



SDG 3



**Ensure healthy
lives and promote
well-being for
all at all ages**

SDG3: SMU ROLE FOR GOOD HEALTH & WELL BEING

Good Health & Wellbeing of the Society is one of the priorities of SMU and its teaching Hospital Central Referral Hospital. Sikkim Manipal University is offering programs on Healthcare and Allied Medical Sciences since its inception. Students of Healthcare and Allied Medical Sciences has to compulsory undergo compulsory community posting at Urban Healthcare Centres, Rural Healthcare Centres, Government run Hospital & university's own Teaching Hospital.

The following are the initiatives that has been taken by SMU & its constitute unit for promoting Good Health & Well Being of Society:

a. Health camps:

Central Referral Hospital & Sikkim Manipal University has been conducting Health camps across the State and neighbouring state since its inception. These health camps are organised in coordination with various local organisations and local bodies like Panchayats, NGOs, PHCs, pvt companies etc.

In these health camps, CRH provides free consultation, free tests and free distribution of medicines to the patients coming to the camp.

Central Referral Hospital has conducted more than 166 camps in last 5 years and is benefitted by more than 28,000 patients.

Statistics

SI No	FY	Total no of camps	Total OPD
1	2018-19	51	7,727
2	2019-20	42	6,689
3	2020-21	15	1,631
4	2021-22	23	2,564
5	2022-23	37	4,564

Glimpse of Health Camps conducted:



b. Periodical Health Check-up:

CRH committed towards a healthier society extends free quality healthcare facility to orphanage centre and free periodical health check-up to the children of

1- Kalyan Ashram, Ranipool,

2- Drishya Child Care Centre, AHO Busty &

3- Mamtalaya, Association for Social Health in India (ASHI), Gangtok.

A thorough health check-up of children are done, including a series of required investigations and consultations like Dermatology, Dental, Ophthalmology etc. During the health check CRH provides free diet to students. Post Screening, they are released from hospital happy and healthy.

c. Health Awareness Camp

Sikkim Manipal College of Nursing conducts regular Health Awareness Camp across the state of Sikkim and sensitising locals about Personal hygiene and Prevention of household accidents, Non communicable diseases, Worm infestation & Substance Abuse, Ill effects of alcohol, Tuberculosis and its prevention.

The details of events conducted by Sikkim Manipal College of Nursing in last 5 years on health awareness camp are as follows :

Academic Year	No of Health Awareness Camp Conducted
2018-19	09
2019-20	07
2020-21	05
2021-22	07
2022-23	12

Glimpse of events conducted:



d. Activities by Different Student Clubs:

Sikkim Manipal University & its constituent unit has different student clubs who takes active part promoting Good Health & Well being by conducting various events and activities. In last 5 years different clubs has conducted 30 events promoting Health & wellbeing in the society were conducted by various clubs

Glimpse of events conducted



SMU SIKKIM MANIPAL UNIVERSITY

Established under Govt. of Sikkim, Act 9 of 1985, recognized under 22 of the UGC Act, 1956



SMIMS SIKKIM MANIPAL UNIVERSITY
SIKKIM MANIPAL INSTITUTE OF MEDICAL SCIENCES



SMU SIKKIM MANIPAL UNIVERSITY

SYMPOSIUM & AWARENESS CAMPAIGN ON 'VISTAS OF ORGAN DONATION IN INDIA & AVENUES FOR SIKKIM'

7th September, 2022

Sikkim Manipal Institute of Medical Sciences (SMIMS)
Sikkim Manipal University (SMU)



Pakyong, SK, India
Girls Hostel Driveway, Rangpo, Pakyong,
737132, SK, India
Lat 27.182977, Long 88.500521
04/30/2023 11:01 AM GMT+05:30
Note : Captured by GPS Map Camera



26 YEARS OF SERVICE
CRH SIKKIM MANIPAL UNIVERSITY
CENTRAL REFERRAL HOSPITAL - SMIMS
**CENTRAL REFERRAL HOSPITAL (CRH) CONDUCTS
HEALTH CAMP & BLOOD DONATION TO MARK THE 125TH BIRTH ANNIVERSARY
OF OUR REVEREND FOUNDER- DR T.M.A PAI AT SMIT, MAJITAR ON
30TH APRIL 2023 FROM 9:30 AM - 4:00 PM.**

e. Access to mental health support for students and staffs :

Both the technical campus & medical campus of Sikkim Manipal University offers mental health support to the students & staffs.

In Technical campus a student support group ‘Sahayyam’ which is constituted with professional counsellor, faculty advisor and student volunteers acts as a mental health support for the students. The aim of formation of Sahayyam is to provide various opportunities to the students to acquire new skills and knowledge. However, adjusting to the new environment and managing academic and personal demands may induce stress and anxiety. Often the constant pressure and expectation from oneself and significantly others, often leads to emotional or psychological turmoil, thus disturbs the peace of mind. Sahayyam, the student support group of Sikkim Manipal Institute of Technology aims at helping students to reach their highest academic & personal potential ensuring that morale & motivation of students remains on the higher side at all times.

Similarly in Medical Campus ‘Let’s talk support’ especially for mental health issues is confidential service. Any student feeling distressed can contact Dr. Geeta Shoonida, who is a clinical psychiatrist and an Associate Professor at SMIMS.

Awareness Program on Mental Health

September 30,2023

This event was organized by Sikkim Manipal Institute of Technology, Sikkim on Mental Health, conducted by Ayush wing of Ayurvedya, Govt. of Sikkim. The objective of the event was to create awareness among students about their well being. The event was attended by first year students & faculty members of all courses teaching in first year.



World Mental Health Day 2022

October 10,2022

Central Referral Hospital (CRH) observes World Mental Health Day 2022 on 10.10.2022, Monday.

A health talk was delivered to the public by Department of Psychiatry at Level 3, Central Referral Hospital, SMU along with free registration and consultation from 9:00 am – 5:00 pm.



f. MENSTRUAL HYGIENE AWARENESS

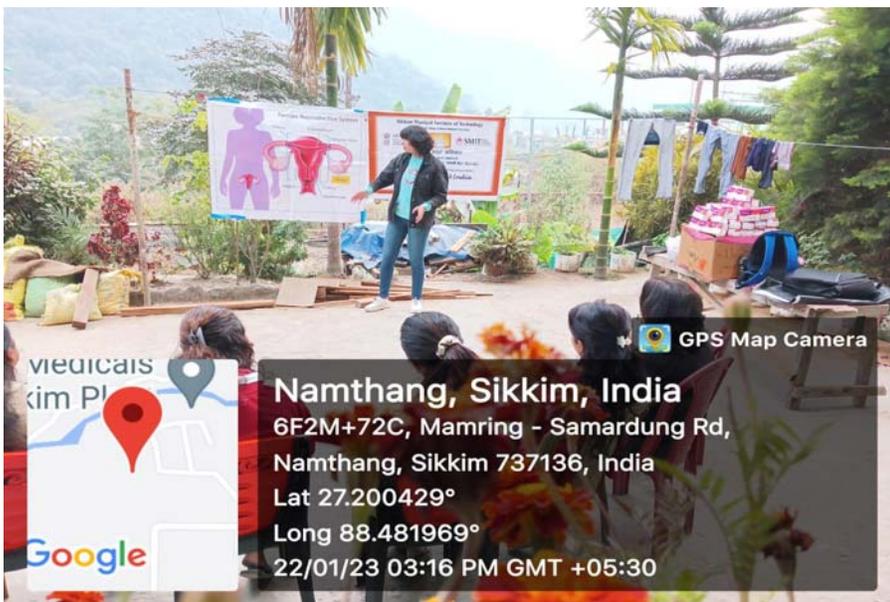
January 22,2023

As per the objectives of Unnat Bharat Abhiyan, Sikkim Manipal Institute of Technology has conducted one rapport building activity at Samardung village, South Sikkim on 22 Jan 2023. The program name was ‘Menstrual Hygiene Awareness Campaign and Pad Distribution’. Around 15 ladies from different households were present in the event. Our trained student members presented a speech on the topic of the event. Our faculty members interacted with villages for conducting household surveys as per the requirement of UBA. Samardung village (ward 06) sarpanch Ms. Kritika Sharma was present in the event. Mr. Ramesh Chettri, a social activist at Samardung help us to conduct

the event. We promised to conduct more such activities for the upliftment of Samardung village in the future.

Following members were present in the activity.

1. Dr. Saumya Das (Faculty and UBA Coordinator, SMIT)
2. Dr. Manish Kumar Roy (Faculty)
3. Dr. Amit Kr. Singh (Faculty)
4. Dr. Partha Pratim Das (Faculty)
5. Dr. Amresh Sinha (Faculty)
6. Mr. Premchand Mahato (Faculty)
7. Mr. Biswa Gurung (Non Teaching Staff)
8. Mr. Rishi Raj Sharma(Student)
9. Ms. Khushi Lamichaney (Student)
10. Ms. Riya Bazgain (Student)





MENSTRUAL HYGIENE AWARENESS WORKSHOP **AND** **FREE PAD DISTRIBUTION**

Date: 19/08/2023

Time: 11:00 am to 12:00 noon

Venue: IBM Slum Area, Rangpo Sikkim

Number of Participants: 74

Period poverty is still a major concern in our country and is a continuing issue in India due to the cultural stigma associated with it. Due to lack of awareness and the taboo engulfed with it, many women opt for unsafe methods which can be fatal to their health in long run. The recorded data shows that one out of every five girl drops out of school after their first period due to lack of knowledge and unavailability of sanitary products.

PINKISHE Sikkim branch in collaboration with the NSS, Sikkim Manipal Institute of Technology organised Menstrual Hygiene Awareness program and free pad distribution at Majitar Government School, Majitar, Pakyong District, of Sikkim on 19/08/2023 at 11:00 am -12:00 noon. Around 85 students from class 8 to class 10 were educated regarding how period happens, cycle of period, types of period management items like disposable pads, reusable pads and menstrual cup along with demonstration followed by menstrual health hygiene awareness. The program ended with question answer round where some girls wanted to know what can be done if they get more pain during periods and how they can reduce itching etc. followed by vote of thanks and pad distribution to students who participated for the event.

Mrs Jhuma Sunuwar , Assistant Professor, SMIT , teacher coordinators NSS and member of PINKISHE organised the event along with 3 NSS SMIT Volunteers including:

1. 202116016 Mamta Pradhan
2. 202116042 Arju Rai
3. 202000009 Anirban Barman
4. 202000038 Rishi Raj Sharma

Some Glimpse of event:





Sikki



Digital news Links:

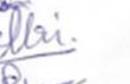
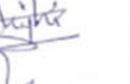
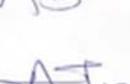
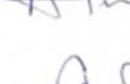
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Newspaper Clips:



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स्वच्छता बनाए
जागरूकता सत्र
धन्यवाद प्रस्ताव
साथ समाप्त हुआ
कार्यक्रम में
सुश्री झुमा सु
एसएमआईटी
स्वयंसेवकों ने

NAME	Class	Sign
1) Sujana Poudyal	<u>IX</u>	
2) Puppashna Ranpal	<u>IX 'A'</u>	
3) Anusadha Kumari	<u>VII</u>	
4) Tasha Meiji	<u>IX 'A'</u>	
5) Saruki Manges	<u>VIII (B)</u>	
6) Kumm Chettri	<u>(IX) (A)</u>	
7) Shradha Chettri	<u>(VIII) (A)</u>	
8) Sneha Rai	<u>(VII) (A)</u>	
9) Sunita Sinwar	<u>(IX) A</u>	
10) Abilasha Nishi	<u>X</u>	
11) Alisha Chettri	"	
12) Khushi Tamang	"	
13) Anjali Kumari	"	
14) Anjali Bhatia	"	
15) Lalita Subba	<u>VI</u>	
16) Anantika Thakur	<u>X</u>	
17) Anuska Subba	<u>VIII</u>	
18) Adrasha Rai	<u>X</u>	
19) Sheha Dazal	<u>XVII</u>	
20) Suja Sinwar	<u>VIII</u>	
21) Anuditya Gurung	<u>X</u>	
22) Choti Kumari	"	
23) Salima Rai	"	
24) Anzita Limboo	<u>V</u>	

Sl. No	Name	class	Sign.
1)	TRISHYA RAI	IX 'A'	Trishya Rai
2)	Radhika Kumari	VIII 'B'	Radhika
3)	Preeti Majhi	IX 'A'	Preeti
4)	Anuska Thapa	IX 'A'	Anuska
5)	Kristina Subba	X	Kristina
6)	Anita Chettri	X	Anita
7)	Aisha Rai	X	Aisha
8)	Shreya Chettri	VI	Shreya
9)	Sumina Tamang	VI	Sumina
10	ASMITA SUBBA	(X)	Asmita
11	ESHA RAI	(X)	Esha
12	NANDITA SUBBA	(X)	Nandita
(13)	Saika Rai	(VI)	Saika
(14)	Salachana Rai	IX	Salachana
15	Shreesti Tamang	VI	Shreesti
16	Putul Kumari	VII	Putul
17	Rinchen Tamang	VIII 'A'	Rinchen
18	Lawa Loma Sherpa	VIII 'A'	Lawa
19	Bramila Dorjee	VIII 'A'	Bramila
20	Charvika Bhujel	VII	Charvika
21	Toishna Bahal	(IX) 'B'	Toishna
22	Purnima Subba	VII	Purnima
23	Ananya Shreya Gupta		



Name	class	Sign
Pragathi Basak	VII	
Nancy Kumari	VII	
Sweta Sonwar	VII VI	
Sarita Khator	VII	
Bipashana Rai	V	
Anchal Kumar	V	
Benu Kujar	V	



Roll no	Roll no	Name	Class (roll no)	Signature
1	1	Anjali hemprum	4	Anjali hemprum
2	9	Saboni kumari	6	Saboni kumari
3	17	Saniya Proveen	10	Saniya
4	15	Devika chettri	7	Devika
5	19	Praticha Pradhan	7	Praticha
6	24	Riya oach	7	Riya
7	4	chahat bhujel	8	Chahat
8	1	Ajiza Rai	8	Ajiza
9	2	Antara Pradhan	8	Antara Pradhan
10	9	Manisha Tamang	8	Manisha
11	12	Simran chettri	5	
12	9	Angel limboo	4	
13	10	Bina Rai (x)		
14	10	Sapana Rai (VI)		
15	7	Hisslyra Sherpa (V)		
16	6	Divya B.K (V)		
17	10	Priyanka Kumari (V)		
18	8	Beija chettri	8	Beija
19	2	Bardana Tamang	8	
20	15	Prachi Deshpande	10	Prachi



Sl. No	Roll no	Name	Class	Signature
21	5	Chesang Tamang	8	
22	3	Bhawana Pradha	8	
23		Sanjana Tamang	9	 Sanjana
24		Disha Sharma	8	 Disha
25		Januka Bhowakarma	8	 Januka
26		Sneha Pradhan	10	 Sneha Pradhan
27		Koshni Oraon	10	 Kush Oraon
28		Anjana Kei	7	 Anjana
29		Damber Sherma	8	 Melina
30		Melina Tamang	10	 Melina
31		Sumitra Murmu	5	 Sumitra

this year.

The Delhi Gymkhana

Menstrual hygiene awareness programme



SANJAYAGARWAL

RANGPO, August 31: PINKISHE, Sikkim branch in collaboration with the NSS, Sikkim Manipal Institute of Technology organised a menstrual hygiene awareness

programme and free pad distribution at IBM slum area, Rangpo today. A total of 35 local female were sensitised regarding types of pads and menstrual cup to be used during periods followed by menstrual hygiene awareness. The programme ended

with vote of thanks and pad distribution to the women who participated for the event.

SMIT assistant professor Jhuma Sunuwar, NSS teacher coordinators and volunteers along with Dr. S. Visalakshi attended the programme.

महिनावासी स्वच्छता जागरूकता साथै प्याड वितरण कार्यक्रम आयोजित

रम्फू, १ जुलाई। पिंक्स सिक्किम शाखा र एनएसएस सिक्किम मणिपाल इन्स्टिच्युट अफ टेक्नोलोजी माइडिआरको सहयोगमा आज आईबीएम स्लम क्षेत्रमा महिनावारी स्वच्छता जागरूकता कार्यक्रम र निशुल्क प्याड वितरण आयोजना गरियो। ४४ स्थानीय महिलालाई गरीबी, महिनावारी प्रक्रिया र महिला स्वास्थ्य सरसफाई सम्बन्धी तालिम दिई प्याड वितरण गरिएको थियो। श्रीमती झुमा सुनुवार- एनएसएस नोडल अफिसर एसएमआईटी र पिन्किशे फाउन्डेसनका सदस्यले कार्यक्रमको आयोजना गरेका थिए। कार्यक्रममा डा. एस विशालाक्षी र मिस नितिशा प्रधान शिक्षक संयोजक एसएसएसएसएमआईटी-को पनि उपस्थिति थियो। आईबीएम बस्तीमा ७ दिने विशेष शिविर सञ्चालन गर्ने एसएसएसएसएमआईटी स्वयंसेवकहरूले गरेको पहलको नतिजा हो कि यो गाउँलाई पिन्कीशे फाउन्डेसन र एसएसएसएसएमआईटी-ले १ वर्षको लागि अपनाएको हो।

Menstrual hygiene awareness

SANJAY AGARWAL

RANGPO, May 17: NSS unit of SMIT in collaboration with PINKISHE, Sikkim branch organised menstrual health hygiene awareness session and free pad distribution at IBM slum area, Rangpo.

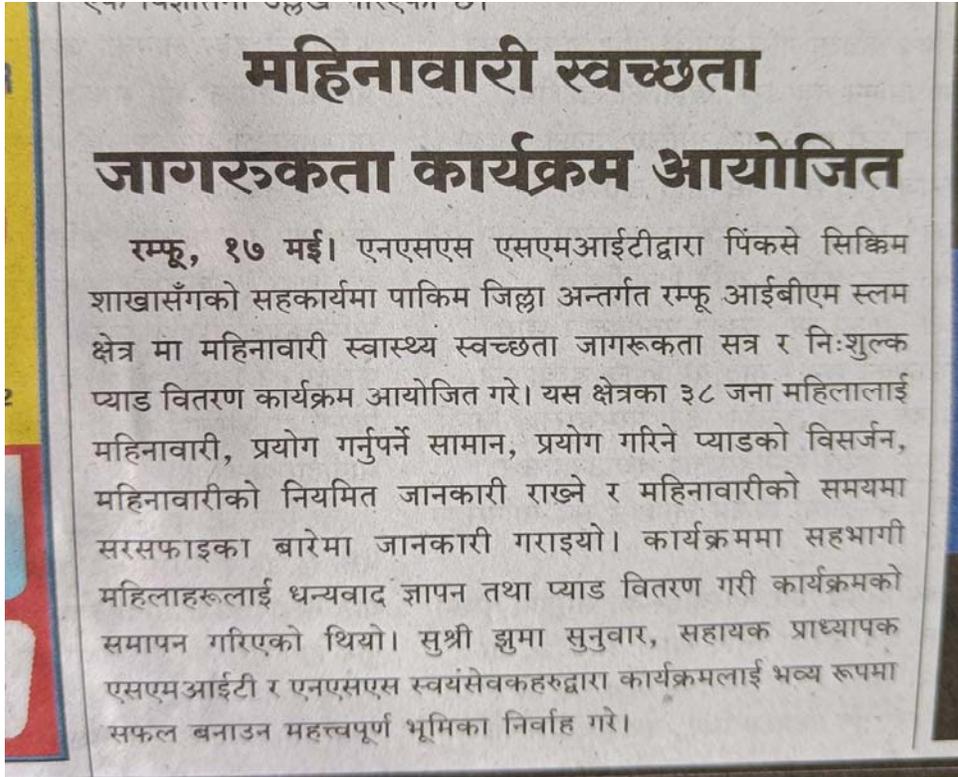
Thirty-eight females of the area were sensitised about menstruation, products to be used, disposal of used pads, keeping track of regular periods and maintaining hygiene during periods.



The programme ended with vote of thanks and pad distribution to women participated in the programme.

Jhuma Sunuwar, assistant professor, SMIT and NSS volunteer has played a vital in making the programme successful.

ICFAI University to host...



द्वारा उद्घाटन किया गया। कार्यक्रम पाण्डित्य मा जायवका य।

स्लम क्षेत्र में मासिक धर्म स्वास्थ्य स्वच्छता जागरूकता कार्यक्रम आयोजित



रंगपो (निज संवाददाता)। एनएसएसएसएम आईटी द्वारा पिकसे सिक्किम शाखा के सहयोग से पाकयोंग जिले के रंगपो आईबीएम स्लम क्षेत्र में मासिक धर्म स्वास्थ्य स्वच्छता जागरूकता सत्र सह मुफ्त पैड वितरण का आयोजन किया। क्षेत्र की 38 महिलाओं को पीरियड्स, उपयोग किए जाने वाले उत्पादों, उपयोग किए गए पैड का निस्तारिकरण, नियमित पीरियड्स

का ध्यान रखने और पीरियड्स के दौरान स्वच्छता बनाए रखने के बारे में जागरूक कराया गया।

कार्यक्रम में भाग लेने वाली महिलाओं को धन्यवाद ज्ञापन और पैड वितरण के साथ कार्यक्रम समाप्त हुआ। इस मौके पर सुश्री झुमा सुनुवर, सहायक प्रोफेसर, एसएमआईटी और एनएसएस स्वयंसेवक ने कार्यक्रम को सफल बनाने में महत्वपूर्ण भूमिका निभाई।

SMU HEALTHCARE SUPPORT FOR BPL THROUGH ITS TEACHING HOSPITAL CENTRAL REFERRAL HOSPITAL

Central Referral Hospital (CRH) offers quality healthcare to different populace of the society. Central Referral Hospital provides different schemes for Below Poverty Line (BPL) population of Sikkim, These are:

a. Sikkim Manipal Swasthya Suraksha:

For people living below poverty line, an illness not only represents a permanent threat to their income earning capacity, in many cases it could result in the family falling into a debt trap. When the need to get the treatment arises for poor families they often ignore it because of lack of resources or wait till the last moment when it's too late. Even if they do decide to get the desired health care it consumes their savings, forces them to sell their assets and property or cut other important spending like children's education. Alternatively, they have to take on huge debts. Ignoring the treatment may lead to unnecessary suffering and death while selling property or taking debts may end a family's hope of ever escaping poverty.

Understanding the importance of health schemes for the people of Sikkim and its neighbouring states, a comprehensive health scheme was launched on 31 Jan 2014 by Central Referral Hospital, Sikkim Manipal University for the people of Sikkim and its neighbouring states. An initiative of CRH, SMU to assist the state Govt. in providing added health care facilities and protection to the people from

financial inabilities arising out of health setbacks. The Scheme which is affordable and accessible is a comprehensive health Scheme with manifold benefits and is primarily designed to provide latest and quality health care facilities to the general public of Sikkim.

Highlights of the Scheme:

- Cashless facility
- Entry age- No limits
- Pre-existing diseases are covered
- Maternity Benefits.
- The Scheme will cover hospitalization expenses in GENERAL WARD only at Central Referral Hospital, 5th mile Tadong, Gangtok in case of an accident or illness to an extent of Rs. 1,00,000 on a family floater basis.

Registration/ Enrolment to the Schemes- A nominal amount as decided by the management is to be paid by the family/ individual for registration in to the scheme.

Statistics-

SI No	FY	IP Number	Amount Contributed (Lakhs)
1	20-21	1750	180.37
2	21-22	1460	144.43
3	22-23	1523	129.56

b. Concessional beds for poor patients

CRH has introduced 75 concessional beds in the hospital dedicated to the poor and financially unsound individuals and families of Sikkim and neighbouring areas of West Bengal. These beds aim to facilitate general people to access the quality health care at the State’s second largest hospital.

Those eligible for the concessional beds are BPL patient, patient admitted for academic purposes, those referred from health camps conducted by CRH who cannot afford healthcare at CRH and requires hospital care. Also eligible are patients requiring hospital treatment brought by registered NGOs and unidentified road traffic accident cases brought by administration/ police/ good Samaritans. This scheme subsidised total patient cost to 60 – 70% on total billed amount in general ward excluding ICUs and Super Speciality facility.

Based upon the economical condition post COVID. SMU has converted 75 concessional bed scheme to 150 concessional bed since 2022 onwards.

Statistics-

Sl No	FY	Free & Concession Amount (Lakhs)	Numbers
1	20-21	48.04	222
2	21-22	171.63	1143



3	22-23	582.38	3965
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CRH SIKKIM
MANIPAL
UNIVERSITY
CENTRAL REFERRAL HOSPITAL - SMIMS

+ अब CRH अस्पतालको
150 जनेरल बेडमा
FREE उपचार उपलब्ध छ*

NOTE: यो योजना भर्ना भएका बिरामीहरूका लागि मात्र लागू हुन्छ।

- FREE कन्सल्टेन्स
- FREE मेडिसिन
- FREE ब्लड टेस्ट, एक्स-रे,
सिटी स्क्यान, एम आर
आई, अल्ट्रासाउन्ड
- FREE डाइट
- FREE नर्सिङ केर
- FREE सर्जरी

BPL Statistics-

SI No	FY	IP Number	Amount Contributed (Lakhs)
1	20-21	242	113.29
2	21-22	175	82.96
3	22-23	131	88.01

SMOKE FREE POLICY

Sikkim Manipal University follows the policies as mentioned by University Grant Commission, GoI and amends necessary changes as per their suggestions & accordingly **(details of policy is provided in Annexure A)**.

Boards are placed at different location across the university mentioning no smoking zone.



Strict action is taken against students if found smoking or carrying illicit items inside the campus **(Standard instruction is provided in Annexure B)**

Certificate Program on Pressure Area Care Management for Nurses of CRH organized by Arjo Healthcare in Collaboration with Central Referral Hospital and Sikkim Nursing Council.

15th September 2022

One day Certificate Program on “Pressure Area Care Management” for Nurses of CRH was organized by Arjo Healthcare in Collaboration with Central Referral Hospital and Sikkim Nursing Council.

The Medical Superintendent CRH Prof Dr. Yogesh Verma graced the inaugural session. In his address to the gathering, he focused on the need of clinical education program that supports quality patient care with the best practice initiatives. Professor Ranjita Devi, Vice Principal SMCON, Ms. Pema Lhamu Bhutia Officiating Nursing Superintendent and the Nursing Administrative officers also graced the inauguration with their presence. Mr. Raman Sharma Deputy Regional Manager Arjo healthcare gave an introduction of the training program.

The Arjo Clinical Education (ACE) platform is a full day certification training program. A comprehensive and holistic training program on pressure area management that aims to expand knowledge on the latest pressure injury guidelines and treatments to prevent pressure injuries. The program includes an in-depth review of vascular anatomy and physiology in relation to pressure area aetiology. Exploration of patient risk and ascribing risk to different patient groups



through risk assessment, Pressure Injury (Ulcer) grading and healing, as well as tools for the prevention and management of those patients at an elevated risk of pressure injury or treatment of pressure injury after its occurrence. The technical session was conducted by Ms. Neelam Sonvane Deputy Regional Manager East India Arjo healthcare & Ms. Poonam Pradhan Clinical Development Manager Siliguri Arjo healthcare. The training program was coordinated by Ms. Bandana Moktan, CNE Coordinator CRH. Training was attended by 25 participants from CRH and SMCON. Valedictory session was graced by Mr. Yogesh Kr. Choubey Head Quality & Officiating Head Operations. Certificate of participation with 8 CNE credit hours awarded by Sikkim Nursing Council was distributed the participants. Training was concluded with a vote of thanks by Ms. Sitara Gurung Nursing Educator, CRH.



FACULTY DEVELOPMENT PROGRAM (FDP) ON “EMERGING TRENDS AND PROSPECTIVE GOALS OF NATURAL PRODUCTS IN NANO-MEDICINE” 2022

The Directorate of Research (DoR), SMU conducted a Faculty Development Program (FDP) on “Emerging trends and prospective goals of natural products in nano-medicine” on the 21st-September-2022. . The FDP was as part of the week-long celebration of the birthday week of SMU’s founder Pro-chancellor, Padma Bhushan awardee, Dr. Ramdas Pai.

The program had international speakers: Dr. Veeranoot Nissapatorn (Walailak University, Thailand); Professor Subha Bhassu and Dr. Chandramathi S. Raju (University of Malaya, Malaysia); and national speakers ,Dr. Ajoy K. Varma (NITRD, New-Delhi); Dr. Madhu Gupta (DPSRU, New-Delhi); Professor Bidita Khandelwal (SMIMS, SMU); Professor Nayan K. Bhattacharyya (SMIT, SMU) and Dr. Joydeep Biswas (SMIT, SMU). The program was attended by many faculties, researchers and scholars from SMIMS, SMIT, (offline) and online participants from SRM university, Sikkim State Council Of Science and Technology; AIIMS (Bhopal), Shri Shankaracharya Institute of Pharmaceutical Sciences and Research Bhilai, CG, SAGE University Indore, School of Bioengineering and Biosciences, Lovely Professional University, Phagwara (Punjab), Shija Academy Of Health Sciences (Manipur) and University of Tasmania (Australia) and Chulalongkorn University (Thailand). A total of participants registered and attended 102 offline and 135 online.

The topics covered were;

Interdisciplinary and Transdisciplinary Research - Need of the hour- Prof. Dr. Bidita Khandelwal, Department of Medicine, SMIMS, Sikkim Manipal University, India

Shrimps as model to understand host-pathogen-environment- Prof. Dr. Subha Bhassu, Faculty of Science, University of Malaya, Malaysia

Bioactive compounds from medicinal plants- Prof. Dr. Nayan Kr. Bhattacharyya Department of Chemistry, SMIT, Sikkim Manipal University, India

Acanthamoeba Keratitis: from Environment to Nanotechnology- Dr. Veeranoot Nissapatorn- School of Allied Health Sciences, Walailak University, Thailand

Medicinal plants as immune booster against Dengue virus- Dr. Chandramathi S Raju, Faculty of Medicine, University of Malaya, Malaysia

Properties and Applications of Nanomaterials, Dr. Joydeep Biswas, Dept. of Chemistry, SMIT, Sikkim Manipal University, India

The FDP has been awarded 02 credit points to participants and 03 credit points to resource faculty by Sikkim Medical Council. The main purpose of the program was to emphasise the importance of natural products in medicine. The incorporation of nanoparticles into the delivery system for natural products has been a major advance in the efforts to increase their therapeutic effects. The FDP aimed to explore the emerging trends and prospective goals of natural products in nano medicine and embark on Multidisciplinary and transdisciplinary research.



SMU SIKKIM MANIPAL UNIVERSITY

FACULTY DEVELOPMENT PROGRAMME ON

EMERGING TRENDS AND PROSPECTIVE GOALS OF NATURAL PRODUCTS IN NANO-MEDICINE

Directorate of Research
Sikkim Manipal University

21 SEPT **9-5** 2022
AM PM

Auditorium, Level-6, SMIMS Building, Gangtok, Sikkim

Hybrid Online and Offline mode available

Natural products have been used in medicine for several ages. However, their success in clinical trials has been less impressive. The incorporation of nanoparticles into a delivery system for natural products have been a major advance in the efforts to increase their therapeutic effects. This FDP aims to explore the emerging trends and prospective goals of natural products in Nano-medicine.

Register Now for Free

<https://forms.gle/qV4B4uo9tuLcJJ6E6>



Contact Details
director.dor@smu.edu.in
+91-70474 90220

Speakers

Dr. Veeranoot Nissapatorn
Walailak University
Thailand

Prof. Dr. Subha Bhasu
University of Malaya
Malaysia

Dr. Chandramathi S Raju
University of Malaya
Malaysia

Dr. Ajoy K Varma
National Institute of TB & RD
New Delhi, India

Dr. Madhu Gupta
Delhi Pharmaceutical Sciences
and Research University
New Delhi, India

Prof. Dr. Bidita Khandelwal
Sikkim Manipal
Institute of Medical Sciences
Sikkim, India

Prof. Dr. Nayan K. Bhattacharyya
Sikkim Manipal
Institute of Technology
Sikkim, India

Dr. Joydeep Biswas
Sikkim Manipal
Institute of Technology
Sikkim, India

FACULTY DEVELOPMENT PROGRAMME ON

EMERGING TRENDS AND PROSPECTIVE GOALS OF NATURAL PRODUCTS IN NANO-MEDICINE

Directorate of Research
Sikkim Manipal University

Venue: Auditorium, Level-6,
SMIMS Building, Gangtok, Sikkim

 **SMU** SIKKIM MANIPAL UNIVERSITY
Established under Govt. of Sikkim, Act 1 of 1985, recognized under 22 of the UGC Act, 1956



Celebrating the Birth week, of
Dr. Ramdas M Pai
Padma Bhushan Awardee &
Founder Pro-Chancellor, SMU

21th September 2022
9:00am to 5:00pm



Health Camp at Sirwani Secondary School

Central Referral Hospital (CRH) conducts **Health Camp** at Sirwani Secondary School, under 17 Khamdong Singtam Constituency, East Sikkim on 22.09.2022 from 11 am to 4 pm.

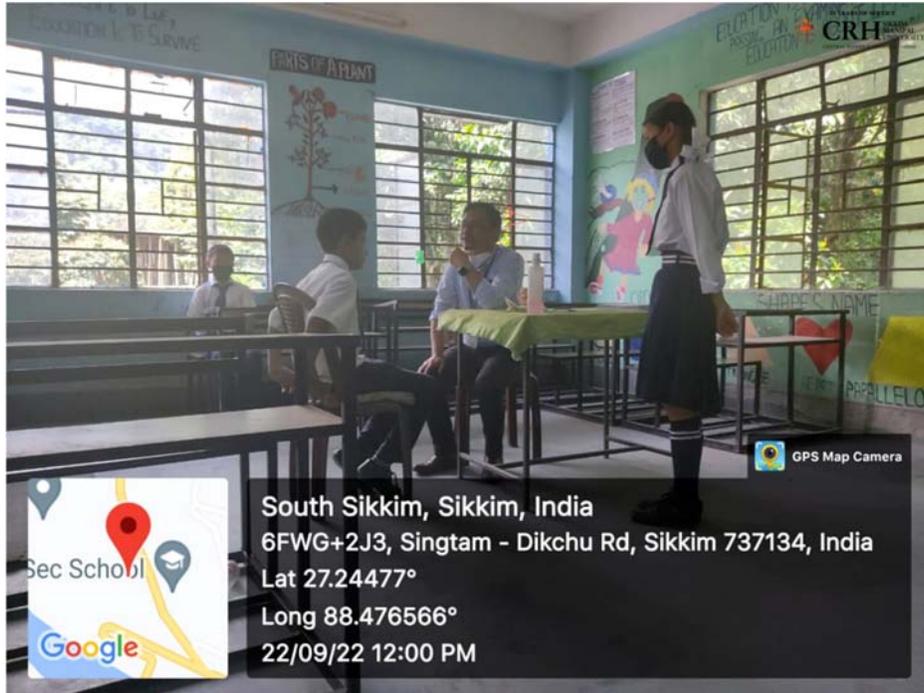
The specialities that participated from CRH were:

1. Medicine
2. Psychiatry
3. Ophthalmology
4. Dermatology
5. Pediatric
6. Pharmacy
7. Nursing

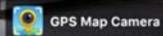
A total of 150 patients were screened at the camp along with free distribution of medicines. Blood sugar and BP were also conducted.

Furthermore, many patients have been referred to Central Referral Hospital, Manipal for further consultation.

All participating CRH Doctors were felicitated by the school principal and thanked CRH for their outstanding contribution to the people of Sirwani in health services.



South Sikkim, Sikkim, India
6FWG+2J3, Singtam - Dikchu Rd, Sikkim 737134, India
Lat 27.24477°
Long 88.476566°
22/09/22 12:00 PM



South Sikkim, Sikkim, India
6FWG+2J3, Singtam - Dikchu Rd, Sikkim 737134, India
Lat 27.244473°
Long 88.475355°
22/09/22 11:55 AM



Capacity Building Training on “Pharmacovigilance and Drug Safety” for Doctors, Nurses, Pharmacists, Hospital Operations & Quality Department

Unsafe medication practices and medication errors have been recognized as the leading cause of injury and avoidable harm in health care systems across the world. According to the WHO, the cost associated with medication errors globally has been estimated at \$42 billion USD annually. In low- and middle-income countries, including the WHO Southeast Asia Region, patient harm due to unsafe care contributes to an estimated 134 million adverse events annually, resulting in 2.6 million deaths. A significant number of adverse drug reactions that are encountered in any health care setting, are known to be preventable or avoidable. It is thus imperative for health care providers to have an in depth understanding of the harms that medications can cause and are at the same time alert in recognizing adverse drug reactions and medication errors, as and when they are suspected.

On 22nd September, 2022 a one-day Capacity Building Training program on “Pharmacovigilance and Drug Safety” for Doctors, Nurses, Pharmacists, Hospital Operations & Quality Department was organised by the Quality Department of CRH & Department of Pharmacology SMIMS in coordination with the Staff and Faculty Development Capacity Building Council (SFCBC), SMU. The objective of the program was to provide an in depth understanding of various facets pertaining to medication safety.

Chief guest, Dr. Muralidhar V Pai Dean SMIMS, graced the inaugural session while Dr. Yogesh Verma Medical Superintendent CRH, Dr. Mingma Lhamu Sherpa HOD Biochemistry SMIMS & Co- Chair SFCBC SMU graced the inauguration as special invitees. The chief guest gave an insightful talk on Pharmacovigilance and Drug Safety in his address to the gathering.



Mr. Yogesh Choubey Head Quality and officiating Head Operations CRH welcomed the dignitaries and participants. Dr. Supratim Datta HOD department of Pharmacology gave an introduction of the workshop and Dr. Mimgma Lhamu Sherpa HOD Biochemistry SMIMS & Co- Chair SFCD, SMU gave a presentation on “Introduction to Capacity Development Council”. Inaugural session concluded with a vote of thanks by Ms. Bandana Moktan CNE & Quality Coordinator (Nursing) CRH.

Distinguished resource persons from the department of pharmacology held lecture and hands on training sessions pertaining to medication errors, adverse drug reactions, their reporting and causality assessment. A total of 32 participants from various disciplines participated actively in the workshop.



**CAPACITY BUILDING TRAINING ON “PHARMACOVIGILANCE AND
DRUG SAFETY” FOR DOCTORS, NURSES, PHARMACISTS,
HOSPITAL OPERATIONS & QUALITY DEPARTMENT OF
CENTRAL REFERRAL HOSPITAL, SMU.**

Health Camp at Khamdong

Central Referral Hospital (CRH) conducts **Health Camp** at Khamdong Sr. Sec School, East Sikkim on 24th Sept 2022 from 10:00 am - 3:30 pm.

The specialities that participated from CRH were:

1. Medicine
2. Ophthalmology
3. E.N.T
4. Orthopedics
5. Physiotherapy
6. Pediatric
7. Dermatology
8. Community Medicine
9. Nursing
10. Pharmacy

A total of 200 patients were screened at the camp along with distribution of free medicines. Blood sugar, E.C.G and BP was also conducted.

Furthermore, many patients have been referred to Central Referral Hospital, Manipal for further consultation.





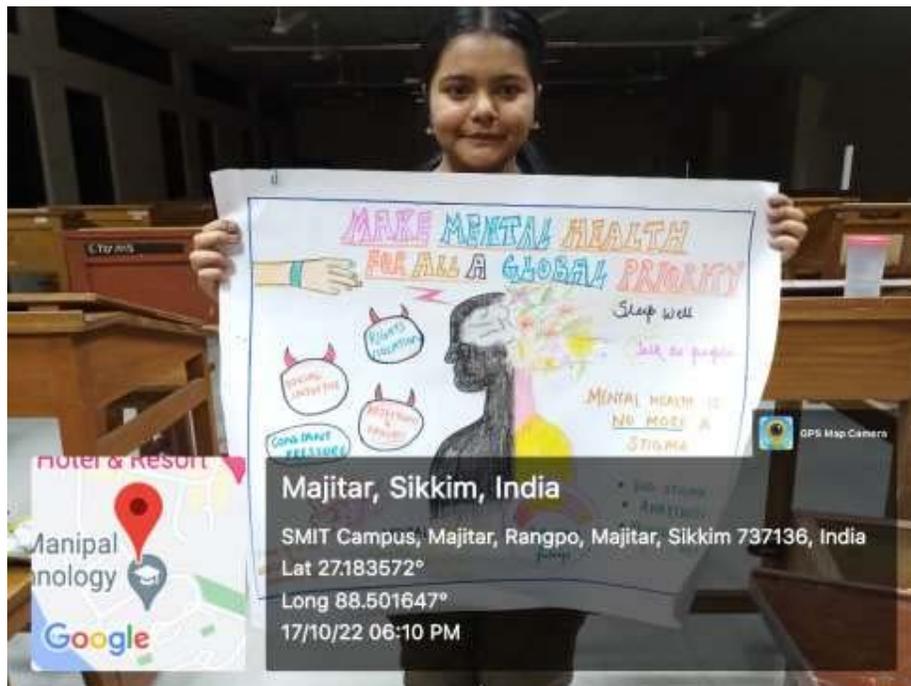
**CENTRAL REFERRAL HOSPITAL (CRH) CONDUCTS
HEALTH CAMP AT KHAMDONG SR. SEC SCHOOL, EAST SIKKIM ON
24TH SEPT 2022.**

Poster Making Competition 2022

October 17,2022

A poster making competition was organized to spread awareness about the mental health among the students of SMIT on 17 Oct. 2022. The theme for the event was ‘Make Mental Health For All A Global Priority’. A flyer was sent to all students’ groups for the detailed information about the event. Total 07 students have registered for the event on the given google link for registration. However, 03 participants took part in the poster making competition. Time assigned to complete the posters was one hour. Details of the participants and result of the competition is as follows:

Name	Regn No.	Program/Sem	Position	Cash Prize
Kunal Das Gupta	202200519	B.Tech (AI/DS)/Sem-I	Ist Prize	500
Muskan Shah	202200197	B.Tech (CSE)/SEM-I	II Prize	300
Moitrinika Maitreyi	20220331	B.Tech (CSE)/Sem-I	III Prize	200





SMU SIKKIM
MANIPAL
UNIVERSITY

Established under Govt. of Sikkim, Act 9 of 1995, recognised under 2(f) of the UGC Act, 1956

232/SMU/REG/AIA/10/2022

08 February 2022

To

Dean, SMIMS

Director, SMIT

Principal, SMCPT

Principal, SMCON

MS, CRH

Convenor, DHSS

Head Department of Medical Biotechnology

Department of Paramedical Courses

Department of Hospital Administration

Head, HR SMU

Sr. Finance Officer, SMU

Head GS, SMU

**FOLLOWING OF UGC POLICY FOR CREATING A HEALTH & TOBACCO
FREE ENVIRONMENT IN SIKKIM MANIPAL UNIVERSITY (SMU) & ITS
CONSTITUENT UNITS**

A copy of University Grant Commission policy vide letter F.No- 21-129/2021(CPP-II) dated 04 February 2022 is forwarded herewith for the strict compliance please.



(Prof (Dr) K.S. Sherpa)
Registrar

Encls: One page



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

04 FEB 2022
2nd February, 2022

F.No. 21-129/2021(CPP-II)

Subject : Creating a health and tobacco free environment in Educational Institutions

Respected Madam/Sir,

As you are aware, tobacco control has been one of the high priorities of the Government of India. UGC has been issuing letters to all the HEIs to take steps for both prevention of initiation of tobacco use among the youth and providing cessation services. Cigarettes and Other Tobacco Products Act (COTPA)-2003 contains specific provision to discourage tobacco use among youth, such as ban on smoking in public places in higher educational institutions and prohibition of sales of tobacco products within 100 yards of any educational institutions.

You may also be aware that Ministry of Health and Family Welfare, Government of India have notified the guidelines for Tobacco Free Educational Institution containing measures for tobacco control and role and responsibilities of Educational Institutions to achieve the objective of creating tobacco free environment. These guidelines are available on <https://ntcp.nhp.gov.in/assets/document/TEFI-Guidelines.pdf>.

It is important that all possible measures are taken to curb the use of tobacco and create awareness about harms due to tobacco use. All HEIs are requested to take appropriate action/measures to create awareness among students on the harmful effects of tobacco use which shall lead to realize the goal of creating a healthy and tobacco free environment in educational institutions.

With kind regards,

Yours sincerely,


(Rajnish Jain)

To,

The Vice-Chancellors of All Universities



Ministry of Health
& Family Welfare
Government of India



Guidelines

FOR TOBACCO FREE
EDUCATIONAL
INSTITUTION
(Revised)

Guidelines for Tobacco Free Educational Institution (Revised)

1. BACKGROUND:

1.1 Tobacco Prevalence:

- 1.1.1 Tobacco use is the single largest cause of preventable deaths and illness worldwide and it kills half of its users prematurely, mostly in their most reproductive age. Tobacco use is a major risk factor for Cancer, Cardiovascular Diseases (CVD), Diabetes, Chronic Lung Disease, stroke, infertility, blindness, Tuberculosis (TB), Oral Cavities etc. There are mainly two forms of tobacco – Smoking Tobacco and Smokeless Tobacco. Cigarettes, bidi, hookah are smoking tobacco whereas khaini, zarda, gutkha etc. are smokeless tobacco.
- 1.1.2 According to the Global Adult Tobacco Survey (2016-17), 28.6% of adults (15 year and above) in India use tobacco, overall there are about 27 crore tobacco users: 20 crore of them smokeless tobacco users, 10 crore smokers and 3.2 crore use smoking as well as smokeless tobacco. The prevalence of tobacco use is highest in Tripura (64.5%) followed by Mizoram (58.7%) and Manipur (55.1%).
- 1.1.3 As per the Global Youth Tobacco Survey (GYTS), 2009, 14.6% of students in India aged between 13 to 15 years use tobacco. GYTS is a nationally representative school-based survey of students in grades associated with age 13 to 15 years.
- 1.1.4 In India, over 13.00 lakh people die from tobacco use every year, i.e. about 3500 people die in India everyday due to tobacco use.
- 1.1.5 Exposure to Second-hand Smoke (SHS) or passive smoking causes numerous health problems in infants, children and adults including more frequent and severe asthma attacks, respiratory infections, ear infections, sudden infant death syndrome (SIDS), coronary heart disease, stroke, lung cancer etc.
- 1.1.6 Spitting of tobacco/tobacco products is also a public health hazard, as it may lead to spread of swine flu, pneumonia, gastro-intestinal diseases, creating a potential risk of transmission of Tuberculosis as Tuberculosis Bacilli can survive in spit for an entire day or nuisance to the people in general.

1.2 Tobacco Control Efforts:

- 1.2.1 The Government of India enacted its comprehensive tobacco control law the Cigarettes and other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 (COTPA 2003) in 2004, with a view to make provisions to effect reduction in tobacco use.
- 1.2.2 Various Rules were notified for effective regulation of tobacco products from time to time. These provided for prohibition of;
 - Smoking in public places,
 - Sales of tobacco products to and by minors,
 - Sale of tobacco products within 100 yards of educational institutions and,
 - Direct and indirect advertising and promotion of tobacco products.
- 1.2.3 Apart from these provisions, display of statutory warning on tobacco packs was also

implemented. The same has now been revised for 85% of pack area to be covered with the warnings along with display of the national quit-line number.

- 1.2.4 India has also effectively implemented the rules for restricting the depiction of tobacco products in films and television programs. It is mandatory to display the statutory warning during the display of tobacco products in films & television programmes and anti-tobacco video spot & disclaimer at beginning and middle of the films.
- 1.2.5 Smokeless Tobacco Products such as Gutkha, Zarda, Khaini etc. have been prohibited vide the Food Safety and Standards (Prohibition and Restrictions on Sales) Regulation, 2011 under Food Safety and Standards Act, 2006.
- 1.2.6 Tobacco control efforts of India gained a fresh impetus with launch of the National Tobacco Control Programme (NTCP) in 2007-08. NTCP is a comprehensive programme, which not only provides a robust framework for implementation of tobacco control laws/initiatives but also focuses on community engagement, school programme, IEC and advocacy.
- 1.2.7 Various cessation services have been set up under the NTCP. A national quitline was launched in 2016. The capacities of the quitline have now been expanded to cater to the higher volume of calls from prospective quitters in view of display of the quitline number on tobacco packs. The quitline caters to around 2.5 lakh telephone calls every month. Over 400 Tobacco Cessation Centers have been set up. “mCessation” services are also being provided through a mobile app.

A summary provisions for tobacco control under various Acts and Rules is given in **Annexure I**.

2. Introduction:

- 2.1 The second round of Global Adult Tobacco Survey (GATS2) was carried out in 2016-17 and its report was published in 2018. A 6% absolute decline in tobacco use has been observed in GATS2. This demonstrates the success of India’s tobacco control efforts.
- 2.2 However, tobacco use remains very high and these efforts need to be scaled up and sustained. New and emerging electronic products (e-cigarettes and like products) pose new challenges to these efforts.
- 2.3 Given that the GYTS and GATS indicated that there is significant tobacco use among adolescents and young adults as they are most vulnerable to the exposure to tobacco use, the Government of India had released\launched\prepared the “Guidelines for Tobacco Free Schools/Educational Institutions” in 2008 and “Step by Step Guidelines for implementation of Section 6 (b) of the Act and Rules” in 2017. Many new initiatives have since been taken. The GATS2 data has also suggested that there is need to review the earlier guidelines, hence these guidelines.
- 2.4 Objective of these Guidelines is to provide a fresh momentum to implementation of tobacco control initiatives among adolescents and young adults. These guidelines may be implemented by any educational institution, including schools at all levels, colleges for higher or professional education and universities, both in public and private sector.

- 2.5 Implementation of these guidelines should result in –
- More awareness about harmful effects and long-term health impact of tobacco use amongst the students, teachers, workers and officials in educational institutions.
 - Awareness about various avenues available for tobacco cessation.
 - A healthy and tobacco free environment in educational institutions and all educational institutions becoming tobacco free.
 - Better implementation of legal provisions regarding sale and use of tobacco products, especially those related to educational institutions, public places, statutory warnings and minors.
- 2.6 These guidelines provide a framework for achieving the above-mentioned objectives. Apart from specifying the factors for a Tobacco Free Educational Institution (ToFEI), these guidelines also detail the roles and responsibilities for various stakeholders.

3. TOBACCO FREE EDUCATIONAL INSTITUTION

- 3.1 An Educational Institution (EI) should display “Tobacco Free Educational Institution” signage as specified in **Annexure II** in the premises of the EI; and a “Tobacco Free Area” signage as specified in **Annexure III** outside the EI. The signage could be in the form of boards or wall paints. It may be noted that the formats given in the Annexures II and III are only suggestive. The Educational Institution is encouraged to innovate or adapt the signage according to their capacity and context. Care should also be taken to communicate the correct intended message while customizing the signage. The signage should be displayed in the language of instruction in the Educational Institution and also in the local language if it is so possible.
- 3.2 The signage should be displayed at prominent places outside and in the premises such as on the boundary wall, the main entrance, the official notice boards and any such place where the management thinks that these would communicate the intended message effectively.
- 3.3 The Educational Institution should designate Tobacco Monitor(s) from amongst their staff, an official or a teacher or a student representative (the student from class IX onwards). Health & Wellness Ambassadors should also be designated as Tobacco Monitors. The name, designation and phone number of the Tobacco Monitor(s) should also be mentioned on the signages. Multiple Tobacco Monitors may be designated and in-fact it might be a good idea to do so. For example – appointment of a Tobacco Monitor for each class from amongst the students in the class. Participation of the most important stakeholder, the students of secondary school (classes IX to XII), would be key to successful implementation of the initiative. Care should be taken that tobacco users may not be designated as Tobacco Monitors.
- 3.4 The EI management should ensure that *no tobacco products are sold* inside the premises and in an area within a 100 yards from the premises. Any violation should be reported to the National Quitline at 1800-11-2356. The Management should also, if possible, with the help of local law enforcement authorities and community, including parents, make efforts to stop such sales. It may be noted that the Head of the Institution is also authorized to collect fine for violation of section 6(b), sale of tobacco products within 100 yards of an educational institution. EI should also with the help of local authorities mark such boundaries /area which clearly defines the 100

yards area to ensure that no tobacco products are sold within marked area.

- 3.5 The EI management must not permit any use of tobacco products in the premises of the institution by anybody, including students, teachers, other staff members, school buses' drivers & staff and visitors. Observance of the "No Tobacco Use" norm should be included in EI's code of conduct guidelines and action should be taken against such violations as per EI's internal policy. This may include community service, information to and discussions with parents. Another suggestion is to make tobacco users ineligible for the Student\Teacher\Staff of the Year Award or other awards given for co-curricular excellence.
- 3.6 Since the premises of all EIs by their nature are public places, smoking inside the premises of an EI is a violation of section 4 of the COTPA. The Head of all Educational Institutions are also authorized to impose and collect fine under the COTPA, 2003 for such violations.
- 3.7 The Food Safety and Standards (Prohibition and Restrictions on Sales) Regulation, 2011 prohibits the use of tobacco and nicotine as ingredients in food products and as such various States have issued necessary orders for prohibiting the sale of Gutkha and Pan Masala (containing tobacco or nicotine). In 2016, communication was sent to all States/UTs to pass necessary orders in compliance of the Hon`ble Supreme Court order dated 23.09.2016 and ensure that the manufacture, storage, distribution or sale of gutkha and pan masala (containing tobacco or nicotine) and any other products marketed separately having tobacco or nicotine in the final product by whatever name called, whether packaged or un-packaged and/or sold as one product, or though packaged as separate products, sold or distributed in such a manner so as to easily facilitate mixing by the consumer is prohibited in the jurisdiction of the respective States. Though Pan Masala without tobacco and/or nicotine is a standardized product under the Food Safety and Standards Act, 2006 and Regulations made thereunder, it may be noted that it is injurious to health and its use should be discouraged.
- 3.8 The EI should also help tobacco users and tobacco addicts to quit tobacco by encouraging them to avail the Quitline services and mCessation services. Information about these services can be obtained from the Quitline.
- 3.9 A ToFEI must not participate in any event sponsored by any firm or a subsidiary of a firm or a seller, which promotes the use of or manufactures or sells tobacco products in any form. EIs/ Students should also not accept any prize or scholarship instituted by such firms.
- 3.10 The EI management and the Tobacco Monitors must also be vigilant to note the tobacco substitutes such as e-cigarettes and the like devices viz. Heat-Not-Burn devices, Vape, e-Sheesha, e-Nicotine Flavoured Hookah. Such products, though not tobacco products, are also harmful for health. E-cigarettes come in many shapes and sizes which look like regular cigarettes, cigars, pipes, pens, USB flash drives, with sleek high-tech design with re-chargeable batteries. These products are usually marketed as being safer alternatives for conventional cigarettes but such notion of safety is false. There is evidence that these products induce adolescents and young adults to nicotine use leading to addiction. Any use of such products on the campus may be reported to the Quitline.
- 3.11 The Institution may use the Self-Evaluation Scorecard for Tobacco Free Educational Institution given in **Annexure IV**, to assess the status of implementation of the ToEFI Guidelines in their institution on half-yearly basis and to get a certificate to this effect to those EIs who score 90% and above marks. Once the EI is satisfied that they have achieved the benchmark score, the

EI can choose to participate in the ToFEI Award Scheme. A ToFEI Certificate will be awarded to a ToFEI if the EI's score is found to be equal to or more than the benchmark score after verification. Details of the ToFEI Award Scheme will be issued separately by the MoHFW.

3.12 Tobacco Control activities: The EI should undertake tobacco control activities from time to time. Some suggestive activities are as under –

- Assemblies for taking pledge against tobacco,
- Poster/slogan/essay/quiz/debate competitions and street plays etc. Posters so developed with information about the harmful effects of tobacco should be displayed at prominent places in the educational institution.
- The EI management should encourage tobacco control initiatives by students /teachers/ other staff and certificates of appreciation or awards may be given to those who take initiative and do good work in this regard.
- The EI should invite the local law enforcement authorities /and health authorities to be the part of school assembly and deliver an address on tobacco control. This will facilitate in advocating the policy makers on tobacco related issues.
- Marking of 100 yards area from the outer limit of boundary wall / fence of the EI.

The above list is only suggestive and the EI team should explore other options as well.

4. ROLES & RESPONSIBILITIES

4.1 Ministry of Health & Family Welfare – Tobacco Control Division (National Tobacco Control Cell)

- 4.1.1 To ensure that communications/advisories are sent to State Tobacco Control Cell for monitoring these guidelines at regular intervals.
- 4.1.2 IEC materials/ prototypes like posters, flip charts, brochures must be disseminated to States and uploaded on the NTCP website www.ntcp.nhp.gov.in
- 4.1.3 To collaborate with Ministry of Human Resource Development (Department of School Education and Department of Higher Education) for inclusion of a chapter on the harmful effects of tobacco use in curricula.
- 4.1.4 To develop a monitoring mechanism for evaluation and assessment of implementation of Guidelines for ToFEI through internal review mechanism.
- 4.1.5 The National Cell will also put a mechanism in place for certification of EIs and for providing a Certificate to an EI that successfully reaches the benchmark score of 90/100.

4.2 STATE/DISTRICT TOBACCO CONTROL CELL:

- 4.2.1 Coordinate with State Education Departments (School/Higher/Technical/Medical Education) to institutionalize tobacco control by incorporating tobacco control activities in their Academic calendar. Efforts should also be made to make these guidelines a part of the terms and conditions for affiliation to the State Education Board.

- 4.2.2 Coordinate with State Education Departments for sending circular to all Heads of Institutions to comply with the guidelines and permitting them to utilize the funds available under the untied grants available to Educational Institutions through government grants.
- 4.2.3 District Authorities and Local Bodies should be encouraged to set up institutional mechanisms to facilitate implementation of these guidelines and monitoring and review implementation and also to provide support to managements of institutions taking initiative for helping enforcement of COTPA.
- 4.2.4 To ensure the dissemination of these guidelines in all educational institutions in coordination with Education Departments. Funds under National Tobacco Control Programme can be utilized for this.
- 4.2.5 To make efforts to get questions related to 'Tobacco Free Educational Institution' included in existing monitoring/inspection mechanism of Education Departments.
- 4.2.6 To engage with Department of Rural Development/Urban Administration for setting up institutional mechanism for supervision and monitoring of these guidelines through Village Health, Sanitation & Nutrition Committees in rural areas and Mahila Arogya Samitis and Mohalla Samitis\Ward Sabhas in urban areas.
- 4.2.7 Representatives of the State Education Departments (School/Higher/Technical/Medical Education) should be co-opted in the State and District Level Coordination Committees and status of implementation of these guidelines should be reviewed in each of their meetings.

4.3 Civil Society Organizations:

Civil Society Organizations (CSO) can play a pivotal role in implementation of guidelines, specially in its dissemination and in building capacities of managements and teams in Educational Institutions. CSO can also support the STCCs, DTCCs and EIs by providing inputs such as technical assistance for IEC. The CSOs can also undertake assessment of implementation status of these guidelines in an EI and assist the institution in removing gaps in implementation or mobilize support from the local institutions, wherever necessary. The STCCs and DTCCs can and should look to actively partner with CSOs, wherever possible, for not only implementation but also for eliciting valuable feedback about implementation status and challenges, to effect course corrections.

ANNEXURE - I

ACT	Section	Offence	Penalties
COTPA	Section 4*	Smoking in Public Places	Fine upto Rs.200 under section 21
	Section 6a*	Sale of tobacco products to or by minors	Fine upto Rs.200 under section 24
	Section 6b*	Sale of tobacco products within 100 yards of any Educational Institute	Fine upto Rs.200 under section 24
	Section 5	Direct/indirect advertisement of tobacco products and scholarship/ sponsorship of any event by tobacco companies	Under Section 22- First Offence: Fine up to Rs. 1000/- or imprisonment up to two years or both Subsequent offence: Fine up to Rs. 5000/- or imprisonment up to five years or both
	Section 7	Mandatory display of specified health warnings on all tobacco product packs	Under Section 20 – First Offence for Producer or Manufacturer: Fine up to Rs 5,000/- or imprisonment up to two years or both. Subsequent Offence: Fine up to Rs 10,000/- and imprisonment up to five years Under Section 20 – First Offence for Seller or distributor: Fine up to Rs 1,000/- or imprisonment up to one year or both. Subsequent Offence: Fine up to Rs 3,000/- and imprisonment up to two years
Juvenile Justice Act	Section 77	Giving or causing to give any addictive substance including tobacco to minors	Upto 1 lakh fine and 7 years imprisonment
Indian Penal Code	Section 268	Creating Public nuisance which causes any common injury, danger or annoyance to the public	Fine upto Rs. 200/-
	Section 269	Negligent act likely to spread infection of disease dangerous to life	Imprisonment upto 6 Months or Fine or both
	Section 278	Making atmosphere noxious to health	Fine upto Rs. 500/-
Food Safety and Standards Act, 2006 (FSSA, 2006)	Regulation 2.3.4 of Food Safety and Standards (Prohibition and Restrictions on sales) Regulations, 2011	Use of Tobacco and nicotine as ingredients in any food products.	Penalty not exceeding Rs. 10.00 lakh under Section 57 (1) (ii) of FSSA, 2006

* A list of authorized officers to enforce the provisions of COTPA, 2003 and Rules made thereunder is as under;

Following persons shall be authorized to impose and collect the fine against the violation of Section 4

Sl. No.	Person Authorized to take action	Description of Public Place
1	Inspectors of Central Excise / Income tax/ Customs/ Sales Tax/Health/Transport and above	All Public Places within their jurisdiction
2	Station Master/Asstt. Station Master/ Station Head/Station in charge	Railways and all its Premises
3	All Gazetted Officers of State/ Central Government or equivalent rank and above in Autonomous Organizations /PSU	Government offices / premises and offices of the autonomous bodies and corporations
4	Director/ Medical Superintendent/ Hospital Administrator	Government and Private Hospital
5	Post Master & Above	Respective Post Office in their jurisdiction.
6	Head of the Institution/HR Manager/Head of Administration	Private Offices / Workplaces
7	College / School/Headmaster Principal/Teacher	Respective Educational Institutions
8	Librarian/Asstt. Librarian/Library in-charge/ other administrative staff in library	Libraries/ Reading Rooms.
9	Airport Manager/Officers of Airport Authority of India and Officers of all schedule Airlines	Airports
10	Director Public Health/ Director Health Services	All Public Places
11	In charge Administration in Central/ State Government.	All Public Places
12	Nodal Officers/Focal Points of Anti-Tobacco Cell at District and State level	All Public Places
13	Police Officers not below the rank of Sub-Inspector of Police	All Public Places within their jurisdiction.
14	Officers of State Food & Drug Administration not below the rank of Sub-Inspector of Police.	All Public Places within their jurisdiction.
15	Representatives of Panchyati Raj Institutions (Sarpanch / Panchayat Secretary)	All Public Places within their jurisdiction.
16	Dist Program Manager/ Finance Manager – Dist Health Society (National Rural Health Mission)	All Public Places within their jurisdiction.
17	Civil Surgeon /Chief Medical Officer(CMO) at District Hospital/ Medical Officer at Primary Health Centre (PHC)	Hospital Buildings /Health Institutions/ dispensaries
18	Registrar/ Deputy Registrar/ Public Prosecutors/ Government Counsels.	Court Buildings
19	Inspector of Schools/ District Education officer	Educational Institutions
20	Traffic Superintendents /Asst Traffic Superintendents / Bus Station Officer / Ticket Collector or Conductor.	Public Conveyances
21	Travelling ticket Examiner/ Chief Ticket Inspectors/ Ticket Collectors/ Officers not below the rank of ticket collector or equivalent rank not below the rank of Asst Sub-Inspector of Railway Protection Force	Railways

Following persons shall be authorized to impose and collect the fine against the violation of Section 6 (a & b)

Sl. No.	Authorized Person to enforce section 6 (a & b)
1.	Vice Chancellor or Director or Proctor or Principal or Headmaster or In-Charge of an Educational Institution
2.	Assistant Labour Commissioner from the Department of Labour
3.	All officers of the rank of Sub-Inspector in State Food and Drug Administration from the Department of Food and Drugs
4.	All officers of the rank of Inspectors from the Department of Education
5.	All police officers of the rank of Sub-Inspector of Police and above
6.	Municipal Health Officers
7.	Representatives of Panchayati Raj Institutions (Chairperson or Sarpanch or Panchayat Secretary)
8.	District Programme Manager or Finance Manager- District Health Society (National Rural Health Mission)
9.	Civil Surgeon or Chief Medical Officer at District Hospital or Medical Officer at Primary Health Centre (PHC)
10.	Block Development Officer, Block Extension Educator(BEE)
11.	Director or Joint Director Department of Health, and Department of Education in the State Government
12.	Nodal Officers of State and District Tobacco Control Cell under National Tobacco Control Programme

ANNEXURE - II
(Prototype Sign Board/Wall Paint)

TOBACCO FREE EDUCATIONAL INSTITUTION

Sale of cigarettes and other tobacco products in an area within radius of one hundred yards of this educational institution is strictly prohibited and is a punishable offence.

If you see any violation, please report to –
Name _____
Designation _____
Contact Person _____

OR

Call at Quitline Number – 1800-112-356 (Toll free)

By Order

60 CM

45 CM

ANNEXURE -III
(Prototype Sign Board / Wall Paint)





TOBACCO FREE AREA
Tobacco Use here is a Punishable Offence

If you see any violation, please report to -
Name
Designation.....
Contact No......

OR
Call at Quitline Number – 1800-112-356 (Toll free)

60 CM

45 CM

ANNEXURE - IV

Self-Evaluation Scorecard for Tobacco Free Educational Institution

Name of the Educational Institution:-

Name and Designation of Evaluator:-

Date of Evaluation:-

Final Score of the Educational Institute:

Sl. No.	Criteria	Weightage Points	Scored points by the Institute
1	Display of 'Tobacco Free Area' Signage inside the premise of Educational Institute at all prominent place(s).	Mandatory (10)	
	The name/designation/contact number are mentioned / updated in the signage	Mandatory (10)	
2	Display of "Tobacco Free Education Institution" signage at entrance/ boundary wall of Educational Institute.	Mandatory (10)	
	The name/designation/contact number are mentioned / updated in the signage	Mandatory (10)	
3	No evidence of use of tobacco products inside the premise i.e. cigarette/beedi butts or discarded gutka/tobacco pouches, spitting spots.	Mandatory (10)	
4	Poster or other awareness materials on harms of tobacco displayed in the premise.	9	
5	Organisation of at least one tobacco control activity during last 6 months.	9	
6	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signages	9	
7	Inclusion of "No Tobacco Use" norm in the EI's code of conduct guidelines	9	
8	Marking of 100 yards area from the outer limit of boundary wall / fence of the EI.	7	
9	No shops selling tobacco products within 100 yards of the Educational Institute.	7	

Prototype of a receipt

(Name and Address of educational institution)

RECEIPT

Receipt No. 851

Date :.....

Received Rs. (in words)
from D/S/o.....
R/o.....
.....On account of fine for violation of
Section-4/Section-6/Others at.....(Name of the Place) under the provisions
of the Cigarettes and other tobacco products (prohibition of advertisement and regulation of
trade and commerce, production, supply and distribution) Act, 2003

Signature of the Offender

Signature of the Authorized Officer

Abbreviations used in the Guidelines

COTPA	Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003
CSO	Civil Society Organizations
CVD	Cardio Vascular Diseases
DTCC	District Tobacco Control Cell
EI	Educational Institutions
GATS	Global Adult Tobacco Survey
NTCP	National Tobacco Control Programme
STCC	State Tobacco Control Cell
ToFEI	Tobacco Free Educational Institution



STANDING INSTRUCTION NO 01 DATED 06 JUL 2020

HANDLING OF CASES OF INDISCIPLINE

1. Reference Standing Instruction No 05 dated 19 Apr 2018.

2. The labelling of offences and their Points and Dots accrued thereto has facilitated the Institute Authority at large in dealing with the disciplinary aspects of students. However, it is found that a number of offences committed by the students has not been included in above Standing Instruction and needs to be incorporated. Hence, after a thoughtful deliberation, the aforesaid Standing Instructions No 05 dated 19 Apr 2018 has been re-framed duly incorporating the relevant offences often committed by the students.

3. **Acts of Indiscipline.** The following acts on the part of students during his/her course of studies at SMIT will be considered as acts of Indiscipline. Henceforth all acts of indiscipline will be labeled and graded as follows and their cumulative scores will be marked by dots as mentioned below. The acts not covered by the tables below will be examined separately in the Disciplinary Committee/Hostel Management Committee and these offences will be assigned points as deemed fit. The range of scores of each DOT and the list of offences and their individual scores are also summarized below :-

(a) **LEVELS OF OFFENCES AND THEIR POINTS AND DOTS :-**

(i) **Level -I Offences, Range: 1 - 5 (Points) • (1 dot)**

S/No	Descriptions	Points
(i)	Late Entry in the hostel	01
(ii)	Missing from allotted room without any information to hostel staff during night attendance but available in the hostel	01
(iii)	Late entry in the campus by hostellers in the evening (Beyond 08.00 P.M.)	02
(iv)	Present in campus but entering late in the hostel (after 10 P.M.) without permission from hostel authority, Floor Warden.	02
(v)	Not keeping the door open during night attendance check from 10 P.M. to 11.30 P.M.	02
(vi)	Unintentional damage of college property due to negligence, e.g; causing damage to window panes while playing at unauthorized places besides sharing the financial loss.	02
(vii)	Using unparliamentarily/abusive word/racial slur to the colleagues.	02
(viii)	Caught in playing Computer games at mid/late night as an act of betting.	02
(ix)	Playing loud music in hostel room & disturbing fellow students.	02
(x)	Arguing with teacher demanding late entry or attendance for late entry in the class	02



(xi)	Creating nuisance in the class	02
(xii)	Use of mobile phones during the class and showing disobedience to the teacher	02
(xiii)	Excessive argument with teacher demanding late entry/attendance for late entry	02
(xiv)	Violating rules (Do`s and Don`ts of lab)	02
(xv)	Disfiguring the walls of the room with filthy words/figures/paintings/posters	03
(xvi)	Possession, distribution and consumption of cigarette and chewable tobacco as well as smoking in the hostel.	03
(xvii)	Creating public nuisance and disturbing the natural ambience by means of shouting; burning crackers, banging doors etc.	03
(xviii)	Resisting the Security personnel in checking at the Main Gate.	03
(xix)	Unauthorised stay of student`s in hostel for a period of 1-3 days	03
(xi)	Making wrong entry in the IN/OUT Register for hiding one`s identity at Main Gate.	04
(xxi)	Hostel students not entering details in the register at the main gate while leaving & returning to the campus	04
(xxii)	Entering the Campus in intoxicated state.	05

(ii) Level -II Offences, Range: 6-10 (Points), •• (2 dots)

S/No	Descriptions	Points
(i)	Accumulation of multiple offences of Level-I with aggregation of scores ≥ 6	≥ 6
(ii)	Possession and consumption of alcoholic drinks as well as other banned substances (marijuana etc.) in the college campus.	06
(iii)	Having unauthorised meals in mess and being in unauthorised possession of mess utensils.	06
(iv)	Misleading Hostel Authority by hiding truth about unauthorised absence of roommate.	06
(v)	Use of information technology through various means to disturb class/Department/Hostel/Institute	06
(vi)	Escorting & helping a day scholar to enter hostel without permission. Both the students will be held equally responsible.	06
(vii)	Inter Hostel Movement without permission	06
(viii)	Act of disrespect towards the Faculty/Staff Members	06
(ix)	Fighting/using abusive language with fellow students/hostel staff/Mess boys/Security guards/attenders etc., but not amounting to groupism or ragging or not resulting in physical injury to any individual.	07
(x)	Deliberate and intentional act of any kind resulting in minor financial loss to the college like unauthorised use of electrical appliances, tapping of Wi Fi connection for personal gain.	07
(xi)	Unethical means of promoting oneself or others during Students` council election.	08
(xii)	Helping a day scholar to have unauthorised meal in student mess, both the students will be held equally responsible.	08
(xiii)	Dodging hostel staff, TG, Floor Warden, Warden, Chief Warden when a hostel student is called to attend an official enquiry or counseling.	08
(xiv)	Unauthorised absence from hostel during night.	09
(xv)	Showing obscene postures in public place.	09

(xvi)	Proceeding on leave without getting leave approved from floor warden and making entries in the movement register.	09
(xvii)	Breach of Confidentiality (Sharing of student information, company information or any other similar act including publication in social media without permission).	09
(xviii)	Instigating fellow students for hooliganism, gherao and strike etc.	10

(iv) Level -III Offences, Range: 11-25 (Points),••• (3 dots)

S/No	Descriptions	Points
(i)	Accumulation of multiple offences of Level-I and/or Level II with aggregation of scores ≥ 11	≥ 11
(ii)	Carrying prohibited substances including alcoholic liquor in quantity suggesting that the same being carried for further distribution to fellow students	11
(iii)	Possession and consumption of narcotics in hostel/college premises	15
(iv)	Deliberate and intentional destruction of hostel/college/fellow mate's properties	17
(v)	Offensive acts of cyber crime amounting to sexual harassment/undermining human dignity of fellow students.	18
(vi)	Stealing of money or costly electronic items like Laptop, Smart watch, Mobile or Camera etc.	19
(vii)	Use of abusive language and/or threatening faculty and non teaching staff of SMIT	20
(viii)	Physical assault/fight causing serious/significant injury	20
(ix)	Physical assault/fight amounting to groupism or regionalism.	21
(x)	Keeping weapons/arms in person/room which when used can result in serious injury to other students.	21
(xi)	Found in objectionable posture with opposite sex.	22
(xii)	Getting involved into act of minor sexual harassment	23
(xiii)	Possession of banned substances in significant amount (>20 gms) for commercial benefit.	24
(xiv)	Forging documents intentionally, changing of marks during personal seeing of answer scripts.	25
(xv)	Instigating fellow students for hooliganism, gherao and strike etc.	25

(iv) Level -IV Offences, Range: 26-55 (Points),•••• (4 dots)

S/No	Descriptions	Points
(i)	Accumulation of multiple offences of Level-I, Level II and/or Level III with aggregation of scores ≥ 26	≥ 26
(ii)	Use of social media to tarnish the image of Institute, staff members and students of the Institute. Any other acts of indiscipline that tarnishes the image of the Institute.	30
(iii)	Misbehavior with company representatives/faculty and staff involved during placement drive.	40
(iv)	Physical assault/fight culminating into group clash with large scale repercussion including action for vacating hostel and unwanted and temporary closure of the college.	45



(v)	Intentional creation of situations that can potentially endanger the life of fellow students or any hostel/mess/security staff.	45
(vi)	Trying to influence the selection process by using unfair/unethical means.	50
(vii)	Sexual harassment of serious/very serious nature.	52
(viii)	Causing life threatening injury to fellow students or any hostel/mess/security staff.	55
(ix)	Physical assault on faculty members/staff.	55
(x)	Deliberate act of mental harassment to any fellow student causing psychological trauma of serious nature amounting to ragging as per UGC guidelines.	55
(xi)	Possession of narcotics in quantity indicative of intention for sale to other students	55

(v) Level-V: Accumulation Level-I offences Range: 56-80 (Points) ●●●●● (5 dots)

S/No	Descriptions	Points
(i)	Misbehavior with company representatives/faculty and staff involved during placement drive	60

(vi) Level – VI: Accumulation Level-I offences Range:81-100 (Points) ●●●●●●(6 dots)

(b) Reversal of accumulated punishment points**

S/No	Criteria	Punishments	Remarks	
(i)	Incentives for good attendance			
	(aa)	90-100%	Reduction of 3 points	Average attendance of previous as well as current semesters will be considered
	(ab)	80-90%	Reduction of 2 points	
	(ac)	75-80%	Reduction of 1 point	
(ii) Improvement in CGPA/Extra Curricular Activities of post punishment period by 0.2				
(ii)	(aa)	II SEM	Reduction of 1 point	
	(ab)	III SEM	Reduction of 2 points	
	(ac)	IV SEM	Reduction of 3 points	
	(ad)	V SEM	Reduction of 4 points	
	(ae)	VI SEM	Reduction of 5 points	
	(af)	VII SEM	Reduction of 6 points	
	(ag)	Academic Recognition/ Citation from External Agency	Reduction of 5 points	
	(ah)	Awards from external agencies for sports/athletics/literary & debate	Reduction of 4 points	
(iii)	Active participation and Contribution for social cause			
	(a)	Blood Donation Drive, Disaster Relief, Adoption of Village and Bravery acts	Reduction of 4 points	

****at the discretion of competent authority.**

(c) Punishment for various dots :-

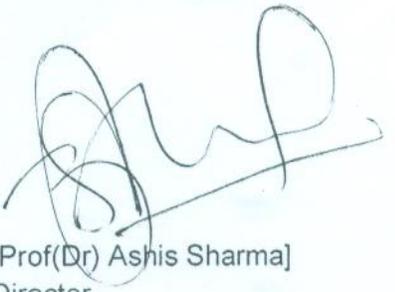
S/No	Dots	Points	Punishments	Remarks
(i)	•	1-5	Written warning to the students	For every offence, warning letter shall be issued and to be recorded in his/her personal file and will come up during placements. Corresponding dots will be marked in the personal file of the students.
(ii)	••	6-10	Written warning to the students with a copy to Parents/Guardian.	
(iii)	•••	11-25	Suspension for 3-4 days from the class with the provision of expulsion from the hostel.	
(iv)	••••	26-55	Suspension for 15 days from the class in addition to permanent expulsion from the hostel.	
(v)	•••••	56-80	Rustication for one full semester from the class in addition to permanent expulsion from the hostel.	
(vi)	••••••	81-100	Permanent rustication from the Institute.	

4. The committee will not consider multiple offences within a single offence and add the points to arrive at a larger number. The most serious offence within the single offence should be taken as the benchmark for the points to be recorded against the act of Indiscipline.
5. This Standing Instruction supersedes the Standing Instruction No 05 dated 19 Apr 2018.

Place : Majitar-Rangpo

Dated : 06 Jul 2020




[Prof.(Dr) Ashis Sharma]
Director

To,

1. Associate Director (A)
 2. Associate Director (SA)
 3. All HODs
 4. All Wardens
 5. Head Administration
 6. Chief Warden
 7. Head, SMU-IT
- } - To disseminate the above information to all Faculty/Student of their respective Dept.
- For uploading in Suchana (Faculty and Students)

Copy to :-

1. Vice Chancellor, SMU
2. Registrar, SMU



Community based Extension activities From April 2022 to March 2023

1. MASS HEALTH AWARENESS PROGRAMME ON VECTOR BORNE DISEASES

Topic: Vector-borne Diseases

Venue: Junior High School, Tumlabong, East Sikkim

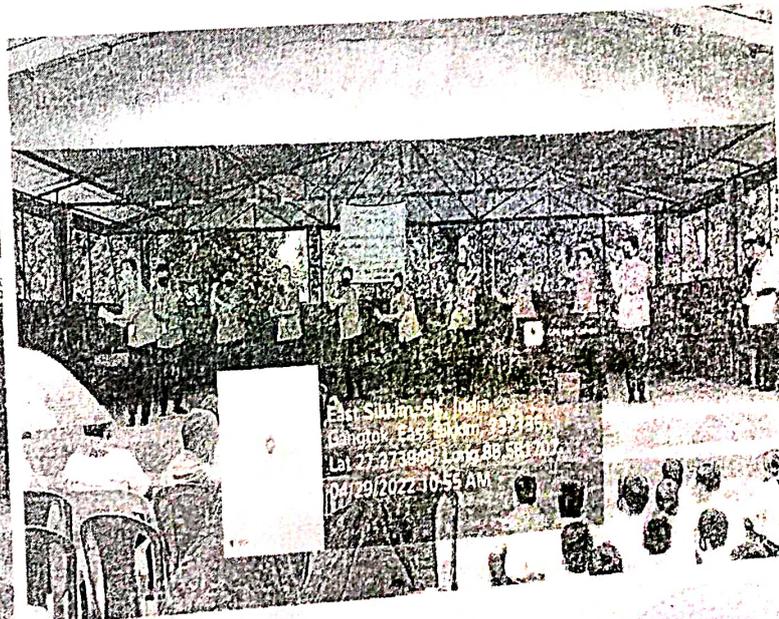
Date: 29th April 2022

Organised by: 2nd Year B.Sc. Nursing (2020-2024 Batch)

Context: Vector-borne diseases are human illnesses caused by parasites, viruses and bacteria that are transmitted by vectors. Every year there are more than 7000,000 deaths from diseases such as malaria, dengue, yellow fever, scrub typhus etc. The burden of these diseases is highest in tropical and subtropical areas and they disproportionately affect the poorest populations. In Sikkim, 118 cases of Dengue and 11 cases of Chikungunya till 19th Sept 2021 was reported.

Objective: The programme aimed at creating awareness on Vector-borne diseases and its prevention and control.

The Programme: The 2nd year B.Sc. Nursing students batch 2020-24 of Sikkim Manipal College of Nursing (SMCON) organized a Mass health awareness programme on "Vector-borne diseases" at the premises of Govt. Junior High School, Tumlabong, East Sikkim. All the people of community were the focused audience of the programme. The students of SMCON performed a skit emphasizing on the types, causes and symptoms of vector-borne diseases. The programme also highlighted the preventive measures and importance of hand washing and demonstrated the techniques followed by health education. The questions were asked to assess the effectiveness of the education program. All the people were able to answer the questions due to which the program was found to be effective. The Chief guest Mr. Arjun Gurung, Head Master (Tumlabong Govt. secondary school) gave good feedback on the overall organization of the programme. The programme went well and ended with the vote of thanks by the students.



Some glimpses of the program

2. MASS HEALTH AWARENESS & Health Check up

Date: 5th May 2022

Time: 10:00 am

Venue: Panchayat Bhawan, Shyagyong Rumtek

Topic: Diabetes Mellitus - prevention and management

Organised by: Final Year B.Sc. Nursing (2018-2022 Batch)

Context: In 2020, according to the International Diabetes Federation (IDF), 463 million people have diabetes in the world and 88 million people in the Southeast Asia region. Of this 88 million people, 77 million belong to India. The prevalence of diabetes in the population is 8.9%, according to the IDF. World Health Organization has also stated, 2% of all deaths in India are due to diabetes. Therefore when student of final year B.Sc. Nursing from Sikkim Manipal College of Nursing (SMCON) conducted a survey in Shyagyong Rumtek it was found that most of the community people have been suffering from Diabetes Mellitus. So after discussing with area panchayat, students of SMCON decided to organize a mass health awareness programme on Diabetes Mellitus and its prevention and management.

Objectives: The main objective of the program was to impart knowledge on Diabetes Mellitus and its prevention and management.

Programme: The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) in collaboration with Primary Health and Wellness Centre (PHWC) Shyagyong, Rumtek organized a Mass Health Awareness Programme on topic "*Diabetes Mellitus and its management*" and a Health Check-up at Panchayat Bhawan, Shyagyong, Rumtek. The programme started with a welcome speech followed by felicitation of guests, Rumtek Panchayat Mrs. Karma Doma Bhutia, SMCON faculty Prof. Ranjita Devi and staff from PHWC Shyagyong, Rumtek. Around 70 people from community attended the programme. Student presented a skit and provided health talk on the topic discussing about its risk factors, types, pathophysiology behind disease process, its complication, prevention and management with the help of attractive audio visual aids and live demonstrations. A quiz round was also organised to evaluate knowledge of the audience on the above mentioned topic and a small token of appreciation was given to the participants. A health check-up was also conducted for the community people as a screening purpose for Non-communicable diseases where their blood pressure, weight and random blood sugar was checked and recorded and were advised to visit nearby hospital for further management accordingly. The programme ended with a motivational song by the students of SMCON and with a positive feedback by the Panchayat, Rumtek and Staff from PHWC.



Role play by the students of SMCON

3. SCHOOL HEALTH AWARENESS PROGRAM

Date: 16th November 2022

Time: 10:00 am

Venue: Government Primary School, Chuten Marchak, East Sikkim

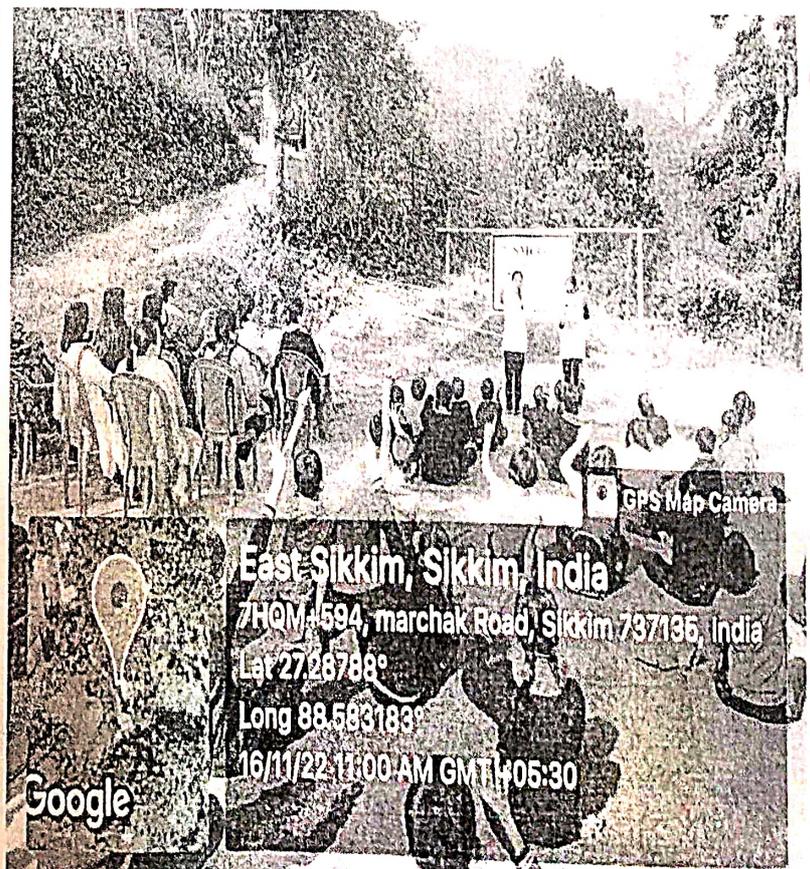
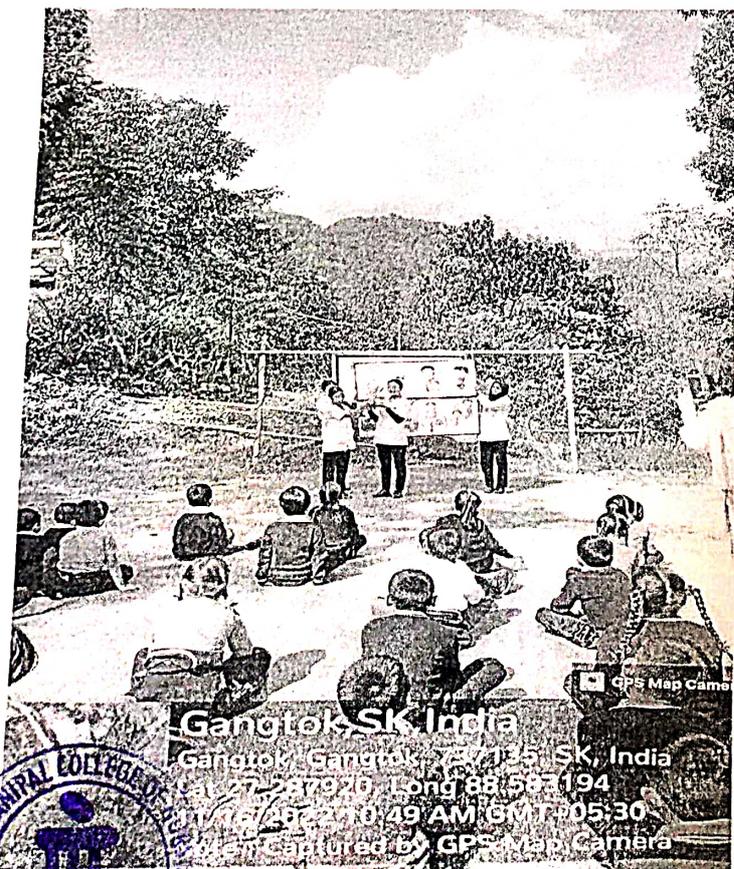
Topic: Importance of Moral Values and Personal Hygiene

Conducted by: Final Year B.Sc. Nursing (2019-2023 Batch)

Context: Moral values help children to develop a strong and impressive personality. Children are able to judge and differentiate between right and wrong if they are taught moral values at a very young age. It definitely changes how they perceive the world and behave once they are adults. Also personal hygiene is one of the important things to teach kids, right from the beginning. With the changing climate, unusual seasons, and pollution, etc. viral infections such as cold, cough and flu are on the rise. Unclean hands and clothes are the mediums through which germs travel to spread various types of diseases. Therefore, after recommendation and the needs felt by the Headmaster of Government Primary School, Chuten Marchak, East Sikkim students from SMCON decided to organize an School health awareness programme on Importance of Moral Values and Personal Hygiene.

Objectives: The main objective of the program was to impart knowledge on Importance of Moral Values and Personal Hygiene.

The Program: The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a School Health Awareness Programme on the topic "*Importance of Moral Values and Personal Hygiene*" at Government Primary School, Chuten Marchak, East Sikkim. The programme started with a welcome speech accompanied by felicitation of Mr Baichung Bhutia, Head Master Government Primary School, Chuten Marchak, East Sikkim and faculty from SMCON Prof. Ranjita Devi and Asst. Prof. Pranita Sharma. Staffs and students from the school attended the programme. Students of SMCON conveyed the Importance of Moral Values and Personal Hygiene through a role play and provided health talk on the same discussing about its significance and benefits in daily life with the help of attractive audio visual aids, models and live demonstration. A quiz round was also held to evaluate knowledge of school students on the above mentioned topic and a small token of appreciation was given to the students who answered correctly and participated enthusiastically. The program ended with a motivational song by the students of SMCON and with words of appreciation by school headmaster.



MASS HEALTH AWARENESS PROGRAMME

Date: 17th June 2022

Time: 10:00am

Venue: Panchayat Bhawan, Yangtan, Aho

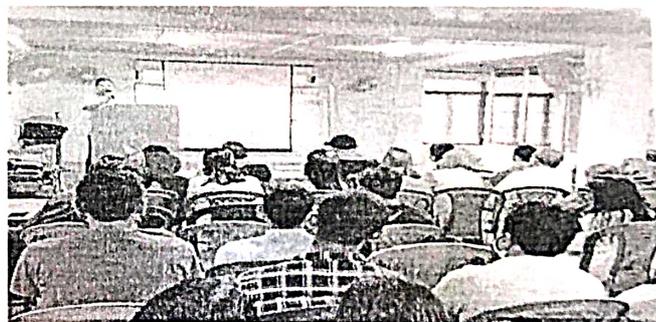
Topic: Frailty Syndrome and Its Management

Conducted by: Final Year B.Sc. Nursing (2018-2022 Batch)

Context : Frailty is theoretically defined as a clinically recognizable state of increased vulnerability resulting from aging associated decline in reserve and function across multiple physiologic systems such that the ability to cope with every day or acute stressors is comprised. Frailty Syndrome is a common clinical syndrome in older adults that carries an increased risk for poor health outcomes including falls, incident disability, hospitalization and mortality. With the help of proper care and management risk arising from this syndrome can be reduced effectively.

Objective: The main objective of the program was to impart knowledge on Frailty Syndrome and Its Management.

The Programme : The Final Year B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a Mass Health Awareness Programme on topic "*Frailty Syndrome and its management*" at Panchayat Bhawan, Yangtan, Aho. The programme started with a welcome speech by M.C accompanied by felicitation of guests panchayat, Yangtan Aho Mr. Ramesh Prasad Sharma, SMCON officiating principal Prof. Champa Sharma, faculty Prof. Ranjita Devi and staff from PHWC, Aho. Around 50 people from community attended the programme. Student provided health talk on Frailty Syndrome discussing about its risk factors, types, disease process, its complication, its prevention and management with the help of attractive audio-visual aids. Prof. Champa Sharma HOD Mental Health Nursing, SMCON also enlightened the audience with the importance of managing Frailty Syndrome with the help of an informative video. A quiz round was also organised to evaluate knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated actively. The programme ended with positive feedback by the Panchayat, Yangtan Aho and Staff from PHWC.



5. SCHOOL HEALTH AWARENESS PROGRAM

Date: 25th November 2022

Time: 09:50 am

Venue: Government Senior Secondary School, Rumtek East Sikkim

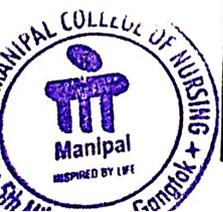
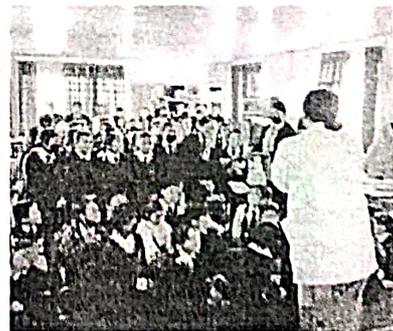
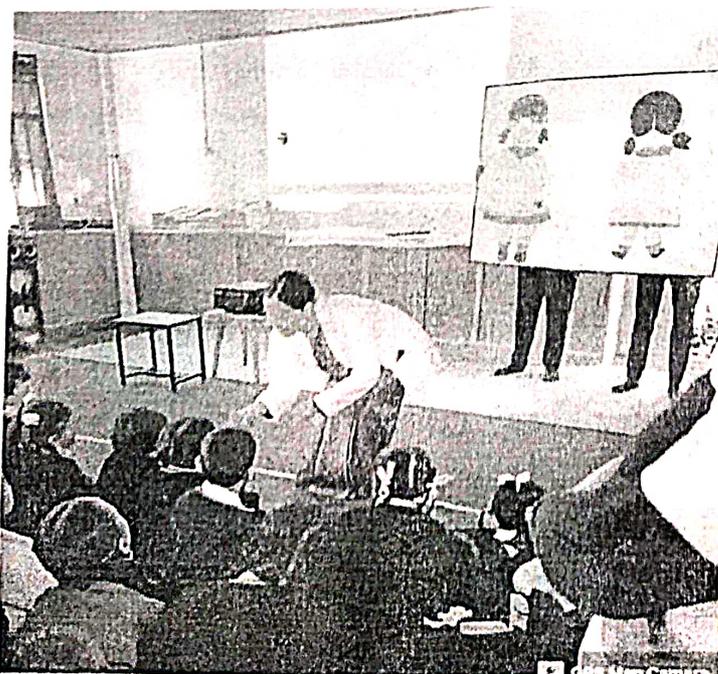
Topic: Child Sexual Abuse and Menstrual Hygiene

Conducted by: 4th Year B.Sc. Nursing (2019-2023 Batch) & 1st Year M.Sc. Nursing (2022-2024 Batch)

Context: Child sexual abuse is generally referred to as a form of abuse that involves sexual misconduct, whether it be pressuring, coercing, forcing, or manipulating a child to engage in or become exposed to sexual acts, and/or the sexual exploitation of children. Many children wait to report or never report child sexual abuse at all, which makes it difficult to fully capture the prevalence of child sexual abuse in our society. Menstruation is a natural biological process experienced by all adolescent girls and women every month, starting between 11 and 14 years age. Maintaining good hygiene during menstruation is of pivotal importance, especially in terms of increased vulnerability of reproductive tract infections. Poor menstrual hygiene management practices such as inadequate protection, insufficient washing facilities may increase susceptibility to infection and may put girls at risk of being stigmatized. Therefore, after recommendation and the needs felt by the school Principal Mr. Yangten Gyatso Bhutia of Government Senior Secondary School, Rumtek East Sikkim, students from SMCON decided to organize an School health awareness programme on Child Sexual Abuse and Menstrual Hygiene.

Objective: The main objective of the program was to impart knowledge on Importance of Moral Values and Personal Hygiene.

The Program: The Final Year B.Sc. and 1st year M.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organized a School Health Awareness Programme on the topic “*Child Sexual Abuse*” and “*Menstrual Hygiene*” at Government Senior Secondary School, Rumtek East Sikkim. The programme started with a welcome speech and felicitation of school principal Yangten Gyatso Bhutia and faculty from SMCON Asst. Prof. Pranita Sharma and Sandhya Gurung. Female students from class UKG to Class VIII were the main focused group in the programme. Students of SMCON delivered an educative health talk on the Child Sexual Abuse and Menstrual Hygiene where they discussed about the good and bad touch, the warning signs of sexual abuse, how they can prevent sexual abuse, measures to take in case of sexual harassments, POCSO Act and about cares and practices during menstruation respectively, with the help of attractive audio visual aids and a video. A quiz session was also held to evaluate knowledge of school students on the above mentioned topic and a small token of appreciation was given to the students who answered correctly and participated enthusiastically. The program ended with a motivational song and a short dance performance by the students of SMCON and with words of appreciation by school principal and teachers.



MASS HEALTH AWARENESS PROGRAMME

Date: 7th January 2023

Time: 10:30am

Venue: IBM Rangpo

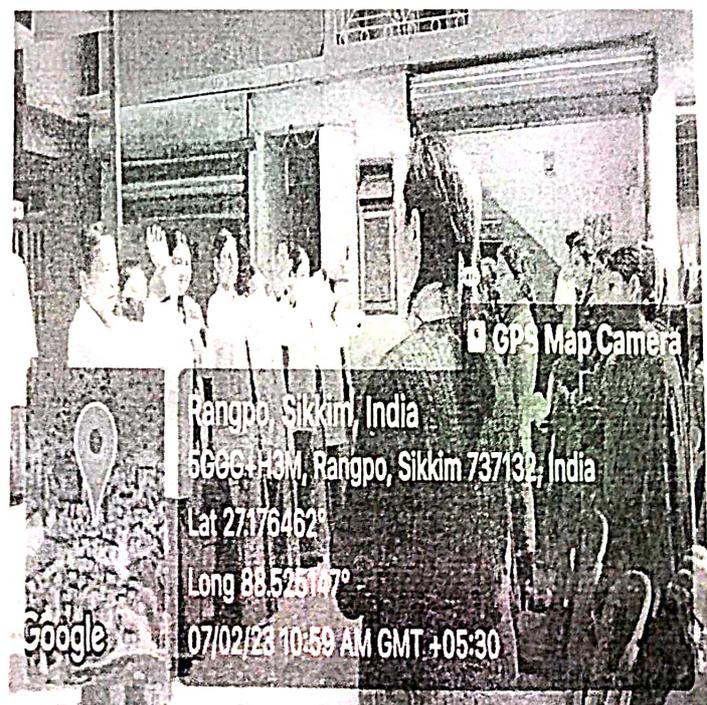
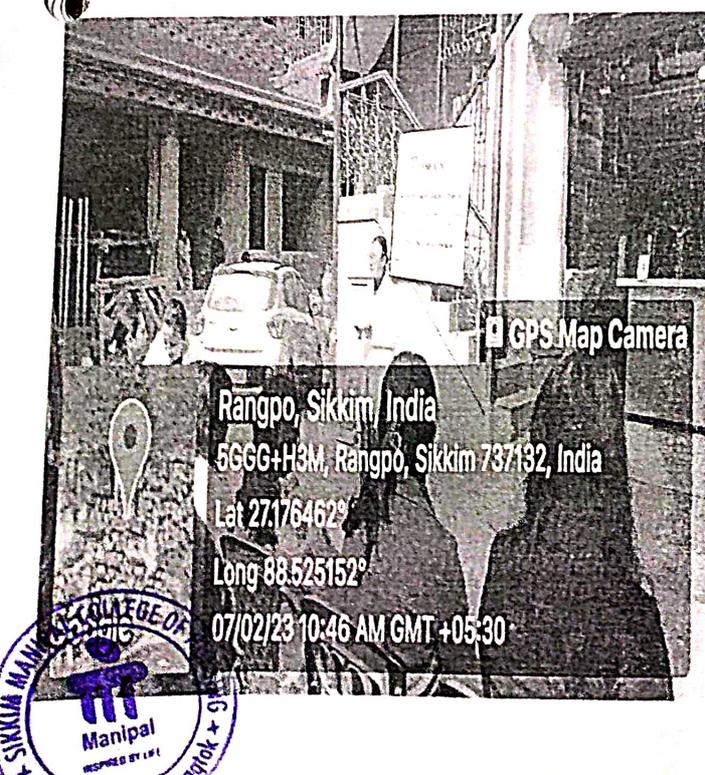
Topic: "Management of Diarrhoeal Diseases and Immunization"

Conducted by: 1st year M.Sc. Nursing Students (2022-2024 batch) Department of Community Health Nursing and Department of Child Health Nursing

CONTEXT: Diarrhoea is one of the leading causes of death among under five age group globally and claims approximately 1.1 lakh lives in India every year. According to NFHS-5, In Sikkim, Ladakh, Meghalaya, Andaman & Nicobar Islands and Mizoram there is a higher prevalence of diarrhoeal diseases in urban areas as compared to rural areas. According to WHO, Diarrhoea is defined as the passage of three or more loose or liquid stools per day (or more frequent passage than is normal for the individual). Key measures to prevent diarrhoea include: access to safe drinking-water; use of improved sanitation; hand washing with soap; exclusive breastfeeding for the first six months of life; good personal and food hygiene; health education about how infections spread; and rotavirus vaccination. On the assessment of the Community needs and in the view of increased incidence of diarrhoeal diseases, a mass awareness programme was planned at IBM, Rangpo among the mothers of under five children, students from nearby school and the community.

OBJECTIVE: The main objective of the program was to impart knowledge on Management of Diarrhoeal Diseases and Immunization.

THE PROGRAMME: 1st year M. Sc. Nursing students of Sikkim Manipal College of Nursing (SMCON) organized a Mass Awareness Programme on topic "*Management of Diarrhoeal Diseases and Immunization.*" at IBM colony, Rangpo. The Programme started with a welcome speech followed by felicitation of guests, Ms Anjrum Ara and Ms Samita Tamang, Teacher, Hans Raj School, SMCON faculty Ma'am Reshma Tamang, Professor and HOD, Department of Child Health Nursing, SMCON, Ma'am Pranita Sharma, Assistant Professor, Department of Community Health Nursing SMCON, Ms Kalpana Sharma, Aganwadi worker, IBM Rangpo. Around 20 mothers from the community and 20 female students (from class 8) attended the programme. M. Sc. Nursing students provided health education on Management of Diarrhoeal Diseases and Immunization with the help of attractive audio visual aids and demonstration. A quiz round was also organized to evaluate knowledge of the participants on the above-mentioned topic. Feedback was provided by Ms Anjrum Ara, Teacher, Hans Raj School, IBM Rangpo. The programme ended with vote of thanks by Ms Isha Pradhan.



7. MASS HEALTH AWARENESS PROGRAM

Date: 10th February 2023

Time: 10:30 am

Venue: IBM Colony (Goli Ground), Rangpo Sikkim

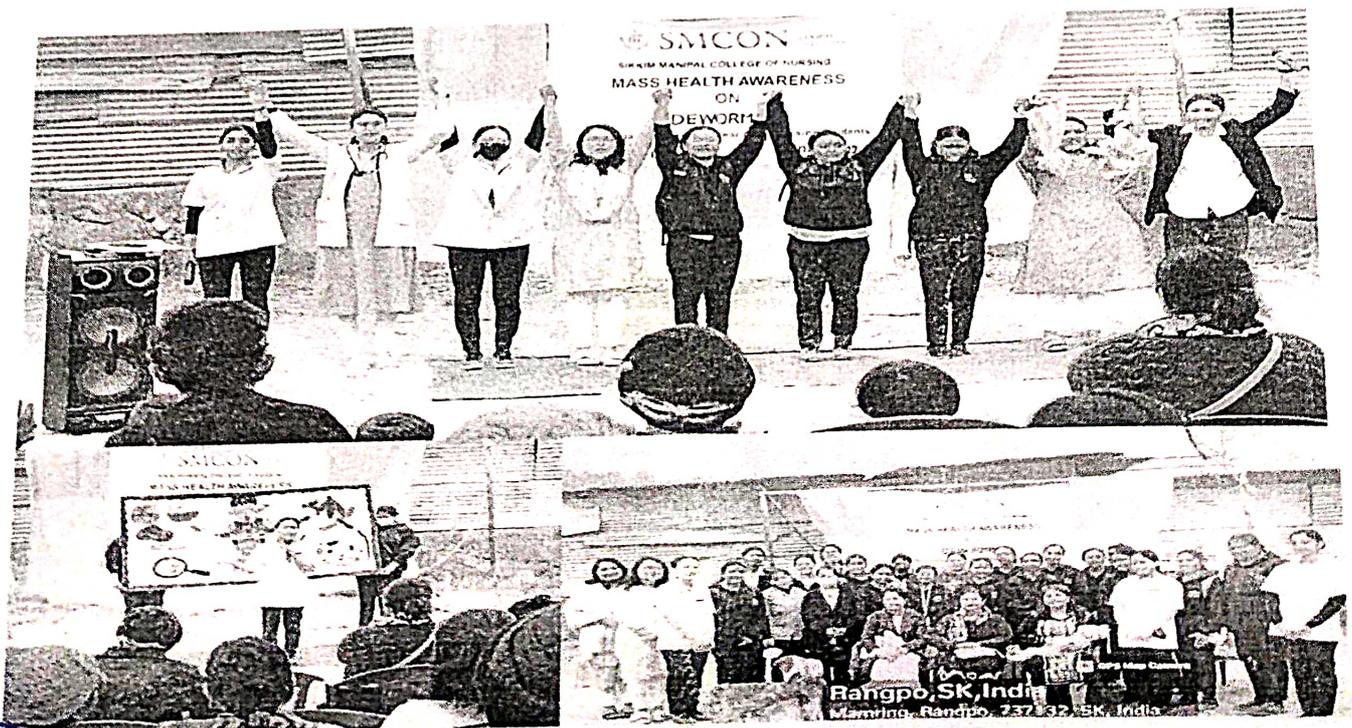
Topic: Observation of National Deworming Day

Conducted by: Final Year B.Sc. Nursing (2019-2023 Batch)

Context: Soil transmitted helminth infections are among the most common infections worldwide and affect the poorest and most deprived communities. The worms are regarded as the most important causes of intellectual and physical setbacks in children as it can cause diarrhoea, abdominal pain, a generalized feeling of discomfort and weakness and chronic intestinal blood loss that can result in anaemia and chronic fatigue. Therefore, after regular home visits by the final year B.Sc. nursing (interns) in IBM Colony they found the need of imparting knowledge on Deworming to the community people. And hence after seeking permission from required authorities B.Sc. Nursing students decided to organise Mass Health Awareness Programme on same.

Objectives: The main objective of the program was to impart knowledge on Deworming to the community people of IBM Colony, Rangpo.

The Programme: On "National Deworming Day" the Final Year B.Sc. Nursing students (interns) from Sikkim Manipal College of Nursing (SMCON) organized a Mass Health Awareness Programme on topic "*Deworming*" at IBM colony Rangpo, Sikkim. Around 80 people from the IBM colony attended the programme. The programme started with a welcome speech by M.C addressing the gathering followed by an educative role play on Importance of Deworming in Children by the students of SMCON. Students provided health talk on Deworming discussing about worm's types, its causes, pathophysiology, sign and symptoms, diagnostic evaluation, prevention and its management and complications with help of multiple attractive audio-visual aids. A quiz session was also held to evaluate the knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated enthusiastically. The programme ended with positive feedback given by the community people of IBM colony, Rangpo.



Mass Health Awareness Programme

Conducted By: Final Year B.Sc. Nursing (Interns), Red Ribbon Club

Topic: "Prevention of HIV in community"

Date: 02.03.2023

Final Year B.Sc. Nursing students (interns) from Sikkim Manipal College of Nursing (SMCON) and the members of Red Ribbon Club organized a Mass Health Awareness Programme on the topic "Prevention of HIV in community" at Mandi Bazaar Rangpo, Sikkim. Students provided health talk on above mentioned topic discussing about definition, its causes, transmission chain, brief pathophysiology, sign and symptoms, diagnostic evaluation, prevention and its management and complications with help of multiple attractive audio-visual aids. A quiz session was also held to evaluate the knowledge of the audience on the above-mentioned topic and a small token of appreciation was given to the people who participated enthusiastically. The programme ended with positive feedback given by the audience of Mandi Bazaar, Rangpo.



[Signature]
18/02/2023
HEAD OF DEPARTMENT
COMMUNITY HEALTH NURSING
SMCON
1 Mile Tadong, Gangtok
East Sikkim

[Signature]
18/3/2023
(Subject - Coordinator)

[Signature]
18/03/2023
Principal
SMCON
TADONG, GANGTOK
SIKKIM



MEMORANDUM OF UNDERSTANDING

BETWEEN



**REGIONAL AYURVEDA RESEARCH INSTITUTE, GANGTOK
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES (CCRAS),
MINISTRY OF AYUSH, GOVERNMENT OF INDIA**

AND



SIKKIM MANIPAL UNIVERSITY, GANGTOK, SIKKIM

FOR

**COOPERATION IN RESEARCH & DEVELOPMENT IN THE FIELD OF AYURVEDA
AND RELATED SCIENCE**

**MEMORANDUM OF UNDERSTANDING (MoU)
BETWEEN
REGIONAL AYURVEDA RESEARCH INSTITUTE
AND
SIKKIM MANIPAL UNIVERSITY**

M.1. This Memorandum of Understanding (“Memorandum”) is entered into and executed on Day & Date2021 at Gangtok

between

M.1.1. Regional Ayurveda Research Institute;
under Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India having its office at 61-65 Institutional Area, opposite ' D' Block Janakpuri, New Delhi-110058, established in the State of North-East Region at Tadung, Gangtok, Sikkim-737102 on 9th June, 1979, represented by Dr Shriprakash, Assistant Director In-charge, which expression shall, unless it be repugnant to context or meaning thereof, be deemed to mean and include its nominees, administrators, legal representatives, executors, successors in interest/ business, and permitted assigns hereinafter referred to as ‘RARI-CCRAS’ and individually as “first party”.

And

M.1.2. Sikkim Manipal University
formerly known as Sikkim Manipal University of Health, Medical and Technological Sciences established in 1995 vide Sikkim Manipal University of Health, Medical and Technological Sciences Act (Act 9 of 1995) is recognized by the University Grants Commission under Section 2(f) of the UGC Act, 1956 vide letter No. F.9-7/96 (CPP – I) dated 9th December, 1998 and approved by the Government of India, is located at 5th Mile, Tadong, Gangtok - 737102, Sikkim, India, represented by Dr. Rajan S. Grewal, Vice Chancellor, which expression shall, where the context so admits, mean and include its successors, representatives and permitted assigns hereinafter referred to as “SMU” and individually as “second party”.

M.2. PREAMBLE

M.2.1. Whereas, RARI-CCRAS was established for organizing Research in Ayurvedic Sciences and to provide Health Care services in the State of Sikkim. CCRAS, New Delhi is an autonomous body under the Ministry of AYUSH, Govt. of India, is an apex body for undertaking, coordinating, formulating, developing and promoting research on scientific lines in Ayurvedic sciences. The venture pertains to 30 field Institutes /Centers/Units located all over India and also through collaboration with various Universities, Hospitals and Institutes for research and education. The research activities of the Council include Medicinal Plant Research (Medico-ethno Botanical Survey, Pharmacognosy and Tissue Culture), Drug Standardization, Pharmacological Research, Clinical Research, Literary Research & Documentation and Tribal Health Care Research Programme.





M.2.2. Whereas, SMU was established with the objective to support, promote and undertake the advancement of academics , to promote use of ICT and modern education technologies, to encourage research, creation and dissemination of knowledge, to facilitate extension and community service, to empower the people of Sikkim and also to contribute to human development in Northeast to inculcate environmental and social responsibilities among students and employees and to ensure steady growth of the University. The Sikkim Manipal University of Health Medical and Technological Sciences (Amendment) Act 13 of 2009 was passed by the Sikkim Legislative Assembly on 12th December, 2009 and received the assent of the Governor of Sikkim on 22nd day of January, 2010 vide Notification No. 13/LD/P/2010, Dated: 08/04.2010 by Government of Sikkim, the name of Sikkim Manipal University of Health Medical and Technological Sciences was changed to Sikkim Manipal University. It is the first ever Public-Private Partnership in the country for higher education and healthcare services. The University has two campuses: Medical Campus at Upper Tadong and Technological Campus at Majhitar, East Sikkim. All courses run by the University are approved by the regulatory bodies like Medical Council of India (MCI), Nursing Council of India, Indian Association of Physiotherapy, and All India Council for Technical Education (AICTE) and Distance Education Council.

M.2.3.Whereas both RARI-CCRAS and SMU are convinced about the mutual benefit of foregoing programs, now therefore in consideration of the promises and mutual covenants herein after contained, the parties hitherto agree to the following terms and conditions-

M.3. OBJECTIVE OF MoU

M.3.1 The memorandum has, as its collective objective of collaboration and joint- participation for mainstreaming Ayurveda and the fundamentals of Ayurvedic research and development.

M.4. PROPOSED AREAS OF COLLABORATION

M.4.1. The Parties are desirous to enter into research and development agreement, for the purpose of value addition to the existing clinical trial protocols, standardization of formulations and medicinal plants.

M.4.2.The Parties wish to undertake quality control, gap conducted in appropriate settings by qualified and trained personnel of both organizations having a thorough understanding of the essential requirements and issues concerning bioethics and all interventions involving Ayurveda System of Medicine.

M.5. RESPONSIBILITY OF PARTIES

Both the parties henceforth agree to undertake the responsibilities as enumerated herein below:

M.5.1.The RARI_CCRAS agree for collaborative research programs with SMU in mutually identified research areas including technical inputs for development of protocols pertaining to all the collaborative research projects between the Parties only.



M.5.2.The Parties agree to collaborate in Clinical Studies, Medicinal Plants cultivation for extension program, drug formulations and efficacy of drugs, diagnostic methods, literary research, revival and retrieval of Medical Manuscripts/Rare Books, fundamental research and also in other areas of basic medical and allied Sciences.

M.5.3.The Parties shall conduct several joint Workshops/Seminars/Conferences/Trainings, etc. to identify key areas where research work can be intensified.

M.5.4.The Parties may utilize the expertise of each other by scientists exchange program.

M.5.5.The Parties agree that specific terms, conditions and procedural aspects of collaboration including financial implications of either party shall be finalized on mutuality which is inclusive and not limited to various projects and other related cases.

M.5.6.The Parties agree to undertake any other responsibilities assigned during the meeting by joint monitoring and implementation committee, for the purpose of uplifting the core objectives of the Memorandum.

M.5.7 Specific terms, conditions and procedural aspects of collaboration including financial obligations of either party shall be finalized on mutual discussion in respect of each specific project under this MoU separately.

M.6. MONITORING

M.6.1. The Parties agree to have in place a task force which will also act as Joint Monitoring Committee for the purpose of this MoU.

M.6.2. Joint Monitoring Committee (consisting of three/four members) nominated by RARI-CCRAS (the funding agency) will monitor the project from time to time and will meet to assess the rate of progress and fund utilization allocated to the project. The details of such Monitoring committee should be shared to both parties to this Agreement.

M.6.3. The Task Force shall monitor the collaborative work on a regular basis. It shall oversee and assess the responsibilities and performance of both the Parties and suggest mechanisms to achieve the objectives set up under this Memorandum.

M.6.4. The Joint monitoring committee shall conduct half yearly meetings twice a year as per joint consent of the Parties.

M.7. CONFIDENTIALITY

M.7.1. From the execution date of MoU and THREE (03) years thereafter, RARI-CCRAS and SMU undertake on their behalf and on behalf of their subcontractors/employees/representatives/associates to maintain strict confidentiality and prevent



disclosure thereof, of all the information and data exchanged/generated pertaining to work under this agreement for any purpose. All the above-mentioned information and other related essential information will be shared between the Parties in good faith and shall not be disclosed to any third party or utilized for any gainful objective without the expressed consent of the designated representatives of the both the parties.

M.8. USE OF INTELLECTUAL PROPERTY

M.8.1 The parties agree that any intellectual property, which is jointly developed through activities covered under this MOU, will be jointly shared among the parties. The benefit sharing including financial benefit of the research outcome, if any, shall be decided with mutual consensus of the parties by separate agreement..

M.8.2. The patent if necessary, for research outcome will be filed by RARI-CCRAS in the joint names of both the parties and the expenditure will be shared by both the parties.

M.8.3. All other intellectual property used in the implementation of the MOU will remain the property of the party that provided it. This property can be used by either party for the purposes covered by the MOU but consent will be obtained from the owner of the property before using it.

M.9. EFFECTIVE DATES AND AMENDMENTS

M.9.1. This MOU shall take effect upon signing by both Parties and shall remain in effect for a period of three (3) years from the date of signing the agreement, and its extension, continuation or otherwise shall be jointly decided by both the parties one month prior to the end of the above period unless earlier terminated. However, the rights and obligations arising from the implementation of the MoU shall survive until the termination of the MoU.

M.9.2. Neither party may assign or transfer all or any portion of this MoU without the prior written consent of the other party.

M.9.3. A separate MoU shall be entered into if there is any additional collaboration with other partners like University, Industry or any other Organization, in conflict with the present MoU.

M.9.4. The provisions of this MoU may only be amended or waived by mutual written agreement by both Parties with a prior notice of at least 30 days.

M.9.5. In the event either of the Parties fails to perform any of its obligations under this MoU, the other Party shall have the right to terminate this MOU and any related agreement, work plan and budget immediately upon written notice of 30 days.

M.9.6. In the event of termination of the agreement, the right and obligations of the Parties thereto shall be settled by mutual discussion. The financial settlement shall take into



consideration not only the expenditure incurred but also the expenditure committed by the Parties hereto.

M.10. DISPUTE RESOLUTION

M.10.1. Both the parties hereby agree that, in the event of any dispute between the Partners relating to this Agreement, the Partners shall first seek to resolve the dispute amicably through informal discussions by mutual consultation.

M.10.2. In the event any dispute cannot be resolved informally within sixty (60) calendar and consecutive days, the Partners agree that the dispute will be negotiated between the Partners through Arbitration and Mediation. In case of no resolution by mutual consensus, it shall be referred to arbitration of three arbitrators, one to be appointed by each party and these two arbitrators shall appoint an external third Arbitrator (Umpire) with mutual consensus, who shall preside over the proceedings. The decision of the said arbitrator shall be final and binding on the parties. The place for jurisdiction for any dispute or claim arisen out of the present agreement before a court shall be Gangtok.

M.11. ENTIRETY

M.11.1 This MoU, including all Annexes, embodies the entire and complete understanding and agreement between the parties and no amendment will be effective unless signed by both parties.

The representatives of both Parties have set and subscribed their respective hands to this Memorandum of Understanding on the date and place first mentioned above.

FOR and ON BEHALF OF RARI-CCRAS



Dr. Shriprakash,
Assistant Director- Incharge, RARI-CCRAS

Assistant Director (AVU), in charge
क्षेत्रीय आयुर्वेद अनुसंधान संस्थान,
Regional Ayurveda Research Institute
तादोंग, गंगटोक सिक्किम

IN WITNESS WHEREOF, the MoU have been signed in presence of the following

Witnesses:

- 1.
- 2.

FOR and ON BEHALF OF SMU



Dr. Rajan S. Grewal
Vice Chancellor, SMU

Dr. (Lt General) Rajan S. Grewal, AVSM, VSM
Vice Chancellor
Sikkim Manipal University
Tadong, Gangtok (Sikkim)

Date: 21stSeptember, 2022 (Wednesday)

Memorandum of Understanding (MOU) Between

Maharishi Mahesh Yogi Vedic Vishwavidyalaya ,Karoundi, Katni - 483332,

And

Subject: Collaboration to promote Education, Skill& Research

The following terms are mutually applicable to both (First party and Second party)

1. Both the parties will assist each other in organizing the summit, seminar, symposium workshop and other academic deliberations.
2. Collaboration in Teaching, Research & Development and consultancy in the field of mutual interest.
3. Exchange of Academic materials and publications
4. Conducting various training programmes for students and faculty members in the area of Mutual interest.
5. Both Party will support each other in curriculum development, industry Interaction and other support from time to time through its network.

For First Party

Maharishi Mahesh Yogi Vedic Vishwavidyalaya
Karoundi, Katni - 483332,

P. Anu

Authorised Signatory

7007507809

For Second Party

Sikrim Manipal University
Dr. Bishesh Sharma

B. Anu

Authorised Signatory

(7001635899)

To,
The Assistant Registrar
IOAC team
Sonu.

Dt : 16/9/2021.

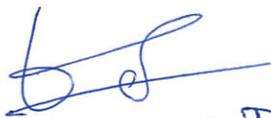
Sub: Submission of MoU: University of Malaya, Malaysia.

Dear Sir,

This is for your kind information that I am submitting a copy of MoU with University of Malaya, Malaysia under the TOMA Pai Grant (Major-2020-21) for the study on the aspects related with LTBI among the ethnic races of Sikkim, India: an alter study (focusing on the contact group).

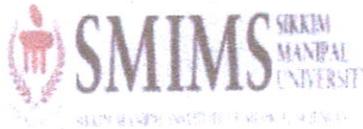
Thanking You.

Yours Sincerely



Dr. Karma G. Dolma
(PI)

Dr. Karma G. Dolma, PhD
Associate Professor
Microbiology Department
SMIMS



MEMORANDUM OF AGREEMENT

This **MEMORANDUM OF AGREEMENT** is made on by and between **Sikkim Manipal University**, acting through Department of Microbiology, Sikkim Manipal Institute of Medical Sciences, Sikkim, India, herein referred to as the "**SMU/ SMIMS**" (which expression unless included by or repugnant to the subject shall mean and include its successor-in-office and assigns) of the ONE PART

AND

Universiti Malaya, a university established under the laws of Malaysia and having an address at Lembah Pantai, 50603 Kuala Lumpur, Malaysia, hereinafter referred to as "**UM**" (which expression shall where the context so admits include its successor and permitted assigns) of the OTHER PART; whereas SMU decided to support a project submitted by Department of Microbiology, SMIMS for the attainment of the objectives, hereinafter described in Annexure I annexed hereto; This Memorandum of Agreement (MoA) defines the role and responsibility of the participating agencies, monitoring and other matters related to the fulfilling of the objectives.

NOW THE SMIMS, SMU AND UM HERETO AGREE AS FOLLOWS: -

1.0 ROLE OF SIKKIM MANIPAL UNIVERSITY, SIKKIM, INDIA

To provide funds to the extent of 10 Lakhs over a period of two (2) years from the date of sanction of the project, to Department of Microbiology, Sikkim Manipal Institute of Medical Sciences (SMIMS) for undertaking the activity as detailed in the Annexure I including travel and training for Department of Microbiology, SMIMS, Sikkim, India. Details of the funds to be provided are given in Annexure II

2.0 ROLE OF SIKKIM MANIPAL INSTITUTE OF MEDICAL SCIENCES, SIKKIM

- 2.1 To be responsible for accomplishing objectives identified and activities listed.
- 2.2 To provide their contribution of scientific and administrative support for two (2) years from the date of sanction of project.
- 2.3 To prepare and submit all periodical reports and other documents that would be required by SMU.

- 2.4 To submit an annual audited statement of expenditures incurred under the project.
- 2.5 To ensure effective utilization of the grant given by SMU for the purpose of which it was granted and to ensure timely progress of project work.

3.0 ROLE OF UNIVERSITI MALAYA (UM)

- 3.1 To provide their contribution of scientific and administrative support for two (2) years from the date of sanction of project.
- 3.2 To ensure effective utilization of the grant given by SMU for the purpose of which it was granted and to ensure timely progress of project work.
- 3.3 To provide academic collaboration in terms of supervised trainings (if required), expert reviews on papers/projects, exchange student policy (PhD). Enhancing knowledge sharing and research collaboration among academics for a fruitful result.

4.0 DURATION OF PROJECT

Duration of the project shall be two (2) years from the date of sanctioned by SMU.

5.0 SELECTION OF STAFF

No extra staff is required for the project.

6.0 RIGHTS OF OWNERSHIP/TECHNOLOGY TRANSFER AND UTILIZATION

- 6.1 "Background Intellectual Property" means any Intellectual Property owned by the Parties prior to the commencement of this Agreement and which is made available by a party or Parties to carry out the collaboration program or achieve the Intended Project Outcomes.
- 6.2 For the avoidance of doubt all Background Intellectual Property used in connection with the Project shall remain the property of the Party introducing the same. No Party will make any representation or do any act of that Party's Background Intellectual may be taken to indicate that it has any right, title or interest in or to the ownership or use of any of the Background Intellectual Property of the other parties except under the terms of this Agreement. Each Party acknowledge and confirms that nothing contained in this Agreement shall give it any right, title or interest in or to the Background Intellectual Property of the other Parties save as granted by this Agreement. The Parties agree that any improvements or modifications to a Party's Background Intellectual Property arising from the Project which are not severable from that Background Intellectual Property will be deemed to form part of that Party's Background Intellectual Property.
- 6.3 Each Party grants the other a royalty-free, non-exclusive licence for the duration of the Project to use its Background Intellectual Property for the sole purpose of carrying out the Project. No Party may grant any sub-licence over or in respect of the other's Background Intellectual Property.

- 6.4 Where any Project Intellectual Property is created or generated by two or more Parties jointly and it is impossible to segregate each Party's intellectual contribution to the creation of the Project Intellectual Property, the Project Intellectual Property will be jointly owned by those Parties in equal shares. The owners may take such steps as they may decide from time to time, to register and maintain any protection for that Project Intellectual Property, including filing and prosecuting patent applications for any Project Intellectual Property, and taking any action in respect of any alleged or actual infringement of that Project Intellectual Property. If one or more of the owners does not wish to take any such step or action, the other owner(s) may do so at their expense, and the owner not wishing to take such steps or action will provide, at the expense of the owner making the request, any assistance that is reasonably requested of it.
- 6.5 Each Party shall promptly disclose to the other(s) all Intellectual Property generated by it and each Party shall co-operate where required, in relation to the preparation and prosecution of patent applications and any other applications relating to Project Intellectual Property.
- 6.6 Each Party shall inform the other Parties promptly if it becomes aware of any infringement or potential infringement of the Background IP and/or Project Intellectual Property, and the Parties shall consult with each other to decide the best way to respond to such infringement.
- 6.7 If the Parties agree to jointly commence any infringement proceedings in respect of the Project Intellectual Property, all costs, charges and expenses of or incidental to or consequent upon such proceedings, shall be borne and paid by the Parties in proportion to their Intellectual Property share in the Project Intellectual Property, and all damages or other sums recovered in such proceedings shall also be divided among the Parties in proportion to their Intellectual Property share in the Project Intellectual Property after payment of all expenses in connection with arising out of the proceedings.
- 6.8 If any Party is unwilling to jointly participate in such infringement proceedings, such unwilling Party shall first obtain the consent of the remaining Parties ("Proceeding Parties") in the infringement proceedings, in which the said consent shall not be unreasonably withheld or delayed.
- 6.9 If such consent is given, the Proceeding Parties shall be allowed to use Party's name as co-claimant, and the Proceeding Party may at its own expense in all respects take proceedings and shall be solely entitled to all damages or other sums recovered, and to the full benefit of any judgement, but shall indemnify the other Party for any damages, costs, or penalty as may be awarded against the other Party or against the co-claimant, either jointly or severally.
- 6.10 Each Party is hereby granted an irrevocable, non-transferable, royalty-free right to use all Project Intellectual Property generated in the course of the Project for academic and research purposes.

7.0 CONFIDENTIALITY

7.1 "Confidentiality Information" means all information passing from the disclosing Party to the other Party relating to the Project including without limitation:

- (i) Financial information, business plans, reports or findings, investigative studies, consultations, methodologies, proposals, systems, programs, course content, techniques, trade secrets, drawings, know how, source and object code, arrangements and agreements with third parties, formulae, concepts not reduced to material form, designs plans and models whether given orally or in writing;
- (ii) Any derivations of any information or data which embodies, contains or describes the Confidential Information; and
- (iii) Any other data or information designated by the disclosing Party to be confidential or relating to current or prospective activities or business of the disclosing Party.

7.2 Where the data and information of this Project have been designated as Confidential Information by any of the Parties, neither Party shall not inform, announce or disclose to any third party other than its respective authorities, any data and information obtained through the implementation of this Agreement or any result of it, unless written approval is obtained from the other Party.

7.3 Where result of this Project have been designated as Confidential Information by any of the Parties, neither Party will inform, announce or disclose to any third party other than its respective authorities, any result obtained through the implementation of this Agreement, unless written approval is obtained from the other Party.

7.4 Notwithstanding the generality of the foregoing, the receiving Party shall not disclose all or any part of such Confidential Information to any third party or make any use of the same (except for the purpose of performing its obligations under this Agreement) without the prior written consent of the disclosing Party.

7.5 The receiving Party agrees to restrict access to all Confidential Information within its organization to only such information in connection with the receiving Party's obligations or otherwise obligated to keep such information confidential and are instructed to neither use nor disclose such information in a manner other than as permitted herein.

7.6 The obligations of confidentiality contained in this Agreement shall not apply to any Confidential Information which:

- (a) Has been made public by the Disclosing Party or by others with the permission of the Disclosing Party;
- (b) Is independently received from a third party who is free to disclose it,
- (c) Is in the public domain or is a compilation of material in the public domain; or

- (d) Is required to be disclosed by order of court or any applicable government authority or under any applicable law.

7.7 Upon termination of this Agreement, the Receiving Party shall, upon the request of the Disclosing Party, return all Confidential Information (including all copies thereof) to the Disclosing Party or destroy the same on Disclosing Party's instructions, within thirty (30) days after the termination or expiration of the term of this Agreement, whichever is earlier.

7.8 The obligation of confidentiality under this Agreement shall survive the expiry or earlier termination of this Agreement for a period five (5) years.

8.0 MONITORING

8.1 The progress of implementation of the project and proper utilization of grant shall be reviewed by the Monitoring Committee set up by Sikkim Manipal University (SMU).

8.2 The periodic progress of physical achievement and utilization of funds, statement of expenditure shall be evaluated by the Monitoring Committee.

8.3 The Sikkim Manipal University (SMU) may terminate the grant at any stage if it is convinced that the grant has not been properly utilized or appropriate progress has not been made. In the event, Sikkim Manipal University (SMU) terminates the grant, Department of Microbiology, Sikkim Manipal Institute of Medical Sciences (SMIMS) shall hand over all documents including technical details and equipment purchased related to the project.

9.0 TERM AND TERMINATION

9.1 This Agreement shall, shall be effective on and after the date of its signing by the authorized representatives of both Parties and remain in force for a period of five (5) years., unless sooner terminated in accordance with the provisions of this Clause ("Term"). The Parties hereto may, however, extend the Term of this Agreement for additional periods as desired under mutually agreeable terms and conditions, which the Parties shall reduce to writing and sign.

9.2 This Agreement may be terminated at any time by by serving a written notice to the other Party at least three (3) months before the date of such termination.

9.3 If due to circumstances beyond its control UM is unable to fulfill its obligations under this Agreement, UM shall notify SMU immediately.

9.4 If either Party commits a breach be remedied. If the Party committing the breach does not remedy it within 30 days then the other Party may terminate this Agreement immediately without further notice.

9.5 The Parties agree that any Party may immediately terminate this Agreement by notice in writing to the other Party in the following circumstances:

- (a) The making or filing of any application to liquidate or wind up of a Party (other than for the purpose of reconstruction or amalgamation) under any law or government regulation relating to bankruptcy or insolvency whether by third party or by the Party itself.
- (b) The appointment of a receiver or administrator over all or substantially all of the property of the Party; or
- (c) The making by the Party of assignment or attempted assignment for the benefit of its creditors.

9.6 Any termination of this Agreement pursuant to Clauses 9.4 or 9.5 shall be without prejudice to the rights of the Party terminating to seek and obtain damages for any breach of this Agreement by the other Party.

10.0 DISPUTE SETTLEMENT

If there is a dispute between the Parties then:

- (a) The Parties must discuss the dispute initially with a view to settling the dispute amicably;
- (b) If the parties fail to settle the dispute within 14 days of the dispute arising, then
- (c) The Parties must refer the dispute for meditation to a person appointed by agreement between the Parties who has at least two years' experience as a mediator;
- (d) The parties must co-operate to the extent necessary to enable the mediator to mediate the dispute within 30 days of his or her appointment;
- (e) The fees of the mediator shall be paid by the Parties in the proportion determined by the mediator;
- (f) Referral of a dispute for mediation under Clause 10 does not prevent a party from taking proceedings in court in relation to this agreement after the referral and participation under Clauses 10 (b) and (c).

11.0 GENERAL

- 11.1 No party shall assign all or any of its rights hereunder without the prior written consent of the other Party.
- 11.2 No Party shall mortgage, pledge, charge, assign by way of security or otherwise encumber any of its rights hereunder without the prior written consent of the other Party.
- 11.3 This Agreement shall be read and construed according to the laws for the time being in force in the Malaysia, and subject to Clause 11 the Parties agree to submit any dispute which may arise in relation to this Agreement to the jurisdiction of the Courts of Malaysia.

- 11.4 This Agreement may not be varied except in writing signed by the Parties.
- 11.5 Should any provision of this Agreement be held by a Court to be unlawful, invalid, and unenforceable or in conflict with any rule, statute, ordinance or regulation, the validity and enforceability of the remaining provisions shall not be thereby affected.
- 11.6 Any notice under this Agreement shall be served by hand delivery or by being forwarded by A.R. Registered post to the address of the Party shown Annexure III to such other address as may be notified in writing by the Party from time to time and in the case of service by post shall be deemed to have been received within seven (7) days after posting. Such notices may be served by facsimile provided that confirmation is served by hand or post as described in this clause.
- 11.7 No servant or agents of any Party shall by virtue of this Agreement be deemed to be employees of the other Party.
- 11.8 Each Party shall execute such agreements, deeds and documents and do or cause to be executed or done all such acts and things as shall be necessary to give effect to this Agreement.
- 11.9 In this Agreement except to the extent that the context otherwise requires:
- (a) words denoting the singular include the plural and vice versa;
 - (b) words denoting individuals or persons include bodies corporate and trusts and vice versa;
 - (c) heading are for convenience only and shall not affect interpretation;
 - (d) reference to any document or agreement includes reference to such document or agreement as amended, novated, supplemented, varied or replaced from time to time;
 - (e) words denoting any gender include all gender; and
 - (f) where any word or phrase is given a defined meaning in this Agreement any part of speech or other grammatical form in respect of such word or phrase has a corresponding meaning.
- 11.10 Neither Party shall be liable for any unforeseeable event beyond its reasonable control not caused by the fault or negligence of such Party, which causes such Party to be unable to perform its obligations under this Agreement, and which it has been unable to overcome by the exercise of due diligence. If any force majeure delays or prevents the performance of the obligations of either Party for a continuous period in excess of ninety (90) days the Party not so affected may give notice to the affected Party to terminate this Agreement specifying the date on which termination will take effect.
- 11.11 Time wherever mentioned in this Agreement shall be of the essence.

11.12 No Party shall use the name of the other Party in any advertising or other promotional material without the written permission of the other Party.

11.13 This Agreement shall be binding upon the Parties and their permitted legal assigns and successors-in-title by operation of law or otherwise.

11.14 This Agreement constitutes the entire agreement between the Parties. Any prior arrangements, agreements, representations or undertakings are hereby superseded.

12.0 COUNTERPARTS, EXECUTION

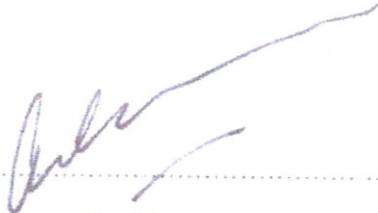
This Agreement may be executed in one or more counterparts, each of which shall be deemed to be an original but all of which together shall constitute one and the same instrument. The Parties shall be entitled to rely upon delivery of an executed electronic copy of this Agreement, and such similar executed electronic copy shall be legally effective to create a valid and binding agreement between the Parties.

(THE REMAINDER OF THIS PAGE IS INTENTIONALLY LEFT BLANK)

IN WITNESS THEREOF, the Parties have caused this MoU to be executed by their duly authorized representatives.

For and on behalf of

UNIVERSITI MALAYA



PROF. DR. APRIL CAMILLA ROSLANI

Dean, Faculty of Medicine

Date: 9 SEPTEMBER 2024

For and on behalf of

SIKKIM MANIPAL UNIVERSITY



DR. KARMA SONAM SHERPA

Registrar

REGISTRAR
SIKKIM MANIPAL UNIVERSITY
5TH MILE TADONG
SIKKIM 737102

Date: 16 SEPTEMBER 2021



Annexure I

- To diagnose for Latent Tuberculosis Infection (LTBI) among the contacts of tuberculosis cases (Pulmonary and Extra -Pulmonary Tuberculosis) in Sikkim using Tuberculin Skin Test (TST), Interferon Gamma Release Assay (IGRA) and RT-PCR.
- To further, evaluate for factors associated with the high-risk groups of tuberculosis patients.
- To identify the co-morbidities associated with LTBI in these cases

Project Duration: The duration of the project is two (2) years from the date of issue of sanction order.

Annexure-II**BUDGET:** Consolidated Budget (Rupees Lakhs)**Budget requirements (with detailed break-up and full justification):**

S.No.	Item	1 st Year	Total
1.	ELISA Reader	250000	250000

S.No.	Item	1 st Year	Total
1.	IGRA Kits	250000	250000
2.	RT-PCR Kits	300000	300000
3.	HBA1C, AntiCCP test, Nutritional Assessment, tuberculin syringe, etc.	100000	100000
4.	Travel, conference, Publications	100000	100000
	Total	700000	700000