



TRIPURA INSTITUTE OF PARAMEDICAL SCIENCES

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TIPS Today



Awareness: 2019

UNDER



GROUP

At a Glance

Editorial

Dear Readers,

It gives me immense pleasure in writing this message as I strongly believe the creating a “Health Awareness” amidst masses a way important duty than anything else. “Prevention is better than Cure” is the line that has strongly knocked me with in before I started writing this note for all my readers. Its being observed that there is a rise in terms of awareness among people regarding health. Health seems to be quite on the top of people’s priority list. I believe that as long as one lives, one should be healthy, hale and hearty.

Among the few lessons that I have gained, the foremost is that being healthy and fit in simple terms means taking good care of the body. Health can, generally, be measured on major three parameters: Physical, Psychological and Nutritional. We should remember that a healthy mind resides only in a healthy body. All of us must strive to achieve wholesome health.

Today we all reside in a fast world where all is just a click away but we here at TIPS still believe strongly in certain old methodology as parameters related to health can only be achieved through awareness programs as this is the most important step to reach the common public to resolve their health issues and concerns. Around the year we choose a particular theme or topic like General Healthcare Campaign, Eye checkup Camps, Cancer Awareness Walk-a-thon etc to educate the mass and create a raise of health awareness among them.

As an editor, I heartily wish all the readers my best wishes and hope this newsletter will enjoy your critical acclaim and prove itself to play a vital role in creating more “Awareness” in the coming days

Heartly penned

Pankaj N. Trivedi
Editor

A Life: an Inspiration

Failure is so important. We speak about success all the time. It is the ability to resist failure or use failure that often leads to greater success..... J.K Rowling

J.K Rowling is a peculiar choice when a person who inspired me is in question. In fact, her large impact, deeper and deeper thoughts, inspired to write with passion. The universe that she had created was so diverse and spellbinding. She could comfort her readers out of the depths of despair and teach the life lessons in the most subtle and entertaining ways.

Joanne Rowling, the daughter of science technician Anne and Rolls-Royce aircraft engineer Peter James Rowling was born on 31st July 1965 at Yate General Hospital near Bristol, and grew up in Gloucestershire in England and in Chepstow, Gwent, in south-east Wales. The family moved to the nearby village Winterbourne when Rowling was four. In childhood, Rowling often wrote fantasy stories. Aged nine, Rowling moved to Church Cottage in the Gloucestershire village of Tutshill, close to Chepstow, Wales.

As a child, Rowling attended St Michael's Primary School and secondary school at Wye dean School and College, where her mother worked in the science department. She took A-levels in English, French and German. In 1982, Rowling took the entrance exams for Oxford University but was not accepted and earned a BA in French and Classics at the University of Exeter. Martin Sorrell, a French professor at Exeter, remembers "a quietly competent student, with a denim jacket and dark hair, who, in academic, gave the appearance of doing what was necessary". She graduated from Exeter in 1986.

Rowling's teenage years were unhappy due to her mother's diagnosis with multiple sclerosis. Working as a researcher and bilingual secretary in London for Amnesty International, Rowling moved to Manchester, where she worked at the Chamber of Commerce. Her first idea for Harry Potter comes in mind while delayed on a train travelling from Manchester to London in 1990. Over the next five years, she began to plan out the seven books of the series.

For others, it was the simple journey but for her, it was something else. She saw a vision of a young boy, of which she was unaware that the whole world would soon fall in love. She continued to imagine the world of witches and wizards of Hogwarts, Azkaban where the full cast of characters started to take shape. "Harry Potter and the Philosopher's Stone", was the very



J. K. Rowling





first novel of the series. Rowling's mother's death heavily affected her, and she channeled her own feelings of loss by writing about Harry's feelings in the first book.

Then she moved to Porto to teach. After 18 months in Porto, she met Portuguese television journalist Jorge Arantes and married on 16 October 1992 and their child, Jessica Isabel was born on 27 July 1993 in Portugal but the marriage doesn't last long. For the sake of survival, she rented her apartment and was forced to live on state benefits. And she used that money to look after the needs of her daughter. She was ashamed, distressful and had no idea where her life was going. But the tough situations, didn't break her, she spent the most of her time writing while sitting in the local cafe. She kept faith in herself and on "Harry Potter." She became so obsessed with her book that she not only portrayed the main characters by herself but she wrote down the name, house and magical powers of every single student of Hogwarts. By this time, all the failures, setbacks she faced, had eventually made her stronger. And after the sheer patience and hard work of 5 years, she finished her first book and the first edition of Harry Potter was completed. In the year 1995, the struggle of getting it published began. Her manuscript was rejected by the top 12 publishing company.

She got disappointed and had no idea what to do now. Finally, the publishing house in London, Bloomsbury gave her green signal. She added "K" to her pen name and just for \$4000, Bloomsbury brought the rights of Harry Potter from the J. K. Rowling. Her book hit the shelves and faced instant hit. The book won the British Book Award for Children's Book of the year. Eventually, In 1998, US publishing company, Scholastic Inc. brought its rights for \$105,000 and this was the time when the whole world was about to hear the magical story of Harry Potter.

Harry Potter is now a global brand worth an estimated US\$15 billion, and the last four Harry Potter books have consecutively set records as the fastest-selling books in history. The series, totaling 4,195 pages, has been translated, in whole or in part, into 65 languages. Her series of seven books has since sold more than 450 million copies which transformed her life completely. Later on, Warner Brother purchased the film rights to the first two novels for \$1.5 million.

Besides writing, Rowling and Sarah Brown, collaborated on a charitable project. On 23 February 2012, his agency, the Blair Partnership, announced on its website that Rowling was set to publish a new book targeted at adults, "The Casual Vacancy", which sold over 1 million copies worldwide. On 3 December 2012, it was announced that the BBC would be adapting The Casual Vacancy into a television drama miniseries. In 2000, Rowling established the Volant Charitable Trust, which uses its annual budget of £5.1 million to combat poverty and social inequality.

Rowling, once a single parent, is now president of the charity Gingerbread (originally One Parent Families), having become their first Ambassador in 2000. Rowling has contributed money and support for research and treatment of multiple sclerosis, from which her mother suffered before her death in 1990. In 2006, Rowling contributed a substantial sum toward the creation of a new Centre for Regenerative Medicine at Edinburgh University, later named the Anne Rowling Regenerative Neurology Clinic.

Honors:

Rowling has received honorary degrees from St Andrews University, the University of Edinburgh, Edinburgh Napier University, the University of Exeter the University of Aberdeen, and Harvard University. In 2009 Rowling was made a Chevalier de la Légion d'honneur by French President Nicolas Sarkozy. In 2002, Rowling became an Honorary Fellow of the Royal Society of Edinburgh and in 2011, of the Royal College of Physicians of Edinburgh.

Awards:

- 1997, 1998, 1999: Nestlé Smarties Book Prize, Gold Award
- 1998: British Children's Book of the Year, winner
- 1999: National Book Awards Children's Book of the Year, winner
- 1999: Whitbread Children's Book of the Year, winner

- 2000: British Book Awards, Author of the Year
- 2000: Officer of the Order of the British Empire, for services to Children's Literature
- 2000: Locus Award, winner
- 2001: Hugo Award for Best Novel, winner
- 2003: Premio Príncipe de Asturias, Concord
- 2003: Bram Stoker Award for Best Work for Young Readers, winner
- 2006: British Book of the Year, winner
- 2007: Blue Peter Badge, Gold
- 2007: Named Barbara Walters' Most Fascinating Person of the year
- 2008: British Book Awards, Outstanding Achievement
- 2008: The Edinburgh Award
- 2010: Hans Christian Andersen Literature Award
- 2011: British Academy Film Awards
- 2012: Freedom of the City of London
- 2012: Rowling was among the British cultural icons selected by artist Sir Peter Blake

Publications for Young adults

Harry Potter and the Philosopher's Stone, 1997
 Harry Potter and the Chamber of Secrets, 1998
 Harry Potter and the Prisoner of Azkaban, 1999
 Harry Potter and the Goblet of Fire, 2000
 Harry Potter and the Order of the Phoenix, 2003
 Harry Potter and the Half-Blood Prince, 2005
 Harry Potter and the Deathly Hallows, 2007

Publication for Adults

- The Casual Vacancy, 2012)
- Cormoran Strike series (as Robert Galbraith)
- 1. The Cuckoo's Calling, 2013
- 2. The Silkworm, 2014
- 3. Career of Evil, 2015
- Lethal White, 2018

Non-fiction

- Brown, Gordon (2006). Introduction to "Ending Child Poverty" in Moving Britain Forward. Selected Speeches 1997–2006. Bloomsbury.
- Sussman, Peter Y., editor (2006). "The First It Girl: J. K. Rowling reviews Decca: the Letters by Jessica Mitford". The Daily Telegraph.
- Anelli, Melissa (2008). Foreword to Harry, A History. Pocket Books.
- Rowling, J. K. (2008). "The Fringe Benefits of Failure, and the Importance of Imagination". Harvard Magazine.
- Rowling, J. K. (2009). "Gordon Brown – The 2009 Time 100". Time magazine.
- Rowling, J. K. (2010). "The Single Mother's Manifesto". The Times.
- Rowling, J. K. (2012). "I feel duped and angry at David Cameron's reaction to Leveson". The Guardian.
- Rowling, J. K. (2014). Isn't it time we left orphanages to fairy tales? The Guardian.
- Rowling, J. K. (guest editor) (2014). "Woman's Hour Takeover". Woman's Hour, BBC Radio 4.

Films:

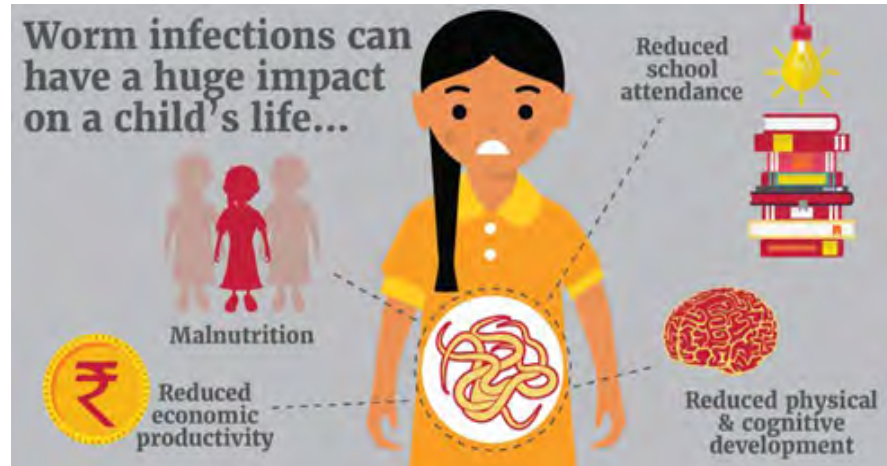
2010: Harry Potter and the Deathly Hallows – Part 1
 2011: Harry Potter and the Deathly Hallows – Part 2
 2015: The Casual Vacancy
 2016: Fantastic Beasts and Where to Find Them
 2017: Strike
 2018: Fantastic Beasts: The Crimes of Grindelwald

Rowling showed the world how momentous, well-chosen words can be. She is the embodiment of hope, a lit candle in the darkness. She proved what the power of determination can do, and at the same time, make us understand the magic of literature, her books opened up a new world where one can immerse themselves in totally. J.K Rowling is and always will be a woman of utter tenacity that impacted our life. She is the author who single-handedly dominated the world of literature with her pen-bearing hand.

Newsroom

Deworming Day:

The union ministry of health and family welfare (MoHFW) has observed its 3rd National Deworming Day (NDD) to tackle worm infections among children across India. It aims to reach more than 32.2 crore children aged between 1 to 19 years to combat parasitic worm infections. On the surface, deworming looks like a non-threatening affair, but a lack of it can actually be fatal for you. It is mostly our daily, unhygienic habits that lead to worm infestation. Round worm, tape worm and hook worm are the most common parasites that lead to infestation. We also observed this day at our TIPS campus.



Blood Donation at IMA House:

“A life may depend on a gesture from you, a bottle of blood.”

With the modernization of the world and increasing population people are exposed to certain conditions where they need blood. It can be an accident, or a bleeding Malignant tumour or some genetic condition that causes severe necessity of blood. On the occasion of “World Health Day”, TIPS students donated their blood at IMA House on 7th April 2019. Almost 25 students participate in this occasion.

This kind of social activity requires appreciation and the effort of all the participants were not went unnoticed. The number of participants was not that much but it was not nothing. Their effort was appreciated and was given a badge and certificate for the same.



Induction Program:

Here in TIPS, we always strive for our best to develop the potential of our students through rigorous practical exposure and interactive “INDUCTION” session. Dr. Dibyendu Roy (PT) delivered his valuable speech to our BPT’s students on Saturday 27th April, 2019 at our TIPS campus. His topic was the “Role of Rehabilitation in cancer Recovery”. He came here from Apollo Gleneagics Cancer Centre, Kolkata.



International Nurses Day celebration

“International Nurses Day” was celebrated by Tripura Nursing Council in collaboration with different Nursing School and Colleges and hospitals on 11th and 12th May, 2019 as it was the birth anniversary of Florence Nightingale, the pioneer of modern nursing. The celebration was made on 2 days (11th and 12th May, 2019). On the first day the program was started by welcome song at 1:00 pm and followed by presentation was done on this year’s Nurses day theme –“Nursing: The balance of mind, body and spirit”. Then an open quiz was conducted for the students.

On the second day i.e 12th May 2019 all students and teachers were gathered in Nirmala Shishu Bhavan at 10 am. The Program was started by inaugurating the program by honorable Health Minister Sri Sudip Roy Barman and other dignitaries. After that the students of various institution performs their cultural program.



School Visit at our college campus:

Chowdhury Bari Girls H.S. School’s students visit our college campus on Tuesday, 28th May, 2019. They entered our college with a curious expression. They had a lot of questions but it was a step towards thier planning of becoming a proffessionals. Same was encouraged and their queries were answered with the uttmot interesst and patience by the faculty of TIPS. Paramedicals are becoming a necessity and they left the college with the satisfactory expression a child have on his face once hise gets his answers



Press meet at Press club:

TIPS organized a press meet on 16th June, 2019 at Press Club. Tripura Institute of Paramedical Sciences, a joint venture with Government of Tripura and affiliated with Tripura Central University, established on August 24, 2009 in Hapania, Agartala is one of the premium experiences and training for students in the field of Paramedical sciences. We are associated with more than 100 corporate hospitals in India & abroad and many of our pass out students are working with famed brand names in the healthcare sector Pan India like AIIMS, Apollo group, HCG Group, NH Group, AMRI group, AMRI Group, Manipal Group, Starling Group, Fortis Group, ILS Group, Tata Group of hospital & many more.

Like every year, this year also our students have achieved remarkable placement in various famed hospitals in abroad as well as like Kuwait, Oman, Riyadh, Abu Dhabi, Dubai etc.

Like every year 2019 also, we have remarkable campus session by different corporate hospitals both online & offline. Hospitals who have visited our campus so far in the 2019 are 1. Apollo 2. Charnock Hospital, 3. Shrunya, WB 4. Saroj Gupta Cancer hospital 5. Institute of Neurosciences, Kolkata and many other hospitals will visit soon for compassing which is in the pipeline.

The 5 hospital have already recruited and provide offer letter to the entire pass out Nursing Candidates in 2019. Also they have offered many paramedics from pass out candidates in this year.



International Day of Yoga

The "International Yoga Day" was celebrated on 21 June 2019 at TIPS campus to bring peace, harmony, happiness and success to every soul. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. Students and teachers of School and college of nursing, TIPS were engaged in performing Yoga between 11.30 pm to 3.30 pm. They performed different Yoga Postures which were instructed by Yoga teacher and finally ended with Pranayama and meditation. School and College of Nursing, TIPS is also thankful for this great initiation.



Village Health Nutritional Program

A Village Health Nutritional Program was conducted on 25th June, 2019 by the 2nd Year ANM Students of School and College of Nursing, TIPS at Dukli Anganwadi Center with the aim of to boost up the health of rural community people. Program was started at 10.30 AM onwards upon the arrival of Village Pradhan, ANM health worker and another staff member. This Program was started with Role play on Awareness of Tuberculosis and Infertility by the 2nd year ANM students. At the end of the program, Students were arranged some nutritious refreshment.





Panel Discussion on Tobacco and Lung Health

Tobacco smoking and exposure to second-hand smoke increase the risk of contracting many diseases. For instance, active and passive smoking affect the health of people's lungs in multiple ways:

Lung cancer: smoking is responsible for over two thirds of lung cancer deaths globally, and second-hand smoke increases the risk of developing lung cancer for non-smokers. Lung cancer is the leading cause of cancer death in most countries of the WHO European Region. Approximately 430 000 people died from lung cancer in the Region in 2018, and more than half a million new cases were diagnosed during that period. Quitting smoking reduces the risk of lung cancer: 10 years after quitting the risk falls to about half that of a smoker.

Chronic respiratory diseases, such as chronic obstructive pulmonary disease (COPD) and asthma: tobacco smoking is the leading cause of COPD, a condition that results in a painful cough and agonizing breathing difficulties. It also exacerbates asthma, which restricts activity and contributes to disability. According to the latest available data, 3.6% of total deaths in the European Region were due to COPD in 2017. Early smoking cessation is the most effective way of slowing the progression of COPD and improving asthma symptoms.

Tripura unit of national tobacco control programme observed 'World no tobacco day' tomorrow through a panel discussion with stake holders at 4-30 PM in Agartala Town Hall. Announcing this in a press-note the state programme officer of national tobacco control programme Dr Supriya Mallik said that the panel discussion will be based on the topic of 'Tobacco and Lung Health'. The BJP MLA from Mazlishpur , Sushanta Chowdhury will act as the chief guest and inaugurator of the panel discussion.

Mr Samarjit Bhowmik , secretary , department of health and family welfare programme was the guest of honour while Dr J.K.Debbarma, ex-officio additional secretary in the department of health acted as the special guest in the programme at the Agartala Town Hall.

The event was actively participated by all the streams of the Tripura Institute of Paramedical Sciences. As a Paramedic, It is important to understand the upcoming modalities with which they can help a patient and make them aware of the problems that can happen with a small insignificant appearing habit.

It helped them to understand the problems of current scenarios with tobacco and its association with lung disease. Being a paramedic, it helped them in their knowledge of the disease as well as the essence of panel discussion.



Dengue: The Danger

Dengue fever is a disease caused by a family of viruses transmitted by infected mosquitoes. It is an acute illness of sudden onset that usually follows a benign course with symptoms such as headache, fever, exhaustion, severe muscle and joint pain, swollen lymph nodes (lymphadenopathy), and rash. The presence of fever, itchy rash, and headache (the "dengue triad") is characteristic of dengue. Other signs of dengue fever include bleeding gums, severe pain behind the eyes (retro-orbital), and red palms and soles.

Dengue (pronounced DENG-gay) can affect anyone but tends to be more severe in people with compromised immune systems. Because one of five serotypes of the dengue virus causes dengue fever, it is possible to get dengue fever multiple times. However, an attack of dengue produces immunity for a lifetime to that particular viral dengue serotype to which the patient was exposed.

Dengue goes by other names, including "break bone fever" or "dandy fever." Victims of dengue often have contortions due to the intense pain in the joints, muscles, and bones, hence the name break bone fever. Slaves in the West Indies who contracted dengue were said to have dandy fever because of their postures and gait.

Dengue hemorrhagic fever is a more severe form of the viral illness. Symptoms include headache, fever, rash, and evidence of bleeding (hemorrhage) in the body. Petechiae (small red spots or purple splotches or blisters under the skin), bleeding in the nose or gums, black stools, or easy bruising are all possible signs of hemorrhage. This form of dengue fever can be life threatening and can progress to the most severe form of the illness, dengue shock syndrome.

An estimated 400 million dengue infections occur worldwide each year, with about 96 million resulting in illness. Most cases occur in tropical areas of the world, with the greatest risk occurring in:

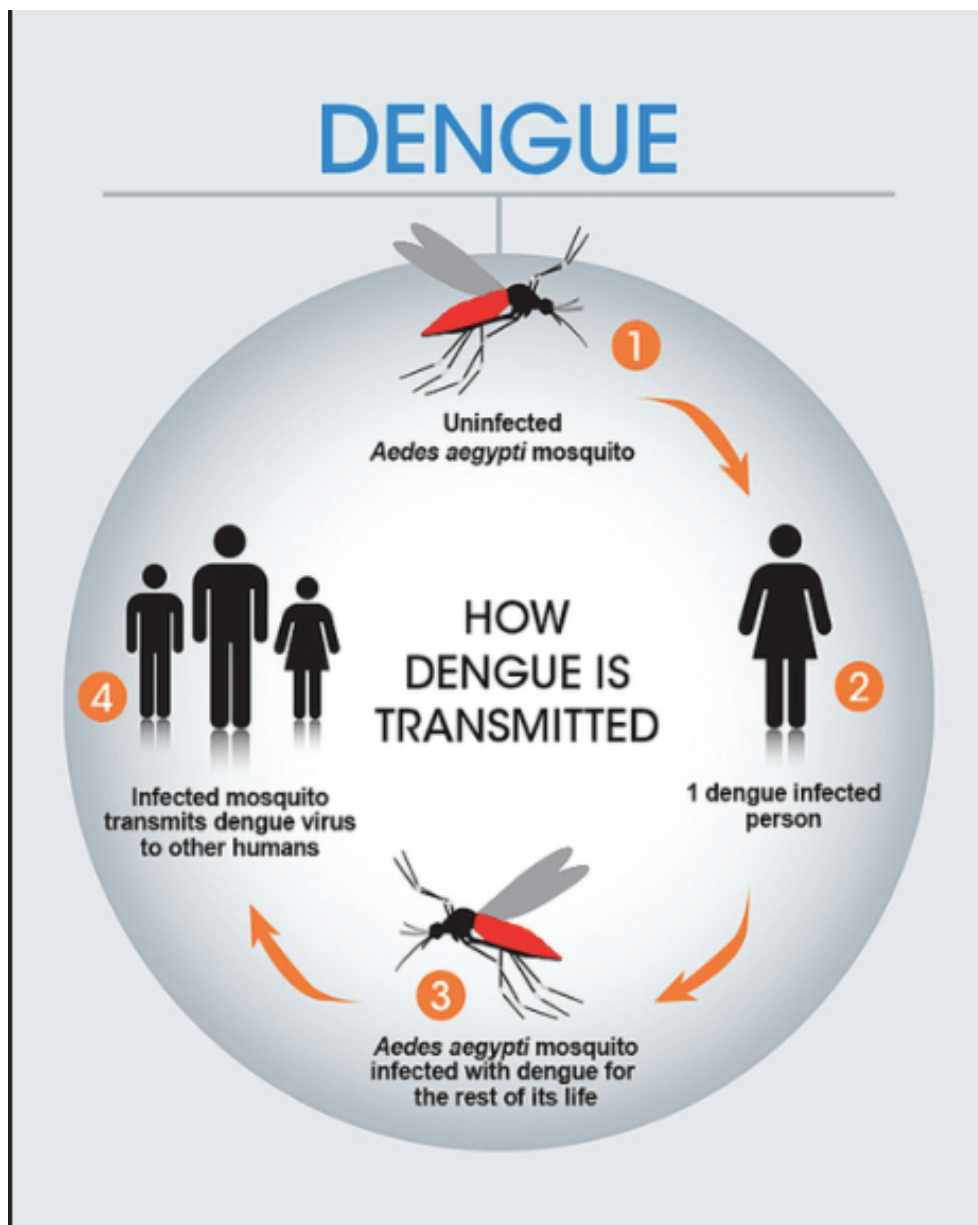
- The Indian subcontinent
- Southeast Asia
- Southern China
- Taiwan
- The Pacific Islands
- The Caribbean (except Cuba and the Cayman Islands)
- Mexico
- Africa
- Central and South America (except Chile, Paraguay, and Argentina)

Symptoms of Dengue Fever

Symptoms, which usually begin four to six days after infection and last for up to 10 days, may include

- Sudden, high fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Fatigue
- Nausea
- Vomiting
- Skin rash, which appears two to five days after the onset of fever
- Mild bleeding (such a nose bleed, bleeding gums, or easy bruising)

Sometimes, symptoms are mild and can be mistaken for those of the flu or another viral infection. Younger children and people who have never had the infection before tend to have milder cases than older children and adults. However, serious problems can develop. These include dengue hemorrhagic fever, a rare complication characterized by high fever, damage to lymph and blood vessels, bleeding from the nose and gums, enlargement of the liver, and failure of the circulatory system. The symptoms may progress to massive bleeding, shock, and death. This is called dengue shock syndrome (DSS).



People with weakened immune systems as well as those with a second or subsequent dengue infection are believed to be at greater risk for developing dengue hemorrhagic fever.

Prevention:

Prevention depends on control of and protection from the bites of the mosquito that transmits it. The World Health Organization recommends an Integrated Vector Control program consisting of five elements:

1. Advocacy, social mobilization and legislation to ensure that public health bodies and communities are strengthened;
2. Collaboration between the health and other sectors (public and private);
3. An integrated approach to disease control to maximize use of resources;
4. Evidence-based decision making to ensure any interventions are targeted appropriately; and
5. Capacity-building to ensure an adequate response to the local situation.

The primary method of controlling *A. aegypti* is by eliminating its habitats. This is done by getting rid of open sources of water, or if this is not possible, by adding insecticides or biological control agents to these areas. Generalized spraying with organophosphate or pyrethroid insecticides, while sometimes done, is not thought to be effective. Reducing open collections of water through environmental modification is the preferred method of control, given the concerns of negative health effects from insecticides and greater logistical difficulties with control agents. People can prevent mosquito bites by wearing clothing that fully covers the skin, using mosquito netting while resting, and/or the application of insect repellent (DEET being the most effective). While these measures can be an effective means of reducing an individual's risk of exposure, they do little in terms of mitigating the frequency of outbreaks, which appear to be on the rise in some areas, probably due to urbanization increasing the habitat of *A. aegypti*. The range of the disease also appears to be expanding possibly due to climate change.



DO'S & DON'TS OF DENGUE

- 1** **Remove water from coolers and other small containers at least once in a week**
- 2** **Use aerosol during day time to prevent the bites of mosquitoes**
- 3** **Do not wear clothes that expose arms and legs**
- 4** **Use mosquito nets or mosquito repellents while sleeping during day time**

SAVE WATER

**Water, Water all around,
Save every drop that can be found!
Wasting water isn't good,
So you never should.**

**Never let your taps run,
Turn them off as soon as you're done.
Don't waste time in the shower,
Your harvested water should be used on a
flower.**

**Wash your car in the rain,
So not as much water will go down the drain.
Put a brick in the toilet before you flush,
So the water won't go down in a gush.**

**You must realise water is good!!
So save as everyone knows we should!!**



Assam Flood: An unbeatable natural disaster for India

More Than 80 People and 200 Animals Died in the Massive Assam Flood 2019. Due to incessant rains, the situation of Assam Flood continues to worsen. According to the recent news on Assam Flood condition, the death toll has reached 86. Nearly 21.68 lakh of 1,716 villages in 56 revenue circles of Assam is affected by massive calamity. Along with Barpeta (the worst-hit district), the 17 other affected districts of Assam includes Goalpara, Bongaigaon, Nalbari, Dhemaji, Sonitpur, Darrang, Baksa, Golaghat, Jorhat, Cachar. Chirang, Kokrajhar, Dhubri, Kamrup, Kamrup (M), Morigaon and Nagaon. The pictures of Assam Flood shows that not only humans but animals too are affected mainly in Kaziranga National Park situated in the Golaghat and Nagaon districts and Potora Wildlife Sanctuary in Morigaon district.

Rivers in Assam Flowing At a Danger Level

- Brahmaputra at Nimatighat in Jorhat and Dhubri
- Disang at Nangamuraghat in Sivasagar
- Jia Bharali at N.T. Road Crossing in Sonitpur
- Puthimari at N H Road crossing in Kamrup
- Beki at Road Bridge in Barpeta
- Kushiara at Karimganj in Karimganj

Current Situation of Kaziranga and Pobitora

Both Kaziranga National Park (home to the endangered one-horned rhinos) and Pobitora Wildlife Sanctuary have been battling the havoc unleashed by Assam Flood 2019.

- Approx 95% of Kaziranga National Park and 70% area at Pobitora Wildlife Sanctuary in Morigaon district was inundated.
- As per the latest update on Assam Flood a total of 209 animals died in Kaziranga and the casualty has been the highest among Hog deer and small deer. A total of 111 Hog deer; 18 Wild Boars, 17 Rhinos; 12 Sambars; 7 Swamp Deers; 3 porcupines; 2 two water buffaloes; and 1 elephant has drowned in the flood water.
- The flood water of Kaziranga and Pobitora has started receding with the efforts of the forest department. The aim is to provide relief to the animals residing there.
- The authorities in charge have been carrying fodder and grass for the rhinos.

In addition to this, the flood has also hit the agricultural land in Assam with around 1,50,213,60 hectares of land being flooded. The road connectivity to some far-off villages has also been adversely affected.

Steps Taken For Assam Flood Relief



As heavy rains continue to wreak havoc in the northeastern state of India, the rescue operation, relief and rehabilitation have been undertaken by the state government round the clock to provide all the assistance in dealing with the flood situation in Assam.

- The forest officials with the help of local people have been trying to rescue as many animals as they can.

- Around 436 relief camps and 28 relief distribution centres have been set up and are operational in Nagaon, Baksa, Nalbari, Bongaigaon, Barpeta, Morigaon, Chirang, Kokrajhar, Dhubri, Kamrup, Golaghat, and Jorhat districts.

How to Make a Contribution For Assam Flood Victims?

The state needs our help along with prayers and empathy. We need to unite and come forth to join this noble cause and contribute all that we can.





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