrima Choudhary, the executive members of Heart Care Society Assam. The eminent Cardiologist Dr. N. K Bhattacharjee, resource person, Tapash Chaudhary and Mr. Shankar Chaudhary executive members of Heart Care Society were also present. Dr. K. D Ramsiej, Principal, Dr. M. Dey, vice principal, Mrs. Mary Diengdoh, Convener, Zoliansanga, Head of Microbiology department and all the member of the committee were also present along with a good numbers of professors and students of Shillong College. The programme started at 11.15 am. Dr. K. D Ramsiej principal Shillong College presented bouquets and mementos to our guests.

The principal, Dr K.D. Ramsiej in his welcome speech gave a brief introduction about the Health Care Committee and its functioning and highlight about the importance of the programme and the need to create awareness and initiate more health awareness programme in the future. Dr. N.K Bhattacharjee, Senior Consultant Cardiologist, the founder of Heart Care society Assam elaborately explained the causes and prevention of Cardio-Vascular Disease (CVD) and other Heart related diseases and its prevention. Dr. N.K. Bhattacharjee is also an international personality and has written and published a number of booklets, articles and brochures for public on Heart and Health Care. His best-selling book "HOPE for HEARTCARE" earned him wide acclaim including that from Dr. APJ Abdul Kalam, the then president of India and luminaries from the country and abroad. There was also an interactive session which was highly participated by students and teachers. The programme ended with a vote of thanks delivered by Sir Zoliansanga, Head Department of Microbiology, Shillong College.



HEART CARE AWARENESS PROGRAMME



Organised by
HEALTH CARE COMMITTEE & MICROBIOLOGY DEPARTMENT
SHILLONG COLLEGE, SHILLONG
in Collaboration with
HEART CARE SOCIETY OF ASSAM

Venue: Conference Hall, Shillong College
Date 31st August, 2017 at 11:00 am

ALL ARE WELCOME

The President,
Shillong College,
Shillong.

Subject: Submission of details of expenditure.

The Health Care Committee and the organising Microbiology Department Shillong College Awareness Programme have been successful in raising Rs. 1,00,000/- towards the Heart Care Society of Assam. The details of expenditure incurred are as follows:


1. Refreshment (Students)	Rs. 7,000/-
2. Snacks	Rs. 1,000/-
3. Lunch (Students and Staff)	Rs. 1,000/-
4. Tea	Rs. 500/-
5. Transport	Rs. 1,000/-
6. Miscellaneous (Albums, Bikes)	Rs. 500/-
7. Stationary	Rs. 800/-
8. Transport (volunteers)	Rs. 770/-
Grand Total	Rs. 10,000/-

(Rupees: Ten Thousand Only)

Funds Received - Rs. 10,000/- (Direct: Thru Bank Only)

This is for your kind information.

Enclosed: Related vouchers.

Thanking You,
Yours Faithfully,

Mary Dinguah
Convener, Health Care Committee

2.Career Counseling Programme organized by Health Care Committee in Collaboration with Tech Mahindra Smart Academy for Health Care and ICCO.

Venue: Shillong College Conference Hall.

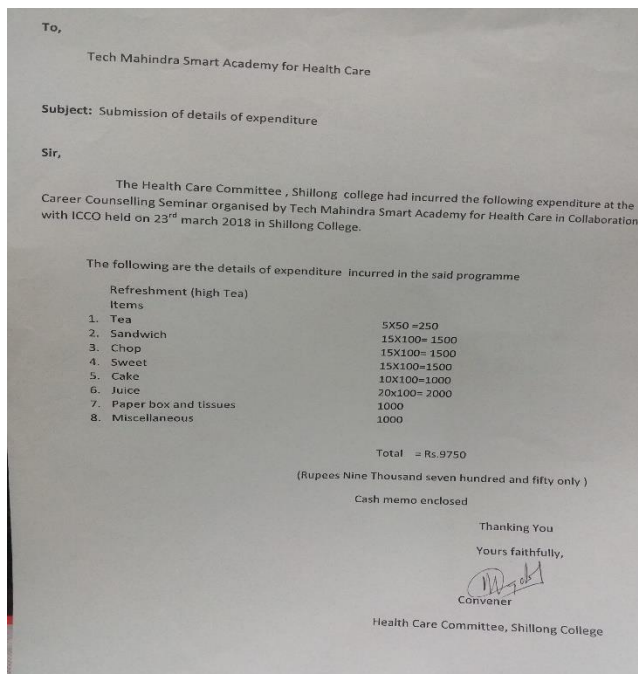
Date: 23rd March 2018

Time: 2:00 PM

Career counseling programme was organized by Health Care committee in collaboration with Tech Mahindra Smart Academy for Health and ICCO on 23rd March 2018 at Shillong College Conference Hall. The fruitful programme was organized by the Health Care committee Shillong College with an effective initiation by Mr. Upen Saikia, regional coordinators, ICCO. The eminent Mr. Alay Barah, Executive Director, ICCO was present to deliver his valuable speech, briefing and highlighting upon the career prospects of the institute. Mr. Sajid Ali, Head-direct implementation programmes, Tech Mahindra Foundation, Mr. Joannes Lamare, Chairperson, Meghalaya Youth Foundation, Mr. Empower Warbah, Nongkrem, Youth Development Association and Mr. Shantanu Ghosh, DGM, BSNL Shillong and Mr. G Daimei, Executive Director, NEICORD Shillong were present. Dr.K. D Ramseij Principal, Shillong College, convener Mrs. Mary Diengdoh and the Head of Microbiology department Sir Zoliansanga were also present along with good numbers of professors and students of Shillong College. The sessions were highly interactive and queries were responded by the speakers.



Career Counselling Seminar for Tech Mahindra Smart Academy for Health care in Collaboration with Health Care committee, Shillong College	
Date:	23rd March 2018
Time:	2:00 pm
Venue:	Shillong College Conference Hall
Time	Programme
2:00-2:20	Registration
2:20-2:40	Tech Mahindra Smart Academy Videos
2:40-2:45	Welcome Speech - Dr. K.D Ramseij, Principal Shillong college
2:45-2:55	Speech- Mr. Alay Barah, Executive Director, ICCO
2:55-3:10	Introduction about Tech Mahindra foundation and Courses offered by Tech Mahindra Smart Academy for Healthcare- Mr. Sajid Ali, Head Direct implementation programmes, Tech Mahindra Foundation
3:10-3:30	Views on career Prospects of youths in Shillong: <ul style="list-style-type: none">Mr Joannes Lamare, Chairperson, Meghalaya Youth FoundationMr. Empower Warbah, Nongkrem Youth Development AssociationMr. Santanu Ghosh, DGM, BSNL, ShillongMR. G Daimei, Executive director, Neicord, Shillong
3:30-4:00	Interactives sessions(question and answers)- Open for all
4:00-4:30	Vote of Thanks - Mr Upen Saikia, Regional Coordinator, ICCO Vote of thanks: Mary Diengdoh, Shillong College



3.Awareness Programme on MHIS organized by Health Care Committee in collaboration with the Office of the Additional District Medical & Health Officer cum District Key Manager, MHIS, Government of Meghalaya in convergence with Ayushman Bharat Pradhan Mantri Jan Arogya Yojana.

Venue: Shillong College Indoor Stadium.

Date: 22nd August 2019

Time: 12:00 PM.

Medical Health Insurance Scheme Awareness Programme was conducted by the Health Care committee in collaboration with the office of the Additional District Medical & Health Officer cum District Key Manager, MHIS, Government of Meghalaya in convergence with Ayushman Bharat Pradhan Mantri Jan Arogya Yojana on the 22nd August, 2019 in the Indoor Stadium of the College at 12 Noon. A fruitful programme was organized with the initiation of Mr. Skhemjingmut Law, IT Manager, State Nodal Agency MHIS, and Miss Sophia Marwein, District Co-Ordinator, East Khasi Hills from Reliance General Insurance. The programme started with a welcome address from the convener of Health Care Committee, Ms. K. Lartang followed by the speech from the Resource person, The resource person, Mr. Skhemjingmut Law, he gave a brief introduction about the MHIS and how the smart card operates. He explained on the process of enrolment under MHIS and describes the benefits that can be availed by using the Smart Card. The programme ended with a vote of thanks from the Convener.

MHIS MEGHA HEALTH INSURANCE SCHEME (MHIS)
Office of the Addl. District Medical & Health Officer
Cum District Key Manager, MHIS, Government of Meghalaya
Lower Lockmeers, Shillong - 793001, Meghalaya
Phone no. 9856077941 e-mail: dcmhshillong@mhish.org.in

No. DM&HO/EKH/MHIS/ENR/09/2017/L1 Dated: 9th July, 2019

From: Addl. District Medical & Health Officer,
Cum District Key Manager, MHIS
Lower Lockmeers, Shillong

To: Shillong College


Subject: Request for Awareness program in your school/colleges.

Sir,

Apurpos to the subject mentioned above, we would like to request you to allowed us to conducting awareness program in your School/College to Teacher's and Student's for Megha Health Insurance Scheme Phase IV in convergence with Ayushman Bharat: Pradhan Mantri Jan Arogya Yojana by officials of the department.

We therefore kindly give as the date and time where all your Teacher's and Student's will be present on the proposed date given by you so we can arrange and given the awareness program. The attached is a pamphlet where some information is given about the scheme.

Yours faithfully


Addl. District Medical & Health Officer
Cum District Key Manager, MHIS
Lower Lockmeers, Shillong

Memo No: DM&HO/EKH/MHIS/ENR/09/2017/ Dated: 9th July, 2019

Copy for information:
1. Chief Executive Officer, Megha Health Insurance Scheme, Shillong
2. Deputy Commissioner, Cum Chairman Dist. Grievance Redressal Committee

*Sub. K. Borkar
Healthcare
Coordinator
11/07/19*

Addl. District Medical & Health Officer
Cum District Key Manager, MHIS
Lower Lockmeers, Shillong

Megha Health Insurance Scheme



SHILLONG COLLEGE

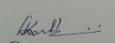
Assessed and Re-Accredited in 2016 by NAAC as "A" Grade with CGPA: 3.96

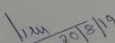
Ref. No.: _____ Date: 20.08.2019

Notice

It is for information of all concerned that there will be an Awareness Programme on "Meghalaya Health Insurance Scheme Phase IV" conducted by the office of the Additional District Medical & Health Officer cum District Key Manager, MHIS, Government of Meghalaya in convergence with 'Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana' in collaboration with Health Care Committee to be held on 22nd August, 2019 at 12:00 Noon in the Basketball Court.

All are requested to attend the same.


Convener
Health Care Committee


In-Charge Principal

Ref. No. 2019/08/01

4.Webinar on Covid-19 Vaccination organized by Swasth Bharat (Health Care) Cell, Shillong College

Date: 09/10/2021

Time: 4:00 -6:00 PM

Awareness programme was organized by Health Care Cell Shillong College on 09 Oct 2021 at Shillong College. The programme was aired at 4.PM. The programme started with a welcome speech delivered by the Vice Principal Shri K.D Roy and followed by a short speech by Dr. Mrs. E. Kharkongor Principal of the Collage. Mrs. E. Kharkongor in her address emphasize the importance and benefits of Covid Vaccination and also said that Vaccination is the only way to win the pandemic. She also appreciated the Cell in organizing such an important webinar topic which is the need of the hour. The webinar was attended by 120 students and teachers of the college online and the organizing team attended the webinar Offline. The resource person Dr. L Mawlong (Medical and Health Officer In charge of Umsohsun UPHC under NHM Government of Meghalaya) deliberated on the topic on and also stressed on the need to continue following COVID-19 behavior despite the declining trend in COVID-19 cases. He also encouraging eligible students to get themselves vaccinated. he also exhorted one and all to shy away from rumors and instead seek information from the right source. The sessions were highly interactive and queries were responded by the speakers. The programme ended with a vote of thanks delivered by Mrs. L Hek Joint Convener Health Care, Shillong College.

To

Dr. A Lyngdoh
Additional DHMO
Eask Khasi Hills
Shillong

Dated: 1st Oct 2021

Sub: Request for Resource person for webinar on Covid-19 Vaccination for Shillong College.

Mam,

With reference to the above, the Shillong College Health Care Cell will be conducting a webinar on Covid-19 Vaccination for its staff and students.

We humbly request you to kindly arrange a resource person to share valuable information on the said topic. You may confirm the resource person's participation by confirming the convenient date and time through whatsapp on mobile number 7005532288.

Thanking you

Regards,

M. Diengdoh
Convener, Health Care Cell
Shillong College

To

The principal
Shillong college
Shillong

Subject: Proposal for webinar on Awareness programme on Covid-19 Vaccination

Respected Madam,

With reference to the above, I would like to inform you that Health Care Cell of Shillong College is proposing to conduct a webinar on Awareness programme on Covid-19 Vaccination on the 9th of October 2021 (Saturday) at 4 pm.

Kindly accept our proposal and we request you to provide us with technical help from your office for smooth conduct of the programme. The Tentative programme for the webinar is enclosed herewith for your kind perusal and consideration.

Thanking you

Date: 4th Oct, 2021

Yours faithfully

Mary Diengdoh
Convener (Health Care Cell)

Webinar on
Awareness programme on Covid-Vaccination
Organised by Health Care Cell, Shillong College
Date: 9th October 2021
Time: 4pm (onwards)

1. Welcome speech by Vice principal - Shri K.D Roy
2. Speech by Principal - Dr. Mrs E. Kharkongor
3. Awareness Speech by Resource person - Dr. L. Mawlong
4. Vote of thanks

Webinar On Covid Vaccination

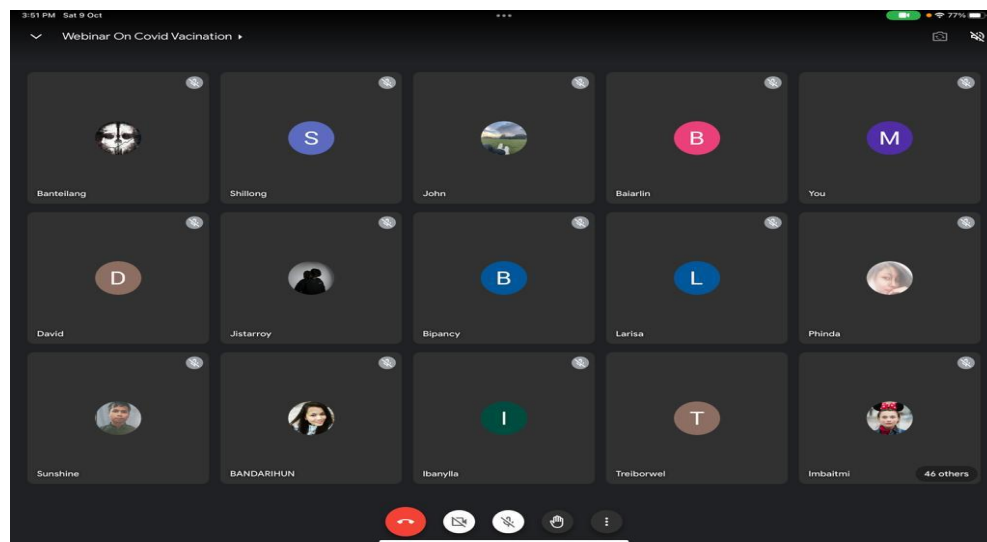
Saturday, 9 October · 3:45 – 7:15pm

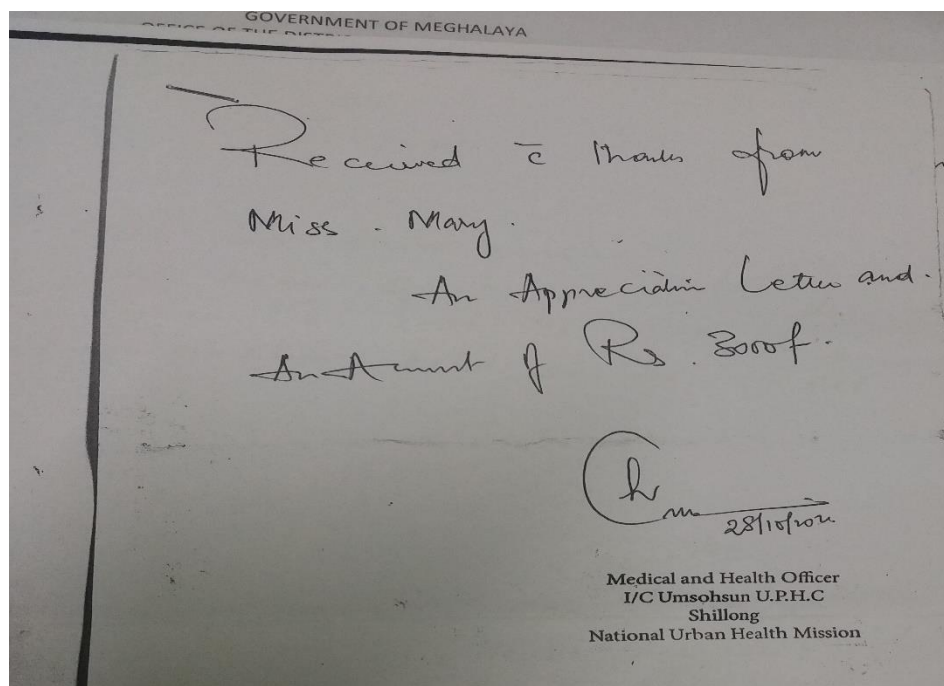
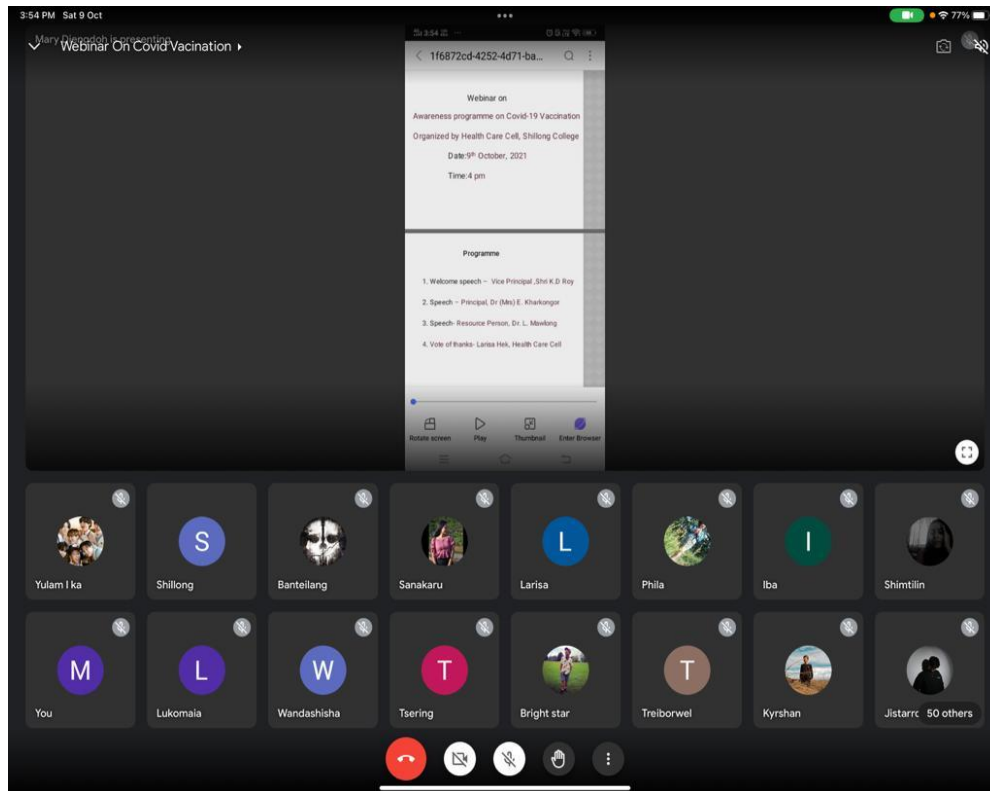
Google Meet joining info

Video call link: <https://meet.google.com/cxj-rqvk-sci>

Or dial: (US) +1 443-584-3934 PIN: 644 246 323#

More phone numbers: <https://tel.meet/cxj-rqvk-sci?pin=2955058677345>





5.Free Covid Vaccination Drive organised by Microbiology Dept and Swasth Bharat (HealthCare)Cell and Shillong College in collaboration with the office of the District and Health Office East Khasi Hills District, Shillong, Government of Meghalaya. Celebrating the 50th Anniversary of Statehood of Meghalaya.

Date: 24/11/2021

Time: 11.30:00 -2.30:00 PM

A free vaccination drive was successfully organized by Microbiology Department and Swasth Bharat (Health Care) Cell in collaboration with the Office of the District Medical & Health Officer, East Khasi Hills District, every Wednesday and Thursday from the 24th of November till the 17 December 2021 at Shillong college. More than 50 Students and staff of the college received the vaccination. The programme was inaugurated in the presence of dignitaries like Prof. E. Kharkongor, (Principal, Shillong College); Prof. B. Syiem (Vice-Principal Professional course, Shillong college); Prof. S. Sarma (IQAC Co-Ordinator); staff & faculties of Microbiology Department Shillong College and Swasth Bharat (Health Care) Cell members. Staff of District Medical & Health Officer, East Khasi Hills District along with some volunteers were also presence for the Inauguration.

This vaccination camp was organized for students and staff aged 18 years and above and 53 people were vaccinated with Covishield vaccine under this drive. During this, all protective measures related to Covid-19 were adopted. Staff Nurse, Faculties of Microbiology Department and members of Health Care Cell played an important role in making this vaccination drive a success. In the end, the Head of Microbiology department, Shri Zoliansanga, congratulated the entire team for the successful organization of the camp and he also hoped to conduct such activities in future as well.



SHILLONG COLLEGE					
24/11/2021					
NAME	AGE	Phone Number	Sex	Address	9th Date
Parmamony L. Mawhling	21	825494950	2nd	Malaiang	9/10/21
Jefferson Lyngdoh Thabak	19	9386181455	2nd	Mingthlang	30/10/21
Prematlang Mawhling	19	9861886198	2nd	Mingthlang	10/10/21
Talassing Kumbak	20	8416893948	2nd	Malaiang	10/10/21
George Gibson Thabak	21	7885482922	2nd	Sahing	8/10/21
Julius Silethang Ch. Momin	18	8822494155	2nd	Bum Duen	11/10/21
Laffine Doby Shika Syiem	19	8483566586	2nd	Mawhling	23/10/21
Arrothman Mawhling	19	7085062955	2nd	Mawhling	23/10/21
Kiphan Lyngdoh	22	8109218593	2nd	Ghei	10/10/21
Pjinhunhika Khanrang	21	9862100015	2nd	Sunny Hill	12/10/21
Englis Wahlang	23	9326217203	2nd	xx 8724 Nongthlang	10/10/21
Pynshlaw Nongthlang	18	8729849919	2nd	xx 5620500098 Laisaiton	
Vinalang Khanrang	18	6009440529	2nd	xx 8798010080 Jainia	
Jusbeit Ki Barch	22	943633769	2nd	xx 1008 Laisaiton	20/10/21
Krinda Syiemlich	20	9862584901	2nd	xx 4799 Nongthlang	21/10/21
Martelbiang Shadab	22	8413093502	2nd	xx 0796 Mawhling	9/10/21
Balasitid Nongthlang	21	6909444620	2nd	xx 7020945010 Mawhling	
Johnfield R Marak	21	8415066929	2nd	xx 6150 Lolan	19/10/21
Lambok Satnga	18	936652032	2nd	xx 9800 Nongthlang	9/10/21
Bantothang Low	19	9612652437	2nd	xx 8389 Mawhling	10/10/21

SHILLONG COLLEGE					
02/12/2021					
NAME	AGE	Phone No	Sex	Dose 1	Dose 2
1. Bonnikha Singriang	18	8730886629	F	✓	✓
2. Jorysika Nongthlang	18	8786329652	F	✓	✓
3. Janyfer Khonglah	18	8787504167	F	✓	✓
4. C. Kh. Batak Lame	27	874419329	F	✓	✓
5. Bonnikha Sakhing	25	8837253217	F	✓	✓
6. Jacob Lakhananta	20	9866362715	M	✓	✓
7. Tiba Lakhananta	21	9862386622	M	✓	✓
8. Lalma Lakhananta	19	9862268006	M	✓	✓
9. Joseph Lakhananta	20	8259906165	M	✓	✓
10. C. Lakhananta	21	9366153207	M	✓	✓
11. Lamphrang Dohdang	20	9368227188	M	✓	✓

With ID.

18+ = 1st Dose - 4
2nd Dose - 6.

Without ID.

18+ = 1st Dose = 1.

SHILLONG COLLEGE					
AATS - 25/11/21					
Sl. No.	NAME	AGE	Sex	Phone	Address
1)	Daphinika Rynth	18	F	8731989132	Nongthlang
2)	Sankhanta Rynth	18	F	98619413315	Sait
3)	Selmy Khonglah	19	F	7628773532	Laisaiton
4)	Philadelpia Chingoh	18	M	8708835727	Laisaiton
5)	Meena Bora (Mawhling)	25	F	9856001506	Laisaiton
6)	Nana Rynth	19	M	8837486855	Nongthlang
7)	Lacuan Sakhing	21	M	8858995460	Laisaiton
8)	Wankhaling Mawhling	19	M	9436151916	Ranthang
9)	Alkhandar Mawhling	18	M	7055401162	Nongthlang
10)	Shandaw Khonglah (Wahad 13)	18	M	8730908349	Mawhling
11)	Francis R. Rouse Singthang	20	M	9385099584	Laisaiton

SHILLONG COLLEGE					
AATS - 25/11/21					
Sl. No.	NAME	AGE	Sex	Phone	Address
1)	Bonnikha Tondan	20	M	8731989132	Nongthlang
2)	Russel Thabak	19	M	9436151916	Lolan
3)	Lamphrang Dohdang	19	M	9366153207	Ranthang

COVID VACCINATION		STILLING COLLEGE		DATE: 12/05/2021	
Sl. No.	Name	Age	Sex	Roll No.	Address
1)	Dipikishan Boryat	18	F	873182932	NEIGHANJANG
2)	Sankharam Langpa	18	F	9863413315	DEUTHANG
3)	Selmy Khakanga	18	F	7628773532	SONT
4)	Philadelphus Chingak	18	M	842835424	LAUSYNKHEW
5)	Meenu Bora (not used)	25	F	7856001506	LASTUMKHEW
6)	Namun Kyntai	19	M	883946355	NEIGHANJANG
7)	Lawan Siding	21	M	825946460	LASTOK
8)	Wankhaling Namun	18	M	948615776	AMZAR
9)	Akhonkhei Manket	18	M	7085401162	KHAKHAKHAI
10)	Shandaw Khongpa (not used)	18	M	8730708349	MAEKI
11)	Francis R. Rame Singkhong	20	M	9885097574	LASTOK

STILLING COLLEGE		04/12/2021	
1)	Andang Kyntan	20/M	841488482
2)	Opasen Kyntan	20/M	841040066
3)	Lawan Kyntan	20/M	785228578
4)	Angakha Kyntan	21/M	9402366142
5)	Onam Tyk Chama	20/M	9585149854
6)	Chuhang Manket	19/M	9583305486

1 Dose → 2.
 2 Dose → 4.

Dose 1
 Dose 2
 Dose 2
 Dose 2
 Dose 1

6. Awareness programme on Ayushman Bharat Digital Mission and Registration of Ayushman Bharat Health Account. Organized by the office of the District and Health Office East Khasi Hills District, Shillong, Government of Meghalaya in Collaboration with Swasth Bharat (HealthCare) Cell, Shillong College

Date: 10/11/2022

Time: 11.00 A.M -4.00:00 PM

Venue: Shillong College Campus

The Office of the District Medical & Health Officer, East Khasi Hills District, Shillong, Government of Meghalaya, in collaboration with Swasth Bharat (Health Care) Cell, Shillong College, successfully organised an awareness programme on the Ayushman Bharat Digital Mission and registration for an Ayushman Bharat Health Account on November 10th, 2022 at Shillong College. The programme got underway at 11:00 a.m. with a welcoming speech by Vice Principal Dr. H. Yangrai in front of Prof. S. Sarma (IQAC Coordinator), Shillong College, Mrs. S. Warbah, District Data Management Executive and members of her team, DHMO, staff and students of Shillong College and Swasth Bharat (Health Care) Cell members.

Mrs. S. Warbah highlighted the value and benefits of the Ayushman Bharat Digital Mission and provided information on how to sign up for a health account as well as how to enrol in it. The Shillong College staff nurse, Mrs. L. Hek, gave a closing speech in which she thanked everyone who had attended as well as Mrs. S. Warbah and her team for making us aware of the Mission and helping all of us with the enrollment of Health Account.



B. Programmes Attended during the years 2016-2021

1. Attended a National Programme on the theme “Substance, Suicide and Adolescents. Effect of Substance abuse and suicide in Adolescents” organised by Nursing Education Cell, Woodland Institute of Nursing, Shillong

Venue: St' Anthony's College


Date: 07 July 2018

Time: 10:00 AM

A one-day programme of presentations, panel discussions and interactive dialogue at the conference on the theme: “Substance, Suicide and Adolescents “Effects of Substance abuse and suicide in adolescents” Co-sponsored by the Chief Ministers Development Scheme (CMYDS) and VAF Scheme in collaboration with St. Anthony's College, which took place on the 7th of July 2018 at St. Anthonys College Auditorium, Bomfyle road, Shillong. The event brought together experts from the field of Medical Science, Nursing and Clinical Psychology as well as experts from different section of the society such as journalists, social worker and the police department to review the various aspects of substance abuse and suicide such as the medical aspects, peer pressure, impact on society, intersection of substance abuse and suicide as well as society's perception, prevention and remedial measures. Participants of the conference comprised of nursing delegates from hospitals and Nursing Colleges from within the state as well as from states like Assam (18 nos) and Tripura (6 nos). School and college students in and around Shillong and its adjoining areas were also invited as the theme mainly concentrates on adolescents.

Youth being enthusiastic, vibrant, innovative and dynamic in nature is the most important section of the population. However, it is seen that youths are the age group which are majorly affected with problems such as substance abuse and suicide. The problem not only harm individuals but also negatively affect families and society. According to India drugs and Aids care, the number of drug users in Meghalaya has increased 33 times in the past 10 years. The National Crime Records bureau, NCRB estimated that around 1,35,445 people

died of suicide in India in 2011 alone and Meghalaya adds 156 reported cases to that deadly list. Hence Meghalaya ranks third in suicides among the small states in North east India. Looking into the various statistical data and articles on substance use and suicide, there is a need in conducting more awareness and open discussion on these subjects. The conference has helped in highlighting and bringing these issues to the forefront. It showcased the various causative and risk factors propelling youths towards substance abuse and suicide. It also helped in identifying the resources needed in tackling these issues in a large scale.

 **CONTINUING NURSING EDUCATION (CNE) CELL**
WOODLAND INSTITUTE OF NURSING (W.I.N.)
LAITKOR, SHILLONG
Phone No.: 0364-2580001
E-Mail: cne@cell.winnz@gmail.com

Ref No: _____ Date: 24/05/2018

To,
PRINCIPAL,
SHILLONG COLLEGE, BOMFYLE ROAD, LAITUMKHAH, SHILLONG
EAST KHASI HILLS DIST., MEGH - 793003

Subject: "Participation for the 1st National Conference"

Respected Sir/ Madam,

Greetings from the Continuing Nursing Education Cell, Woodland Institute of Nursing, Shillong

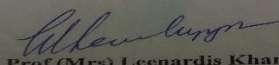
The organizing committee is pleased to invite you to the 1st National Conference on the theme "Substance, Suicide and Adolescents: Effects of substance abuse and suicide in Adolescents" on the 7th July 2018 at St. Anthony's College Auditorium, Shillong.

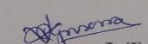
We look forward to an active participation from your students/faculty/ staff nurses/M.Sc Nursing Students of your institution to make this conference a grand success.

Thanking you in Anticipation.

* MAXIMUM NO OF PARTICIPANTS - 5 (FIVE)

Yours Sincerely,


Prof. (Mrs) Leenardis Kharbynnagar Das
President cum Organizing Chairperson


Mrs. Vanessa L. Tynsong
Organizing Secretary

Handwritten notes:
VPIHA
pls nominate participant
24/5/18
Smt. M. Dimpled
Conv. H.C
17/4/18

Laitkor, Lumbeh, Mawrie, Shillong-793010, Meghalaya.

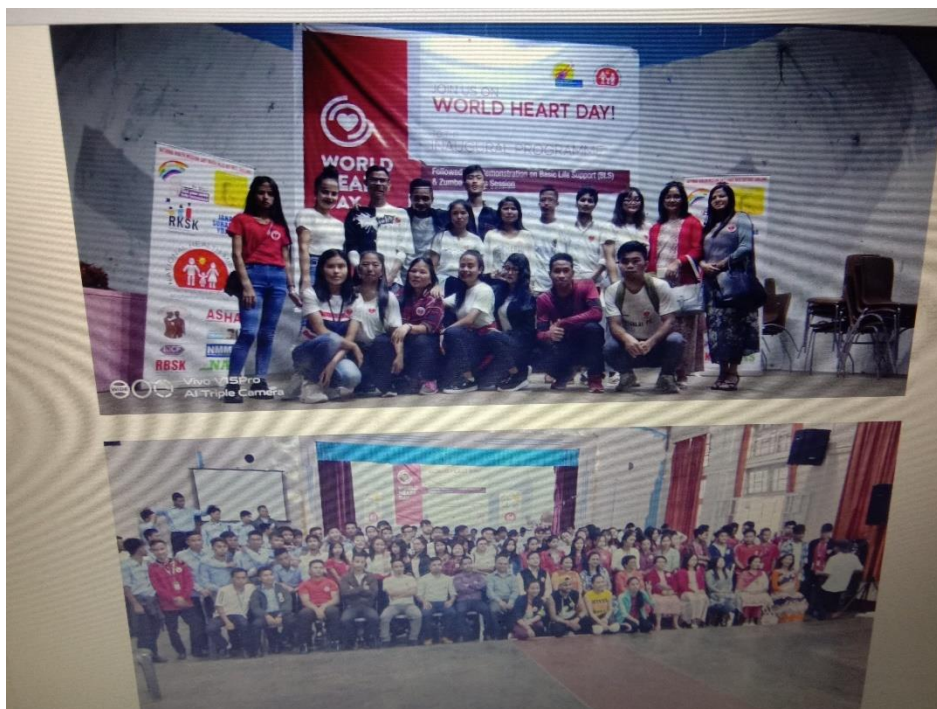
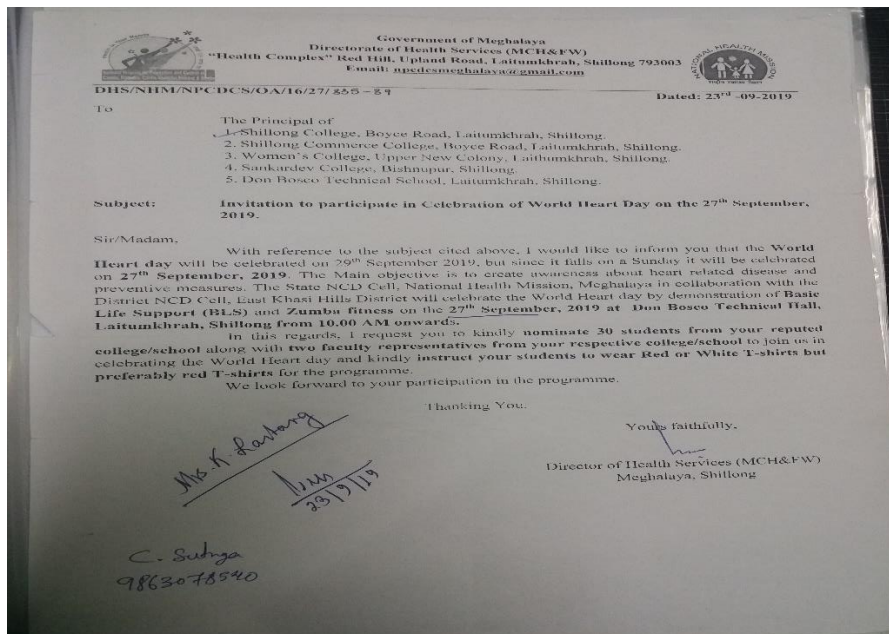


2.Participation in the Celebration of World Heart Day Organized by The State NCD Cell, National Health Mission, Meghalaya, in collaboration with the District NCD Cell, East Khasi Hills District.

Venue – Don Bosco Technical Hall, Laitumkhrah, Shillong.

Date: 27th September,2019

World Heart Day celebration programme held on 27th September, 2019 at Don Bosco Technical Hall, Laitumkhrah, Shillong was organized by The State NCD Cell, National Health Mission, Meghalaya, in collaboration with the District NCD Cell, East Khasi Hills District. Nineteen (19) students along with two faculty representatives from our college had participated. The programme includes a demonstration on Basic Life Support and a Zumba Fitness Session.



NOTE: ALL SOPs like Hand washing, hand Sanitization, wearing of Mask temperature checking, social distancing etc. is maintained regularly to ensure smooth conduct and functioning of the Institution.