



# *KALEIDOSCOPE*

## *ANNUAL MAGAZINE 2024*

*REGIONAL INSTITUTE OF PARAMEDICAL AND NURSING  
SCIENCES*  
*AIZAWL MIZORAM*

- RIPANS, Annual Magazine - 2024
- **Kaleidoscope**
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Govt. of India)
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- Copies : 100
- Printed at:

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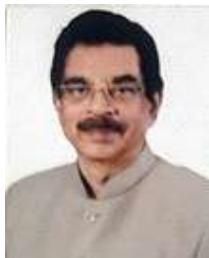
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Dr. Hari Babu Kambhampati  
GOVERNOR OF MIZORAM



RAJ BHAVAN  
Aizawl, Mizoram - 796001

## MESSAGE

I am delighted to know that Regional Institute of Paramedical and Nursing Sciences (RIPANS) is publishing its 9<sup>th</sup> Annual Magazine 'Kaleidoscope' 2024.

RIPANS has achieved significant progress in expanding its programmes and improving healthcare education in northeastern India. Among its many accomplishments, I would like to acknowledge the institute's recent expansion of its admissions which include launching various specialized postgraduate programmes. These programmes not only ensure that graduates are well-prepared for the healthcare industry, but also help in attaining the region's healthcare professional demand. I applaud the institute's commitment to sustainable development goals by organising events such as "Swachhata Hi Seva," and the "Waste to Art" competition. RIPANS' rich cultural diversity and its promotion in the campus, often demonstrated here at programmes hosted at Raj Bhavan, are also worthy of appreciation. All these efforts showcase RIPANS' dedication to holistic education and environmental responsibility, community engagement and cooperation.

I convey my best wishes and congratulations to all involved for the successful publication of the magazine.



( Dr. Hari Babu Kamkhampati )

Date: 19<sup>th</sup> November, 2024





**CHIEF MINISTER  
GOVERNMENT OF MIZORAM**

**MESSAGE**

It is my privilege to extend warm greetings and best wishes to the students, faculty, and administration of the Regional Institute of Paramedical and Nursing Sciences (RIPANS), Aizawl on the publication of your souvenir, Kaleidoscope 2024.

Established in 1995, RIPANS has grown into a significant institution providing quality education and skill development in the paramedical and healthcare fields. Its impact has not only been regional but has made a notable difference in healthcare across the nation.

The academic offerings at RIPANS, including the Doctoral course in Pharmacy, postgraduate programs in Nursing, M. Pharm, and Laboratory Sciences, as well as undergraduate programs in Nursing, Pharmacy, Laboratory Science, and Optometry, are a testament to the institute's commitment to advancing healthcare education and services. The recent approval of a proposal to launch seven new courses, alongside the construction of a 100-bedded hospital, marks an inspiring milestone for RIPANS and a transformative step in healthcare education and patient care capabilities.

I congratulate RIPANS for its relentless pursuit of excellence and for continually adapting to the healthcare needs of our region and country. May RIPANS continue to inspire, educate, and nurture future healthcare professionals who will contribute meaningfully to our society.

**Dated Aizawl,  
the 10<sup>th</sup> February, 2025**

*Lalduhoma*  
**(LALDUHOMA)**



## Kaleidoscope - 2024



### **Director's Message**

I am very happy to forward the 9<sup>th</sup> Edition of Kaleidoscope, the Annual Magazine of the Regional Institute of Paramedical and Nursing Sciences (RIPANS) after 6 years of the gap. I take this opportunity to thank all students, faculty and staff who have contributed in the form of articles and specially the Editorial Board for their joint efforts in bringing out Kaleidoscope 2024.

RIPANS is the only autonomous Institute under administrative control of Ministry of Health & Family Welfare, Govt. of India, which offers career-oriented programs in the field of Nursing, Pharmacy and Healthcare Professions under one roof. It is a privilege for me to mention in brief the genesis of the institute. RIPANS was set up under North Eastern Council (NEC) by the Ministry of Home Affairs, Govt. of India on 30<sup>th</sup> March, 1995 to provide Nursing, Pharmacy and Paramedical education to the people of North East States including Sikkim. The Institute was transferred to the Ministry of Health & Family Welfare, Govt. of India on 1<sup>st</sup> April, 2007.

Initially, the courses offered were B. Sc (Nursing), Diploma in Laboratory Technology (D-MLT), Certificate Course in Laboratory Technology (C-MLT), Diploma in X-Ray Technology, Diploma in Pharmacy, Diploma in Electro Cardiography (ECG), Diploma in Ophthalmic Technology (OT) and Multipurpose Health Worker Course. Over the period of time, the Diploma and Certificate Courses got dissolved and upgraded.

At present, following programmes are offered.

#### **I. Undergraduate Programmes (UG)**

1. Bachelor of Science in Nursing (50 seats)
2. Bachelor in Pharmacy (40 seats)
3. Bachelor in Medical Laboratory Sciences (40 seats)
4. Bachelor of Optometry (40 seats)
5. Bachelor in Radiology Imaging Technology (40 seats)

## **II. Post Graduate Programmes (PG)**

1. Master in Nursing (25 seats with 4 specializations)
2. Master in Pharmacy (30 seats with 4 specializations)
3. Master in Medical Laboratory Sciences (21 seats with 4 specializations)

## **III. Ph.D in Pharmacy**

Forty percent of total seats in each UG program are allocated to Mizoram State, while 60% seats are equally distributed amongst 7 NE States. All NE State Govts. nominate students through their admission counselling process. Additional seats in B. Sc (Nursing) and B. Pharm Programmes are filled with Prime Minister's Special Scholarship Scheme (PMSSS) for students from J & K and Ladakh. Admissions to PG programmes are made with 50% All India Quota and 50% NE States quota. Vacant seats from 50% All India Quota are transferred to NE States.

Bachelor of Physiotherapy (B. PT), PG Diploma in Dietetics & Nutrition and M.Sc. in RIT have been planned to be introduced from AY 2025-26; while M.Sc. in Optometry from AY 2026-27. This will help produce more Allied & Health Professionals with high order skills not only for North-East region but also for the nation.

As a Director of this Institute, I have dedicated myself on improving Teaching Learning Process through systematic planning approaches. Learning Management System (LMS) has been introduced to promote academic functions such as admissions, attendance, providing learning resource to students, examination reforms, promoting Outcome Based Education (OBE), mapping of COs and POs and calculation of their attainment levels, conduct of curricular, co-curricular and outreach activities, which are all managed through LMS to facilitate Teaching-Learning Process, better outcome and timely compliance. Institute is also preparing for NAAC accreditation, thereby trying hard to enhance quality of education.

Significant progress in construction of 100 Bedded Hospital along with associated infrastructure and other buildings has been made. Recruitment of Hospital Staff, Procurement of hospital equipment and office furniture is in progress. RIPANS is in process of empowering to deliver health care to the people of Mizoram in general and Aizawl in particular besides providing training/internships to its students on campus. Recruitment & promotion of faculty and non-faculty posts have also been done and is still continuing for vacant posts. Signing MoU with NCDC Delhi, has made way to establish NCDC Mizoram State Branch at RIPANS campus. This major initiative will help in controlling the spread of communicable diseases in this region in future.

It is delightful to witness RIPANS with a plethora of culture and traditions with students from diverse cultural backgrounds contributing to the healthcare of the NE Region. With the continued support of the Ministry of Health & Family Welfare, Govt. of India, RIPANS is enhancing its recognition as a premier institute of the NE region.



( Dr. SANJAY D. SAWANT )  
Director, RIPANS

Dated Aizawl  
The 24<sup>th</sup> January, 2025

## From the Editor's Desk



It gives me immense pleasure to present to you the 10<sup>th</sup> edition of the RIPANS Annual Magazine—Kaleidoscope, a collective reflection of our academic spirit, achievements, and shared journey over the past year.

This magazine is more than just a publication; it is a celebration of the dedication, talent, and resilience of the RIPANS family. From academic milestones and research accomplishments to vibrant student initiatives and cultural expressions, every page showcases the essence of who we are—a community committed to excellence, service, and growth.

The past year has been marked by progress on multiple fronts. We witnessed remarkable strides in academic development, faculty enrichment, student welfare, and infrastructural expansion. It is heartening to see our institution thrive through collaboration, innovation, and a shared commitment to our mission.

I would like to extend my deepest gratitude to all contributors—students, faculty, and staff—whose creativity and efforts have brought this magazine to life. Your stories, experiences, and voices have added richness and depth to these pages.

As you turn through the sections, may you find inspiration in our collective achievements and renewed enthusiasm for the journey ahead. Let us continue to uphold the values that define RIPANS and work together toward a brighter, more impactful future.

At RIPANS, resilience is not just a response to adversity—it is a way of life. Whether in the classroom, the clinic, or the community, our students, faculty, and staff have demonstrated an unwavering commitment to learning, service, and excellence, even in the face of uncertainty and change.

This magazine is a tribute to those quiet victories and collective efforts. Within these pages, you will find stories of perseverance, innovation, academic growth, and personal development. Each contribution reflects the essence of who we are: a community that rises stronger, learns deeper, and cares more.

As you explore the magazine, may it serve as a reminder of what we've overcome, what we've achieved, and how far we can go when we stand together.

A handwritten signature in black ink, appearing to read "Laldinpuui Sailo".  
( LALDINPUUI SAILO )  
Editor In Chief  
Annual Magazine "Kaleidoscope" 2024

## EDITORIAL BOARD OF KALEIDOSCOPE 2024



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*BRIT*



**Cindy Lalawmpuii**  
*8<sup>th</sup> Semester, B.Pharm*



**Malsawmkima**  
*6<sup>th</sup> Semester, BRIT*

DIRECTOR OF RIPANS		
SL.NO	NAME	TENURE
1	Dr. B. Thangdailova (on OSD)	11.11.1995 - 20.11.1996
2	Dr. B. Thangdailova (on OSD)	20.11.1996 - 17.02.1999
3	Dr. K. N. Sarmah	17.02.1999 - 01.10.2004
4	Dr. Lalthanpuii Hnamte	01.10.2004 - 01.10.2009
5	Dr. Lalsanglura Ralte (on Officiating)	21.12.2009 - 01.03.2010
6	Dr. Chawngthanliana	02.03.2010 - 04.03.2020
7	Dr. H. Lalrinmawia (on Officiating)	04.03.2020 - 23.03.2023
8	Dr. Sanajy D. Sawant	23.03.2023 - till date

**Shri Ghulam Mustafa, Jt Secretary, Directorate General of Health Services ,Ministry of Health and Family Welfare visit on 28.9.2023**



**Shri Prof Dr Atul Goel, Director General of Health Services, Ministry of Health & Family**

**Welfare Services Visit on 3.10.2023**

Joint Director

SHRI. Kajiv Kanoja

Senior Architect

Dr. Siva Prasad

DAD, NCDC

5th October, 2023 (Thursday)

Director & Staff

STITUTE OF PARAMEDICAL & NURSING SCIENCES (RIPANS), AIZAWL



## Honorable Governor of Mizoram, Shri Hari Babu Khambampati Visit on 22.7.2024



**DEDICATION OF HEALTH INFRASTRUCTURE (RIPANS) BY PRIME MINISTER SHRI NARENDRA MODI ON 12.1.2025**



# COLLEGE OF NURSING, ACTIVITIES REPORT 2023 - 2024



Prof. Lalfamkimi  
Principal

B.Sc N Community Home Visit was held on 1.10.2024 at Sihphir Village.



B.Sc N Industrial Visit

Senior Citizen Home, Ainawn

## 7<sup>th</sup> Semester B.Sc Nursing Field Visit





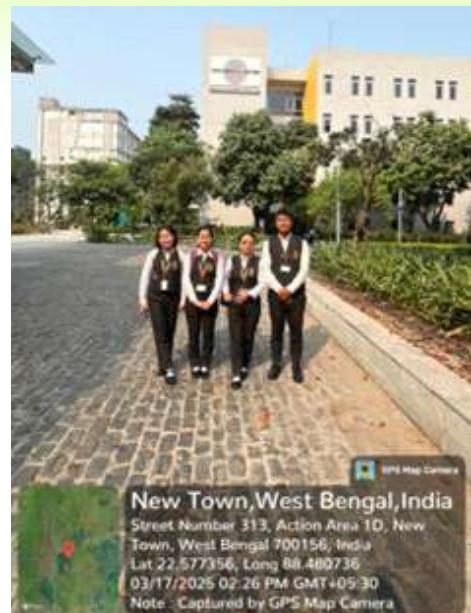
### Orientation to Ayush OPD, Civil Hospital



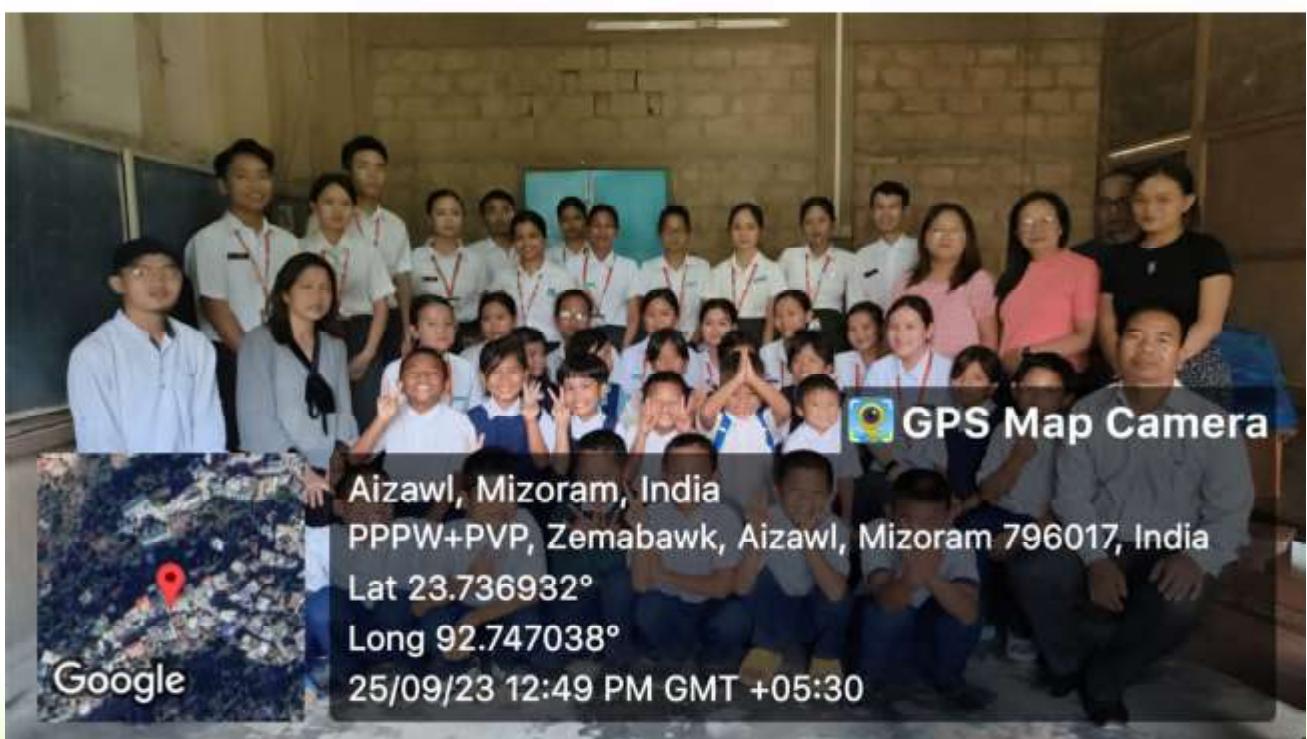
### Community Health Centre, Thenzawl



### Classroom Practical Class







## CONTINUING NURSING EDUCATION

### 1. WORKSHOP ON SUSTAINABLE DEVELOPMENT GOALS (OBSTETRICS & GYNAECOLOGY NURSING SPECIALITY)

Date : 7<sup>th</sup> October, 2023  
Venue : Civil Hospital Aizawl  
Topic : “Women and Child Welfare/Sustainable Development Goals 1 & 9”  
Participants : 4<sup>th</sup> year B.Sc Nursing Students



### 2. WORKSHOP FOR ASHA AND PREGNANT MOTHERS (OBSTETRICS & GYNAECOLOGY NURSING SPECIALITY)

Date : 20<sup>th</sup> August, 2024  
Venue : CHC, Thingsulthliah  
Topic : “Nurturing with love: Supporting Newborn needs”  
Participants : ASHA and Pregnant Mothers



### 3. HEALTH TALK CUM WORKSHOP (OBSTETRICS & GYNAECOLOGY NURSING SPECIALITY)

Topic : Exclusive breastfeeding and Management of UTI during pregnancy  
Date : 27.07.2024  
Venue : HWC, Republic Veng  
Participants : Breastfeeding and pregnant mothers



### 4. Health Teaching On Importance of Antenatal visit and Importance of immunization (OBSTETRICS & GYNAECOLOGY NURSING SPECIALITY)

Date : 28.07.2024  
Venue : Health & Wellness Centre, Bethlehem Vengthlang  
Participants : Anganwadi Workers and Mothers of under 5 Children



### 5. INSERVIVE EDUCATION (COMMUNITY HEALTH NURSING SPECIALITY)

Topic : Infection Control  
Date : 23<sup>rd</sup> August 2023 (Wednesday)  
Venue : Integrated Ayush Hospital Hall  
Time : 9:30 a.m – 4: 00 p.m  
Participants : 4<sup>th</sup> Grade Staff, Integrated Ayush Hospital



## 6. INSERVICE EDUCATION

Date : 21<sup>st</sup> Aug, 2024  
Venue : CDPO Office, Thengsulthliah  
Topic : “Empowering Anganwadi Workers: Key Approaches to Managing Common Childhood Illness and Adolescent Health”  
Participants : Anganwadi Workers



## 7. INSERVICE EDUCATION (COMMUNITY HEALTH NURSING SPECIALITY)

Date : 28<sup>th</sup> August 2024  
Venue : Integrated Ayush Hospital Hall  
Topic : Holistic care approach: Managing Normal Vaginal Delivery, Essential Newborn Care & Neonatal Resuscitation  
Participants : Staffs, Integrated Ayush Hospital



8. **Drug quiz** was organized by the Final year Medical Surgical Nursing (oncology) speciality where the session was done in different rounds with the 1st yr Medical Surgical Nursing Speciality divided into 2 groups. The round consist of identification, multiple choice and true/false followed by prize distribution among the participants.
9. **World Cancer Day** (Medical Surgical Nursing Specialty) 2 hrs. programme was conducted where the theme “Closing the care gap” was unfolded and important statistics and topics on Cancer were covered by the organizing members – 2<sup>nd</sup> yr. M.Sc(N) Medical Surgical Nursing(Oncology) Speciality. The participants given time for their valuable feedback and suggestions.



# MASTER OF NURSING ACTIVITIES REPORT

April 2023 - March 2024



C. Lalramdini  
Vice Principal  
College of Nursing, RIPANS

The M.Sc (Nursing) 2022-2024 batch College of Nursing, RIPANS had an extensive insight and knowledge from the extra-curricular activities during the period of April, 2023- March, 2024 which truly enhanced our learning experiences.

We had activities like field visits within the state and at Delhi during April, 2023- March, 2024 successfully conducted in service education and drills.

SL.NO.	ACTIVITIES	DATE
1	<b>Visit to Anganwadi centers</b> This visit had provided a valuable insight in the functions, services rendered, organization, community involvement and the activities to improve the health of the community especially to children and mothers.	14.5.2023
2	<b>Visit to Health Information Bureau- National Health Mission, Dinthar, Mizoram</b> Health information bureau had provided an in-depth understanding into the crucial role of IEC/MEM in advancing public health awareness and promoting a positive health behavior in Mizoram. The IEC/MEM is an integral component of the health care system, contributing significantly in the dissemination of accurate health information and the empowerment of communities.	22.5.2023
3	<b>Visit to Home For Aged- State Senior Citizen's Home, Ainawn Veng, Aizawl, Mizoram</b> This visit was very beneficial as we were able to know the functioning, activities and services rendered for the senior citizens. Senior citizen home plays a significant role in catering to the needs of senior citizen who require assistance and support in their later years by providing shelter, care, nutrition and activities to improve their quality of life.	22.5.2023
4	<b>Visit to family planning</b> This visit was very beneficial as it highlighted the current family planning programme extensively and the services that they provided to control population and also the compensation they provided and how to claim under family planning programme.	22.5.2023
5	<b>Visit to State Council of Educational Research and Training (SCERT )</b> SCERT is located in Chaitlang, Aizawl and is a state counterpart of the National Council of Education Research and training(NCERT), New Delhi, dealing with all the aspect of school education including teachers education. Their extensive work in publication, production of development of materials, revision of text books and many other including continuous professional development programme for teachers are valuable for the upliftment of students in their education.	23.5.2023

6	<b>Visit to Family Guidance And Counselling Centre (FGCC)</b> Located in Mission Veng, our visit was very beneficial as we were able to know the organization, job description, service rendered and daily activities of the organization. We are able to understand how people in general benefitted from going to counselling class.	23.5.2023
7	<b>Visit to Mizoram Milk Producer Cooperative Society Ltd. (MULCO)</b> This visit to MULCO, Thuampui, Mizoram was very informative as it enlightened us how they gather the raw milk from the society, process of pasteurization, process of making different food items from milk and how they sell in the outlet.	24.5.2023
8	<b>Visit to Mizoram Pollution Control Board (MPCB), Khatla, Aizawl</b> It was very informative especially the services that they rendered with regards to industrial pollution control, medical waste management, solid waste management, hazardous waste management, plastic waste management, electronic waste management , water quality monitoring and air quality monitoring. We had a valuable experience in visiting which contributes in widening our perspectives.	24.5.2023
9	<b>Visit to Mizoram Nursing Council (MNC), Secretariat Complex, Aizawl</b> Our visit was extremely beneficial and educational. We studied about the organization, functions, as well as its responsibilities in preserving the level of nursing education and practice.	24.5.2023
10	<b>Visit to Synod Rescue Home, Durtlang</b> The first hand observations, interactions with the staffs and exposure to real world scenario broadened our understanding and perspectives.	25.5.2023
11	<b>Visit to Special Blind School, Durtlang</b> This visit enabled us to witness how the physical challenged (blind) were given specialized education with the help of braille, vocational training and other extra-curricular activities. The visit highlighted the importance of continued support to ensure equal opportunities for visually impaired individual in education and beyond.	25.5.2023
12	<b>Visit to Directorate Of Disaster Management And Rehabilitation (DM&amp;R)</b> It had improved our knowledge about the departmental duties and services, as well as their significance to the state in an event of disaster. We had gained a lot of information regarding preparedness, response, recovery, mitigation and also the role of nurses in disaster.	26.5.2023
13	<b>Visit to Mizoram University</b> Mizoram university is located in Tanhril, Aizawl. The visit was fruitful as we were able to understand their organization, job description, services rendered to improve the quality of education in Mizoram	26.5.2023
14	<b>Visit to Sewage disposal plant, Chite</b> Our visit was very beneficial as we were able to study the process of treating sewage in practical. We are able to understand how the waste in Aizawl area are treated and the benefits for improving health of the people and the environment.	1.8.2023

15	<b>Visit to Epidemic Disease Hospital- Zoram Medical College</b> Our visit was very beneficial to know the organisation, services rendered and how to avail their services and function to help fight an epidemic.	2.8.2023
16	<b>Visit to Water purification centre, Dihmunzawl</b> An informative visit as we were able to witness how the water supplied in Aizawl city are purified and tested in the lab for their purification.	3.8.2023
17	<b>Visit to Nutrition And Food Preservation Centre- Mizoram Food Processing Research And Training Centre</b> This centre is situated in Phaibawkkawn, Seling. Our visit was very beneficial as it gave light to how various food items were processed and preserved for further use.	5.8.2023

In partial fulfillment of our curriculum, the 1<sup>st</sup> Batch M.SC (N) students, RIPANS also had exposure posting and field visits in Delhi. This field visit is truly beneficial and provided us a better understanding and vision.

SL.NO.	ACTIVITIES	DATE
1	<b>Visit to Trained Nurses Association of India (TNAI) Headquarters, New Delhi.</b> On 11 <sup>th</sup> March, 2024 the 1 <sup>st</sup> batch M.SC (N) students visited the Trained Nurses Association of India (TNAI) headquarters, New Delhi. It is located in L-17, <i>Florence Nightingale Lane</i> , Green Park Main. TNAI is the largest and one of the oldest professional associations of nurses in the world including all categories of nurses in both state-run and private institutions and student nurses since 1950. We were fortunate to meet the leaders of TNAI.	11.03.2024
2	<b>Visit to United Nations Children's Fund (UNICEF)</b> The United Nations Children's Fund (UNICEF) is located near Lodhi Road, New Delhi as a part of our curriculum requirements. UNICEF stands at the forefront of humanitarian efforts, tirelessly advocating for children's rights, health, and education worldwide. A visit to their offices presents a unique chance for us to witness their initiatives, understand the challenges faced by marginalized communities, and explore innovative solutions to complex social issues.	12.03.2024
3	<b>Visit to Rajkumari Amrit Kaur College of Nursing, (RAKCON)</b> It is located in Lajpat Nagar, New Delhi. Established in the year 1946, The Rajkumari Amrit Kaur College of Nursing is a pioneer institute for nursing education in India and the South-East Asian region. The visit gave us the opportunity to learn about the Institution and their activities, the physical structure as well as the valuable significance it holds in educating students in the field of nursing.	13.03.2024
4	<b>Visit to Directorate General of Health Services (DGHS)</b> It is situated at Nirman Bhawan, New Delhi. During our visit, we explored this distinguished institution's numerous features and learned about its complex operations as well as its contributions to India's health sector. It is like a central hub where decisions about healthcare are made. Within its walls, decisions, strategies, and initiatives are developed and implemented with the sole objective of promoting the health agenda of our country. It gave us the opportunity to meet the eminent leaders in nursing.	14.03.2024

5	<b>Visit to National Centre for Disease Control (NCDC)</b> NCDC is located in North Delhi near ISBT Kashmiri Gate, Delhi University-North Campus. The Institute takes leading role in undertaking investigations of disease outbreaks all over the country employing epidemiological and diagnostic tools. The Institute is under administrative control of the Director General of Health Services, Ministry of Health and Family Welfare, Govt. of India.	15.03.2024
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### Other Activities:

1	<b>Drill for disaster preparedness</b> On the 16 <sup>th</sup> June, 2024 a drill for disaster preparedness was conducted as a one day program in collaboration with Disaster Management and Rehabilitation (DM&R) department. Disaster preparedness drills help the student participants prepare for emergencies and improve their chances of responding safely. Certificates were given to the participants. Various life saving skills and emergency response was imparted. Demonstration, Search and rescue team, first aid team, incident commander were being formed as per the need of the drill.	16.6.2023
2	<b>In-service education on “Infection Control”</b> A one day In-service education program on ‘Infection Control’ was conducted for hospital staff at AYUSH Hospital at Thenzawl on 28th August, 2023. It covered various topics on infection and handwashing, spill management and PPE, disinfection and sterilization, bio-medical waste management and 3-bucket system. The program was highly appreciated by the hospital staff. A pre-test and post-test was also conducted and the results showed that there was a significant increase in knowledge in the posttest.	28.08.2023



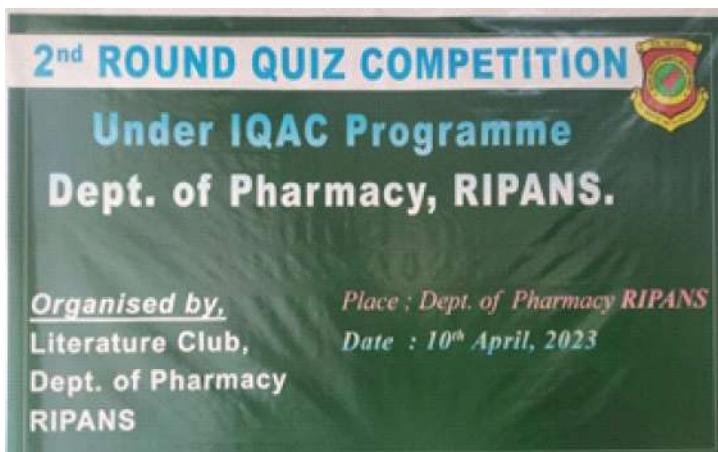
# DEPARTMENT OF PHARMACY REPORT (2023-2024)



**Dr H LALHENMAWIA**  
**Head of Department, Department of Pharmacy**

**1. Quiz competition was held for the students of 2nd Semester/1st Yr. B. Pharm.**

Quiz competition under IQAC programme was *organized* by Literature Club, Department of Pharmacy, RIPANS. Quiz competition was held for the students of 2<sup>nd</sup> Semester/1st Yr., B. Pharm. Preliminary round was held, which was multiple choice questions based from which top 10 students were selected for the final round. The Final round was conducted on 10<sup>th</sup> April, 2023 where 3 groups (2 in each) were declared as winners. Prizes and Certificates were distributed.



**2. One Day Basketball tournament for Drug Awareness Campaign organized by Drug Information Club, Department of Pharmacy, RIPANS on 15<sup>th</sup> April 2023**

One Day Basketball Tournament was held on 15<sup>th</sup> April, 2023 at Zemabawk High School Basketball Court, organized by Drug Information Club to create awareness on Drug Abuse to students.



### 3. First ever coffee night KOFIVE on the theme Illumination of Bihu

The cultural club of Department of Pharmacy organized its first ever Coffee night KOFIVE on the theme Illumination of Bihu at Academic Block - I open stage on 14<sup>th</sup> April 2023. Dr.H.Lalhlenmawia, Head, Deptt. of Pharmacy, RIPANS addressed the student as a the speaker, stressed on the importance of reaffirming our own identity while sharing our unique traditions with others at the same time. During the program, Sofiqu Hoque presented a brief demonstration on the culture of Assam followed by students from Assam performing a Bihu dance. The program culminated with a vote of thanks from Ms. Hannah Lalengzuali, the general secretary of Cultural club. Around 130 students attended the event.



### 4. Campus placement through online interview by Aristo Pharmaceutical Pvt. Ltd.

Campus placement was conducted through online interview by Aristo Pharmaceutical Pvt. Ltd. on 23<sup>rd</sup> May 2023 and following candidates were selected: -

- a) Henbom Bomjen
- b) Manita Subba
- c) Kewal Prasad Luitel



## 5. Pharmacognosy Tour 2023

The Pharmacognosy Tour was organized for 6<sup>th</sup> Semester B. Pharm and Nature Club, Department of Pharmacy, RIPANS on 2<sup>nd</sup> June 2023, at Sakawrhmuiai Tlang, a popular trekking destination for both locals and tourists. Sakawrhmuiai Tlang is a biodiversity spot located 25 kilometres from Aizawl. It offers picturesque and breathtaking views, blessed with abundant vegetation as well. This tour aims to provide opportunity for students to have field study on native plants. Students collect plants and performed spot identification for alkaloid content of the plants. Plants are also be collected for herbarium. Also, this tour aimed for the students to have a pleasant experience in nature, which will have a positive impact on both their physical and mental well-being.



## 6. Campus interview 2023 conducted by NETES Institute of Pharmaceutical Sciences, NEMCARE Group of Institutions, Assam.

Campus interview was conducted by NETES Institute of Pharmaceutical Sciences, NEMCARE Group of Institutions, Mirza, Kamrup, Assam at the Dept. of Pharmacy, RIPANS on 10<sup>th</sup> June 2023. Four student from M.Pharm are selected for the post of Assistant Professor viz. Biprojit Paul (Pharmaceutical Chemistry), H.Lalenpuii (Pharmaceutics), Zaremo T.Lotha (Pharmaceutics) and Kangkan Kalita (Pharmacology) and two student from B.Pharm. for the post of demonstrator viz. Sofiqu Hogue and Manita Subha.



**7. Field visit to Aizawl Zoological Park was conducted as per the subject of Environmental studies for 3<sup>rd</sup> Semester B.Pharm on 30<sup>th</sup> September, 2023.**

On 30<sup>th</sup> October 2023, the students of 3<sup>rd</sup> semester B.pharm were taken to Aizawl zoological park in partial fulfillment of practical syllabus for the subject Environmental Studies. At the zoo premises a short briefing was made regarding the purpose of the trip as well the objectives. The students were made aware about the plastic waste segregation methods adopted by the staff present and then finally they were able to proceed towards the zoo enclosures.

The natural surroundings in the Zoo provided a congenial habitat for the inmates to live in harmony with nature. The entire area of the Zoo is connected with a network of well-developed pathways having suitable numbers of public conveniences at appropriate locations. Most of the animals were kept in open-air moated enclosures. The main attraction of the Zoo was the Hoolock gibbon along with the rare and endangered Clouded leopard, Himalayan Black Bear, Wild dog, Serow, Oriental Pied Hornbill, and several other species of animals which are rarely found elsewhere in the country.

**Outcomes:**

1. The students were made aware of the various fauna present in the zoo enclosures
2. They were able to identify the species based on the IUCN data list and categorized them accordingly
3. The students were informed about the richness of India's biodiversity as well the urgent need for conservation and protections
4. The students had an enjoyable time leisurely which also helps in promoting their friendship bonds.



**8. Campus placement through online interview by Alembic Pharmaceuticals Ltd.**

Campus placement through online interview was conducted by Alembic Pharmaceuticals Ltd. on 14<sup>th</sup> December, 2023 and the following candidates were selected: -

- a) Vanlalawmpuia
- b) Vanlalzawma
- c) Lalnghakliana
- d) Imlinung Imsong

Thank You, Long Live RIPANS

# DEPARTMENTAL ACTIVITIES (2023-2024)

## DEPARTMENT OF OPTOMETRY



Dr Laura VL Biakthangi  
Head of Department,  
Department of Optometry

### 1. EVS Practical Field Visit to Natural History Museum, MZU (4<sup>th</sup> August 2023)

The EVS visit to the MZU Natural History Museum started with a brief lecture on the rich ecology of Mizoram, the preservation of the various specimen in the museum and classification and briefing on the different species of plants and organisms in their collection, and organisms on brink of extinctions in Mizoram. They were also taken on a tour of the Zoology Laboratories. The trip enhanced the students understanding of nature, the delicate zoological environment of Mizoram, the importance of nurturing and preserving and protecting the environment.



## 1. School Eye Camp at Home Mission School, Lungbrial, Zemabawk (18<sup>th</sup> August 2023)

School Eye Camp was organized by Department of Optometry RIPANS in the school premises itself from 9.30 AM to 4.00 PM, with 6 faculty members and 66 students from 3<sup>rd</sup> Semester and 5<sup>th</sup> semester participating, along with 2 non faculty staff member. 215 students were screened for various eye disorders. An alarming number of infective conjunctivitis (84 cases) was detected and treated among the boarding school students, **Findings of Eye Camp (related to infective conjunctivitis), which was at that time notifiable as per directive from NPCB, was reported to concerned authorities.** A much needed health education on infective conjunctivitis (prevention and care/management) and ocular effects of screen time was conducted. The other diseases detected were corrected refractive error-45, uncorrected Refractive error- 10, amblyopia- 2, glaucoma-1, old optic neuritis-1, colour vision defect-3, vernal keratoconjunctivitis-1. Prescriptions for refractive error and management of treatable diagnosis (with free medications) and counselling was done. Some students were called to the department on a later date for further binocular vision therapy and management of amblyopia, etc.



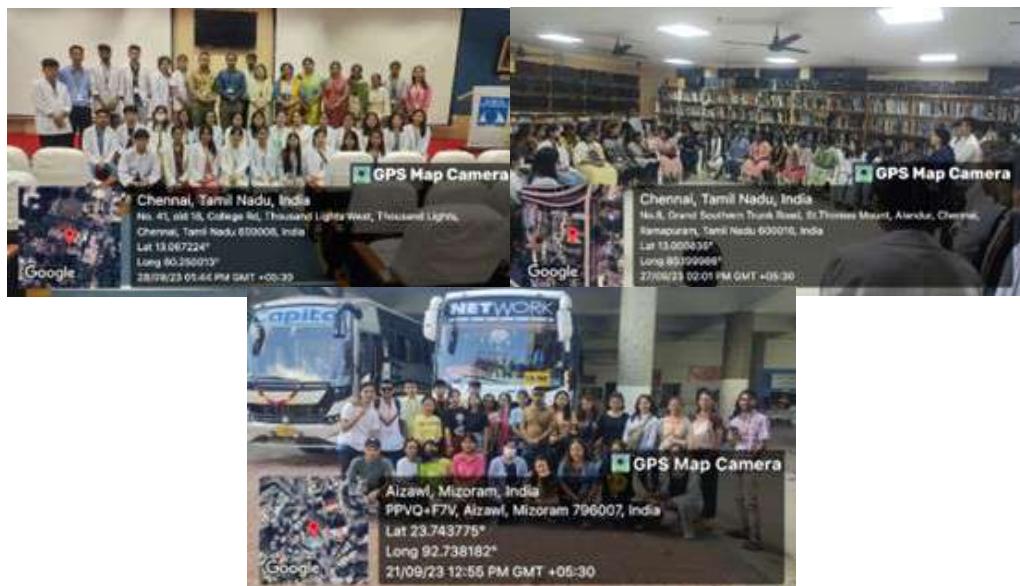
## 2. Awareness Programme for Eye Donation as observation for National Eye Donation Fortnight (1<sup>st</sup>-4<sup>th</sup> September 2023):

Observation of eye donation fortnight was successfully carried out in the form of students of Optometry preparing and presenting posters and power points to different classrooms and offices of RIPANS, so as to generate awareness of eye donation and increase pledges for the same, among all staffs and students of RIPANS.



**3. Exposure Training of 5<sup>th</sup> Semester B. Optometry to various eye hospitals and industry at Chennai and Madurai (21<sup>st</sup> Sept. – 8<sup>th</sup> Oct. 2023):**

Annual exposure trip of 5<sup>th</sup> semester students was successfully carried out with visits to key Ophthalmic hospitals, and research institutes in Chennai and Madurai. The students attended series of lectures by renowned speakers and experts on their subjects, were taught, showed and hands on demonstrated about new innovations in the field. The students also had a first hand experience of the functioning of the best laboratories of the country dealing with invention, production and testing of various ophthalmologic and optometric devices and premium lenses. They interacted with experts in the field, were exposed to the job career opportunities in Optometry and widening their horizon and outlook in scope of their chosen subjects.



**4. School/Community Eye Camp at Government Zirtiri Residential Science College (GZRSC), Durtlang in association with NSS, GZRSC for the outgoing students and some staff of their college. (22<sup>nd</sup> Sept. 2023):**

This eye camp was the first of its kind for the department, as each student was entrusted with 5 to 6 patients for whom complete workup from history to all investigations to management plan are to be decided by the student (and checked by faculty in the end). It was a specialist eye camp, with a number of sophisticated equipment (never before mobilized for eye camp) were utilized for thorough evaluation of the subjects and optimum benefit for training of our students also. Furthermore, in this Eye camp, our students experienced what it meant to take care of individual patients, to **build trust and gain rapport** with the patient, experience the psychological bonding (between health care provider and a patient) and felt a sense of **responsibility** over their cases. They learnt how to treat the ‘person’ and not just ‘the disease’. 132 patients were screened, with majority of eye disorder detected being refractive error. A few cases of post LASK regression and Post LASIK endothelial dystrophy were also detected and management initiated.





## 5. EVS practical Field Visit of 5<sup>th</sup> Sem. B. Optometry at Ebenezer Medical Centre (13<sup>th</sup> October 2023)

The whole day EVS trip to Ebenezer Medical Centre was a part of their curriculum, to study biomedical waste management, segregation method and treatment plant in hospital. Briefing classes were held first in the Center by concerned expert, then they were taken to the segregation sites for learning the methods of segregation and then to the treatment sites. The students were also taken on a tour of the hospital and explained about other relevant procedures, and systems (eg- colour coding) related to their subject.



## 6. Community Village Eye Camp at Sialsuk Village in collaboration with Mizoram University (29<sup>th</sup> February 2024):

The Eye Camp was organized by Department of Optometry RIPANS, in collaboration with School of Physical Sciences, Mizoram University) at Sialsuk Village which is 64.4kms from Aizawl, approximately 3 and half hours by bus from Zemabawk. It was a valuable capacity building exercise for our students, with the camp being designed specifically to ensure that each optometry student is well versed with the complete work up of a patient, and entrusted with the important responsibility of emotional bonding, counselling and decision **making** for that case. This is to emulate real life scenario in patient care so that our students will be well trained and equipped for **independent practice and decision making in future**.

The clinic commenced from 11:00 am onwards and continued till 4.30 pm. For the sake of complete experience for our students, large instruments and equipment despite their size, sophisticated make and difficulty in mobilization, were used in this camp. This also benefitted the patients of the

Village. All investigations which are routinely done in government hospital Out Patient Departments, was possible in this eye camp. Our students also gained a better understanding of the common diseases seen in villages, the problems they face (especially in relation to essential ophthalmic health care) and what are the areas which needs action in future. A total of 88 patients were seen, out of which 10 cataract cases (2 were mature cataract), 2 corneal dystrophies, 3 corneal scars, 20 dry eyes syndromes, 3 stabismus cases, 2 chronic atopic keratoconjunctivitis, 1 infective conjunctivitis and 1 vernal keratoconjunctivitis, 23 Compound myopic astigmatism, 12 Simple myopia, 3 Simple hypermetropia, 68 presbyopia, 2 migraine, 1 NLD block and 1 internal hordeolum, etc were detected, counselled and treated wherever possible. Emergency cases such as corneal injury, sudden vision loss (following acute stroke), and orbital floor fracture, were immediately attended to, given first aid and taken care of, which would have otherwise required attention at the nearest hospital (ZMC) which is at 47.8 kms from the village. The camp was also visited and observed by 9 MBBS interns of Zoram Medical College (posted in the Sialsuk, PHC for PSM Posting), headed by the Medical Officer Siaksuk PHC, to study the eye camp model and have a better understanding of rural community camps as a part of their curriculum. The camp was highly appreciated by the community. Distribution of Free Medicines **worth Rs 30,000 in total (Rs 20,000 from MZU, Rs 10,000 from RIPANS)**, which were otherwise not available in villages, (even for the financially well-off residents) was highly appreciated. Additionally, since many poor patients, who cannot travel to Aizawl, have been prescribed spectacles, MZU has graciously agreed to bear the cost of these spectacles, (which is approximately Rs 11000), which will be sent to Sialsuk Village from RIPANS.



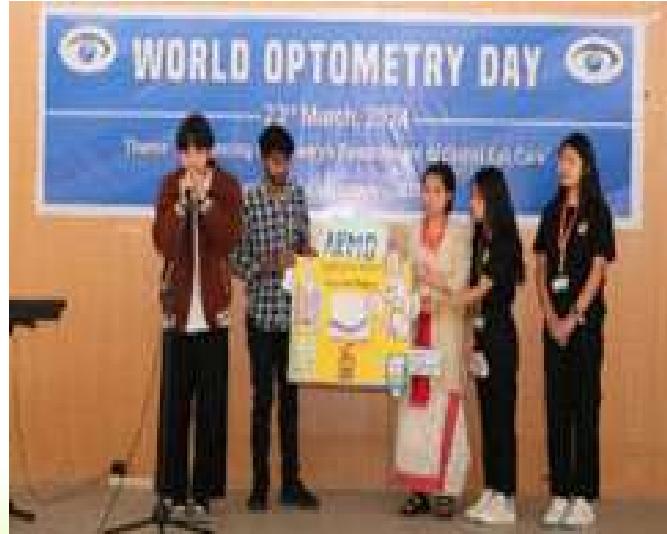
## 7. Occupational Optometry Field Visit for 6<sup>th</sup> Semester B. Optometry at Mizoram ISPAT Industry, Lengte Village (11<sup>th</sup> March 2024)

Mizoram ISPAT Industry is a small enterprise, ISO certified, engaged in manufacture of Basic iron and steel rods in Mizoram established in the year 2012. They produce 800 metric tonne iron rods every month. The material is obtained from TATA Steel Jamshedpur and also from waste metal scraps from the local areas. At present, there are about 100 employees. The factory is located at Lengte,

approximately 32 kms from Aizawl. The 6<sup>th</sup> semester students visit to ISPAT industry was very beneficial for the workers as their ocular ailments were identified and counselled about remedies, precautions and care of eyes. Free protective goggles were also distributed. The students inturn were able to experience and understand the eye problems of industrial workers in real life scenario and helped in preparing them for their future profession as eye health care givers.

#### **8. Observation of World Optometry Day at CIRA Garden, ITI (23<sup>rd</sup> March 2024):**

The Department of Optometry enjoyed a joyful, yet academically fruitful celebration of the World Optometry Day 2023. The Scientific session at 11.00 am had faculty presentations on ARMD and speech on the theme “Advancing Optometry’s Commitment to Global Eye Care”, and the Competitive Poster presentation on ARMD by the students representing the three houses. Cultural items of singing, group dance competition, costume competition, and special item from faculty followed. After a sumptuous lunch, outdoor events followed, which included Blind Race, musical chair, blind football match and caterpillar races. Overall, it was a very pleasant and enriching celebration with both academic presentations as well as cultural and fun sport events, which boosted the interaction between batches, teamwork, unity and morale of the students.





Thank You, Long Live RIPANS

*“Develop success from failures. Discourage and failure are two of the surest stepping stones to success.”*

- Dale Carnegie

# DEPARTMENT OF RADIO IMAGING TECHNOLOGY



Dr. H. Lalrinmawia  
Head of Department  
Radio Imaging Technology

## 1. Trip to Thingsulthliah, Mizoram, India

Activity : Practical class, 4<sup>th</sup> Semester  
23<sup>rd</sup> April 2024

Venue : Thingsulthliah, Mizoram, India

Purpose : Practical class with required equipment and experience real-time examination/ procedure



## 2. One Day Seminar on Radiation Protection

Activity : One Day Seminar  
2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> Semester  
14<sup>th</sup> June 2024

Venue : Beraw Tlang, Aizawl, Mizoram





### 3. Senior Farewell

Activity : Senior Farewell  
(2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> Semester)  
4<sup>th</sup> April 2024

Venue : LMS Huan, Reiek Road



### 4. Trip to Natural History Museum, Mizoram

Activity : Field Visit to MZU Natural History Museum  
2<sup>nd</sup> Semester  
14<sup>th</sup> May 2024



## 5. Practical Class at Urban Health Center

Venue : I.T.I Veng Aizawl Mizoram



## 6. World Radiography Day Celebration

8<sup>th</sup> November 2024

CME in collaboration with Indian Society of Radiographers & Technologists

Venue : Multipurpose Hall Beraw Tlang, Aizawl



## 7. Outing at Ebenezer Hospital

28<sup>th</sup> March 2025, 6<sup>th</sup> Semester



**DEPARTMENT OF MEDICAL LABORATORY SCIENCE  
2023 - 2024**



**1<sup>st</sup> year visit to MZU**



**1<sup>st</sup> year Visit to Urban Primary Health Centre, Chawlhmun**



**1<sup>st</sup> year, 3 days Workshop in Zoram Medical College**



**2<sup>nd</sup> year visit to Zoological Park (EVS outing)**



**Inauguration of Microbiologist Society of India: Mizoram Chapter (4<sup>th</sup> October 2024)**





**Cake cutting ceremony on the inauguration of MBSI: Mizoram Chapter**



**MBSI: Prize distribution of Art and 3D Creation**

# BRIEF REPORT ON SWACHHATA HI SEVA 2024



Dr F. Lalawmpuii  
Asst Professor, RIPANS

The Swachhata Hi Seva 2024 campaign, observed from 17<sup>th</sup> September to 30<sup>th</sup> October 2024 commemorating 10<sup>th</sup> anniversary of Swachh Bharat Mission, with the theme of '**Swabhav Swachhata-Sanskaar Swachhata**' was taken up by the Campus Development Committee, RIPANS, comprising of the following persons:

Officer-in-charge	:	Dr. F. Lalawmpuii, Asst Prof
Member Secretary	:	Ms Lalrohlui, Demonstrator
Members	:	Mrs RSC Rohmingliani, FO Mr Rinengmawia, Asst Librarian Mrs Laltanpuii, Tutor Mrs Hmingthansangi, Demonstrator Ms Katia Kayina, Demonstrator Ms F. Lalmuanpuii, LDC Mrs Lalremruati, MTS Mrs Lalropuii, Warden Mr Eddie Vanlalruata, Warden

The Swachhata Hi Seva 2024 campaign (Special Campaign 4.0) was kicked off by the Director, RIPANS on 17<sup>th</sup> September 2024 at 1:00 pm at Conference Hall. The Administrative staff, members of the Campus Development Committee and Convener of Eco Club took the Swachhata Pledge and the plan of activities for the observation of the campaign was announced by the Director.

## ***ACTIVITIES UNDER THE THREE PILLARS OF SWACHHATA HI SEVA 2024:***

### **1. Swachhata Ki Bhagidari (Public Participation, Awareness and Advocacy)**

- Taking the Swachhata Pledge by all the faculty and staff in their respective departments and classrooms.
- Swachhata Campaign was organized in two selected schools in the nearby locality where household waste management was taught with practical and live demonstrations.
  1. Govt. Primary School IV, Zemabawk with Mrs C Lalramdini, M.Sc (Community Health Nursing) as the resource person on 20<sup>th</sup> September 2024.
  2. Govt. Zemabawk North High School, Zemabawk with Dr. Lalrosangi, MBBS, DPH as the resource person on 23<sup>rd</sup> September 2024.

- Mass Cleanliness Work Day was observed by all the hostellers along with the Director and members of the Campus Development Committee. The campus and all approach roads were cleaned on this day. This was done on the 2<sup>nd</sup> October 2024 (Gandhi Jayanti). Day scholars and staff were exempted since it was a government holiday.
- In order to achieve success in the Special Campaign 4.0 for institutionalizing Swachhata and minimizing pendency in the institution from 16<sup>th</sup> September to 30<sup>th</sup> September (Preparatory phase), nodal officers were appointed. During the Implementation phase from 2<sup>nd</sup> to 31<sup>st</sup> October 2024, all activities during SHS 2024 were uploaded on a daily basis on the specially curated IT portals for SHS 2024.

## **2. Sampoorna Swachhata (Including Swachhata Lakshit Ekavi)**

- Cleanliness of the bus terminal alongside the National Highway in Zemabawk is identified to be adopted by the Institute for one year. Members of the Committee visited the site, i.e. Aizawl City Bus Terminal, A-L Road, Zemabawk and cleaned the area on 24<sup>th</sup> September 2024. They gave cleanliness awareness to the users of the terminal, mainly the City bus drivers and conductors. They donated garbage bags and detailed the Institute's garbage truck to pick up the trash twice a week. The site is visited periodically.
- Eco Club of RIPANS Group I (MLS) cleaned the campus and approach road up to Cancer Hospital, picking up plastic wastes on 19<sup>th</sup> September 2024.
- Eco Club of RIPANS Group II (Pharmacy) visited and cleaned Beraw Tlang Tourist Resort including Aizawl View on the 24<sup>th</sup> September 2024.
- Eco Club of RIPANS Group III (RIT Dept) picked up plastic wastes along the main road upto 30 metres from RIPANS junction on 26<sup>th</sup> September 2024.
- Eco Club of RIPANS Group IV (Optometry Dept) picked up plastic wastes along the main road between Zemabawk Kawn Veng and Supply Peng on 27<sup>th</sup> September 2024.
- Eco Club of RIPANS Group V (Nursing Dept) picked up plastic wastes along the main road between Supply Peng and Falkland road on 30<sup>th</sup> September 2024.

## **3. Safaimitra Suraksha Shivir (Preventive health check-up and social security coverage)**

- A preventive health check-up was organized for the general public of Zemabawk locality at Academic-I Building on 1<sup>st</sup> October 2024. The type of test/ screening conducted were:
  1. Mammography screening for early detection of breast cancer for women above 40 years of age.
  2. Blood sugar, haemoglobin estimation, blood grouping and routine urine test.
  3. Glaucoma screening.
  4. Blood Pressure and Body mass index(BMI)







## **SWACHHATA HI SEVA 2023-2024** **WEALTH OUT OF WASTE COMPETITION**

WEALTH OUT OF WASTE COMPETITION was organized among the students of RIPANS. The main objective of the competition was to prepare innovative, useful and attractive items by using different kinds of waste materials. The theme of the competition was REUSE AND REDUCE WASTE. The winners were awarded cash prizes of Rs 5000, 3000, 2000 and 500 respectively along with certificates. The winners were:

First prize	-	1) Angshuman Goswami, 1 <sup>st</sup> Sem, MMLS 2) Gyanjyoti Bora, 1 <sup>st</sup> Sem, MMLS
Second prize	-	1) Gagam Gao, 3 <sup>rd</sup> Sem, MMLS 2) Esther Vanlalrindiki, 3 <sup>rd</sup> Sem, MMLS
Third prize	-	1) Jurita Dutta, 1 <sup>st</sup> Sem, B Sc (N) 2) Debalina Dutta, 1 <sup>st</sup> Sem, B Sc (N) 3) Ching Heisa, 1 <sup>st</sup> Sem, B Sc (N)
Consolation prize	-	1. 1) Tage Sunku, 5 <sup>th</sup> Sem BMLT 2) Manoshi Koch, % <sup>th</sup> Sem BMLT 2. Balahun Khasain, 3 <sup>rd</sup> Sem, BRIT 3. Arzentina Begum, 1 <sup>st</sup> Sem B Optom 4. 1) Phung Hangma Subba, 2 <sup>nd</sup> Yr B Optom 2) Ritrisha Majumder, 2 <sup>nd</sup> Yr B Optom 5. Temzenzulu I Longkumer, 3 <sup>rd</sup> Sem B Pharm



## XXIV PARAFEST, 2024 RIPANS REPORT

XXIV PARAFEST, 2024



Lalhruaizeli Pachuau  
Secretary  
Parafest Organizing Committee

Senior Advisor	:	Dr. Vanlalruata (MLS Dept.)
Chairman	:	Ms. Lalrinhlui (Nursing Dept.)
Treasurer	:	Ms. Lalrohlui (RIT Dept.)
Vice Chairman	:	Mr. Lalnunmawia (1 <sup>st</sup> year, M.Sc. Nursing)
Secretary	:	Lalhruaizeli Pachuau (3 <sup>rd</sup> year, B.RIT)
Assistant Secretary	:	LP. Vanlalruati (3 <sup>rd</sup> year, B.Pharm.) Sudershan Sharma (3 <sup>rd</sup> year, B.Optom.)
Finance Secretary	:	K. Lalhmingmawii (2 <sup>nd</sup> year, BMLS)
Asst. Finance Secretary	:	Vanlalhmunmawia (1 <sup>st</sup> year, M.Pharm)

### MEETINGS:

MEETING of Office Bearer were held six times.i.e 05/02/2024, 06/02/2024, 07/02/2024, 08/02/2024,  
09/02/2024 & 10/02/2024

### RED HOUSE

Leader	:	Phijam Yugpurush Singh (4 <sup>th</sup> year, B.Sc. Nursing)
Assistant Leader	:	Cecilia Lalrotluangi (3 <sup>rd</sup> year, BMLS)
Treasurer	:	Lalmuanawmi Lianhna (2 <sup>nd</sup> year, B.Optom.)

### BLUE HOUSE

Leader	:	C. Lalvensanga (3 <sup>rd</sup> year, B.Optom.)
Assistant Leader	:	Esther Lalnuzawni (4 <sup>th</sup> year, B.Sc. Nursing)
Treasurer	:	Balahun Khasin (2 <sup>nd</sup> year, B.RIT)

### WHITE HOUSE

Leader	:	Jeremy Lalramdinthara (4 <sup>th</sup> year, B.Pharm)
Assistant Leader	:	Angelyn MS.Tluangi Pudaite (3 <sup>rd</sup> year, BMLS)
Treasurer	:	Choynika Sharma (3 <sup>rd</sup> year, B.Sc. Nursing)

### YELLOW HOUSE

Leader	:	Mandeep Hazarika (3 <sup>rd</sup> year, B.RIT)
Assistant Leader	:	C. Ramdinpuui (4 <sup>th</sup> year, B.Pharm)
Treasurer	:	Lalramnghahmawii (2 <sup>nd</sup> year, BMLS)

### PARAFEST:

#### DAY-1 (12/02/2024)

The first day of the Parafest was held at Ramhlun Sports Complex. Students were lined up house-wise on the field and roll call was done by each Assistant House Leaders.

The Opening Ceremony starts with a Welcome Speech from Ms.Lalrinhlui, Chairman, Parafest 2024 which was followed by Opening Speech from Dr.Sanjay D. Sawant, Director RIPANS. The Oath Taking was conducted by Mr.Lalnunmawia, Vice Chairmain, Parafest 2024.

The XXIV Parafest 2024, RIPANS was kicked off by the Director, RIPANS.

Morning Session consists of the following items:

1) Race (100m)	7) Football 2 <sup>nd</sup> Match
2) Race (Mixed Relay)	8) Basketball 1 <sup>st</sup> Match
3) Long Jump	9) Basketball 2 <sup>nd</sup> Match
4) High Jump	10) Volleyball 1 <sup>st</sup> Match
5) Shot Put	11) Volleyball 2 <sup>nd</sup> Match
6) Football 1 <sup>st</sup> Match	

Afternoon Session consists of the following items:

1) Javelin Throw	5) Volleyball Final
2) Discus Throw	6) Football Final
3) Basketball 3 <sup>rd</sup> Place Match	7) Tug of War
4) Basketball Final	

## **DAY-2 (13/02/2024)**

The second day of the Parafest was held at Ramhlun Indoor Stadium. Before the start of the program, the sound system was set up and scoresheets for each item was revised with the in-charges for any unavoidable problems. The students were lined up house-wise on the badminton court and roll call was done by each Assistant House Leaders.

The indoor item consists of:

1) Badminton(Singles)	5) Arm Wrestling
2) Badminton(Mixed Doubles)	6) Chinese Checkers
3) Table Tennis(Singles)	7) Dodge Ball
4) Table Tennis(Mixed Doubles)	

Medals and Certificates for different items of the first (12<sup>th</sup> February, 2024) and second day (13<sup>th</sup> February,2024) were distributed on this very same day.

## **DAY-3 (14/02/2024)**

The third day of the Parafest was held at the Open Stage in the College Campus. Before the start of the program, the sound system and scoresheets for each item was revised with the in-charges for any unavoidable problems.

Morning Session consists of the following items:

- 1) Quiz
- 2) Fancy Dress

Afternoon Session consists of the following items:

- 1) Debate
- 2) Group Dance

## **DAY-4 (15/02/2024)**

The fourth day of the Parafest was held at the Open Stage in the College Campus.

The Session consists of the following items:

- 1) Painting
- 2) RIPANS Idol
- 3) King & Queen Contest (Photo Session of King & Queen + Participants)

All the participants from each house abides by the Rules & Regulations, All the scores from the first four days were summed up for easy preparation of the result of XXIV Parafest, 2024 overall House Champion, which was to be announced on the final day.

## **DAY-5 (16/02/2024)**

The final day of the Parafest was held at the Open Stage in the College Campus. Certificates for the third, fourth and fifth day along with the trophies were prepared XXIV Parafest, 2024 Beat Contest competition.

Prize Distribution and announcement of the XXIV Parafest, 2024 House Champion.

XXIV PARAFEST 2024, RIPANS, HOUSE CHAMPION	-	WHITE HOUSE
1 <sup>st</sup> RUNNER UP	-	BLUE HOUSE
2 <sup>nd</sup> RUNNER UP	-	YELLOW HOUSE

Best Boy : Vanlalawmpui, White House, 8<sup>th</sup> Semester B Pharm

Best Girl : VL Remchhingpui, White House, 4<sup>th</sup> Semester B Sc Nursing

The Secretary of the Parafest Committee, 2024 gave a report which was followed by Vote of Thanks from the Chairman of the Parafest Committee, 2024; thus, concluding the daytime program.

## **MUSICAL NIGHT**

The musical night starts at 6:30pm on the Open Stage of the college. We are joined by a special guest, an alumni and past winner of RIPANS Idol, The XXIV Parafest, 2024 Beat Contest, Group Dance and Idol Winners. Winners and participants from the previous year Idol Contest as well as Beat Contest were also able to perform. The traditional DJ session starts around 8:00pm.

No inappropriate behaviour was received from the students and the program ends at 10:00pm and all the three hostels conducted a roll call on the night itself at 10:30pm.

The XXIV Parafest 2024, RIPANS was concluded with a great success.

## RESULTS OF 24th PARAFEST, 2024

ITEMS	FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
DODGE BALL	Red House	White House	Blue House
SHOTPUT (BOYS)	Jeremy Lalramdina 8th Sem. B. Pharm White House	Meinam Mayur Murtaja 2nd Sem B. Pharm Yellow House	Vanlalawmpuia 8th Sem B. Pharm White House
SHOTPUT (GIRLS)	Jordanah Lalrammawii 8 Sem BSc Nursing Red House	Esther Lalhuzawni 8 Sem BSc Nursing Blue House	Lalnunsiami 4th Sem B. Optom White House
DISCUSS THROW (BOYS)	Gayguydungo Komsuan 4th Sem BRIT Blue House	T. Lalchhandama 6th Sem B. Pharm Yellow House	Wisiolin Chewang 8th Sem B. Pharm White House
DISCUSS THROW (GIRLS)	Annabel Lalzahawmi 2nd Sem BRIT Blue House	Jordanah Lalrammawii 8 Sem BSc Nursing Red House	T. Vanlallianzami 8th Sem B. Optom Yellow House
HIGH JUMP (BOYS)	Rituparna Deka 6th Sem BRIT Blue House	Meinam Mayur Murtaja 2nd Sem B. Pharm Yellow House	Gowab Hazarika 4th Sem B. Optom Blue House
HIGH JUMP (GIRLS)	Christina Lalthatluangi 6th Sem BRIT White House	TBC Lalfakhuni 4th Sem B. Pharm Yellow House	Sarah Lalrifeli Sailo 4th Sem B. Pharm Yellow House
LONG JUMP (BOYS)	Abdul Jabar 4th Sem B. Pharm Yellow House	Rituparna Deka 6th Sem BRIT Blue House	Joseph Lalhmingmawia 6th Sem BRIT Red House
LONG JUMP (GIRLS)	VL Remchhingpuii 4th Sem BSc Nursing White House	Vanlalruattluangi 4th Sem BMLS Blue House	Christina Lalthatluangi 6th Sem BRIT White House
PAINTING	Hmingthanpuii Blue House	Laldinpuii White House	Mridushman Sahaijah Yellow House
GROUP DANCE	White House	Red House	Blue House
FANCY DRESS	Lalremtluangi Blue House	Joseph Lalhmingmawia Red House	Malsawmzuali White House
QUIZ	Red House	Yellow House	White House
RIPANS IDOL	B. Lalfakawmi White House	Brenda Lalramnghahmawii Yellow House	Tenjinzulu I Longkumar Blue House
BEAT CONTEST	White House	Yellow House	Blue House
QUEEN CONTEST	Lalthanzuali Blue House	Supriti Saha Yellow House	C. Vanlalhriatpuii Blue House













# STUDENT NURSES ASSOCIATION REPORT (2023-2024)



Lalfakzuali  
Secretary  
SNA, RIPAN Unit

## OFFICE BEARERS

Advisor	:	Mrs H.Lalduhawmi
Vice President	:	Alvin Mephyrnai Rytathiang
General Secretary	:	Lalfakzuali Pachuau
Assistant Secretary	:	Juri Malakar
Treasurer	:	H.Lalremruata
Finance Secretary	:	HT. Malsawmzuali

## Handover Meeting

Date: 21<sup>st</sup> August 2023

Attendees: Newly elected SNA Office Bearers

## Teachers' Day

Date: 5<sup>th</sup> September 2023

- On 28<sup>th</sup> August 2023, the Principal gave the unit permission to conduct Teachers' Day celebration. Invitations along with Programme List were given to the teachers, non-teaching faculties, and Director of RIPANS. The whole RIPANS SNA unit were involved in the celebration and the programme went smoothly with the students' effort and the teachers' presence.

## Orientation of 1<sup>st</sup> Semesters for Clinical Posting

Date: 18<sup>th</sup> September 2023

Time: 9:30 to 10:30 am

Venue: 4<sup>th</sup> Year Classroom, Academy Block-II, RIPANS

- There was a brief introduction by 1st semester students. Followed by announcement of SNA Rules & Regulations by Mrs Eneth Rohlupuii, Class Coordinator, 1<sup>st</sup> Semester. Mrs H.Lalduhawmi and SNA OB representative highlighted the important points.
- Pocket articles and Clinical Aprons were distributed and each student claimed it for ₹ 600.

## 30<sup>th</sup> SNAI Biennial Conference 2023

Date: 28<sup>th</sup> & 29<sup>th</sup> November 2023

Venue: Thyagaraj Sports Complex, New Delhi

- 22 students from different Nursing institutions of Mizoram and two teachers- Ms Malsawmzuali, RIPANS and Mr Samuel Vanlalpeka, BNCON along with the state SNA Advisor Mrs Laldinsangi, TNNAI leaders Ms Lalfamkimi and Ms Lalfakawmi attended the event.
- The students competed in various items. Representatives of RIPANS were- Juri Malakar, Lalfakzuali Pachuau, Lalhmangaihsangi, Lalthanzuali, Lalvenhima, Weghara Chegado M. Sangma.
- Weghara Chegado M. Sangma was 2<sup>nd</sup> Runner Up in ‘Mister Personality’ Contest. It was the first time in history for SNA Mizoram to receive prize for Personality Contest.
- F. Lalrinsiami of BNCON also won the title to ‘Miss Personality’.
- On 30<sup>th</sup> November 2023, the attendees went for sightseeing at Agra Fort and Taj Mahal.
- Welcoming programme of Mr Personality was held on 3<sup>rd</sup> October 2023 in Virtual Room, Academic Block-II, RIPANS.

### **Fund Raising for SNA Meet during 24<sup>th</sup> Parafest 2024**

Date : 14<sup>th</sup> February 2024

Venue : Open Stage, RIPANS

SNA RIPANS unit had fund raising for SNA Meet on 14<sup>th</sup> February by making Stall and selling Roses on the account of Valentine’s Day.

### **SNA MEET 2024 Report**

Date & Venue : 28.02.2024 (Indoor)	: Ramhlun Indoor
(Outdoor)	: Ramhlun Sports Complex)
29.02.2024 (Closing Day)	: MZU Multipurpose Hall, Tanhril

The prizes received by our Unit were: -

#### ***Outdoor***

- Long Jump (boys) : 1 <sup>st</sup>	Prize (Swamidhan Tripura, 2 <sup>nd</sup> Sem)
- Basketball : 2 <sup>nd</sup>	Prize
	6 <sup>th</sup> Sem : F.Lalrinawma
	4 <sup>th</sup> Sem : Lalruatkima, Lalrindika
	2 <sup>nd</sup> Sem : Christopher Zothankima, John Lalremruata

#### ***Indoor***

- Monoacting	: 1 <sup>st</sup> Prize (Norjeela Bhutia, 6 <sup>th</sup> Sem)
- Extempore Speech	: 3 <sup>rd</sup> Prize (Karishma Choudhury, 4 <sup>th</sup> Year)
- Arm Wrestling (boys)	: 1 <sup>st</sup> Prize (Alvin M Rytathiang, 4 <sup>th</sup> Year)
- Arm Wrestling (girls)	: 2 <sup>nd</sup> Prize (Lalhlimpuii, 4 <sup>th</sup> Sem)
- Poster Presentation	: Out of 7 topics, two 1 <sup>st</sup> Prize and one 2 <sup>nd</sup> Prize
- Pencil Sketching	: 1 <sup>st</sup> Prize (Hmingthanpuii, 4 <sup>th</sup> Year)
- On the spot painting	: 2 <sup>nd</sup> Prize (Laldinpuii, 4 <sup>th</sup> Sem)

In total we won 5 Gold, 3 Silver & 1 Bronze. As the marks were calculated in point wise, RIPANS was the Champion (Best Unit as a whole) of SNA Meet 2024. It has been a decade since RIPANS won. By God’s grace, we took home the trophy.

# REPORT OF TRAINING OF GERIATRIC CAREGIVERS

**Course Duration: 19<sup>th</sup> February 2024 to 30<sup>th</sup> April 2024**  
**12<sup>th</sup> August 2024 to 5<sup>th</sup> November 2024**



**Laldinpuii Sailo**  
Course Coordinator,  
Training of Geriatric Caregivers

The Government of India has launched the “Atal Vayo Abhyuday Yojana” to enhance the quality of life for senior citizens by supporting community capacity-building initiatives. As part of this scheme, the Department of Social Welfare & Tribal Affairs, Government of Mizoram, designated RIPANS as the training agency for a “Short Term Course on Geriatric Caregivers.” This selection followed an inspection of infrastructure and facilities by a team comprising members from the State Accounts Service, the Department of Health & Family Welfare, the National Skill Development Corporation, and the Department of Labour & Employment, Mizoram.

The primary objectives of the course are to develop a skilled cadre of professional caregivers capable of providing comprehensive elderly care. This includes bed care assistance, palliative care services, and emergency management for elderly citizens, thereby improving their well-being and ensuring specialized support tailored to their needs. Curriculum: As per standard guidelines for certificate course given by National Institute of Social Defense(NISD), Ministry of Social Justice and Empowerment, Government of India.

Patron	: Dr Prof Sanjay D Sawant, Director, RIPANS Dr Lalhriatzuali Ralte, Director, Social Welfare & Tribal Affairs, Govt of Mizoram Prof Lalfamkimi, Principal, RIPANS
Course Co Ordinator	: Laldinpuii Sailo, M.Sc N RIPANS
Asst Co Ordinator	: VL Biaknungi, M.Sc N RIPANS

## Faculty:

Dr Jacob KT Laibu, MBBS, Hospice Centre, Mizoram State Cancer Institute  
Vanlalhmangaihi Pautu B.Sc N, RIPANS  
Lalmuanpuii Hnamte B.Sc N, RIPANS  
H. Lalduhawmi B.Sc N, RIPANS  
C. Lalchhanhimi, M.Sc N (Orthopedic & Locomotor disability Nursing) RIPANS  
RC Lalduhpuii, M.Sc N (Oncology Nursing) RIPANS  
Lalhruaimawii, M.Sc N (Obstetrics & Gynecology Nursing) RIPANS

**Trainees:** The qualifications required for trainees is class 10<sup>th</sup> Passed . There are 32 trainees (26 female & 6 male) from Aizawl District

# Report on the Inauguration and Implementation of the Short-Term Course on Training of Geriatric Caregivers Organized by RIPANS in collaboration with the Department of Social Welfare and Tribal Affairs, Government of Mizoram

The Short-Term Course on Training of Geriatric Caregivers was inaugurated at the RIPANS Conference Hall on 19th February 2024 and again on 12th August 2024, by Dr. Lalhriatzuali Ralte, Director, Social Welfare and Tribal Affairs, Government of Mizoram. The event was graced by the presence of Ms. Lalfamkimi, Principal, and course faculty members.

The program began with a welcome and course introduction by Mrs. Laldinpuii Sailo, Course Coordinator, followed by an introduction to RIPANS by Mrs. V.L. Biaknungi, Assistant Course Coordinator. Course faculty and participants also gave self-introductions. Dr. Ralte interacted with the participants and highlighted the genesis and vision behind the programme, emphasizing the growing need for skilled geriatric caregivers in Mizoram.

## **Programme Details:**

**Participants:** A total of 32 and 37 participants respectively, enrolled from various localities of Aizawl for the two training batches.

**Course Duration:** 1<sup>st</sup> Batch: 19th February 2024 – 4<sup>th</sup> April 2024

2<sup>nd</sup> Batch: 12<sup>th</sup> August 2024 – 5<sup>th</sup> October 2024

The course consisted of theory classes, simulation practicals, and assessments, conducted in classrooms, the Nursing Arts Laboratory, and Academic Block III, RIPANS.

## **Community Outreach Activities:**

**26<sup>th</sup> March 2024 and 22<sup>nd</sup> October 2024:** Home visits were conducted in Durtlang Locality and Lungdai Village. Each trainee collected health data and assessed five families.

**3<sup>rd</sup> April 2024:** A visit was organized to the Senior Citizens' Home, Ainawn, Aizawl, where trainees provided care services to the residents.

**Clinical Exposure (Practical Training):** 5<sup>th</sup> – 19<sup>th</sup> April 2024 and 7<sup>th</sup> – 25<sup>th</sup> October 2024

Trainees, divided into five groups, underwent hands-on training in:

- § Respiratory Medicine Ward and Orthopedic Ward, Zoram Medical College (ZMC)
- § Greenwood Hospital
- § Nazareth Hospital
- § Aizawl Hospital
- § MSCI Hospice Centre

**Final Assessment Assessments:** Conducted through **written tests and practical exams** on:

- o 25<sup>th</sup> & 26<sup>th</sup> April 2024
- o 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> October 2024

## **Certification Ceremonies:**

**16<sup>th</sup> May 2024:** Dr. Lalhriatzuali Ralte awarded certificates to the first batch of trainees at RIPANS Conference Hall.

**5<sup>th</sup> November 2025:** Certificates for the second batch were distributed by **Prof. Dr. Sanjay D. Sawant, Director, RIPANS**, in the august presence of **Mrs. Caroline Hminthanzuali**, Deputy Director.

We extend our heartfelt gratitude to the Director of SW & TA, Government of Mizoram; the Director of RIPANS; the Principal and staff of the College of Nursing, RIPANS; the administrative team of RIPANS; and the various hospitals involved for their excellent support. Their commitment and collaboration were instrumental in providing our trainees with valuable knowledge and practical exposure.

## **Trainees' Performance and Engagement:**

The trainees demonstrated remarkable enthusiasm, attentiveness, and a strong thirst for gaining knowledge and skills. The rapport between faculty and students, among students themselves, and between patients and students was commendable. It was a fulfilling experience for both faculty and trainees to share our knowledge and learn from one another.

## **Community Engagement and Achievements:**

The trainees have gone a step further by forming the Geriatric Caregivers Association of Mizoram, through which they are actively rendering services in the community. This initiative reflects their sense of responsibility and commitment to social welfare.

We are also proud to share that twelve of our trainees have been selected by the National Skill Development Corporation, Government of India, to undergo a 9-month residential Japanese Language and Culture Training at Greater Noida, New Delhi. This is under the Japan Specified Skilled Worker Program of the Government of India, opening new horizons for their professional growth and international opportunities.



Honorable Pi Lalrinpuii, Minister, Social Welfare & Tribal Affairs, Health etc Government of Mizoram flag off caregivers for Japanese language and culture studies at Greater Noida under Japan Specified Skill Workers by National Institute of Skill Development, Government of India



## INTERNAL QUALITY ASSURANCE CELL (IQAC)



Dr. H. Lalhlenmawia  
Coordinator, IQAC, RIPANS

The Regional Institute of Paramedical and Nursing Sciences (RIPANS) is currently utilizing an integrated LMS-ERP platform for efficient planning and execution of its academic and administrative functions.

As part of RIPANS' ongoing efforts in the National Assessment and Accreditation Council (NAAC) accreditation process, Dr. Neeraj Upmanyu, Pro Vice Chancellor, SAGE University, Bhopal, has been appointed as a Consultant to guide and support the institute through the accreditation journey.

To streamline the preparation of the Self Study Report (SSR), the institute has constituted Working Committees for all seven NAAC Criteria, as detailed below:

Criteria		Faculty In charge	Department
Criterion I	Curricular Aspects	Mrs. Laldinpuii Sailo	Tutor, College of Nursing
Criterion II	Teaching Learning & Evaluation	Dr. Zothanpuia	Assistant Professor Dept. of Pharmacy
Criterion III	Research, Innovations & Extensions	Dr. Laura VL Biakthangi	Head of Department Dept. of Optometry
Criterion IV	Infrastructure & Learning Resource	Ms PC Lalrinfeli	Demonstrator Dept. of RIT
Criterion V	Student Support & Progression	Mr Richard MS Dawngliana	Assistant Professor Dept. of MLS
Criterion VI	Governance, Leadership & Management	Dr. R. Lalduhawmi	OIC, Academic
Criterion VII	Institutional Values & Best Practices	Mrs. C. Lalramdini	Vice Principal College of Nursing

Each Criterion Committee comprises five members, with representation from five different departments of RIPANS. These committees function Under the Chairmanship of the Director, RIPANS and under the guidance of the NAAC Consultant . The members of these committees are working diligently and collaboratively, with a shared commitment to achieving NAAC accreditation at the highest possible level of excellence.

## MEMBERS OF CRITERION OF SSR FOR NAAC ACCREDITATIONS

	<b>Curricular Aspects</b>	<b>Department</b>
<b>Criterion I</b>	Mrs Lalmuanpuii Hnamte	College of Nursing
	Mrs K. Lalremmawii	Dept. of Pharmacy
	Dr Rebecca VL Muanpuii	Dept. of Medical Laboratory Science
	Mr Wahangbam Gopeshore	Dept. of Radio Imaging Technology
	Mrs Amy Lahnusiami	Dept. of Optometry
<b>Criterion II</b>	<b>Teaching - Learning &amp; Evaluation</b>	
	Mrs Mary Lalhlimpuii	College of Nursing
	Mr Laldinchhana	Dept. of Pharmacy
	Mrs Lydia Malsawmtluangi	Dept. of Medical Laboratory Science
	Ms Rebecca Lalhlimpuii	Dept. of Radio Imaging Technology
<b>Criterion III</b>	Dr Laltanpuii	College of Nursing
	Mr Probin Kr Roy	Dept. of Pharmacy
	Dr C Karuppasamy	Dept. of Medical Laboratory Science
	Mr Ranbir Arambam	Dept. of Radio Imaging Technology
	Mrs Lalhluzuali	Dept. of Optometry
<b>Criterion IV</b>	<b>Infrastructure &amp; Learning Resource</b>	
	Mrs Laltlanmawii	College of Nursing
	Ms C Malsawmtluangi	Dept. of Pharmacy
	Dr L Inaotombi	Dept. of Medical Laboratory Science
	Mr PC Lalthanliana	Dept. of Radio Imaging Technology
<b>Criterion V</b>	Mr Raktim Das	Dept. of Optometry
	<b>Student Support &amp; Progression</b>	
	Ms Lalrinhlui	College of Nursing
	Dr R Lalawmpuii	Dept. of Pharmacy
	Ms Jennifer R Lalchhandami	Dept. of Medical Laboratory Science
<b>Criterion VI</b>	Mr Bharat Bhuyan	Dept. of Radio Imaging Technology
	Ms Katia Kayina	Dept. of Optometry
	<b>Governance, Leadership &amp; Management</b>	
	Mrs Lalremruati	College of Nursing
	Dr Lalzikpuii	Dept. of Pharmacy
	Mrs Rupal Khurana	Dept. of Medical Laboratory Science
	Dr CS Zodinpuii	Dept. of Radio Imaging Technology

<b>Institutional Values &amp; Best Practices</b>		
<b>Criterion VII</b>	Mrs Eneth Rohlupuii	College of Nursing
	Dr K Thanzami	Dept. of Pharmacy
	Mr T Kiran Kumar Singh	Dept. of Medical Laboratory Science
	Ms Lalrohlui	Dept. of Radio Imaging Technology
	Dr Ch. Sarakham Aimol	Dept. of Optometry

### **Brainstorming Session on SSR Criteria**

A brainstorming session on the criteria and induction to the criteria of the Self-Study Report (SSR) was convened on 24th August 2023 at the Conference Hall, RIPANS, under the chairmanship of Prof. (Dr.) Sanjay Sawant, Director, RIPANS. The session aimed to deliberate on the detailed parameters of the SSR and to familiarize stakeholders with the evaluation framework. As part of the ongoing process, quarterly review meetings were held with the consultant, Dr. Neeraj Upmanyu, Pro Vice-Chancellor, SAGE University, Bhopal, to monitor progress and provide expert guidance.



## OBITUARY

In Loving Memory Of

*Malsawmpuia*



**14.04.1975 – 02.06.2024**

It is with deep sorrow that we announce the passing of our dear colleague, Malsawmpuia, who served faithfully as our Storekeeper. He passed away after a courageous battle with cancer.

Malsawmpuia was a valued member of our team, known for his dedication, reliability, and quiet strength. His attention to detail and commitment to his work made a lasting impact on our operations, and his presence brought calm and steadiness to the workplace.

More than just a colleague, Malsawmpuia was a friend to many — kind, humble, and always willing to help. His memory will remain with us as an example of quiet excellence and integrity.

We extend our heartfelt condolences to his family, friends, and all who knew him. He will be greatly missed.

MAY HE REST IN PEACE

# DIGITAL EYE STRAIN



Firdoos Jaman

Optometrist

Department of Optometry

Digital eye strain or computer vision syndrome is a multifactorial condition characterized by a variety of ocular and visual symptoms resulting from persistent use of digital devices such as smartphones, computers, tablets, and e-readers. Digital eye strain has become a prevalent issue in the 21st century due to the increasing dependence on digital devices. The extended viewing of digital screens, whether for work, education, or entertainment, can lead to a range of visual symptoms, including dry eyes, eye strain, blurred vision, headaches, and light sensitivity. The COVID-19 pandemic has further exacerbated this problem, as remote learning and work-from-home arrangements have resulted in a significant rise in screen time, particularly among children. Understanding the causes, symptoms, and prevention strategies for digital eye strain is crucial for maintaining eye health and well-being in the digital age.



## Causes:

The underlying causes of digital eye strain are multifaceted and interconnected, often involving a combination of factors:

- **Reduced contrast and glare:** Digital screens typically have lower contrast than printed text, making it harder for the eyes to focus. Glare and reflections can further exacerbate this issue.
- **Viewing distance and angle:** Sitting too close or too far from the screen, or viewing it at an awkward angle, can strain the eye muscles.
- **Poor lighting conditions:** Dim lighting or excessive overhead lighting can contribute to glare and eye fatigue.
- **Infrequent blinking:** We tend to blink less when focusing on screens, leading to dry eyes.

- **Uncorrected vision problems:** Existing refractive errors, such as Myopia, Hyperopia, Astigmatism, or Presbyopia, can be magnified by prolonged digital device use.
- **Underlying medical conditions:** Conditions like dry eye disease can increase susceptibility to Digital eye strain.
- **Prolonged usage:** Prolonged periods of screen time without breaks put significant strain on the visual system.

### Symptoms:

Digital eye strain encompasses a variety of symptoms, which can vary in severity and presentation. Common symptoms include:



### Ocular Symptoms:

- **Eye discomfort or fatigue :** Feeling of tired, heavy or sore.
- **Dry eyes:** A gritty, scratchy, or burning sensation due to reduced blinking.
- **Watering eyes:** Excessive tearing as a reflex response to dryness.
- **Blurred vision:** Difficulty focusing, especially at near distances.
- **Double vision:** Seeing two images of a single object.
- **Red eyes:** Blood vessels in the eyes becoming dilated and prominent.
- **Burning sensation:** A feeling of heat or irritation in the eyes.
- **Foreign body sensation:** Feeling like something is in the eye.

### Visual Symptoms:

- **Headaches:** Often tension headaches located around the eyes or forehead.
- **Neck and shoulder pain:** Resulting from poor posture while using digital devices.

- **Difficulty focusing:** Trouble shifting focus between the screen and other distances.
- **Increased sensitivity to light:** Discomfort from bright light.

### **Importance of Understanding digital eye strain:**

Recognizing and addressing digital eye strain is crucial due to its increasing prevalence and potential impact on:

- **Productivity and performance:** Symptoms like eyestrain and headaches can hinder work, study, and other daily activities.
- **Overall well-being:** Chronic eye discomfort can negatively affect quality of life.
- **Eye health:** While digital eye strain itself may not cause permanent eye damage, it can exacerbate existing conditions or lead to complications if left unmanaged.

By understanding the causes, symptoms, and implications of digital eye strain, individuals can take proactive steps to mitigate their risk and protect their vision in our increasingly digital world.

## **Preventing and Managing Digital Eye Strain**

### **Prevention Strategies:**

- **Follow the 20-20-20 Rule:** Every 20 minutes, look at an object 20 feet away for 20 seconds. This helps relax your eye muscles and prevent focusing fatigue.
- **Adjust Screen Distance and Position:** Position your screen about an arm's length away, with the top of the screen slightly below eye level.
- **Optimize Lighting:** Reduce glare by using softer ambient lighting and adjusting screen brightness to match your surroundings.
- **Blink Frequently:** Consciously blink more often to keep your eyes moist. Consider using artificial tears if needed.
- **Take Regular Breaks:** Get up and move around every hour to reduce eye and body strain.
- **Correct Vision Problems:** Ensure you have regular eye exams and use prescribed glasses or contacts for optimal vision.
- **Use Proper Ergonomics:** Maintain good posture while using digital devices, with our feet flat on the floor and back supported.
- **Consider Blue Light Filters:** Blue light emitted from screens can contribute to eye strain. Use blue light filtering glasses or enable the feature on devices.
- **Increase Font Size:** Adjust text size and contrast for comfortable viewing.

### **Management:**

- **Warm Compresses:** Apply a warm compress to your closed eyes for a few minutes to relieve dryness and fatigue.

- **Eye Massage:** Gently massage your eyelids and the area around your eyes to improve blood circulation.
- **Over-the-Counter Eye Drops:** Use artificial tears to lubricate eyes and alleviate dryness.
- **Consult an Ophthalmologist or Optometrist:** If experience persistent or worsening symptoms, consult an **Ophthalmologist or Optometrist** to rule out any underlying eye conditions.

By incorporating these preventive measures and management techniques, we can significantly reduce your risk of developing digital eye strain and maintain optimal eye health in our digital age.

## Conclusion

The digital revolution has fundamentally reshaped our lives, offering unprecedented access to information, communication, and entertainment. However, this progress comes at a cost, and our eyes, increasingly tethered to the glow of digital screens, are bearing the brunt of this technological shift. Digital eye strain, once a niche concern, has emerged as a pervasive health issue, particularly among digitally reliant demographics like college students. The consequences of neglecting digital eye strain extend far beyond mere discomfort. Unmitigated digital eye strain can impair academic performance, hinder productivity, and diminish overall well-being. Moreover, emerging research suggests potential long-term implications for eye health, underscoring the need for proactive measures to safeguard our vision.

The good news is that digital eye strain is largely preventable and manageable. By embracing simple yet effective strategies, such as adhering to the 20-20-20 rule, optimizing ergonomics, taking regular breaks, and prioritizing proper lighting, we can mitigate the risks and enjoy the benefits of our digital world without compromising our eye health. Ultimately, protecting our vision in this digital age requires a conscious and proactive approach. By raising awareness, promoting healthy digital habits, and seeking timely professional care when needed, we can ensure that our eyes remain resilient and well-equipped to navigate the ever-evolving digital landscape.



*“Optimism is the faith that leads to achievement.  
Nothing can be done without hope and confidence.”*

*- Helen Keller*

# SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM



Alfred Vansangpuia  
B.Pharm, 3<sup>rd</sup> Semester

Judging from the topic, I believe it might sound quite boring, honestly—“*writing about a studying topic even in an article*”... right? That’s what I thought too. But no, this one won’t be like the ones we usually read in our textbooks and files, I’ll be talking about our sympathetic and parasympathetic nervous systems and how I believe they affect our life. I won’t strictly adhere to our textbook terminology, but not to worry, I won’t provide incorrect information, rather, I’ll write these systems as a switch that is placed in our body for better understanding within the context of my writing.

Imagine you’re going about your day, the sun is shining beautifully, you’re joking with your friends and laughing hysterically, and you think, “*What a great day; nothing could possibly go wrong*”. You’re sitting idle, relaxing your muscles with no noticeable tension even in your shoulders. Then suddenly—BOOM! You hear a loud noise. You and your classmates rush to the window and see that the building next to your class has collapsed due to a landslide. Immediately, your heart is racing. You can literally feel the blood rushing through your veins. You’re shuddering, and your breath is faster than usual, that’s your sympathetic nervous system at work.

To be precise, you will be experiencing a ‘fight or flight’ response. Under normal circumstances, without triggers such as landslides or other calamities, you might also feel this way when you’re excited, or if you’re an athletic type of person, while doing exercises, going to the gym or just playing physically active games. During these times, *norepinephrine* is released or commonly known as *adrenaline*. In my case, I think these exciting yet frightening hormones are released when I’ve written several paragraphs of an essay or stories, and then accidentally hit the wrong button flushing my hours of hard work down the drain. But don’t worry; *Ctrl+Z* is always there to save the day. In a crisis like this, my shock would be so great that my mind would go blank and believe me, I could even sweat at times. And there my friend, is your sympathetic nervous system.

I hope I’m not taxing your brain too much, but again, imagine this; just don’t imagine, now, you must really feel it. Think about a perfectly cold, rainy day. The rain isn’t pouring yet, but the sky is filled with grey clouds. What an ideal weather to drink your coffee, right? So, you call two of your closest friends to hang out near a cozy cafe. You dive through your wardrobe and pick out your favourite sweater. Since the cafe is just a short distance away, you grab your umbrella and head out. As you walk, you can smell the petrichor rising from the soil. When you enter the cafe, you are greeted by a warm, embracing light, with both of your friends sitting at the corner, smiling. You order a latte with a burger, then you sit with your friends while eating, and I bet you’ll surely feel like peeing, maybe even twice, if you’re comfortable enough. That’s how you know your parasympathetic nervous system is starting to kick in, because you’re feeling at rest and happy, and your stress is floating away like a feather in the wind, for you are with your best friends. After enjoying your scrumptious meal, you’ll likely feel sleepy as well, and that, my friend, is your parasympathetic system at work again. This is why we call it the

‘rest or digest’ response; your body is releasing *acetylcholine*. The other day, I was hanging out with my best friend, and I’ll tell you—I peed three times, THREE TIMES, in just about an hour. Well, maybe that’s just my case, but now that I’ve learned about our nervous system, it’s probably because I was comfortable enough and likely in a resting state.

You might be wondering why I’m going on and on about landslides, stress, a fun hangout with friends. That’s because it represents life in a nutshell. It might seem complicated, but life can be so simple at times. It’s always the goddamn hormones and, furthermore, our nervous system at work. You’re stressed? *The stress hormones* are at play. You’re happy? That’s basically *happy hormones*. When you put it that way, it seems so simple, right? But I suppose things are never that easy. You need both your sympathetic and parasympathetic nervous system, along with all your hormones, to lead a healthy and fruitful life.

There’s so little we can do about the hardships or enjoyments life throws at us. No one chooses to be stressed, sad, or even angry, but these feelings will still arise because we have no control over how our lives will unfold. But you know what we’re always in charge of? The people we choose to hangout or be with. So, please listen when I say your body always knows, even when you’re ignoring the signs. My dear friend, choose people who trigger your parasympathetic nervous system and help you release those *feel-good hormones*. Surround yourself with those who make you feel at rest and happy. Life is too short to always be in ‘fight or flight’ mode, so I hope you can distance yourself from people that trigger your sympathetic nervous system even when you don’t even need it. There’s no one more precious than those people who not only avoid bringing stress but also make you feel at ease when you need it the most. Again, *life is too short to be living with stress all the time*.



“Keep your eyes in the stars and your feet in the ground”

- *Theodore Roosevelt*

“Setting goals is the first step in turning the invisible into the visible.”

- *Tony Robbins*

# A CONTINUOUS JOURNEY OF SIX YEARS



Samir Moirangthem M.Sc  
MLT in Medical Microbiology  
2018- 2024

## **From Undergrad to Postgrad: A Journey of Growth and Reflection**

Transitioning from undergraduate (UG) to postgraduate (PG) life is a profound shift, marked by a change in responsibilities, challenges, and experiences. While both phases offer unique opportunities, the contrast between UG and PG life can be striking.

### **Undergraduate Life: A Time of Discovery and Exploration**

Undergraduate life (B.Sc. MLT) is often characterized by a sense of exploration and discovery. For many, it's the first taste of independence and the opportunity to explore a wide range of interests. The UG experience is typically vibrant and full of memorable moments, including:

**Campus Involvement and Social Activities:** UG life is often filled with a variety of social events, state programmes, departmental programs and extracurricular activities. The chance to join RIPANS hostel, participate in sports, or attend lively campus events contributes to a rich, multifaceted college experience. These activities foster friendships and create lasting memories, such as the excitement of late-night study sessions with friends or the joy of winning a Parafest competition.

**Exploration of Interests:** Undergrads have the freedom to explore different fields of study and engage in a broad range of subjects before specializing. This period is marked by curiosity and enthusiasm, with students often taking elective courses in areas they might not have considered before. The thrill of discovering a passion or talent that wasn't apparent in high school is a highlight of UG life.

**Less Pressure, More Play:** The UG years are generally characterized by a balance between academics and social life. While there are exams and assignments, the workload is often more manageable compared to postgrad studies. This balance allows students to enjoy a more relaxed atmosphere, making room for spontaneous adventures and fun experiences that define their undergraduate years.

### **Postgraduate Life: A Shift Towards Specialization and Responsibility**

In contrast, postgraduate life brings a new level of specialization and responsibility. The transition from UG to PG involves a shift in focus and intensity, which can significantly impact the student experience:

**Increased Academic Pressure:** PG studies are marked by a more rigorous academic environment. The workload intensifies as students delve deeply into their chosen field of study. Research projects, comprehensive exams, and thesis work demand a higher level of dedication and time management, often leading to longer hours spent in the library or lab.

**Professional Development:** PG life emphasizes preparing for a professional career. Networking, internships, and career-focused workshops become central to the experience. While these opportunities are valuable, they can sometimes overshadow the more carefree aspects of UG life, leading to a different type of fulfillment.

### **Cherished UG Memories: A Contrast to PG Realities**

Reflecting on UG life reveals many cherished memories that stand in contrast to the demands of PG life:

**Late-Night Study Sessions and Campus Adventures:** The camaraderie of late-night study sessions with friends, the spontaneity of impromptu campus adventures, and the excitement of attending social events create a nostalgic sense of freedom and fun. These moments are often remembered with fondness and a sense of longing as the intensity of PG life takes over.

**Discovery and Exploration:** The thrill of discovering new interests and passions, the joy of engaging in diverse academic activities, and the pleasure of being part of a vibrant campus community are highlights of UG life that are difficult to replicate in a more specialized and demanding PG environment.

### **Conclusion:**

While both UG and PG life offer valuable experiences and opportunities for growth, the transition between these stages is marked by significant changes. UG life is often characterized by exploration, social activities, and a balanced approach to academics, while PG life demands a higher level of specialization and responsibility. Cherished memories from UG life, including social events, academic exploration, and a more relaxed atmosphere, provide a contrast to the focused and intensive nature of PG studies. Embracing both phases with appreciation for their unique aspects can lead to a fulfilling academic journey and personal growth.



*“If you are working on something that you really care about,  
you don’t have to be pushed. The vision pulls you.”*

*- Steve Jobs*

# AMBITION VS CHOICE:

## Navigating and Balancing Parental Pressure



B. Muthiam  
M.Pharm 1<sup>st</sup> year

In today's context where the world has shifted to a competitive place for both good and bad in which more than half of the young generations are in stress and under parental pressure. Young people are often dumbfounded in many ways especially in the path of choosing careers, overwhelmed by the parental love and concern because they say, "WE KNOW THE BEST FOR YOU". Isn't it concerning to have a clear outlook towards what really is your ambition and the choice you make?

Every individual grows up as a kid to a matured citizen having big dreams and ambitions. But today, those dreams are often dumped and silenced by the silent force of parental love and concern. Guiding the decisions, dreams, and well-being of the young people which is rather toxic and pressurizing leaving the young people overwhelmed and misguided. The youths today have grown up battling with "I have a dream to achieve my GOALS vs. The Parental love, I KNOW WHAT'S BEST FOR YOU", leaving the young people in an eggshell to make a choice rather than to follow their dreams and ambitions.

### **Strong will ignites ambitions**

Having strong will and determination will eventually turn ambition into achieving something in reality. Setting objectives to stay focused in what you really mean to achieve, aiming beyond limits not limiting oneself in just the four corners of the room, soaring high beyond the limitless parental pressure. While today in contrary, the youths are facing a lot of challenges to live up to their parental expectations, which also indicates the lack of will and determination brought about by stress, depression and anxiety.

Many of the youths are in crisis because of career choices they made, swayed by regrets and turmoil aligned with the thoughts and feelings of failure in their careers. We can see that youths are facing unemployment crisis, more than 10.2% are unemployed and as per 2022 census, more than 17.2% of youths in rural and 10.6% in urban areas are unemployed or underemployed. And taking this matter, somewhere or somewhat it is related with the career choice they make. The slightest mistake is the first step to life time regrets.

As the world has globalized and changed into a competitive place, it is crucial to have a strong will and determination, to dream big beyond boundaries and being able to balance the parental pressure. It is a high time for young generation today to really understand the individual self and the potential, know what they are actually good at rather than trying so hard to live up to their parental expectations. Parents don't intend any harm for their kids, but often their good intentions become rather abusive and the sole factor for stress, anxiety and career misguidance.

### **Parental Pressure: Obliged to make a Choice**

The higher the competition, the greater is the pressure. Waking up to reality, parents are the hidden burden to the youths today. Parents want their kids to excel in their works which in fact restrain

the child from following dreams and compels the child to follow orders. Parental pressure has been there since the baby was born. Parents are often driven by social expectations with the desire to compete and let their children succeed. Setting high education standards without first considering the child's interest and potential, which we can also mark as the beginning of career misguidance.

The choice of career made by the young people today is often led by the parental pressure. Many of the young people are under pressure to perform exceptionally well leading to stress, anxiety, depression and even failure. The constant nag by the parents to meet the expectations is also the sole reason that leads the youth to loss of passion in doing something they love. In many contexts, parental pressure may drive the young people away from the creative fields while focusing only on the higher standards.

The bitter truth of today's scenario is more than 81.6% of the young people are stressed and depressed because of the emotional strain pressured by the parents. Not able to achieve and meet the expectations, frustrations and hopelessness, and career dissatisfaction. As the competition is high and since from the first place the child's interest and passion was not considered, today many of the young people are in distress fighting for a job and a decent career. Yet, still many are unemployed or underemployed.

Summing up, parents should understand that their good intentions can also bring negative impact on the young people if their interests and passions are not considered. It is also important to keep in mind that not all will get to wear the stethoscope, not all will get to travel the moon, and not all will get to fly in the air. It is very much crucial for the parents to identify and recognize their child's interest even if it's the smallest dream and may not reach the standards they have set for their kids. Today, we can see how the future will be like if the young people are given the chance to live their dreams, chart their own course and excell in their creative field of interest. Definitely young people will be able to truly reach their potentials and scale up to numerous heights leading a fulfilling and meaningful lives. Hopefully, there will be no such unemployment and underemployment crisis as much as now in the country or in the respective native places in the future. And also, the young people will be able to truly navigate and balance the parental pressure with the purest will and determination to know the individual self better and really achieving the dreams and ambitions whether it may be big or small. The parents will be able to truly understand and consider their child's true interest by striking a balance between providing guidance and allowing the child to live the dreams. Thus, they will be able to provide their true love and concern in their support rather than allowing the child to feel mentally pressured and abused.



*“Education is the most powerful weapon which you can use to change the world.”*

- Nelson Mandela

## SCIENCE & FAITH



L. Lalruatdika  
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Often side-lined for its absurdity with no or little concrete answer is the discussion in the relation between Science and Faith - their potential to coexist while being independent entities versus their identities as being inherently different which ultimately advocates as being negating. The argument that started hundreds of years ago till date with the sharpest and creative minds arguing for or against their coexistence is the central emphasis of this discussion. Some claim that to have faith, one must lack an understanding of science, and in some academic circles, it's believed that science must stand apart from religion or the church.

To answer this, to the popular mass, we must first acknowledge how God created humans—*with rationality and the ability to think*. We are made in His image, equipped to reason and understand His creation. A key question to consider is: who developed science? Modern science emerged significantly from the Christian tradition, deeply rooted in the Judeo-Christian worldview. While Greek, Roman, and even Islamic civilizations experienced periods of stagnation in scientific progress, it was Christianity that provided fertile ground for the growth of modern science.

One of the reasons for this is the monotheistic view of Christianity. Unlike polytheistic cultures, which struggled with conflicting views of natural law due to belief in multiple gods, Christianity's belief in one God suggested a coherent, orderly universe governed by a single set of natural laws. While the Greeks and Hindus often viewed nature as a mere shadow or lesser reality, Christians saw nature as God's beautiful creation. Investigating it was a way to honor and glorify Him. Greek philosophers, while brilliant, were often too elitist to engage in empirical, hands-on work, relegating such tasks to slaves. However, modern science is grounded in empirical investigation, which was embraced by Christian scholars seeking to understand God's world.

Furthermore, Christian thinkers accepted the idea of natural laws created by God, which allowed them to study these laws to glorify Him. Early church fathers like Augustine and later thinkers like Thomas Aquinas had already recognized the distinction between the “*Book of Nature*” and the “*Book of Scripture*.” While Scripture reveals God's spiritual truths, nature reveals His creative power. C.S. Lewis aptly said, “*Men became scientific because they expected law in nature, and they expected law in nature because they believed in a lawgiver.*”

Laws of nature—such as Newton's law of gravitation—existed long before they were scientifically proven. Early scientists believed in God and trusted in the order of nature, seeing their scientific pursuits as a way to further understand God's creation.

Many believe that the origins of modern Western education are secular, but this is not the case. Education, like science, has deep Christian roots. Monastic and cathedral schools were the foundations of what later became the university system. Most universities, such as Oxford, Cambridge, and the University of Paris, were established with strong Christian foundations. So, what we often perceive as secular has its origins in Christianity. The major contributors to early science were overwhelmingly Christian, and even those who weren't were still influenced by Christian traditions.

Why, then, do we think science and faith cannot go together? Even today, many scientists—like Newton, Descartes, Copernicus, Kepler, and Galileo—held strong religious beliefs. However, modern science textbooks often exclude the religious backgrounds of these scientists. This is partly due to the influence of positivism, a philosophy that prioritizes logic, mathematics, and empirical science while excluding religion, mysticism, culture, and even historical context. In writing about science, they focus solely on the technical aspects and ignore the broader cultural or religious environment that influenced these scientists.

Some believe that the conflict between science and religion is a distinctly Western issue. In the East, many are religious, and the relationship between science and religion isn't viewed in the same way. Historians of science often argue that this supposed conflict is a myth. For example, Canadian philosopher Charles Taylor noted that the claim that science and religion cannot coexist is often an ideological construct aimed at asserting authority in intellectual discourse.

Throughout history, the cultural attitudes towards science and religion have shifted. While classical scientists like Newton approached science as a way to glorify God, later figures such as Charles Darwin saw atheism as compatible with science. This shift shows how cultural contexts and the prevailing “mood” of an era influence the relationship between science and faith.

The rise of logical positivism in the 1920s, which held that only science is a valid source of knowledge, led to the modern view that science and religion are incompatible. However, critics like Terry Eagleton argue that this perspective is too narrow, focusing only on Western concepts and ignoring the broader context. The conflict often arises from different interpretations of data or scripture rather than an inherent incompatibility between science and religion.

In India, for example, the conflict between science and religion has a different character. Renny Thomas's book *Science and Religion in India: Beyond Disenchantment* explores how Indian scientists navigate their religious and scientific lives. After British rule, Jawaharlal Nehru emphasized the importance of a “*scientific temper*,” (*the mindset of applying logic, skepticism, and empirical evidence to understand the world, rejecting superstition and blind belief*) inspired by Western thinkers like Bertrand Russell. This mindset fostered a culture that revered science, but spirituality remained deeply embedded in Indian society. Many Indian scientists celebrate religious festivals like Diwali and Puja, but they view them as cultural practices rather than religious obligations. Christian scientists in India also find no conflict between their faith and their scientific work.

Thomas's research shows that in India, many scientists view spirituality as an integral part of their scientific endeavors. Some practice fasting or other religious rituals, but rationalize these practices through scientific explanations. This blending of spirituality and science is characteristic of the East, where the philosophical pursuit is often spirituality, rather than the search for truth as in the West.

Thomas's drawing on Bruno Latour's idea of 'believe without believers,' highlights how many scientists may not openly declare their faith but still engage in religious practices or maintain a sense of belief. This suggests that science and religion need not inherently conflict. As mentioned earlier, any perceived conflict often arises from differing worldviews or misinterpretations, particularly between theism and atheism. Thomas's study highlights that the Western notion of a conflict between science and religion is not as prevalent in the East, suggesting that we need not adopt this Western concept in our context.

In conclusion, my discussion is framed from a Christian perspective, focusing solely on Christianity rather than other worldviews. It's common for those deeply engaged in scientific inquiry to lean towards positivism, which can sometimes overshadow the perceived importance of God. However, it's essential to recognize that science has greatly benefited humanity while still acknowledging a Creator.

The advancements in science should not lead us to neglect the Creator, and understanding the philosophical foundations of science can help reconcile this.

Historically, many influential scientists were driven by their faith. Figures like Augustine, Copernicus, and Newton saw their scientific work as a means to glorify God. Newton, in particular, integrated his scientific discoveries with his spiritual beliefs, viewing the study of natural laws as a way to understand God's creation. This approach encourages us to engage with science and theology without feeling conflicted.

In various fields—whether science, psychology, literature, or others—we might be tempted to overlook God's role. However, recognizing the laws of nature and the universe's order should lead us to appreciate God as the Creator. Even in the world of business, the stock market's influence is undeniable, often driving development without government intervention. However, during times of market crises, we are reminded of God's ultimate authority and greatness, which can be overlooked in times of success.

Ultimately, science and Christianity can coexist harmoniously. Modern science has roots in Christian traditions, and many scientists, including Newton, were devout Christians. As we advance our knowledge, we should remember the Creator who established the universe's *order* and *laws*. Passages like *Psalm 19:1* (*The heavens declare the glory of God; the skies proclaim the work of his hands*) and *Romans 1:20* (*For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse for not knowing God*) teach us that creation reveals God's greatness, inspiring us to worship Him with awe and reverence.



*“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”*

*- Epictetus*

*“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”*

*- David Brinkley*

# THINK BEFORE YOU SPEAK



April K. Vanopawkhai

“Think before you speak” is a timeless piece of advice that resonates across cultures and generations. The phrase suggests a deliberate pause before we articulate our thoughts, ensuring that our words are well-considered, appropriate and constructive. This simple habit can significantly impact our personal and professional lives, fostering better relationships and preventing misunderstandings.

“Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.” By Napoleon Hill.

“Before you decide to speak and say something that may hurt someone just take a second to think how you would feel if it were said to you.” By Dave Hedges.

Speaking is saying of something to convey, information or to express a feeling and thinking is the process of considering or reasoning about something.

Have you ever thought before you speak? Or we just simply speak out whatever we like. We should think before we speak or we may plant the seed of either success or failure in the mind of others. This little word can change that person's life forever.

Words define identity, and reveal attitudes. It holds immense power, they can heal, hurt, inspire or demoralize. Once spoken, they cannot be taken back, “they can only be forgiven and forgotten.”

When we take the time to think before we speak, we're not only avoiding unnecessary conflict but also building stronger, more respectful relationships.

Who we are? What we have? May be intelligent, wealthy, smart and beautiful, it doesn't mean that we have the great power to dwell on the negatives. We may sometimes/rather speak than remain silent in something. But have to think carefully or they may leave a great impact and can last far longer than intended.

In conclusion, “Think before you speak” is more than just a cautionary phrase.

It's a guiding principle for better communication, which can cultivate a habit of thoughtful speech, confidence, kindness and leading to more meaningful and positive interactions in all areas of life.

# H O P E



Surabhi Borgohain  
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How is this life lived, is there a right way , do we really get what we pray, are people really happy as they portray. Some lives it when they are young some still waiting to live it till the hair turns grey. Those who are living in the light crave for darkness and those who are living in the darkness crave even for a single light ray. This sorrows stays loyal but this happiness always betray.

There are too many ears to listen but my mouth don't want to speak. My eyes want to cry but I don't want the tears to leak. I don't understand myself ,the moment I'm sane the next moment I'm a freak. Yes I know I have to be strong but I want this life to let me be weak. I forgot the comfort and the warmth living in this bleak. Happiness comes like a shooting star while this sorrow comes in a streak.

Sometimes I'm too alone lost in my despair and the heart starts panting, just to give up a voice in my head starts chanting, am I wishing too much from this life that it's not granting. I also want to be happy and cheerful is it too much that I'm demanding, I know that there is a lot more to this story but I'm eagerly waiting for it's ending as then only this life will be lived and living it I have to stop pretending.

Then comes a dark hour where a person starts to question his/her own worth all the fears, traumas comes crushing the last ounce of hope and spirit that was stoping and individual from giving up.

At this moment there is a notion, which states it's too late for the sorrows and mistakes to amend it, then the most tragical thing happens and the eyes starts searching for ways to end it. All the hope is lost, all the reasons to live seems irrelevant and all the energy to fights the odds seems to drain, and an individual decides to end his/her life just to end the pain. Seeking ways to escape without hope to guide, eventually the mind becomes the victim of the biggest trap that's suicide.

No reason can justify to end this life, hardships gonna be there but you have to survive to fight against the odds and conquer our fears what makes us alive.

Life is always Unfair, Happiness you should never Compare, peace is the most precious commodity to take it away don't let problems dare, sorrows are stains whose color gets darker with time and it fades away when you share.

We should create an environment where people can speak up about their problem freely and seeking professional help regarding serious mental health issues should not be ignored.

Happiness should not be looked as a destination to be achieved but should be an integral part of our lives. And giving up should never be an option.

There is no right way to live there is just different ways to live everyone's lives are different so are the problems so are the happiness just one thing should be common in everyone's story the ending should not be with giving up but instead life should be lived to the fullest and should be lived as an individual wants to live it and fighting against all the odds in doing so.

The life changing lesson that I learned recently is

**“NO REMEDY, NO MEDICINE, NO THERAPY CAN BE MORE EFFECTIVE, THAN TO SEE THIS WORLD WITH A CHEERFUL AND OPTIMISTIC PERSPECTIVE”**

- # Anxiety disorders are the most common mental health condition in the world, affecting about 264 million people globally.
- # Over 280 million people worldwide suffer from depression, according to the World Health Organization (WHO).
- # Every year, nearly 800,000 people die by suicide, making it one of the leading causes of death worldwide.



*“The most difficult thing is the decision to act; the rest is merely tenacity.”*

*- Amelia Earhart*

## “WHO’S THE BOSS OF THE IMAGINARY HOUSE”??



*Samir Moirangthem*

Master Medical Laboratory Science(Microbiology)  
2022-2024 Batch

Once, there was a secluded asylum, a place where those who had lost their grip on reality were taken to be cared for by a private owner and a team of dedicated doctors. Over the years, the number of patients grew steadily, and it became increasingly difficult to provide for them all. The doctors decided they had to free up space by releasing those who showed signs of improvement, who might be ready to rejoin the outside world.

One doctor, tasked with identifying these patients, came up with a simple test. One morning, he gathered the group in the common room, walked up to the blackboard, and carefully drew a crude outline of a house. Turning to the patients, he asked, “Whose house is this?”

The reaction was immediate. A chorus of voices filled the room as the patients began to shout and argue, each one loudly insisting that the house was theirs. Some pointed fingers, others stamped their feet, and a few even approached the board, eager to claim ownership of the imaginary home. To them, the drawing was no mere sketch; it was a real, tangible house that they could possess. The doctor watched the frenzy unfold with disappointment, his hopes of finding anyone truly recovered fading with each passing second.

But then, in the midst of the chaos, his gaze fell upon a single patient sitting quietly at the back of the room. This man was different. While the others fought over the imaginary house, he remained calm, a slight smile on his face, as if he were enjoying some private joke. The doctor felt a spark of hope. Perhaps this man had finally regained his sanity.

Approaching the patient with cautious optimism, the doctor asked softly, “Why are you not claiming the house as yours?”

The patient looked up, his expression serene. Without a hint of irony, he replied, “Why should I? The room key to that house is with me.”

The doctor’s hope crumbled as he realized that this man’s madness had taken a different, but equally unbreakable, shape.

# “From Petri Dishes to Paparazzi: The Life of a Microbiology Student with Microbial Celebrities”



Samir Moirangthem  
M.Sc. MLT in Medical (Microbiology)  
2022-2024 Batch

So, we've decided to be Microbiology students. Congratulations to us! We've chosen a life where our best friends are invisible, our greatest enemies are Petri dish contaminants, and our daily adventures involve more funky smells than we ever thought possible. Welcome to the world where small things matter—a lot!

## Talking Like a Microbe Whisperer

First things first, we'll need to master a whole new language. Forget everyday English; our vocabulary now includes words like *Staphylococcus aureus* and *Saccharomyces cerevisiae*. It's like speaking in spells—except instead of summoning magic, we're describing tiny creatures that can either cure or kill us. Dropping these names into casual conversation makes us sound incredibly smart... or incredibly nerdy. Either way, it's a win!

## Microscopic Celebrities and Their Antics

In this tiny world, the bacteria are our celebrities. I've got *Escherichia coli* (*E. coli* for short—because who has time to say all that?), the rockstar of the gut, making cameos in food poisoning scandals. Then there's *Staphylococcus aureus*, which sounds like a fancy Roman emperor but is really just a skin-loving party crasher. And don't even get me started on *Pseudomonas aeruginosa*, who's the equivalent of that one friend who never leaves and brings chaos everywhere they go.

As a Microbiology student, I get to hang out with these microscopic celebs daily, growing them on petri dishes like I'm hosting a tiny concert. And just like real celebrities, some of them are total divas, needing just the right temperature, food, and lighting to show up. If they were people, they'd demand organic almond milk lattes in the lab.

## Lab Life: Where Contamination is the Villain

Our new home is the lab, a place where contamination lurks around every corner. we've spent hours setting up the perfect experiment, and just when we think we're about to make a breakthrough, BAM! Some rogue contaminant swoops in and ruins everything. It's like an uninvited guest at our microbial party, and no, it didn't bring any snacks.

And let's not forget about the smells. Oh, the smells! We'd think something so small couldn't possibly produce such powerful odors, but we'd be wrong. The first time we crack open an incubated Petri dish, we get a whiff of something that can only be described as “unique.” Over time, we develop a strange fondness for these smells—sort of like connoisseurs of fine (or not- so-fine) microbial aromas.

## Making Friends... with Bacteria

While others are out making human friends, we're busy getting to know our microbes. Sure, they're small, but they've got big personalities. We might find ourselves talking to our cultures as they grow, offering words of encouragement. After all, nothing says "I care" like a well- grown colony of *E. coli*. And let's be honest, when our social life revolves around microbes, we start seeing the world differently. A handshake? That's just a microbial exchange. A sneeze? Microbe fireworks!

## The Microbiome: Our Constant Companion

As a Microbiology students, we've come to appreciate our microbiome—the trillions of tiny organisms living in and on our bodies. They're with us 24/7, through thick and thin, making sure everything's running smoothly (or sometimes not so smoothly). And when we're pulling an all- nighter, it's comforting to know our gut flora are right there with us, probably doing more work than we are.

## Saving the World, One Microbe at a Time

But let's not forget the big picture. Sure, our daily lives might involve a lot of weird smells, complicated names, and accidental spills, but we're part of something huge. We're on the front lines of science, battling diseases, discovering new antibiotics, and maybe even finding the cure for something big. It's a lot of responsibility for people who spend half their time talking to bacteria, but hey, someone's got to do it!

So, as a Microbiology students, let's embrace the weirdness. We'll laugh at the strange looks when we get excited about bacteria, enjoy the moments of accidental lab chaos, and take pride in our ability to understand the invisible world that runs everything. Because at the end of the day, being a Microbiology student is pretty awesome—tiny, smelly, and awesome.



## Appreciation for RIPANS: The Institution That Shaped My Journey



*Samir Moirangthem*  
M.Sc. MLT in Medical (Microbiology)  
2022-2024 Batch

Reflecting on my journey as a student, I cannot help but feel an overwhelming sense of gratitude towards my college, RIPANS (Regional Institute of Paramedical and Nursing Sciences). It is often said that a person's formative years play a significant role in shaping who they become, and for me, RIPANS has been more than just an educational institution—it has been a guiding light, a mentor, and a second home.

From the very first day, RIPANS stood out as a place of warmth and inspiration. The faculty, with their unwavering commitment to excellence, imparted not only knowledge but also a passion for learning. Their dedication extended beyond the classroom, fostering an environment where curiosity was encouraged, and every question was met with patience and understanding. They were more than teachers; they were mentors who nurtured my ambitions and encouraged me to reach beyond my perceived limits.

RIPANS provided me with more than just an academic education; it offered a holistic development experience. Through various co-curricular and extracurricular activities, I had the chance to explore my interests, develop my skills, and discover my true potential. The college's emphasis on community service and social responsibility instilled in me a sense of purpose beyond the confines of personal ambition. These experiences taught me the importance of empathy, teamwork, and leadership, qualities that I carry with me every day.

Moreover, the vibrant student community at RIPANS enriched my college life with friendships and connections that have become invaluable. The diverse backgrounds and perspectives of my peers broadened my horizons and helped me grow as an individual. I learned the power of collaboration and the strength found in unity, lessons that will remain with me throughout my life.

I am also grateful for the state-of-the-art facilities and resources at RIPANS, which provided an ideal environment for learning and growth. The well-equipped laboratories, library, and research facilities enabled me to deepen my understanding of my field and gain hands-on experience that has been crucial in preparing me for the future.

RIPANS has been instrumental in shaping my path, instilling in me confidence, knowledge, and a sense of direction. The college has not only educated me in the field of microbiology but has also taught me to be resilient, compassionate, and adaptable—qualities essential in today's ever-changing world.

To the administration, faculty, staff, and my fellow students, I extend my heartfelt appreciation. Thank you for creating an environment where dreams are nurtured, and potential is realized. RIPANS, you have made me who I am today, and for that, I will always be grateful.

As I look forward to the future, I carry with me the lessons, values, and memories from RIPANS, knowing that this institution will always hold a special place in my heart. Thank you, RIPANS, for everything you have given me.

*With deep gratitude,* Samir Moirangthem



# “THE DOUBLE-EDGED SWORD OF SOCIAL MEDIA”



Esther Lalrindiki

Roll No: 2325MMLSM002

2<sup>nd</sup> year in MMLS (Medical Microbiology)  
Department of Medical Laboratory Science.

Just a notification that unites all global being in a same page. A revolution that made its ways to connect, communicate and interact with the world. It has evolved into a powerful form that shapes identity, influences discussions, craft perception and values.

The social media are not mere social hubs but they are stages upon which young minds showcase their artistry, humour, intellect and opinion. This allows individual creativity, regardless of their geographical or social-economic background to share their unique perspective with the world. The rise of digital influencers and content creators, who has harnessed these platforms to build careers, underscores the transformative power of social media in redefining what it means to be successful in the modern age.

In a world that often feels fragmented due to workplace demands, educational pursuits, or family responsibilities, social media has become more than just a tool for staying in touch with friends and family. It is not just a tool for staying in touch with friends and family, they are getaway to discovering like-minded souls and engaging in social movement. Like the Arab spring, climate change activism, #MeToomovement and the horrendous rape cases. It has united nations as one to fight against injustice and restore humanity within communities.

Another perks about having social media is that it has become the go-to for learning, making education more accessible than ever. With just a click, you can explore anything from coding to philosophy. This shift in how knowledge is shared has put people of all ages in the driver's seat, letting them learn at their own pace and dive into subjects that traditional education might skip over.

Yet, beneath the surface of this perfect digital world lies a harsher reality. The curated perfection of lives portrayed on social media can be all bluffing resulting in breeding ground for anxiety, self-doubt, and depression, the constant comparison with idealized version of peers/influencers, coupled with the relentless pursuit of validation through likes and comment can harmone's self-esteem. Especially for youth, where its environment that teach them and validates them most, they are in a fragile process of forming their identities, may sometimes find themselves trapped in a vicious cycle of seeking approval in a world where appearance often overshadows substances. And also the psychological toll of cyber-bulling (famously knowns as troll) cannot be overstated, as the enonymity of the internal emboldens some to inflict harm with-out consequences.

Rumours has it that some people said that social media are engineered to be irresistible. The endless scroll, the dopamine rush from notifications and the adhere of instant gratification create a dependency that is difficult to resist or break. For most youth, this addiction manifests in the form of procrastination, sleep deprivation which results in poor academic performance. On contrary, the very plate-form design to connect and inspire can paradoxically lend to isolation and a diminished capacity for face to face or social interaction. The challenge is not using social media but in resistant the urge to let it consume one's life.

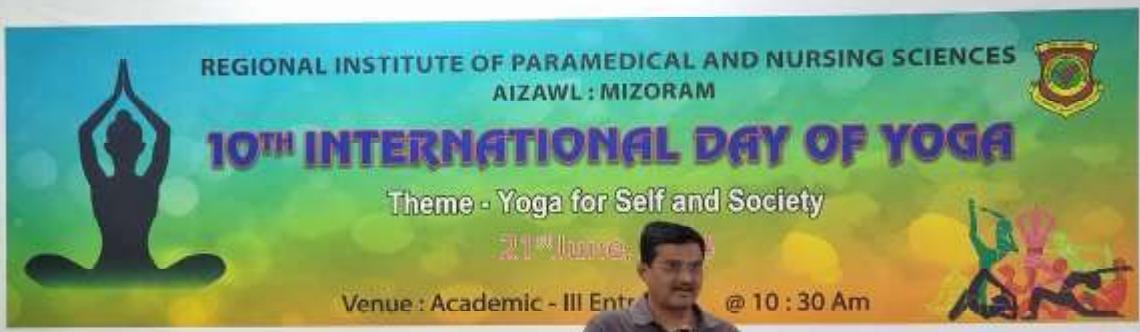
Another significant issue with social media is the spread of misinformation. It also harbours a darker side – the rampant spread of misinformation. In an era where falsehood can go viral faster than the truth, young people on the other sides are particularly vulnerable to being deceived or misled. The core issues lies with the algorithms that social media content. These algorithms often create “echo chamber,” reinforcing existing biases and distorting user’s perceptions of reality. Consequently, exposed to views that mirror their own, deepening their convictions which insulating them from different perspectives.

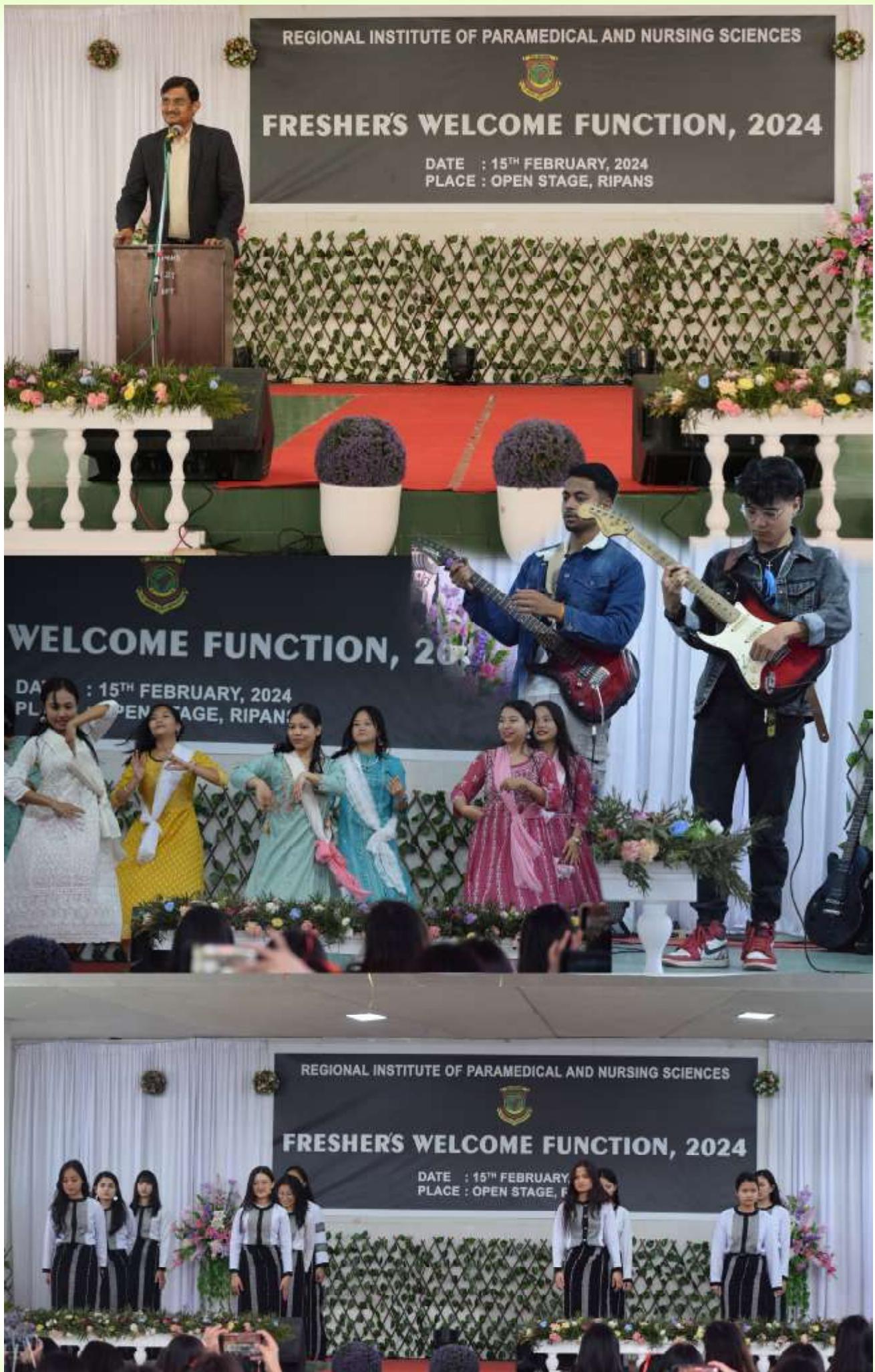
The repercussions of this are profound, impacting society and individual beliefs, these misinformation shapes or moulds political ideologies, influence public health decision and blurs the line between fact and fiction. This eventually cause the world to navigate where truth really lies and making an formidable challenges for people.

To navigate the complex world of social media, young people must be equipped with the tools of digital literacy meaning, they should not understand how to use it but to developed a critical thinking skills and mindfulness to distinguish between truth and falsehood, educational institutions have pivotal role to play in this regard. To teach how to analyse, evaluate and reflect on digital life. The youth must also encourage to the use social media as force for good deeds, which includes uplifting each other, to educate and inspire and also to spread awareness.

Social media with all its complexity and contradictions, it offers unparallel opportunity for creativity, connection and learning, yet it also has significant challenges to mental health, time management and misinformation. It is a journey that has both benefits and drawbacks, requiring a delicate balance between both consequences. Ultimately the power of social media lies not in the platform themselves, but in how we choose to wield them.









## HINDI DIWAS 2024







**Inauguration of National Center For Disease Control ,MIZORAM BRANCH(RIPANS) by  
Shri Mansukh Mandaviya,Union Minister of Health & Family Welfare,Govt of India on  
2.1.2024**





**MIZORAM NURSING COUNCIL INSPECTION 2024**



**INDIAN NURSING COUNCIL INSPECTION 2024**

## MIZORAM UNIVERSITY INSPECTION FOR-

1. Renewal of Provisional Affiliation to M. Pharm Program
2. Permission to start Bachelor in Physiotherapy Program
3. Permission to start PG Diploma in Nutrition and Dietetics Program

Date : 6<sup>th</sup> August, 2024 (Tuesday)

Chairman: Prof. Lakshminarsingh, Dean, MMBPS, Mizoram University  
Member: Dr. Paulina L. Vauchelawng, CMO (NLSG), Mizoram University  
Member: Dr. Praja Sharma, Dept. of Food Technology, Mizoram University  
Member: Prof. Lalbiakliui Hmarite, Director, CDE, Mizoram University  
Member: Mr. Lalaiapui, Joint Director (QAC), Higher & Technical Education Govt. of Mizoram



## MIZORAM UNIVERSITY INSPECTION 2024



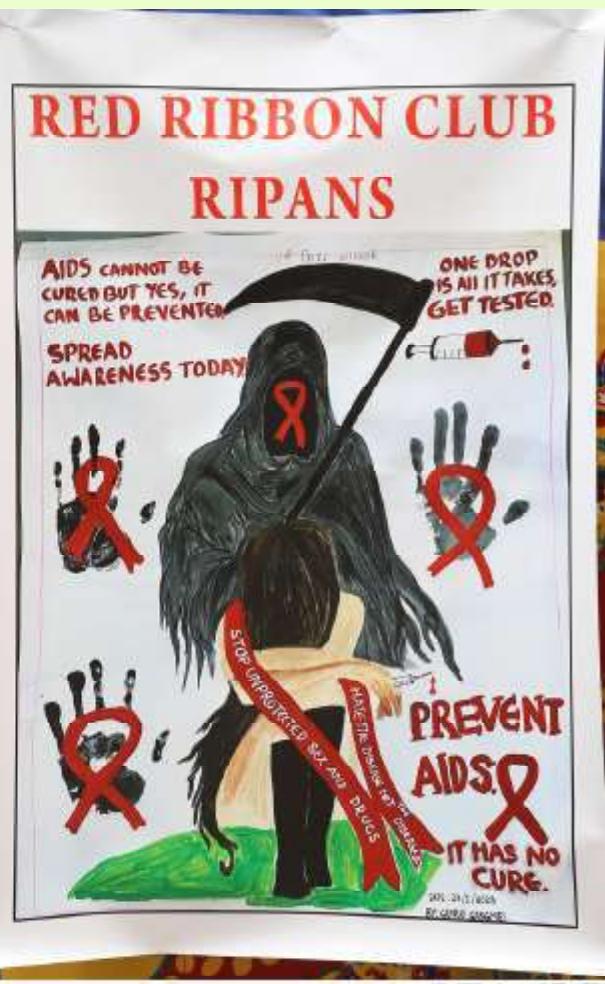
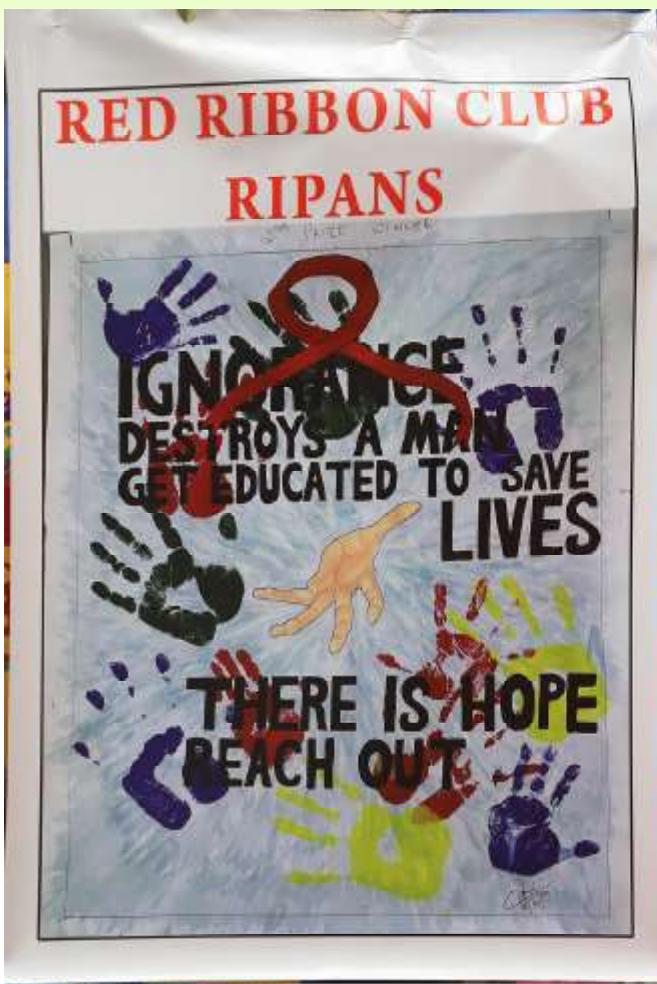


**VISIT OF PI LALRINPUII, HON'BLE MINISTER, H&FW,  
GOVT. OF MIZORAM**



## COMMEMORATION OF FOUNDATION DAY OF MANIPUR, MEGHALAYA, TRIPURA AT RAJ BAJWAN





## FIELD VISIT OF M.Sc NURSING



## GRADUATION AND LAMB LIGHTING CEREMONY 2023







## DEPARTMENT OF LABORATORY SCIENCE



**Teachers' Day Celebration**



**Celebrating World Laboratory Week by organising a One-day Free Clinic at Govt. Muthi Middle School and Mizoram Upa Pawl**



**Celebrating World Laboratory Week by organising a One-day Free Clinic at Govt. Muthi Middle School and Mizoram Upa Pawl**

## World Laboratory Week





**World Laboratory Day, 23<sup>rd</sup> April 2024**



**Interns, Educational Excursion to PGIMER, Chandigarh**



**Internee, Educational Excursion to PGIMER, Chandigarh**



**3rd year Recreational Outing**



**Farewell Celebration Post Graduate**

## AUTHOR OF YOUR LIFE

In the blank pages, your story awaits,  
With every choice, you wield the fates;  
Pen in hand, you craft the lines,  
Through storms and calm, your heart defines.  
You're the author of your life,  
Don't allow thoughts to flow seamlessly;  
If you feel you can't cope,  
Battle through it and hope as your guiding light.  
Don't just give up,  
But instead embrace the challenges with determination;  
Battle in darkness, where courage becomes your greatest ally,  
Until you emerge radiant.  
Don't leave your story unwritten,  
With words that echo your pain;  
You can transform sorrow into strength and resilience,  
For every journey begins with the courage to move forward.  
Find resilience in every moment,  
Carry on your story with unwavering faith;  
Know that each chapter begins with new possibilities,  
As it drives you to achieve your dreams.



Rokotonuo Rote  
MMLS 1<sup>st</sup> Semester  
Medical Microbiology

## BEING HOME

For sure,  
Metropolitan dreams are real.  
Being-at places, where home is far away,  
Living *vida loca*.  
  
Yet,  
Merely Existing in this place I call home –  
is - Something, I wouldn't trade anything for.  
Waking up to cooked meals - Father's joy and Mother's smile,  
*Blood is Blood.*



B. Lalremruati  
B.Sc. RIT  
3<sup>rd</sup> Semester

Some cloudy days don't define us  
And, neither happy days too.  
Maybe, that's home,  
Where the chaos is calming,  
Where the world seems fine,  
Where.... *I find and re-find myself.*

## DEALING WITH GRIEF

Sitting at the bus stop was kind of relaxing,  
The thought of waiting for something;  
Which I was sure would come,  
*A gentle whisper of assurance.*



Alfred Vansangpua  
B.Pharm, 3<sup>rd</sup> Semester

It was as if I was just existing;  
no burdens, no worries,  
I was just there, sitting,  
*Between the threshold of realities—*  
Where nothing mattered,  
other than waiting for the bus.

For, I know the feeling  
of waiting for something,  
Which I'm sure will never come,  
*I knew you'd never come back.*

*And maybe one day,  
I'll ride the same bus you did;  
And meet with you at heaven's gate,  
and there, all will be well.*

## ESSENCE

Flowers are flowers because they fall, but the wind,  
It carries their essence, their stories to no end.



Doungul Thanggoulun Haokip  
Department of BmRit  
1<sup>st</sup> Semester

It whispers their secrets, their fragrance it bears,  
Guiding it throughout the open air.

Through lands it once dwelt and places beyond one's ken.  
The wind carries their spirit, never asking why.

It sings their melodies, a mournful song,  
As the fallen flowers continue to belong.

For flowers may fall, but their essence remains,  
In the whispers of the wind, their tale sustains.

## Entwined Hearts : a RIPANS Journey



In the Northeast's vibrant tapestry, eight hearts entwined,  
A four-year journey began, at RIPANS, where dreams aligned.  
New surroundings, new faces, and fresh air to breathe,  
Mizo cuisine's vibrant taste, with culture underneath.

Marvelous roads, a sight to behold,  
Then came the corona wave, and online classes to unfold.  
But in the second year, faces became familiar and dear,  
Classmates' names pronounced with care, and friendships started to appear.

Teachers' efforts guided us through,  
The third year brought us closer too. With memories of  
Tezpur, laughter, and cheer, And times at  
Kulikawn we hold so dear.  
Unity's bond strengthened, in every laugh and every tear,  
A journey to treasure, through every moment, every fear.

The final year, a Delhi trip, and SNA victory to cheer,  
Learned to cry, to laugh, to live, and to hold dear,  
Friendship bonds, a treasure trove,  
Clinical duties, tired, yet ready to rise above.  
In Civil Hospital's wards, we walked with care,  
Day and night, our clinical duties we shared,  
Tired, yet ready to rise above,  
With every patient's smile, our hearts filled with love.

Late-night movie shows, noodle parties, and Zemabawk strolls,  
Melody's serenade, and traditional flavors that made our souls whole,  
Eight states' cuisine, a symphony of taste,  
Unity's bond, a flower that bloomed, leaving memories to amaze.  
Mizo people's simplicity, Mizoram's welcoming heart,  
Left an indelible mark, a flower that will never depart,  
A journey to remember, a story to share,  
Eight hearts entwined, a bond beyond compare, forever in RIPANS care.

Juri Malakar  
B.Sc. Nursing  
(2020-2024)

## “ETERNAL ECHOES OF RIPANS”

When twilight whispers on RIPANS' grounds,  
A quiet magic softly surrounds.  
Evening paths, where shadows play,  
Guide hearts to memories where they stay.  
In the canteen's warm, inviting space,  
Steam rises like a gentle embrace.  
Tea shared among friends, laughter flows,  
A simple comfort that gently glows.  
Under the stars, late-night secrets soar,  
On benches where dreams begin to explore.  
Plans and whispers fill the night air,  
In the stillness, a world laid bare.  
Parafest burst with life's vibrant hues,  
Music and color in a joyful fuse.  
Banners dance and spirits lift high,  
Underneath the bright, star-filled sky.  
Games and laughter light up the days,  
In friendly rivalry and jubilant ways.  
Stage lights beam, and crowds convene,  
In moments of pride, where hearts are seen.  
Through the strain of exams and deadlines near,  
Golden moments shine crystal clear.  
In every shared cup and festive cheer,  
The soul of RIPANS draws near.  
In the quiet of twilight, in the fervor of the fest,  
We find our place, we find our best.  
RIPANS is where our stories blend,  
Golden memories that never end.  
In each dawn's promise, in each twilight's grace,  
RIPANS holds a cherished place.  
A realm where dreams and friendships thrive,  
In golden days, where we come alive.



Samir Moirangthem  
M.Sc MLT in  
Medical Microbiology  
2022-2024 Batch

## FLOWERS ARE FLOWERS

Flowers are flowers because they fall, but the wind,  
It carries their essence, their stories, to no end.

It whispers their secrets, their fragrance it bears,  
Guiding it throughout the open air.

Through lands it once dwelt and places

beyond one's ken.

The wind carries their spirit, never asking why.

It sings their melodies, a mournful song,  
As the fallen flowers continue to belong.

For flowers may fall, but their essence remains,  
In the whispers of the wind,  
their tale sustains.



Doungul Thanggoulun Haokip ,

1<sup>st</sup> Semester

Dept. of Bachelor of Radio Imaging Technology



Khulpuwa Komaning Maring  
VII Semester  
Bachelor of Pharmacy

## MY LITTLE CLOCK

Ticking of clock begins the moment I sat foot,  
The sunbeam on the glasses begins the day  
Then set out hastily for grades:  
Trials and difficulties come, yet passes with time  
Magnificent view of the city, calls the day off.

Ticking of clock reminds getting closer to end,  
'Golden hour' of yellowish red captivates hearts  
Footprints live longer than my body:  
Little ones will walk on our prints  
Skyglow of city tells us we are home.

## LYRICAL LIFE-LIKE

The different shades of life-Album  
With the lyrics that cannot be fathomed.  
Expressions of joy, emotion, and sadness that conjure  
And sometimes lyrics that dedicates our loved ones we adore.  
As we live, learn, love and hate;  
It is impossible to escape our paradoxical fate.  
For we own the lyrics we create  
And so, it will definitely inflate.  
Though the lyrics we scribble will be arduous to comprehend.



B. Muthiam  
1<sup>st</sup> Year Master of Pharmacy

For now\_ as we compose and form the perfect words that suits;  
We do live a lyrical life-like those tributes.  
Every day as we wake from our rest,  
We confide ourself with the new promises to live our best.  
The not so perfect compilation of the sets of lyrics-  
The love stories, the great lessons and the great testimonies  
The hardships, the experiences and the unceasing memories  
For neither do I, nor you could escape the thorny path.

Acclaiming the setbacks of life;  
For we could manage to capture some blues in our strife-  
With little of weariness, and more of faith.  
With little of hate, and more of love.  
And for sure;  
It will reassure with new tomorrow as we unleash our ballad,  
Saying; “I have lived this lyrical life”.

At the new dawning,  
We will be winning.  
For we have composed our own lyrics according to the ground we have been bestowed upon...  
Alas! We will be remembered as they reckon.  
The little glimpse of us will be left behind,  
In the album of life we have designed.  
I suppose, at another dawning  
They shall be winning.  
For one day we will be no more.

## NOT EVERY RAIN COMES WITH A RAINBOW

I was glad to see the rain coming,  
Hoping maybe the weather  
might turn better if it rains,  
And so, it rained, heavily.  
Taking in every drop, thinking—  
“Finally, things will get better”.



Alfred Vansangpuia  
B. Pharm, 3<sup>rd</sup> Semester

Soaking wet, I looked to the far mountains,  
I heard of them saying,  
“Every rain comes with a rainbow”.  
So, I waited, and waited for a long time;  
But I could see no colors,  
Just somber clouds, and the sky filled with grey.

So, I slowly learned;  
*Maybe not every rain comes with a rainbow,  
And perhaps, that is okay.*  
*Maybe not the rainbow,  
but the quiet after,  
the peace, the petrichor, the tranquility.*



Ashangbam Rohit Singh,  
5<sup>th</sup> Semester B.Sc.  
Medical Laboratory Science

## PROUD TO BE MLT

*In the lab, where tests unfold,  
We're the MLTs, brave and bold.  
With pipettes, tubes, and gloves so clean,  
We tackle samples, unseen, and keen.*

*From blood to urine, we test it all,  
In our lab coats, we stand tall.  
We spin and mix, and sometimes wait,  
For results to come and seal our fate.*

*The microscope is our trusty friend,  
Through lenses, our eyes carefully send.  
We count and measure, look at slides,  
In the world of science, where truth abides.*

*When results are tricky, or things go awry,  
We laugh and say, “Oh, my, oh my!”  
We double-check and try once more,  
To get the data that we adore.*

*So here's to us, the MLT crew,  
With our skills and knowledge, we see it through.  
In the lab, where we work and play,  
We make a difference, day by day!*

## PERSPECTIVE, INTEGRITY AND LISTENING

I have the right to see fine in every color.  
We are all made up of atoms anyway.  
*You learn to swim by jumping in the water.*  
Sometimes, you have to stop and smell the roses,  
Even if you come in last.  
*If you have faith as small as a mustard seed,*  
*You can move mountains.*



L. Lalruatdika

5<sup>th</sup> Semester

B.Sc Radio Imaging Technology

A man with one watch knows what time it is,  
A man with two watches is confused.  
You wouldn't eat the fruit the day you plant the seed.  
*What are we, but wanting-willing creatures?*  
Now, how I see you depends on your ability to listen—  
Listen against your favored view.  
*Be it Trinitarianism, Oneness,*  
*or even Unitarianism,*  
How much effort would you put into listening  
and engaging against your beliefs?

Whatever it may be, what's potential to you?  
Integrity is a potential I want to reach its peak.  
I like those with decency, *even if it's basic—humane.*  
Frame of reference— yes, that's the key.  
*The Ferrari among the Marutis—*  
*Pick me. No.*  
*Choose me. Maybe.*  
*Love me. Yes.*  
*Courage and confidence*  
*leads to good decision-making*



Melina Thapa  
5<sup>th</sup> Semester  
B.Sc Radio Imaging Technology

## OWNING THE ABYSS

The place I am, starts to feel cold  
The tears I seek sought to be sealed;  
Lucky are those, whose eyes find tears  
Like the silver stream it cleanses.

Fortunate are those who own their own soul  
As for the shadow me;  
Dare not lift my Gaze  
For I am not ready to face  
What those lenses shall reveal.

## TERROR AGAINST CHILDREN

God, It's Me

God, it's me, born to see your wondrous creation,  
Not to suffer under human invasion.  
God, it's me, in your divine institution,  
Where humanity fades into an illusion.



William Boro  
3<sup>rd</sup> Semester  
Master in Pharmacy

I was destined to hear heaven's strings,  
Not to tremble with fear when the doorbell rings.  
God, it's me, your fearless boy,  
Tossed aside like a broken toy.

I was born to live under a crown's shade,  
Not to face a blade that seals my fate.  
God, it's me, your princess once blessed,  
What does my lifeless body confess?

I was born to fulfill my parents' dreams,  
Not to curse them with these painful screams.  
God, it's me, can you hear my plea?  
Please, set my spirit free.

## THE LIGHT OF HER RAYS

A *good* man,  
Grace in his eyes, a *heart of gold*.  
Lived in peace, watering his garden of thoughts,  
*And beauty bloomed*,  
*a glimmering sight of wisdom they bore*.  
A lingering scent to those lucky enough to walk by.



L. Lalruatdika  
5<sup>th</sup> Semester B.Sc. RIT

His mind drifted at the thought of the girl,  
in her pretty yellow dress,  
*Like a sunflower, sun-kissed and bright*,  
A void he wished she'd *fill*  
*with that yellow sparkled beauty*.  
Lost was he, *in the beauty of her rays*.  
*Begging to hold the sunflower*  
*who forever chooses the sun*.

## WORLD'S TREASURE



Lalrohlui  
1<sup>st</sup> Semester, BMLS

Beautiful are the Innocents  
With pure heart like pure gold;  
Shining and reflecting.  
Predators and wicked may appear but they,  
Gentle like the raindrops  
Sliding on white roses pot,  
Know nothing of the evil's plot.

Pure and naïve, young and bright in spirit.  
Whenever and wherever go they may,  
As if free of any worries,  
Like there always with be silver linings,  
Smile oh so brightly, always!  
I say, of all characters,  
They are the most magnificent.





## INDEPENDENCE DAY CELEBRATIONS AT RIPANS 15.8.2024





**Farewell 25<sup>th</sup> Batch B.Sc. Nursing**



**Farewell 1<sup>st</sup> Batch M.Sc. Nursing**





**ACADEMIC BLOCK**



**PG HOSTEL      STAFF QUARTERS**



**RIPANS HOSPITAL**