

**Index of Unit Activities
(Datewise)
First Year**

Date	Activities
30 th Aug '23	HANDING OVER CEREMONY
31 st Aug '23	FAREWELL PROGRAMME
5 th Sept '23	TEACHERS DAY
18 th Oct '23	SNA GENERAL BODY MEETING
20 th Oct '23	12 th COLLEGE FOUNDATION DAY.
26 th Oct '23	FRESHERS DAY
10 th Nov '23	WORLD IMMUNIZATION DAY
19 th Nov '23	CHILDREN'S DAY
14 th Nov '23	WORLD DIABETES DAY
28 th & 29 th Nov '23	30 th SNAI BIENNIAL CONFERENCE
1 st Dec. '23	WORLD AIDS DAY
19 th Dec. '23	PRE-CHRISTMAS CELEBRATION.
12 th Jan '24	CERVICAL CANCER AWARENESS MONTH
26 th Jan '24	REPUBLIC DAY
4 th Feb '24	WORLD CANCER DAY.
14 th Feb '24.	VALENTINES DAY
15 th Feb '24.	NATIONAL DEWORMING DAY
8 th March '24	INTERNATIONAL WOMENS DAY
11 th March '24	WORLD KIDNEY DAY.
20 th March '24	WORLD ORAL HEALTH DAY.
25 th March '24	WORLD TUBERCULOSIS DAY.
9 th April '24	NATIONAL SAFE MOTHERHOOD DAY.

Index of Unit Activities
(Datewise)

First Year

Date	Activities
15 th April '24	WORLD HERITAGE DAY.
25 th - 27 th April '24	CONFEST.
11 th May '24	INTERNATIONAL NURSES DAY
17 th May '24	WORLD HYPERTENSION DAY
31 st May '24	WORLD NO TOBACCO DAY.
05 th June '24	WORLD ENVIRONMENT DAY
1 st July '24	WORLD POPULATION DAY
29 th July '24	WORLD HEPATITIS DAY
29 th July '24	WORLD ORS DAY
5 th Aug. '24	WORLD BREASTFEEDING DAY
17 th Aug. '24	GRAND SALE
18 th Aug. '24	GENERAL ELECTION SNA.

"With the new day, comes new strength and new thoughts." ~ Eleanor Roosevelt.

First Year of Diary

Date	Record of Unit Activities
30 th August.	Report on SNA Handing over Ceremony.
	Venue: LG Hall Time: 2:00PM
	The handing over ceremony was chaired by Ms. Kolee Yeftho, VP.
	The highlight of the programme was prayer by Ms. Lianlalven, SNA Junior Advisor, followed by pronouncement of the roles and responsibilities by the outgoing cabinets and handing over to the new cabinets.
	The newly elected cabinets are:-
	1. Vice President: Maibi Naiding
	2. General Secretary: Arikhsiaii Rawo
	3. Asst. General Secretary: Nzanti Odyuo
	4. Treasurer: Sonya Tana Tana
	5. Asst. Treasurer: Ongalo Mimi
	6. Fundraising Convenor: Megokieno Meru
	7. Asst. Fundraising Convenor: Melissa Bongoray
	8. Disciplinary Convenor: Sophia S
	9. Cultural Convenor: Wikhaibiliu Z Newmai
	10. Bulletin Board Convenor: H Ngeavei Margreth RK
	11. Mess Convenor: Sentikala Jamoi
	12. Sports convenor: Ajano Kuotsu
	13. Editorial convenor: Jessica Mochahari

First Year of Diary

Date	Record of Unit Activities
	14. Hostel Convenor: Sorhodeno Toso
	15. Spiritual Convenor: Pjokneni Elozini
	<p>"Every farewell is a sunset that always awaits the sunrise."</p>
31 st August	Report on Farewell Programme.
	Venue: LG Hall Time: 3:00PM
	The programme was organised for the outgoing students in two sessions: formal and informal
	The order of formal session:
	Chairperson: Haulinchiu Chang
	Opening prayer: Mrs. Nongozonuo Khape
	Bible Reading: Huvetalii
	Speech: 1. On. Mrs. Christy Simpson (Principal)
	2. PBBSCN. 2 nd Year
	3. B.Sc.N. 3 rd Year
	1. GNM 2 nd Year.
	The Blessing: B.Sc.N. 3 rd Year
	Response from outgoing students.
	Distribution of memento
	Blessing and closing prayer: Mrs. Bendangmentla
	The informal session started with entertainment by B.Sc.N. 1 st years, Desi Girls by GNM 2 nd year.

"TEACHER : The Profession that creates all other Professions."

First Year of Diary

Date	Record of Unit Activities
	<p>song presentation by PBBScN, Eustatic by BScN 2nd year, down the memory lane by BScN 3rd year and lastly ramp walk by the outgoing batches. The program ended with special dinner.</p>
5 th Sept.	<p>Report on teachers day. Venue : LG Hall Time : 3:00PM Teachers Day was celebrated on 5th Sept at 3PM in LG Hall. The program was organised into two sessions : Formal and Informal session. ~ Chairperson : Ms. Katimenla Jamir. Invocation : Ms. Elogunii Bible reading : Arikhruei Kaco. Speech: Faculty: Mrs. Bendangmenla Aa. Student: Post Basic. Special Prayer: Ms. Bino Pesegie. Closing Hymn: Blessed Assurance. Closing Prayer: Akhumboshi S Longkumer.</p> <p>The informal session started with an clinic walk by B.Sc.N. 3rd Year followed by Dance from BScN 4th Year, Aphi Kukulo by GNM 1st Year, the battle by BScN 1st Year and lastly the last Thunkas by GNM 3rd Year.</p>

"Your direction is more important than your speed."

First Year of Diary

Date	Record of Unit Activities
18 th Oct.	Report on SNA General Body Meeting. Venue: LG Hall Time: 4:00PM.
	The SNA General Body meeting was organised chaired by the Vice President, Ms. Maibi Naiding. Invocation by Mrs. Cecilia Katasi (Senior Advisor, SNA) followed by presidential address by Dr. Mrs. Christy Simpson, Principal cum President SNA. The General Secretary and other convenors presented their yearly plans and expectations. The meeting was attended by all the SNA members. The program ended with a benediction by Dr. Mrs. Christy Simpson.
20 th Oct.	Report on 12 th Foundation Day of the College. Venue: LG Hall Time: 3:00PM. 12 th College Foundation Day was celebrated. The highlight of the Programme are:- ~ Chairperson: Ms. Rongentemla. ~ Praise & Worship: CDN Spiritual Committee. ~ Scripture Reading and Invocation: Mr. Anuktsung, Chaplain CIHSR. ~ Special Song: Singing Club. ~ Exhortation: Mr. Sedeai Angami, Director, CIHSR.

"When things change inside You, things change around You."

First Year of Diary

Date	Record of Unit Activities
	~ Choreography: Dance Club.
	~ Principals Report: Dr. Mrs. Christy Simpson.
	~ Thanksgiving message: Dr. Frikkie Kellerman
	~ Vote of Thanks: Ms. Nukshijungla do.
	~ Congregation Hymn: CIHSR Theme Song.
	~ Benediction Prayer: Ms. Bino Pesejie.
	~ Decor: Arts & Crafts Club.
26 th Oct.	Report on Freshers Day.
	Date: 2:00PM. Venue: LG Hall.
	The Freshers Day was organised by SNA CON. Social unit. The programme was divided into two sessions: Formal and Informal sessions.
	~ Chairperson: Ms. Pfoknemi Elogini
	Invocation: Ms. Anthoni Tunge.
	Bible Reading: Ms. H. Ngeavei Margreth.
	Welcome Song: GNM 3rd Year
	Welcome speech: Dr. Mrs. Christy Simpson.
	Closing Hymn: Great is thy faithfulness
	Closing Prayer: Ms. Ruokuokhonuo Livi
	Followed by Photo Session and Refreshment.
	The informal session started with introductory

"Safety is a small investment for a rich future."

First Year of Diary

Date	Record of Unit Activities
	<p>round, 1st Phase. Dance by B.Sc.N. 7th Year, 2nd Phase of introduction followed by entertainment from B.Sc.N. 3rd Year, Talent Round, Beat Breaker by PBBSCN 2nd Year, Question Round and Dance Remix by B.Sc.N. 2nd Year.</p> <p>Crowning of Mr. and Mrs. Freshers 2023. Miss Freshers: Vilakhona Ltu. Mr. Freshers: Khowepe Khe.</p>
10 th Nov.	<p>Report on World Immunization Day. Venue: Pediatric OPD Time: 11:40AM Theme: "The Big Catch Up."</p> <p>The students of B.Sc.N. 3rd Year under the supervision of Ms. Temjensda, B.Sc.N. Tutor celebrated World Immunization Day with the patients and attendants at Pediatric OPD. Health education was given using charts, posters and flashcards. The students highlighted the importance of immunization, side effects, benefits and its schedule.</p> <p>The listeners were cooperative and attentive. A time of interaction took place with the mothers and concluded with a summary of the topic.</p>

'Children don't need perfection. They need Connection.'

- L.E. Knost.

First Year of Diary

Date	Record of Unit Activities
14 th Nov.	Report on World Children's Day.
	Venue: Pediatric OPD, ward, PGs. Time: 8:30AM.
	Theme: "For every child, every night."
	Children's Day was celebrated where the B.Sc.N. 3 rd Year students under the supervision of Pts. Tenjerisola James; B.Sc.N. Tutor performed an action song at Pediatric OPD, Pediatric ward and Precious Gem School. After which bookmarks were distributed to all the children in the ward. Also an education on cleanliness and hygiene was given to the children and the parents.
	The session ended with an interaction with the special kids at Precious Gem school followed by photo session and sweets distribution.
14 th Nov.	Report on World Diabetes Day.
	Date: Medicine OPD Time: 9:10AM
	Theme: "Access to diabetes Care"
	On account of World Diabetes Day, the B.Sc.N. 3 rd Semester Students under the guidance of Pts. Arinlalven, B.Sc.N. Tutor gave health education on diabetes, its types, causes, signs and symptoms, management and complications.

"Believe in the power of your dreams and take action towards them."

First Year of Diary

Date	Record of Unit Activities
	<p>The students used various AV aids to enhance their teaching such as charts, flashcards and posters. The health education was presented for 35 minutes wherein interaction and question round also took place among the listeners.</p>
28 th & 29 th Nov.	<p>Report on 30th SNAI Biennial Conference. Venue: Thyagaraj Sports Complex, Time: 8:00 AM onwards. New Delhi</p>
	<p>Theme: "Empowering Nursing Students: Prospects and Challenges."</p>
	<p>16 CON students attended and participated in the 30th SNAI Biennial Conference under the guidance of Ms. Rongsenlemla and Ms. Lianlalven, B.Sc.N Tutor. Among the 16 students, 2 were B.Sc.N. 4th Year, 3 were B.Sc.N. 3rd Year, 3 from B.Sc.N. 2nd Year, 6 from GNM 3rd Year. The area of participation included Ms. Personality Contest, extempore speech, Essay writing, Relay Race, Quiz, Badminton (Boys), Spot painting, Poster and Javelin throw. Ms. Toshisenta Kichu from GNM 3rd Year glorified our state, our college by holding second position in extempore speech.</p>

"The Greatest Wealth is Health."

First Year of Diary

Date	Record of Unit Activities
	All the participants and the tutors involved expressed their experience with gratitude and positivity.
1 st December	Report on World Aids Day.
	Venue: Medicine OPD Time: 11:00AM.
	Theme: "Let Communities Lead."
	<p>The GNM 2nd Year under the guidance of Ms. Mezavino Flibo Observed World Aids Day. The students were divided into two groups where the first group performed a role play on the routes and risks of HIV. The second group gave a health talk about the awareness, treatments and preventions of AIDS.</p>
	<p>Also, the CON, CTHSR SNA Local Unit in collaboration with Red Ribbon Club observed World Aids Day in LG Hall at 9:30AM where Mr. Temmyanger Sr. District Assistant, Monitoring and Evaluation DACU Almapur, graced the programme with his presence and exposition of the theme. The programme ended with prize distribution for the winner of poster competition under the same theme. Closing Prayer by Mrs. Cecilia Katasi, SNA Senior Advisor.</p>

Christmas is the day that holds all time together!!

First Year of Diary

Date	Record of Unit Activities
19 th Dec '23	Report on Hostel Pre-Christmas Celebration
	Venue: L. Noksangchila Girls Hostel. Time: 9:30PM
	Theme: "The Greatest Gift."
	The programme was held at two sessions.
	Formal session:-
	~ Chairperson: Ms. Huvetali Oaishuo
	~ Praise & Worship: Spiritual Committee, EU Committee and Allied Health Sciences.
	~ Invocation: Mrs. A. Emi. Humsoe.
	~ Bible Reading: OT: Ms. Indinungla NT: Ms. Monalisa
	~ What Christmas means to me: Ms. Pino Pesejie.
	~ Special number.: P6BSc. Students
	~ Message: Ms. Menuo Kediku
	~ Closing prayer: Mrs. Brainy.
	Followed by dinner.
	The informal session was led by Mr. Nathaniel and Mr. Moses. The items performed were:
	Drama: B.Sc. N. 2 nd Year, Special number by boys,
	wrong direction by Allied Health Sciences.
	Choreography by GNM 2 nd Year, a moment
	of silence by Ashwin Thapa Magar. Games
	by B.Sc.N. 1 st Year. The night ended with bonfire.

'Fighting cancer is hard, but living with it is an art.'

First Year of Diary

Date	Record of Unit Activities
12 th Jan '24	Report on Cervical Cancer Awareness Month. Venue: Gynae OPD Time: 10:30AM.
	Theme: <u>Learn. Prevent. Screen.</u>
	The students of B.Sc.N. 1 st Year bearing roll no. 25-39 gave health education on cervical cancer awareness under the guidance of Ms. Salew Rathore, B.Sc.N. Tutor in Gynae OPD. A total of 8 people attended the sessions where charts, powerpoint presentation and discussions were used as a form of AV aids to convey the message. The participants were interactive and they also clarified their doubts by asking questions followed by recapitulation.
26 th Jan '24	Report on Republic Day. Venue: College of Nursing Time: 6:30AM.
	On account of Republic Day, flag hoisting programme was held on 26 th January in front of CON, CHSR where faculties and students of CON attended the programme. Flag was hoisted by Dr. Clement Memoni following National Anthem after which speech was delivered. The programme ended with a prayer by Dr. Christy Simpson.

'Love yourself enough to live a healthy life.'

- Jules Rebson.

First Year of Diary

Date	Record of Unit Activities
4 th Feb. '24	Report on World Cancer Day.
	Venue:- Medicine OPD. Time:- 9:00AM.
	Theme: 'Close the Care Gap.'
	<p>Ten students of GNM 2nd Year observed World Cancer Day facilitated by the students Nurses Association on account of World Cancer Day. The focus areas included discussing the possible causes, risk factors and warning signs of cancer also strategies for seeking timely medical advice. Furthermore, information was shared about available schemes such as Ayushman Bharat to support cancer patients with accessing chemotherapy. With an audience of approximately 10-15 attendees, the session fostered interactive dialogue lasting between 30 to 45 minutes culminating in a clear understanding among participants evidenced by their engagement in the post-talk inquiries.</p>
15 th Feb. 24	Report on National Deworming Day.
	Venue: Pediatric ward Time: 9:00AM.
	Theme: 'Prevention of Worm Infestation.'
	13 students from B.Sc.N. 3 rd Year presented a health talk to the parents in the pediatric

"Spread love everywhere you go. Let no one ever come to you without feeling happier." - Mother Teresa.

First Year of Diary

Date	Record of Unit Activities
	<p>ward on the topic 'Awareness and Prevention of Worm Infestation.' Under the supervision of Ma'am Ajano Sultrey B.Sc.N. Tutor. The students used different types of AV aids to enhance their teaching. An awareness on the management and prevention was portrayed through a skit. The health talk lasted for 30 minutes and ended with an appreciation to the audience.</p>
14 th Feb. 24	<p>Report on Valentines Day. Venue:- CIHSR campus.</p> <p>The SNAI CIHSR local unit organized a valentines day fund raise. The items included were Bento cake of different flavours, cupcake, chrysanthemum flower bouquet, sola flower bouquet, single fresh rose (red, light pink, deep pink, lavender, yellow, orange, white) and combo of bento cake and bouquet.</p> <p>The fundraise done within the campus was a successful one and ended with positive feedbacks and outcomes.</p>

'She overcame everything that was meant to destroy her.'

First Year of Diary

Date	Record of Unit Activities
8 th March 24	Report on International Women's Day.
	Venue: LG Hall. Time:- 3:00PM
	Theme: 'Inspire Inclusion: Empowering women against HIV.'
	The college of Nursing observed International women's Day organised by SNA, CIHSR Local Unit in collaboration with Red Ribbon Club. The speaker was Mr. Immanuel Difusa, MD Medicine, CIHSR.
	The order of the programme was as followed:-
	- Chairperson: Ms. Sophia S
	- Bible reading and prayer: Ms. Sonia Tama Tara.
	- Special number: Ms. Rhutde Wetsah
	- Speaker for message on the theme.
	- Vote of thanks: Ms. Maibi Naiding
	- Closing prayer: Ms. Sonhodans Toso.
	Followed by refreshment and Photo session.
11 th March 2024	Report on World Kidney Day
	Venue:- Dialysis Department. Time: 9:20AM
	Theme: "Kidney Health for All- Advancing equitable access to care and optimal medication practise."
	10 students from C/NM 2 nd Year organised

"Today is your opportunity to build the tomorrow you want."

- Ken Poirot.

First Year of Diary

Date	Record of Unit Activities
	<p>a health talk on the theme under the supervision of Ms. D. Henia, B.Sc.N Tutor. The focus area included discussion about kidney health, causes, risk factors, signs and symptoms, the importance of early detection through screening. With participants of approximately 18 patients and 19 attendees, the session fostered interactivity lasting for 55 minutes.</p>
20 th March 2024.	<p>Report on World Oral Health Day. Venue: Dental OPD, ENT OPD. Time:- 11:05 AM Theme: "A happy mouth is a happy body." The GNM 1st year students from roll no. 1-10 gave health education on oral hygiene under the theme 'a happy mouth is a happy body,' to a group of 19 clients in Dental OPD and 38 clients in ENT OPD under the guidance of Ms. Rongentemla B.Sc.N. Tutor. A total of 25 minutes was taken to deliver the message in each OPD. The events were interactive and had a positive feedback.</p>

"In the wild of her unknowns, she found bold, unbridled joy for the little things as she waits for what's to come."

- Morgan Harper Nicholas

First Year of Diary

Date	Record of Unit Activities
25 th March 2024.	Report on World Tuberculosis Day. Venue: Mediane OPD Time: 9:30AM.
	Theme: "Yes! We can end TB."
	<p>On March 25, four students from B.Sc.N. 4th Year organized a health talk under the supervision of Ms. H. Emeni, B.Sc.N. Tutor on account of World Tuberculosis Day.</p>
	<p>The health talk prioritized to increase awareness, early detection, prevention and management of Tuberculosis which will help to achieve the theme of the year. The health teaching facilitated using audiovisual aids such as charts and pamphlets. The number of participants were 25 and the session lasted for 35 minutes. The programme ended in a positive note.</p>
09 th April 2024.	Report on 'National safe Motherhood Day'. Venue: OBG ward Time: 9:50AM.
	<p>Theme: 'Importance of Antenatal Checkup and diet.' 'Birth Preparedness and antenatal clothing.'</p> <p>B.Sc.N. 4th Year and GNM 3rd Year gave</p>

"Let the echoes of your ancestors inspire your path forward."

First Year of Diary

Date	Record of Unit Activities
	<p>awareness on Safe Motherhood Day through health talk observed under the guidance of Dr. Christy Simpson, Principal LON, Maam Worlanso Shimray, and Ms. Salew Rathore. B.Sc.N. 4th Year gave health education on the topic 'Importance of Antenatal checkup and antenatal diet,' and LNM 3rd Year on the topic, 'Birth Preparedness and Antenatal clothing.' AV aids like charts were used by both the classes. A total of 13 audience including 2 patients attended the health talk.</p>
<p>18th April 2024.</p>	<p>Report on World Heritage Day. Venue: LON, CIHSR. Time: 8:45AM Theme: 'Discover and Experience Diversity.' The LON observed World Heritage Day organised by B.Sc.N. 4th Semester students under the supervision of Ms. Ruokukhonuu Zivi, Msc Tutor and Ms. Meripeni Kitran, B.Sc.N. Tutor. The inaugural program started at 8:45AM, led by Ms. Anyle followed by bible reading by Ms. Leclina. Opening of the program</p>

"Hard days are best because that's when champions are made."

First Year of Diary

Date	Record of Unit Activities
	program was graded by Mrs. Bendangmenla So, Vice Principal. Slots were allotted to each classes to participate and witness the vibrant diversity of different culture:
25 th -27 th April 2024.	Report on CONFest. CONFest 2023 took place over three
	days from April 25 to 27, 2024, under the theme, 'Potencia, Patienbra, Victoria.'
	Translating to 'Power, Patience, Victory.'
	The participants including both the faculties and students were assigned to four different houses, Team flyers, Team Hustlers, Team Swashbucklers and
	Team skywalkers.
	The opening ceremony took place at the Football Ground CIHSR. Dr. Clement Momin,
	Medical Superintendent, CIHSR inspired the student with a speech and hoisted the
	flag, while Mrs. Wondanso A. Shumrag, Vice Principal PbBsc.N, administered the
	oath. Additionally, the first march past parade took place which was presented vibrantly.

"You are allowed to be both a masterpiece and a work in progress."

First Year of Diary

Date	Record of Unit Activities
	CONFest featured a total of 26 activities.
	<u>Outdoor</u> : Volleyball, Futsal, High Jump, long jump, shotput, Javelin throw, 100M race, Relay race, obstacle race, Tug of war, Marathon.
	<u>Indoor</u> : Carrom, table tennis, arm wrestling, badminton and basketball.
	<u>Literary</u> : Singing, Rangoli, Spot painting, Poetry writing, quiz, extempore speech, debate, Go as you like, spelling bee, Group dance.
	The closing ceremony for CONFest took place in PK John Hall on April 27 th 2024.
	The event commenced with a prayer led by Mr. Ruokukkonuo Livi Asst. Professor,
	Ms. Ajano Kuotiu, Students Sports convenor presented a concise overview of CONFest.
	Prize distribution for various categories were presented.
	Mrs. A. Purnungla Dewi, Nursing Superintendent CIHSR announced the receipt of the CONFest.
	Best Sportsman and Best Sportswoman award which was rewarded to Mr. Nicky Labradika

"nurse: a patient, kind, caring trained professionals who focuses on the needs of others: a superhero."

First Year of Diary

Date	Record of Unit Activities
	of Team SwishBucklers and Ms. Wanya S of the team flyers respectively.
	Dr. Christy Simpson, Principal CON, CIHSR declared the overall champion of CONFest 2024 to Team Skywalkers.
	Ms. Merentola P. Longkumer, the CONFest 2024 Coordinator expressed gratitude in her note of thanks, and the event concluded with a closing prayer led by Ms. Nukshijungla do, Associate Professor CON, CIHSR.
11 th May. 2024.	Report on International Nurses Day. Venue: LC7 Hall Time: 8:15 AM.
	Theme: <i>Our Nurses, Our Future: the Economic Power of Care.</i>
	The college of Nursing, SNA Local unit CIHSR celebrated International Nurses Day. The program was attended by the faculties and students CON, CIHSR which was led by the final year students. Leader was Ms. Ongalo Mimi and begin with prayer song by the students Spiritual Committee and opening prayer by Ms. Megokienu Moru

"Sometimes, keeping your distance is the best thing you can do for your healing heart."
 - Holly Riondan.

First Year of Diary

Date	Record of Unit Activities
	<p>followed by Principals address by Dr. Mrs. Christy Simpson, Principal CON, CIHSR.</p> <p>A special number was presented by the CON, boys, theme exposition by Ms. Maibi Nauding and drama by GNM 2nd Year.</p> <p>Felicitation by Mrs. Purnungla Aih, Nursing Superintendent, CIHSR. A special prayer by Mrs. Bendangmenla do, Vice Principal, CON CIHSR.</p> <p>Nursing pledge by Mrs. Y Zichanbeni Humbree, Professor, CON, CIHSR. Finally, closing prayer by Wikhai Biliu Z Newmai followed by photo session and refreshment.</p>
<p>17th May 2024</p>	<p>Report on World Hypertension Day.</p> <p>Venue: Medicine OPD Time: 9.00AM.</p> <p>Theme: "Measure Your Blood Pressure Accurately, Control it Live Longer."</p> <p>A health talk was given on account of World Hypertension Day by the B.ScN 2nd Year, roll no. 31-40. Health talk was given at MOPD on hypertension and several topics related to hypertension using different AV aids and a role play was</p>

You are worth more than your darkness.

First Year of Diary

Date	Record of Unit Activities
	performed based on the topic. A total of 65-70 patients and attendants attended the health talk.
31 st May 2024.	Report on World No Tobacco Day. Venue: Grace Christian School. Time: 12:45 PM.
	Theme: "Protecting Children from Tobacco Industry Interference."
	On 31 st May, 2024, the CON, CIHSR, SNA and the NSS Local Unit in collaboration with the hospital observed World No Tobacco Day, by visiting five different schools of which, the CON students, GNM 3 rd Years, 10 of them with Dr. Vishala, Ms. Kianlalven, Ms. Nungangmenta and Ms. Vidlekhonuo visited Grace Christian Mission School. About 100 students from the school participated in the program. Dr. Vishala gave an insightful awareness talk based on the harmful effects of tobacco use. The GNM 3 rd Year students performed a role play based on the theme. An 'Anti-Tobacco' pledge was taken by

'The environment is not a luxury,
but a necessity of life.'

- Mahatma Gandhi

First Year of Diary

Date	Record of Unit Activities
	<p>all the participants and also the teachers of the school. Simultaneously, a poster competition was held among the CON students and the posters were displayed in ENT OPD. 10 students participated in the competition where Ms. Rachna Chauhan of B.Sc.N. 3rd Year got the first prize.</p>
<p>05th June 2024.</p>	<p>Report on World Environment Day. Venue: Hospital, College, Hostel. Time: 3:15 PM. Theme: "Land Restoration, Desertification and Drought Resilience." On 3rd June 2024, the CON students and faculties observed world Environment Day through social work. The incharges were SNA and NSS local unit. The work distribution were as follows. 1st Year B.Sc.N: PGs, Private ward, Garden, canteen, Radiation block and maternity ward under the guidance of Ms. Emani, Ms. Wangshi, Ms. Rengsentemla. 2nd Year B.Sc.N: Girls Hostel, women's hostel, Gym and way to hospital behind</p>

'Be the energy you want to attract.'

First Year of Diary

Date	Record of Unit Activities
	MOPD under guidance of Ms. Merufeni, Ms. Benhile and Ms. Atibo. Kibo.
	2 nd Year B.S.C.N: Hospital entrance till MOPD with Ms. Lianlalven and Ms. Esther Kent.
	3 rd Year B.Sc.N: Acute area to CON, Library to LG Hall, Basketball court under the guidance of Ms. Mezawino, Ms. D. Henia.
	4 th Year B.Sc.N: Emergency, Massi Canteen. Chapel, Ms. Salew Rathome and Ms. Tolui Kibo guided.
11 th July.	<p>Report on World Population Day.</p> <p>Venue: Medicine OPD Time: 8:15AM.</p> <p>Theme: "Leave no one behind, count everyone."</p> <p>A health talk was given on account of world Population day by the B.Sc.N 3rd year students roll no. 91-50. The venue was in Medicine OPD. The students gave a health talk on world Population Day and several other topics using AV aids and displayed based on the theme to the audience. The health talk aimed to raise</p>

Health is not about how you .

Health is about how you feel.

- Ashley Hetherington.

First Year of Diary

Date	Record of Unit Activities
	<p>awareness about global population issues. The event ended at 8:40PM and ended with the students asking questions and thanking the audience.</p>
29 th July 2024.	<p>Report on World Hepatitis Day. Venue: Private ward. Time: 10:00AM.</p>
	<p>Theme: "It's time for action." The GNM 1st Year students bearing roll no. 21-30 students with a total of 10 participants gave health education on signs and symptoms of Hepatitis, its risk factors, its management, treatment and prevention on account of World Hepatitis Day. A crowd of over 15-18 attendees attended the session. The session fostered interactivity lasting for 35 minutes.</p>

'The strength of a mother begins in her heart and grows in her belly.'

First Year of Diary

Date	Record of Unit Activities
29 th July 2024.	Report on 'World ORS Day.' Venue: Pediatric OPD Time: 9:30 AM
	Theme: 'Keep hygiene for prevention and use ORS for Diarrhea.'
	The GNM 3 rd Year students, roll no 16 to 30 performed a demonstration on World ORS day in Pediatric OPD under the guidance of Miam Temjisola Jamir, B.Sc.N. Tutor. The event started at 9:30 AM with an audience of about 25. Dr. Sulanthung gave a short introduction followed by health talk by the students on the topic ORS, its composition, benefits, also dehydration and its sign and symptoms. AV aids like charts was used. A demonstration was done on how to prepare homemade ORS and the packed ORS as well. After the end of health talk, ORS sachets were distributed to all the audience who attended the health talk.

Everything that feels suffocating,
teaches us how to breathe.

First Year of Diary

Date	Record of Unit Activities
5 th August.	Report on World Breastfeeding Day. Venue: Pediatric ward, OPD, GPPD. Time :- 9:30 AM.
	Theme: 'Closing the Gap.'
	On account of World Breastfeeding Day, the students of B.Sc.N. 4 th Year students provided health education on various aspects of breastfeeding under the guidance of Ms. Thirjovelu Veshume. Different AV aids were used in each topic given for health education like charts, models and demonstration.
	The education was given to post-natal mothers, lactating mothers. A total of approximately 10-15 people attended the education. The education focused on the physiology, techniques, types of milk, advantages, factors affecting breastfeeding and the overall session lasted for about 10-15 minutes in each areas which included Pediatric ward, OPD, Gynaec OPD and Labour ward.

'The secret of getting ahead is getting started!'

First Year of Diary

Date	Record of Unit Activities
17 th Aug. 2024.	Report on Grand Sale. Venue: Noksangmia Hostel. Time: 9:00AM.
	Theme: "Hawaii Luau."
	Opening Ceremony.
	Leader: Ms. Megakiana Meru
	Bible reading: Ms. Pjokreni Elogini
	Invocation: Prof. A. Purnungla Aier
	Principal, CON, CIHSR.
	Welcome speech: Ms. Melisa Borngary.
	Declaration of grand sale: Dr. Mrs. Christy
	Simpson (Nursing Consultant, CIHSR)
	Closing Prayer: Ms. Dianlalven (SNA Admission)
	Each classes were allotted area
	where eatables were sold and also
	games were involved to engage the
	audience and visitors.
	At the end of the event, the class
	with the highest sale received a gift.
	and the first prize was rewarded to
	B.Sc. N. 3 rd Year.

"A good coach can change a game.
A great coach can change a life."

- John Woodent.

First Year of Diary

Date	Record of Unit Activities
18 th Aug. 2024.	Report on General Election.
	Mode: Google form Time: 9:00PM.
	The new members of the SNA 2024-2025 was elected through Google form.
	The newly elected members are:-
	Vice President: Aukhrii Kaco
	General Secretary: Nzanti Odyuo
	Asst. General Secretary: Vilakhoru Ltu.
	Treasurer: Limasingla
	Asst. Treasurer: Sentibenla
	Convenors:
	Fundraising: Melissa Borgoray
	Asst. Fundraising: Vukuobino
	Disciplinary: Utsarga Rai
	Cultural: Sharungangla Pongen
	Bulletin Board: H. Ngeavei Margreth
	Mess: Riithoulenuo Zatsu
	Sports: Amaryyoti Oetta
	Editorial: Pura Nampi
	Spiritual: Omega Ls
	Hostel: Aresanla Z Jamir.