SMU SIKKIM MANIPAL UNIVERSITY

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



GOOD HEALTH AND WELLBEING DATA SIKKIM MANIPAL UNIVERSITY



Sikkim Manipal University

SDG 3: Good Health and Wellbeing

SIKKIM MANIPAL UNIVERSITY

THE Impact Rankings 2027

SDG 3: GOOD HEALTH AND WELLBEING

1. Introduction

SMU Good Health & Wellbeing of the Society is one of the priorities of SMU and its teaching Hospital Central Referral Hospital. The following are the initiatives that has been taken by SMU & its constitute unit for promoting Good Health & Well Being of Society.

2. Collaborations with local, national or global health institutions to improve health & wellbeing outcomes

SMU, through it constituent unit Sikkim Manipal College of Physiotherapy (SMCPT), collaborates with local and national organisations to support health and well-being. The collaboration with Khelum Foundation, Gangtok, envisages physiotherapy services, student clinical postings, practical exposure and joint projects. The agreement with Swami Vivekananda National Institute of Rehabilitation and Training Research (SVNIRTAR), Odisha, promotes academic cooperation, clinical training and student exposure to rehabilitation of chronic disabilities, including prosthetics, orthotics and splinting. SMU's collaboration with the Regional Ayurveda Research Institute (RARI), under CCRAS, Ministry of AYUSH, envisages clinical and Ayurveda research, medicinal-plant studies, training and scientific exchange. These partnerships aim to strengthen rehabilitation and healthcare. Also help in framing policies on TB- related polices at local level.

The details of the MOUs are mention in Annexure-I

3. Community Health Outreach Programmes and Initiatives for Promoting Health and Well-being

Sikkim Manipal University (SMU) regularly conducts community outreach programmes to promote health and well-being through its constituent units, including SMIMS, Sikkim Manipal College of Nursing (SMCON), and Sikkim Manipal College of Physiotherapy (SMCPT). Activities include free health camps, medical screening, health education, blood donation, mental health awareness, nutrition and anaemia awareness, menstrual hygiene, sanitation, personal hygiene, HIV prevention, and healthy lifestyle promotion. Nursing students organise school and community health programmes, while NSS volunteers conduct awareness campaigns, cleanliness drives, yoga sessions and special camps in adopted villages. The University also undertakes rehabilitation outreach, elderly care initiatives, and sports and physical fitness activities. These programmes engage students, faculty and healthcare professionals in community service, preventive healthcare and health education, contributing to improved health awareness and well-being among local communities.

Community Health Outreach Programmes and Initiatives for Promoting Health and Well-being

WORLD PHYSIOTHERAPY DAY

Sikkim Manipal College of Physiotherapy (SMCPT) commemorated World Physiotherapy Day with the theme "Healthy ageing, with a focus on preventing falls and frailty" organizing a Mega Health Camp on 13 September 2025 at Ahopul Kishan School.

In addition to Physiotherapist other specialities like Medicine, Paediatrics, Dental, Surgery, OBG, Orthopaedics, ENT, Ophthalmology, Cardiology, and Pharmacy were also available for the overall health check-up of the visitors.

22 senior citizens government-operated Old Age Home located in Ranipool, East Sikkim visited the camp for thorough assessment including their Body Adiposity Index (BAI), height and weight measurements, and their caretaker was provided with comprehensive information on their health status.

A total of 302 residents from Aho participated in the health camp, seeking medical attention for a wide range of ailments. Among the attendees, approximately 100 students from Ahopul Kishan School received specialized care, including vision examination, ENT, general paediatric assessments, and dental check-ups.




Gynecology


SUPER
GPS Map Camera
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13/09/2025 11:12 AM GMT +05:30
Google

VISIT TO OLD AGE HOME, JALIPOOL

On the **90th birthday** of Founding Pro Chancellor **Padmashree Dr. Ramdas M. Pai**, the NSS volunteers of **Sikkim Manipal College of Physiotherapy (SMCPT)** organized a heartfelt Community Service activity at the Old Age Home in Jalipool on 17 Sept 2025. The initiative aimed to foster community engagement, promote intergenerational bonding, and bring joy to the elderly residents.

The visit began with a **cleanliness drive** where volunteers actively participated in tidying up the premises, ensuring a hygienic and pleasant environment for the residents. Following this, the volunteers engaged in meaningful interactions with the elderly, listening to their stories and sharing moments of warmth and companionship.





Comprehensive Health Camp

On 9th October 2025, Sikkim Manipal Institute of Technology (SMIT) a constituent unit of Sikkim Manipal University hosted a comprehensive Health Camp in collaboration with the Integrated Counselling and Testing Centre (ICTC), District Hospital, Singtam, under the guidance of the Sikkim State AIDS Control Society (SSACS) to promoting health awareness and free screening for the community.

A wide range of free medical tests were offered, including HIV, Hepatitis B and C, Syphilis, Random Blood Sugar, and Blood Pressure, ensuring thorough screening for various health risks. The camp was conducted by a specialized team led by Dr. Karma Paldin Lepcha.

Number of beneficiaries= 150


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Majitar, Sikkim, India
5gm2+274, Girls' Hostel Driveway, Majitar, Sikkim 737136, India
Lat 27.182564° Long 88.500696°
09/10/2025 12:47 PM GMT +05:30
Google


GPS Map Camera
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5gm2+274, Girls' Hostel Driveway, Majitar, Sikkim 737136, India
Lat 27.182554° Long 88.500688°
09/10/2025 12:43 PM GMT +05:30
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6.1 Mass Health Awareness Programme

Sikkim Manipal College of Nursing, SMU organized Health Camp and Mass Awareness Program at Rawtey Rumtek village on 25 September 2025.

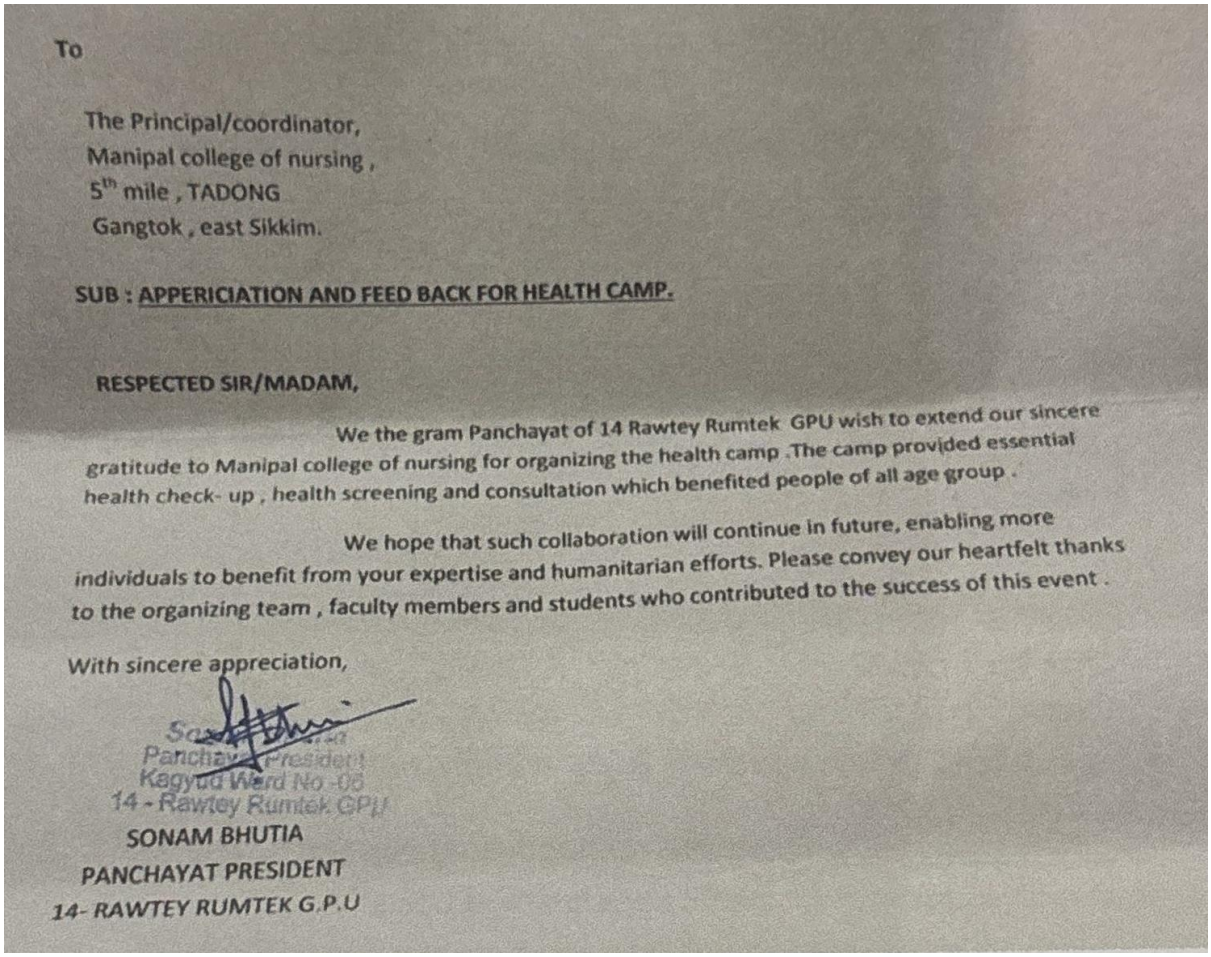
Topic: Prevention and Management of Non-Communicable Diseases

Number of participants: 200





Appreciation letter from Panchayat president, Rawtey Rumtek



To

The Principal/coordinator,
Manipal college of nursing ,
5th mile , TADONG
Gangtok , east Sikkim.

SUB : APPERICIATION AND FEED BACK FOR HEALTH CAMP.

RESPECTED SIR/MADAM,

We the gram Panchayat of 14 Rawtey Rumtek GPU wish to extend our sincere gratitude to Manipal college of nursing for organizing the health camp .The camp provided essential health check- up , health screening and consultation which benefited people of all age group .

We hope that such collaboration will continue in future, enabling more individuals to benefit from your expertise and humanitarian efforts. Please convey our heartfelt thanks to the organizing team , faculty members and students who contributed to the success of this event .

With sincere appreciation,

Panchayat President
Kagyad Ward No -06
14 - Rawtey Rumtek GPU

SONAM BHUTIA
PANCHAYAT PRESIDENT
14- RAWTEY RUMTEK G.P.U

WORLD NO TOBACCO DAY AWARENESS PROGRAMME

Topic of the Event: Health Awareness Programme on World No Tobacco Day – "Bright Products. Dark Intentions. Unmasking the Appeal."

Date: 31 May 2025

Venue: Level 3, Central Referral Hospital (CRH), Manipal, 5th Mile, Tadong, Gangtok, Sikkim.

Nursing Foundations Department, in collaboration with Second Semester B.Sc. Nursing students, Sikkim Manipal College of Nursing (SMCON), Sikkim Manipal University (SMU) organized Health Awareness Programme on World No Tobacco Day – "Bright Products. Dark Intentions. Unmasking the Appeal."

Objective of the Programme was to create awareness about the harmful effects of tobacco use, educate the public about deceptive tobacco marketing strategies, highlight tobacco-related diseases, and encourage informed choices to promote a tobacco-free society.

The programme featured a skit, motivational slogan chanting, poetry recitation, health education and a quiz competition to enhance awareness and assess participants' understanding of tobacco-related health risks.

300 participants included faculty members, hospital staff, nursing students and members of the public.

Sharing Sports Facilities with the local community,

SMU provides free access such as basketball ground, badminton court and football field and walking arena free of access to common public where as

nominal chares are charged for gym, swimming and other facilities considering its maintenance

Glimpses of such shared facilities





5. Student Access to Sexual and Reproductive Healthcare and mental health Support

Sikkim Manipal University (SMU) places strong emphasis on the health and wellbeing of its students as a key component of sustainable campus life. In alignment with Sustainable Development Goal 3: Good Health and Wellbeing, the university ensures that all students have access to sexual and reproductive health-care services, as well as continuous information and educational programs to promote awareness, prevention, and responsible behaviour. These services are delivered through SMU's on-Teaching Central Referral Hospital (CRH) and psychological support Cell in coordination with the Students Affaire Office.

Sikkim Manipal University provides students with access to mental health support through counselling mentoring and students welfare services. Students can seek guidance form faculty mentors, teacher Guardian and designated university personnel, for personal, emotional and academic concerns. The University also conducts mental health awareness programmes and workshops to promote emotional well-being and encourage students to seek help. The

publication and distribution of the “Feel, Deal, Heal” booklet further supports mental health awareness by helping students understand emotions, cope with stress and adopt healthy strategies for managing psychological challenges. Grievance redressal mechanisms provide additional support for student concerns. These initiatives aim to create a safe, inclusive and supportive learning environment.

5.1 Launch of Student Mental Health Booklet “Feel. Deal. Heal.”

Sikkim Manipal University (SMU), in collaboration with the Department of Psychiatry, Sikkim Manipal Institute of Medical Sciences (SMIMS), launched the student mental health booklet “Feel. Deal. Heal.” on 25 June 2025. The booklet provides practical guidance on recognising and managing stress, anxiety, depression and burnout, along with mindfulness-based coping strategies, Acceptance and Commitment Therapy (ACT), and information on mental health support services and helpline numbers. The initiative aims to promote emotional well-being, resilience and a supportive campus environment. The programme also featured a poster competition on the theme “Strong Minds, Open Hearts, Connected Campus” and the inauguration of the extended Psychiatry Outpatient Department (OPD), strengthening SMU’s commitment to student mental health and well-being.



For More Details: https://www.smu.edu.in/admin/photo/1/annoncement/91.pdf

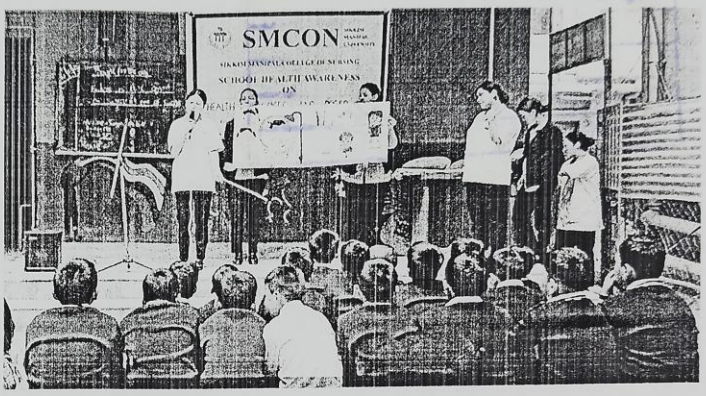
The Details also attached as Annexture II

5.2 SMCON a constituents units organised awareness program on POSCO

SIKKIM EXPRESS
Date:12/03/2025 Day –Wenesday Pg. No. – 02

SMCON nursing students organises awareness programme on POCSO Act

SE Report



GANGTOK, March 11: The 8th semester B.Sc. Nursing students from Sikkim Manipal College of Nursing (SMCON) organised a school health awareness programme on the topic "Health Practices and POCSO Act" at New Horizon School, IBM, Rangpo today. The programme was attended by around 40 students from classes IV and V, along with seven teachers and the principal.

The programme began with an educational health talk delivered by the SMCON students on health and hygiene practices and the POCSO Act, informs a press release.

During the session, the students provided valuable information on various types of hygiene practices, including dental hygiene, hand hygiene, personal hygiene, and environmental hygiene. They also imparted knowledge about the history of the POCSO Act, educating the children on good touch and bad touch to raise awareness about child safety. To assess the audience's understanding of the topics, a quiz was conducted, and small tokens of appreciation were awarded to the participants.

The principal of New Horizon School appreciated the efforts of the SMCON students in organising the awareness program and emphasised the importance of such initiatives in educating young minds. He also encouraged the students and extended best wishes to the 8th semester students for their future endeavours, the release adds.

DOCUMENTED BY

- V.C OFFICE, SMU
- DEAN OFFICE, SMIMS
- REGISTRAR, SMU
- H.R HEAD, SMU
- PRO, SMU
- DOR, SMU
- SMCON

Head Librarian
Head Librarian
SMIMS, Central Library, SMU
5th Mile Tadong, Gangtok

5.3 MASS AWARENESS PROGRAMME ON MENTAL HEALTH, MYTHS, STIGMA AND STRESS MANAGEMENT

Sikkim Manipal College of Nursing (SMCON), Sikkim Manipal University (SMU), Tadong, organised a mass awareness and psychoeducation programme on mental health, myths, stigma and stress management on 20 February 2025 at Nepali Dharmasala, Singtam, Sikkim. The programme aimed to educate the local community about mental health issues and effective stress management techniques. The event was graced by Mr. Pankaj Rai, West Pendam Panchayat, as the chief guest, along with psychologist Ms. Sonam P. Tongden from District Hospital Singtam. First-year MSc Nursing students of SMCON performed a thought-provoking skit highlighting mental health, common myths, stigma and stress management, under the guidance of SMCON Principal Prof. Champa Sharma and Associate Professors Ms. Prerna Karki, Ms. Shrijana Pradhan and Mr. Nazung Lepcha. Community members of Singtam, including members of a self-help group from Chuwatar, attended the programme. Additionally, first-year MSc Nursing students delivered an informative talk on the importance of mental health awareness and practical stress management techniques. The initiative reflected SMU's commitment to promoting mental health awareness and well-being within the local community.

SIKKIM EXPRESS
Date:26/06/2025 Day – Thursday Pg. No. – 02

SMU launches student mental health booklet Feel.Deal.Heal

SE Report

GANGTOK, June 25: In a major initiative toward promoting mental wellness, Sikkim Manipal University (SMU), in collaboration with the Department of Psychiatry at Sikkim Manipal Institute of Medical Sciences (SMIMS), launched a comprehensive student mental health booklet titled Feel.Deal. Heal today.

The booklet aims to serve as a practical and accessible guide for students to understand, process, and manage common mental health challenges, informs a press release.

It covers early signs of stress, anxiety, depression, and burnout while offering coping strategies based on principles of mindfulness and Acceptance and Commitment Therapy (ACT). It also lists professional mental health resources available both on and off campus.

Co-authored by Dr. Harshavardhan and Dr. Geeta Soohinda, associate professors in the Department of Psychiatry, SMIMS, the booklet will be freely accessible to students, staff, and the general public through the official SMU website.

Copies will also be distributed via campus wellness centers and academic departments.

The launch event was held at the SMIMS campus and was formally inaugurated by AVM (Dr.) Dilip Chandra Agarwal, VSM (Retd), vice chancellor of SMU.

Addressing the gathering, Dr. Agarwal underlined the importance of emotional well-being in academic life: "At Sikkim Manipal University, we've always believed that real education goes beyond lectures and exams. It's about developing resilience, empathy, and wisdom.

The Feel.Deal.Heal. guide is more than a resource—it's a reminder that emotional well-being is as essential as academic success," he added.

SMIMS pro vice chancellor and dean Dr. Muralidhar V. Pai echoed this sentiment, urging students to seek help without hesitation.



"Seeking psychiatric help is a sign of strength, not weakness. This booklet is a heartfelt effort to walk with students on their mental health journey, offering strategies rooted in science to build resilience and stay connected to what truly matters."

Department of Psychiatry head Prof. (Dr.) Sanjiba Dutta highlighted the alignment of the initiative with University Grants Commission (UGC) directives on student mental health and the institute's role in supporting student well-being.

In her address, co-author Dr. Geeta Soohinda highlighted the need to promote a culture of holistic well-being. She also spoke on the key themes of the booklet, especially interpersonal issues, and included important helpline numbers for mental health support.

The event also saw participation from senior university officials, including registrar Prof. (Dr.) Karma Sonam Sherpa, SMIT director Dr. G.L. Sharma, COO (CRH) Subhendu Prakash, and deputy medical superintendent Dr. Mohonish N. Chettri. Undergraduate students contributed creative expressions in a poster competition on the theme 'Strong Minds, Open Hearts, Connected Campus.'

Earlier, the vice chancellor inaugurated the newly extended wing of the Psychiatry Outpatient Department (OPD) at SMIMS.

Dr. Sanjiba Dutta noted that the expanded facility was designed to improve patient handling and maintain confidentiality, keeping pace with rising awareness and demand for mental health care.

Importantly, Dr. Dutta also announced that the department is in the process of introducing Repetitive Transcranial Magnetic Stimulation (rTMS)—a non-invasive treatment for psychiatric disorders.

Once operational, SMIMS will be the first hospital in the entire Northeast region to offer this cutting-edge therapy.

These twin initiatives mark a substantial step in SMU's broader commitment to building a healthier, more compassionate academic environment while simultaneously strengthening mental health infrastructure in the region, the release mentions.

Tamang
DOCUMENTED BY
- V.C OFFICE, SMU – Pravin 26/6/25
- DEAN OFFICE, SMIMS

5.4 World Mental Health Day 2025

Sikkim Manipal College of Nursing (SMCON), Sikkim Manipal University (SMU), observed World Mental Health Day 2025 on 9–10 October 2025 to raise awareness about mental health and promote emotional well-being among students. The programme was organised at Palzor Namgyal Girls Senior Secondary School, Gangtok, Sikkim, in alignment with the global theme, "Access to Services – Mental Health in Catastrophes and Emergencies." On 9 October, fifth-semester B.Sc. Nursing students organised a poster competition to highlight the importance of mental health during emergencies and disasters, encouraging creativity, empathy and advocacy for mental well-being. On 10 October, M.Sc. Nursing students of SMCON performed an informative skit highlighting the importance of mental health support during emergencies and disasters, followed by a health education session to enhance awareness and promote mental well-being among students and teachers. The programme was attended by the school's principal, vice-principal, teachers and 127 students, whose active participation contributed to its success. The initiative helped students understand the importance of mental health, empathy and seeking professional help during distress, reflecting SMU's commitment to promoting mental health awareness and community well-being.

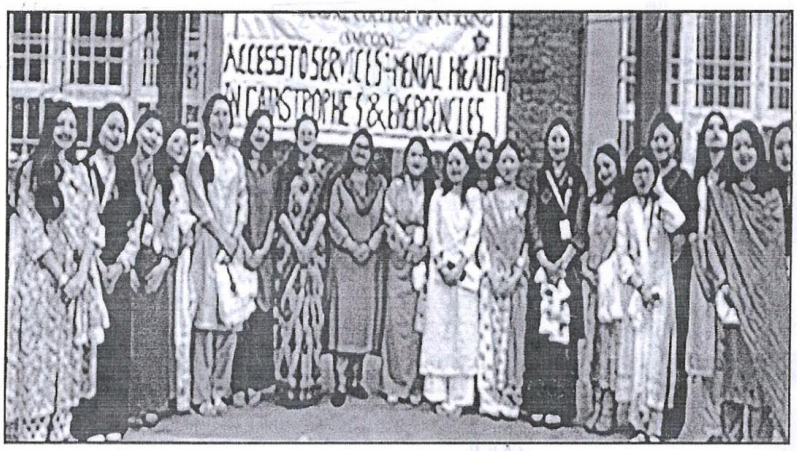
Sikkim Manipal College of Nursing (SMCON) observed World Mental Health Day on 9–10 October 2025 to raise awareness about mental health and well-being.

SIKKIM EXPRESS

Date:11/10/2025. Day- Saturday Pg. No. – 0

World Mental Health Day 2025 observed by SMCON

SE Report



GANGTOK, October 10: World Mental Health Day 2025 was observed on October 9-10 with great enthusiasm and commitment to raising awareness about mental health. This year's global theme was "Access to Services - Mental Health in Catastrophes and Emergencies."

The celebration began on Day 1 (October 9) with a poster competition organized at Sikkim Manipal College of Nursing (SMCON), where the 5th semester B.Sc. Nursing students actively participated. The students created impactful posters to spread awareness and visually depict the importance of mental health during emergencies and disasters. The competition aimed to encourage creativity, empathy, and advocacy for mental well-being, a press release informs.

Day 2 (October 10) marked the main event at Palzor Namgyal Girls Senior Secondary School, Gangtok. A meaningful skit highlighting the importance of mental health support during emergencies and disasters was performed by the M.Sc. Nursing students of Sikkim Manipal College of Nursing under Sikkim Manipal University.

This was followed by an informative health education session to enhance awareness and promote mental well-being among students and teachers.

The event was graced by the principal, vice principal and teachers of Palzor Namgyal Girls Senior Secondary School, along with 127 students who actively participated in the program. Their enthusiastic involvement made the event more impactful and meaningful.

World Mental Health Day 2025 at Palzor Namgyal Girls Senior Secondary School served as an important platform to raise awareness and inspire action. Through the skit and interactive session, students learned the significance of mental health, empathy, and the importance of seeking help in times of distress.

The school authorities expressed their appreciation to SMCON for their valuable efforts and contribution in spreading mental health awareness among students, the release mentions.

DOCUMENTED BY

- V.C OFFICE, SMU
- PRO V.C & DEAN, SMU
- REGISTRAR, SMU
- IQAC, SMU
- PRO, SMU

Head Librarian
Central Library, SMIMS

Dr. Rajnish Trivedi
Head Librarian
SMIMS, Central Library, SMU
5th Mile Tadong, Gangtok

SMIMS Hosts Core Committee Meeting of the Tuberculosis Task Force to Strengthen TB Control Initiatives

SIKKIM EXPRESS

Date:09/05/2025 Day - Friday Pg. No. – 03

Tuberculosis task force meets at SMIMS to strengthen committee and discuss TB-related activities

SE Report

GANGTOK, May 8: A core committee meeting for tuberculosis was held today at Sikkim Manipal Institute of Medical Sciences (SMIMS) conference hall. The meeting aimed to strengthen the committee and discuss various TB-related activities, informs a press release.

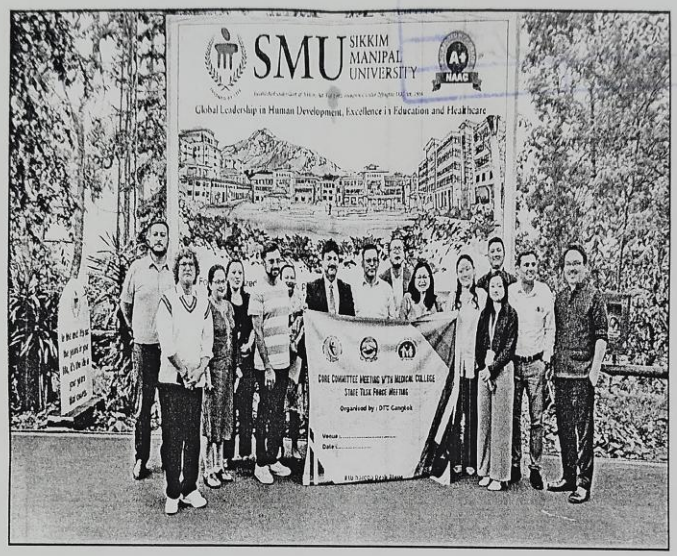
The meeting was attended by SMIMS dean, State TB officer from the State TB Cell, deputy State TB officer, district TB officer from District TB Centre, Gangtok, and IRL director. HODs of various departments from SMIMS and officials from DTC Gangtok were also present.

Gangtok DTO Dr. Aruna Pradhan presented a comprehensive report on the medical college's performance, highlighting key areas such as notification, paediatric cases, and other essential components.

State TB officer Dr. Nagendra Gurung provided valuable insights into the role and responsibility of the State Task Force, emphasizing the need to further strengthen the committee. Dean, Dr. Muralidhar V. Pai, assured full cooperation and collaboration from the medical college.

A significant development from the meeting was the decision to form a TB Youth Forum at the Nursing College, which will advocate for TB-related activities under the mentorship and guidance of DPC Nuraj Pradhan. The DPC provided detailed information on how TB Youth forums work and their strategies.

The meeting concluded with a felicitation ceremony, where the dean was honoured by the STO for being a Nikshya Mitra and supporting a patient with nutrition (food basket). The meeting was then opened for discussion, during which various TB-related activities were discussed.



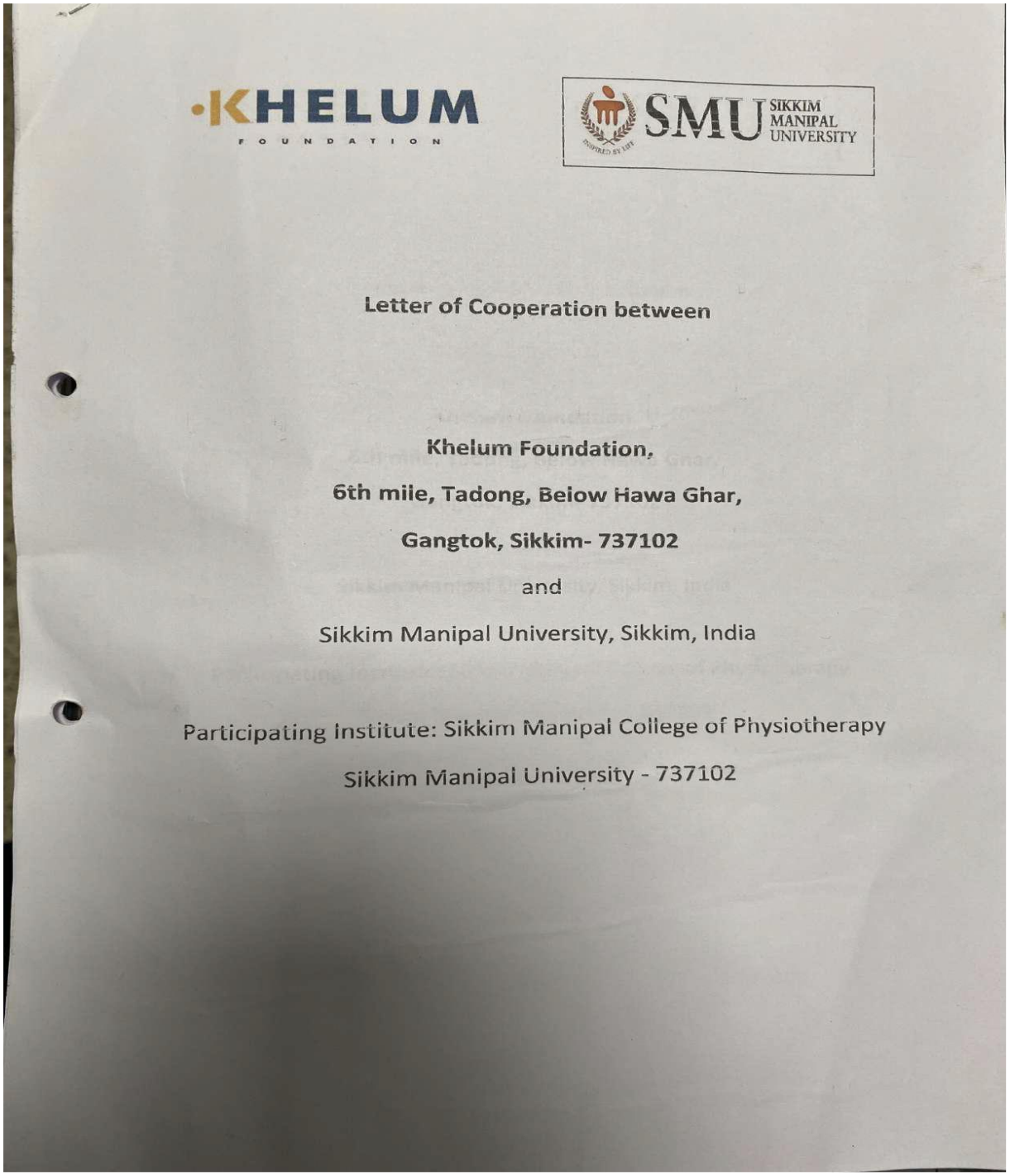
DOCUMENTED BY

- V.C OFFICE, SMU
- DEAN OFFICE, SMIMS
- REGISTRAR, SMU
- PRO, SMU
- IQAC, SMU
- H.R HEAD, SMU
- DOR, SMU

Head Librarian
Dr. Rajnish Trivedi
Head Librarian
SMIMS, Central Library, SMU
5th Mile Tadong, Gangtok

Annexure I:

A. Memorandum of Understanding (MoU) between Sikkim Manipal College of Physiotherapy and Khelum Foundation to Promote Collaboration and Community Development



KHELUM FOUNDATION

SMU SIKKIM MANIPAL UNIVERSITY

Letter of Cooperation between

Khelum Foundation,

6th mile, Tadong, Below Hawa Ghar,

Gangtok, Sikkim- 737102

and

Sikkim Manipal University, Sikkim, India

Participating Institute: Sikkim Manipal College of Physiotherapy

Sikkim Manipal University - 737102

This Letter of Cooperation sets out the intentions of the parties to establish collaborative links between Khelum Foundation and Sikkim Manipal College of Physiotherapy at Sikkim Manipal University ("SMCPT").

Through this Letter, the parties affirm their commitment to nurturing grassroots sports engagement and fostering academic partnerships in physiotherapy and rehabilitation, aligned with their respective areas of interest and expertise. This collaboration, as outlined in the Letter, will support the provision of physiotherapy services to Khelum Foundation and facilitate clinical postings for students from SMCPT. SMCPT aims to utilize the resources and opportunities provided by Khelum Foundation to reinforce students' practical exposure to field-based physiotherapy practices.

The students would be encouraged to do collaborative projects. The parties agree that any publication will acknowledge the efforts and contribution of the other party involved in the project, in accordance with good and customary scientific practice in the form of co-authorship or other appropriate acknowledgment.

This Letter is not legally binding. It is a statement of intention only. This document is intended to confirm the goodwill of the parties and their intention to negotiate in good faith an agreement or agreements for individual projects hereunder. A legal relationship will not come into existence until a formal written agreement is signed by the parties for each and any individual project hereunder.

NOW THEREFORE, Khelum Foundation and SMCPT wish to confirm in writing their interest related to this collaboration.

This letter is based on mutual recognition of the following principles:

- Each organization respects the independence and the objectives of the other
- Effective collaborative partnership is based on role clarity, decision making, transparency of intent, and open communication.

FISCAL ARRANGEMENTS

Under this agreement, the travel allowance and daily expenses of physiotherapists assigned to on-field postings will be borne by the requesting institute. The number of physiotherapists allocated shall be based on the needs and duration specified by the organizing institute. Periodic practical sessions and seminars on areas of interest proposed by the respective parties may be organized to enhance understanding, align organizational needs, and strengthen identified gaps.

INTELLECTUAL PROPERTY

This Letter does not affect the ownership of Intellectual Property (IP). Thus, any Background IP will remain the property of the respective Party. Background IP shall mean the IP which has been generated prior to the accession to this Letter or is being generated outside the scope of this Letter. Foreground IP shall mean any IP which arises under this Letter. Also, relating to Foreground IP, this Letter does not affect ownership. Aspects relating to IP of individual projects under this Letter shall be dealt with separately in the respective project agreements.

CONFIDENTIALITY

The Parties undertake to keep all "Confidential Information" disclosed by the disclosing party to the respective receiving party confidential and to arrange for the necessary means for preventing unauthorized persons to

gain access to Confidential Information. Confidential Information shall mean all information (whether commercial, financial, technical or otherwise) which is marked as "confidential" or which is obviously confidential. This confidentiality term shall apply during the term of this Letter and for a period of five 5 years after termination or expiration of this Letter.

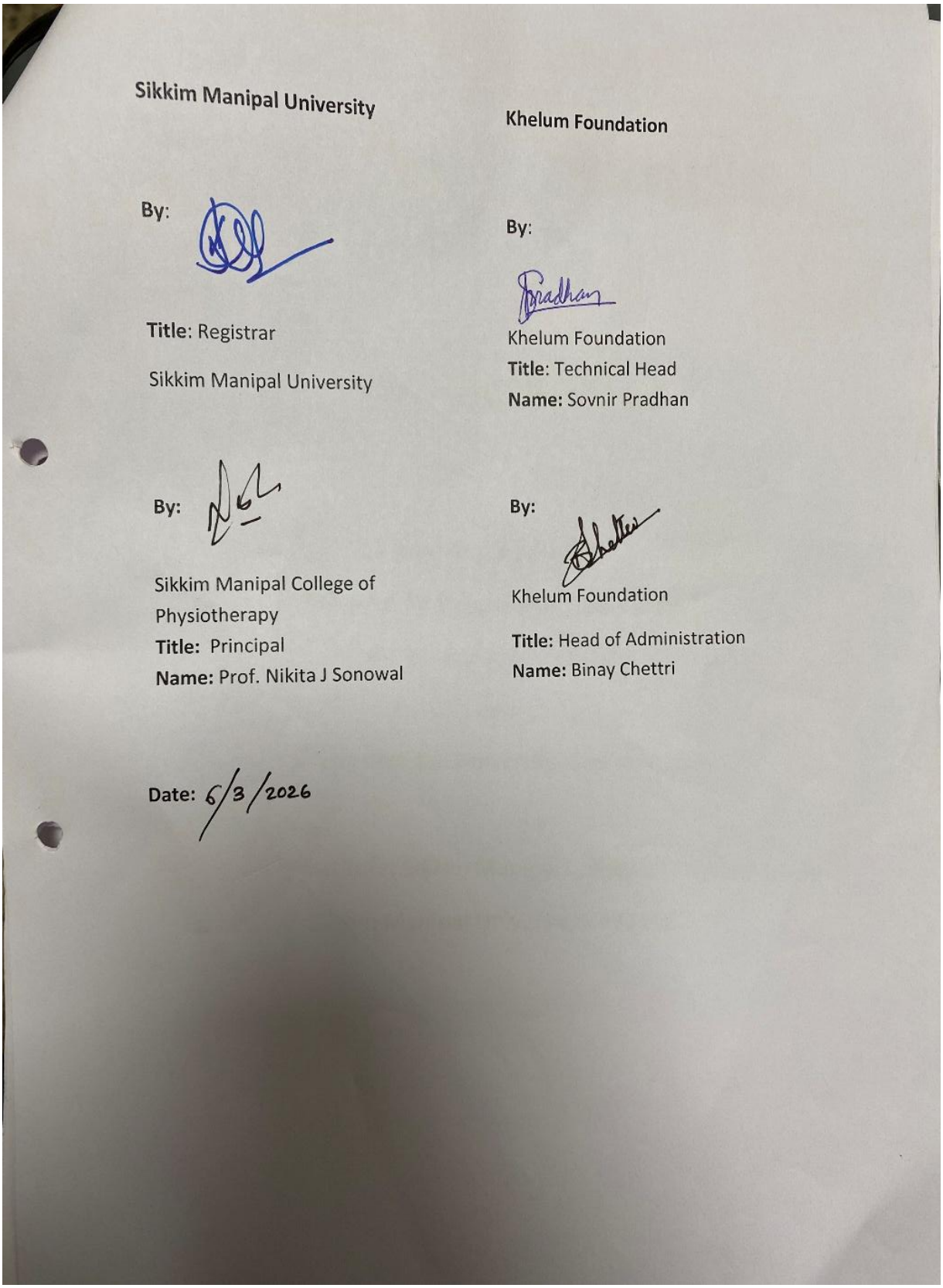
TERM

The term of this Letter shall run from the date of signature by all parties and expire five years thereafter. This Letter shall, thereafter, be renewed by the appropriate authorities at the participating parties for periods of 1 year unless one party hereto shall notify the other in writing not less than three months prior to the date of the termination of this Letter that it wishes not to renew this Letter. It is understood and agreed that the parties to this letter may revise this letter by written amendment when all parties agree to such amendment.

USE OF NAMES

The parties agree that neither will use the name of the other party or its employees in any advertisement, press release, or publicity with reference to this Letter or any product or service resulting from this Letter, without prior written approval of the other party. The parties also agree to represent the work as a combined effort and not an individual effort when presenting to outside parties.

IN WITNESS WHEREOF, the parties hereto have caused this Letter of Cooperation to be executed by their duly authorized representatives.



Sikkim Manipal University

By:

Title: Registrar

Sikkim Manipal University

By:

Sikkim Manipal College of Physiotherapy

Title: Principal

Name: Prof. Nikita J Sonowal

Date: 6/3/2026

Khelum Foundation

By:

Khelum Foundation

Title: Technical Head

Name: Sovnir Pradhan

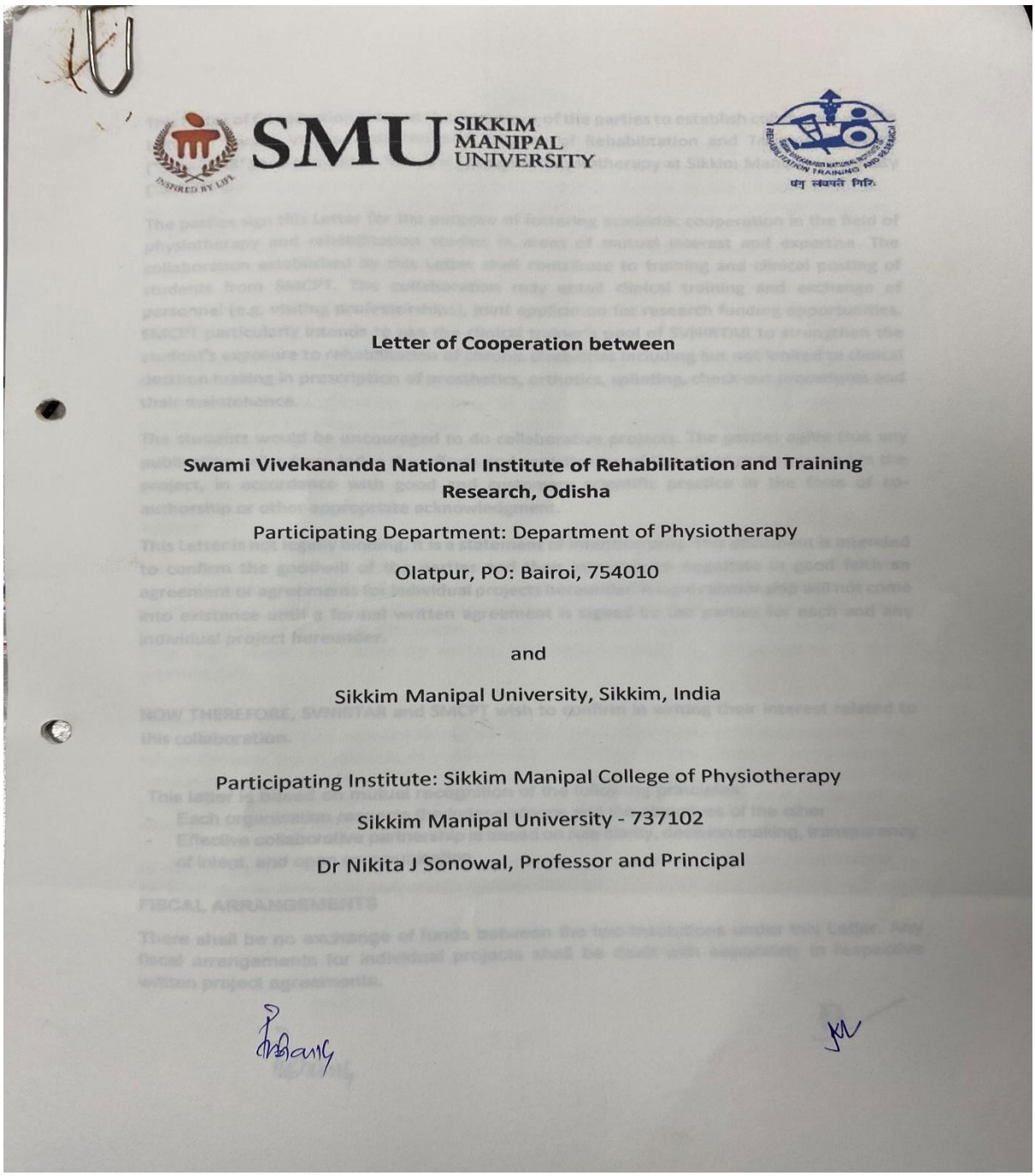
By:

Khelum Foundation

Title: Head of Administration

Name: Binay Chettri

B. MOU with Swami Vivekananda National Institute of Rehabilitation and Training Research, Odisha



SMU SIKKIM MANIPAL UNIVERSITY

Letter of Cooperation between

Swami Vivekananda National Institute of Rehabilitation and Training Research, Odisha

Participating Department: Department of Physiotherapy

Olatpur, PO: Bairoi, 754010

and

Sikkim Manipal University, Sikkim, India

Participating Institute: Sikkim Manipal College of Physiotherapy

Sikkim Manipal University - 737102

Dr Nikita J Sonowal, Professor and Principal

This Letter of Cooperation sets out the intentions of the parties to establish collaborative links between Swami Vivekananda National Institute of Rehabilitation and Training Research ("SVNIRTAR") and the Sikkim Manipal College of Physiotherapy at Sikkim Manipal University ("SMCPT").

The parties sign this Letter for the purpose of fostering academic cooperation in the field of physiotherapy and rehabilitation studies in areas of mutual interest and expertise. The collaboration established by this Letter shall contribute to training and clinical posting of students from SMCPT. The collaboration may entail clinical training and exchange of personnel (e.g. visiting professorships), joint application for research funding opportunities. SMCPT particularly intends to use the clinical trainer's pool of SVNIRTAR to strengthen the student's exposure to rehabilitation of chronic disabilities including but not limited to clinical decision making in prescription of prosthetics, orthotics, splinting, check-out procedures and their maintenance.

The students would be encouraged to do collaborative projects. The parties agree that any publication will acknowledge the efforts and contribution of the other party involved in the project, in accordance with good and customary scientific practice in the form of co-authorship or other appropriate acknowledgment.

This Letter is not legally binding. It is a statement of intention only. This document is intended to confirm the goodwill of the parties and their intention to negotiate in good faith an agreement or agreements for individual projects hereunder. A legal relationship will not come into existence until a formal written agreement is signed by the parties for each and any individual project hereunder.

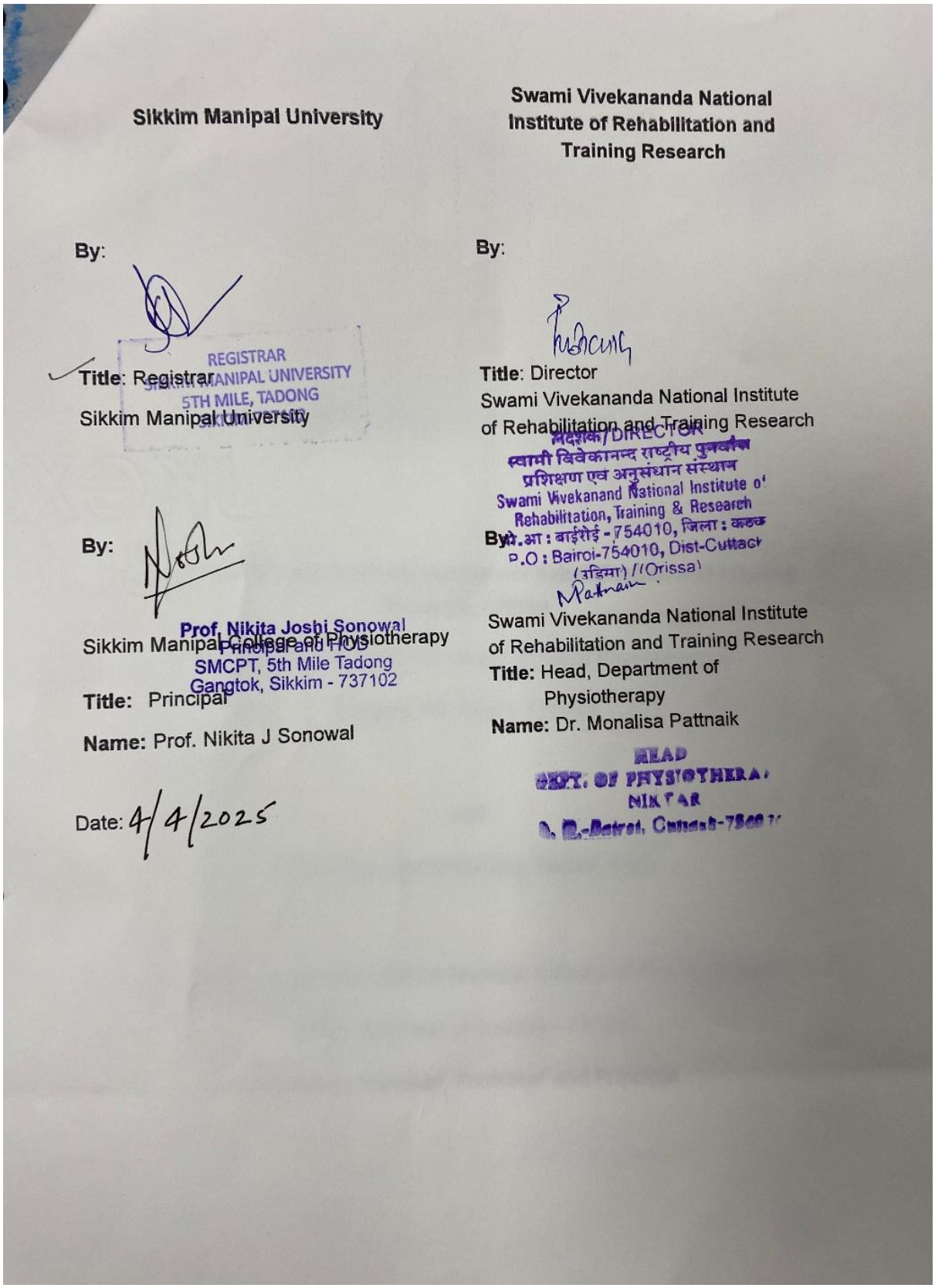
NOW THEREFORE, SVNIRTAR and SMCPT wish to confirm in writing their interest related to this collaboration.

This letter is based on mutual recognition of the following principles:

- Each organisation respects the independence and the objectives of the other
- Effective collaborative partnership is based on role clarity, decision making, transparency of intent, and open communication.

FISCAL ARRANGEMENTS

There shall be no exchange of funds between the two Institutions under this Letter. Any fiscal arrangements for individual projects shall be dealt with separately in respective written project agreements.



Sikkim Manipal University

By:

REGISTRAR
SIKKIM MANIPAL UNIVERSITY
5TH MILE, TADONG

Title: Registrar
Sikkim Manipal University

By:

Prof. Nikita Joshi Sonowal
Principal and HOD
SMCPT, 5th Mile Tadong
Gangtok, Sikkim - 737102

Sikkim Manipal College of Physiotherapy

Title: Principal

Name: Prof. Nikita J Sonowal

Date: 4/4/2025

Swami Vivekananda National Institute of Rehabilitation and Training Research

By:

Title: Director
Swami Vivekananda National Institute
of Rehabilitation and Training Research

निदेशक/DIRECTOR
स्वामी विवेकानन्द राष्ट्रीय पुनर्वास
प्रशिक्षण एवं अनुसंधान संस्थान
Swami Vivekanand National Institute o
Rehabilitation, Training & Research
P.O : Bairoi-754010, Dist-Cuttack
(उड़िसा) /(Orissa)

By:

Swami Vivekananda National Institute
of Rehabilitation and Training Research

Title: Head, Department of
Physiotherapy

Name: Dr. Monalisa Pattnaik

HEAD
DEPT. OF PHYSIOTHERA
NIRTAR
P.O.-Bairoi, Cuttack-7540

C MOU: SMU's collaboration with the Regional Ayurveda Research Institute (RARI), under CCRAS, Ministry of AYUSH,

To conduct collaborative research in mutually identified areas and promote research activities, Regional Ayurveda Research Institute (RARI) has signed a Memorandum of Understanding with Sikkim Manipal University (SMU).

Dr. Shriprakash, Assistant Director-Incharge RARI, Gangtok and Dr. (Lt Gen) Rajan S Grewal, Vice Chancellor, SMU signed the MoU on behalf of their respective institutions.

Visit the link for more details

https://www.pib.gov.in/PressReleseDetailm.aspx?PRID=1760298&reg=48&lang=2

6. SMU Smoke-free" policy

Sikkim Manipal University (SMU) follows the applicable University Grants Commission (UGC) guidelines and Government of India regulations to promote a smoke-free and tobacco-free campus environment. Smoking and tobacco use are discouraged to protect the health and well-being of students, faculty, staff and visitors. “No Smoking” and anti-tobacco posters are displayed at various prominent locations across the campus to create awareness about the harmful effects of smoking and tobacco consumption. These measures support a healthy learning and working environment and promote responsible behaviour among the university community, in line with the national tobacco-control framework.

232/SMU/REG/AIA/10/2022 08 February 2022

To
Dean, SMIMS
Director, SMIT
Principal, SMCPT
Principal, SMCON
MS, CRH
Convenor, DHSS
Head Department of Medical Biotechnology
Departmet of Paramedical Courses
Department of Hospital Administration
Head, HR SMU
Sr. Finance Officer, SMU
Head GS, SMU

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

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

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

Encls: One page

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ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary

सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)
बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002
Ph.: 011-23236288/23239337
Fax : 011-2323 8858
E-mail : secy.ugc@nic.in

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

04 FEB 2022
2nd February, 2022

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

Respected Madam/Sir,

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

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

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

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,

The Vice-Chancellors of All Universities

SMU SIKKIM MANIPAL UNIVERSITY

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

A+ NAAC

Ministry of Health & Family Welfare Government of India

Guidelines

FOR TOBACCO FREE EDUCATIONAL INSTITUTION (Revised)


SMIMS BUILDING IS
NO SMOKING ZONE


NO SMOKING
Dr RAMDAS M PAI
LECTURE HALL
INSPIRED BY LIFE
INSPIRED BY LIFE


Do Not Smoke

Sikkim Manipal Institute of Technology (SMIT), SMU, organised an interactive awareness session on drug abuse and prevention on 13 June 2025 at Majhitar.

SIKKIM EXPRESS

Date:18/06/2025 Day – Wednesday Pg. No. – 02

Narcotics officer sensitizes SMIT students on drug abuse and its prevention

SE Report

GANGTOK, June 17: Arnab Ganguly, a distinguished Drug Enforcement Officer from the Central Bureau of Narcotics, Lucknow, attended the interactive awareness session organised by the Sikkim Manipal Institute of Technology (SMIT) under Sikkim Manipal University (SMU) at Majhitar on June 13.

The initiative was led by retired colonel D.B. Chettri, Head of Administration, and retired commander G.L. Sharma, director of SMIT, with the aim of sensitizing staff and faculty on critical issues such as drug abuse, mental and social health, legal implications, and the importance of interpersonal relationships, informs a press release.

Ganguly, who brings with him nearly 25 years of experience in law enforcement across multiple States and is an expert on the Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985, conducted an insightful two-hour session.

He elaborated on the nuances of narcotics law enforcement, methods to detect and prevent substance abuse, and effective intervention strategies.

Particular focus was given to empowering hostel wardens and campus security staff with the knowledge to identify and act upon signs of potential drug-related activities. The session also delved into real-life case studies and the dilemmas faced by youth grappling with social and psychological challenges.

Held in a congenial and informal environment, the session encouraged open dialogue and participation. A strong consensus emerged among attendees to proactively address signs of student distress and ensure timely intervention through appropriate channels.

In a gesture of extended support, Ganguly assured 24x7 consultation and legal assistance for the institution. The event concluded with a collective commitment from the Director, Head of Administration, Associate Director (Student Affairs), and all faculty and staff members to remain vigilant, responsive, and compassionate toward students facing mental, emotional, or social distress.



Among the attendees were Professor (Dr) G.L. Sharma, Director, SMIT; Dr. Pankaj Chettri, Associate Director - Student Affairs; Retd. Col. D.B. Chettri, Head Administration; heads of various departments; faculty members; and non-teaching staff, the release mentions.

DOCUMENTED BY

- V.C OFFICE, SMU
- DEAN OFFICE, SMIMS
- REGISTRAR, SMU

Head Librarian

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Head Librarian
SMIMS, Central Library, SMU
5th Mile Tadong, Gangtok