



Christian Institute of Health Sciences & Research

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College of Nursing

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Satellite Unit: Healthy Habits

World Health Day celebration

12th April 2023

The Satellite Unit: Healthy Habits was activated by the Community Health Nursing Department of College of Nursing, CIHSR on the World Health Day. This event was conducted in Collaboration with Health and Wellness Centre, Diezephe Village on 12th April 2023 at Diezephe Council Hall, which was sponsored by Macleods Pharmaceuticals Ltd. TB Care Division Dimapur.

The programme was chaired by Ms Nungsangmenla Longkumer, B.Sc. Tutor, Community Health Nursing (CHN) Department and was started with an invocation prayer by Mrs. L Lidziisa Mao, HOD, CHN Department, followed by a prayer song by the B. Sc. Nursing 4th year students. The occasion was graced by Dr Imtiwapang, SMO of Singrijan PHC and briefed the audience on the theme “**Health for All**”. Ms. Imsutola Jamir, Clinical Dietician, CIHSR spoke on the topic “Nutrition and its impact on Health”. Short speeches were given by Mrs. Vitono, CHO, Health and Wellness Centre, Diezephe and Mr. Vezota Village Council Secretary, Diezephe. The students of Government Middle School, Diezephe, participated by performing a play on **Good and Bad Habits**. Benefits of Community Health Services was briefly explained to the audience by Mrs. Neiketounuo Medom, Asst. Professor, CHN Department. She explained on the benefits the adopted village gets when they come for health services at CIHSR hospital and the advantages of having AB-PMJAY card and CMHIS card. As a part of dance club, Ms Ruokuokhonuo Livi with GNM 1st year students performed Zumba dance. All the participants of the event took part in the Zumba dance. The program was then followed by Vote of Thanks by Mrs. L Lidziisa Mao and ended with a benediction prayer by Mr Vezota, Village Council Secretary, Diezephe, followed by a light refreshment. Altogether 80 people participated in the event, the students also displayed posters based on the theme “Health for All”.



Reported by:

Lidziisa Mao
Mrs L. Lidziisa Mao
HOD, Community Health Nursing Department
CON, CIHSR, Dimapur

Lidziisa Mao
12/04/2023
Christian Institute of Health Sciences & Research
4th Mile, Dimapur, Nagaland - 797115



THURSDAY 13•04•2023

THE MORUNG EXPRESS



Community Health Nursing Department, College of Nursing, CIHSR in collaboration with Health and Wellness Centre, Diezephe village organised World Health Day celebration at Diezephe Council Hall on April 12. It was sponsored by Macleods Pharmaceuticals Ltd TB Care Division Dimapur. Dr Imtiwapang, SMO, Singrijan PHC briefed the gathering on the theme 'health for all.' Imsutola Jamir, Clinical Dietician, CIHSR spoke on importance of nutrition and its impact on health. Government Middle School, Diezephe students performed a play on good and bad habits. Altogether 80 people participated in the event which concluded ended with ZUMBA session.

[Handwritten Signature]
Principal
College of Nursing
Christian Institute of Health Sciences & Research
4th Mile, Dimapur, Nagaland - 797115
October 2023



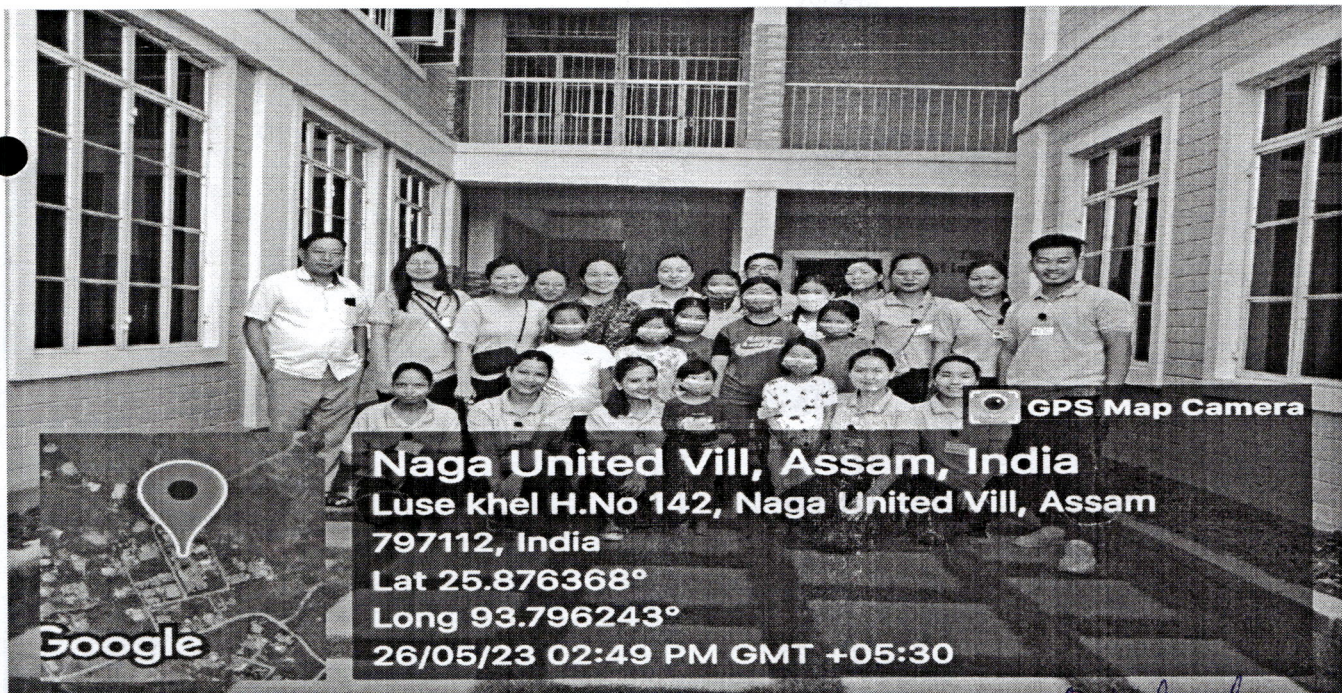
ADOLESCENT HEALTH: MENSTRUAL HYGIENE

On 26th May 2023, the Post basic 1st year student along with two faculty Ms. Bendangmenla Ao and Ms. Ajano Shitiry college of Nursing, CIHSR Visited the orphanage home “Wondanki Charitable Foundation” located at Nuiland Road, Naga United. Altogether there were 12 children, 3 infants and 5 school children with 3 adolescents’ girls.

The adolescent girls were given health teaching on Menstrual Hygiene by Ms. Athisa PBBSc 1st year using PowerPoint presentation and demonstration. The visit was commemorated by Spreading awareness in the Community about the importance of good menstrual hygiene habits. The topic covered the following points.

Practice Healthy Habits During Your Period:

- Wear lightweight, breathable clothing
- Change your menstrual products regularly
- Keep your genital area clean
- Use unscented toilet paper, pads or cloth
- Drink enough liquids.
- Track and monitor their period and report if any abnormality occurs.



Reported by Bendangmenla Ao
Professor, College of Nursing, CIHSR
Child Health Nursing, Department

[Signature]
20/10/23

[Signature]
Dr. Christy Simpson
Principal, College of Nursing CIHSR



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REPORT ON MENTRUAL HYGIENE

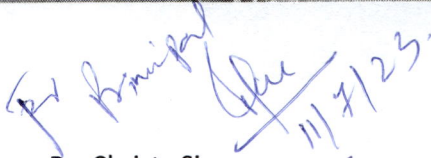
As part of the World Menstrual Hygiene awareness, a half day seminar was organized at Mt. Saramati Hr. Sec School, on **June 28th, 2023** at the school assembly hall. It was facilitated by Ms. Worlanso Awungshi Shimray, Asst Professor and Ms. Nukshijungla Ao, Asso. professor, faculty of College of Nursing, CIHSR, on the topic 'Menstrual Hygiene'. A short video clip in Hindi was then shown to the students to enhance the learning on Menstrual Hygiene. It is an official video produced by the Ministry of Health and Family Welfare. The seminar was attended by 350 students comprising of students from Class V to Class XII students, including boys. All the students were open and receptive of the awareness given. The session was followed by the question and answer round which was participated by many students. The boys attending the seminar also undertook a pledge to always to support the girls during their period days. At the end of the discussion, the faculty gave some sanitary pads to be used in the school during an event of emergency. The school Principal appreciated the seminar delivered and was mentioned that the school is keen on organizing similar events in the days to come.



Reported by,


10/7/23

Ms. Nukshijungla Ao
Asso. Prof, CON, CIHSR


11/7/23

Dr. Christy Simpson
Principal, CoN, CIHSR

Principal
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