

Composite Regional Centre for Skill Development, Rehabilitation &  
Empowerment of Persons with Disabilities (CRCSRE), Imphal  
(Under the Administrative control of SVNIRTAR, Cuttack, Odisha)  
Department of Empowerment of Persons with Disabilities (Divyangjan)  
Ministry of Social Justice & Empowerment, Govt. of India.  
Juvenile Justice Board complex, Takyel, Imphal West district of Manipur-795001

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## **Report on ‘One-Day Awareness Programme on Multiple Sclerosis’**

**Name of the Programme Coordinator:** Chanam Lokeshwari Devi , CRCSRE ,Imphal

**Name of the Resource Person:** Dr. Takellambam Rebika Devi and Dr. Takhellambam Dolly Devi

The Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRCSRE), Imphal, in collaboration with the Internal Quality Assurance Cell (IQAC), Oriental College (Autonomous), Takyel Imphal, successfully organized a **One-Day Awareness Generation Programme (AGP) on Multiple Sclerosis** on **30th May 2025**. The event was held at the **Conference Hall of Oriental College, Imphal**.

### **Objective of the Programme**

The primary objective of the programme was to create awareness and enhance understanding of **Multiple Sclerosis (MS)**—a chronic illness affecting the central nervous system—among students, faculty members, and healthcare professionals. The program aimed to emphasize early identification, management, and support mechanisms available for persons living with MS.

### **Inaugural Session**

The programme commenced with a **ceremonial candle-lighting session**, named *"Flame of Awareness"*, symbolizing hope and enlightenment in the journey against Multiple Sclerosis. This was followed by a welcome address by the host institution and introductory remarks from representatives of both CRCSRE Imphal and IQAC Oriental College.

### **Resource Person**

The awareness and clinical symposium on Multiple Sclerosis was marked by a keynote speech delivered by the esteemed chief Guest **Dr. Takellambam Rebika Devi**, Medical Officer, **Directorate of Health Services, Government of Manipur**. The address aimed to provide a comprehensive understanding of MS, focusing on its clinical implications, major signs and symptoms and current medical management approaches. The speech was met with appreciation

and served as a cornerstone of the vents academic and awareness building goals.

## **Key highlights' of the Speech**

### **1. Clinical Significance of MS**

The Chief Guest opened the address by emphasizing the widespread yet often misunderstood nature of MS. MS was defined as a chronic autoimmune disorder that targets the central nervous system by damaging the myelin sheath surrounding nerve fibers. This damage disrupts neural communication, leading to functional impairments and significant quality of life challenges. The speech underlined the importance of early diagnosis and intervention in minimizing long-term disability. MS being unpredictable in nature, necessitates vigilant clinical observation and patient –centered management approach.

### **2. Nine Key Signs and Symptoms of MS**

The chief Guest elaborated on the diverse clinical presentation of MS. The following nine major symptoms were discussed in details

- a. Visual Disturbance – Including blurred or double vision caused by optic nerve inflammation
- b. Muscle Weakness –often in the limbs leading to mobility issues.
- c. Fatigue- a persistent and disabling symptom affecting daily functioning.
- d. Numbness or Tingling Sensations- Typically in the face, arms or legs.
- e. Spasticity- muscle stiffness or spasms that hinder movement.
- f. Balance and Coordination Problems-leading to instability and falls.
- g. Cognitive Dysfunction- issues with memory, attention and decision making
- h. Bladder and Bowel Dysfunction-such as urgency, frequency or incontinence
- i. Emotional changes –including depression mood swings and anxiety.

These symptoms although varying in severity and frequency, greatly influence the personal and professional lives of patients.

### **3. Medical Management of MS**

The Chief Guest provided a structured overview of contemporary treatment strategies for MS like Acute management, Disease Modifying Therapies, Symptom Specific Treatment, Rehabilitation and Supports where emphasis was laid on the importance of physiotherapy, occupational Therapy and speech Therapy. Psychological and Community support were also deemed essential in holistic care. Multidisciplinary approach where she advocated for team –based strategy involving neurologist, therapist nurses and counselors to ensure comprehensive patient management.

In Closing the chief Guest urges all stakeholders –clinicians, researchers, caregiver and the community to work collectively towards awareness, improved access to treatment and ongoing advocacy for MS patients. The speech concluded with an inspiring message of hope and resilience, honoring the courage of those living with MS and encouraging ongoing efforts in research and care delivery.

## **Resource Person**

The awareness and clinical symposium on Multiple Sclerosis was marked by a keynote speech delivered by the esteemed chief Guest **Dr. Laiphrakpam Dolly Devi**, Medical Officer,. The esteemed Chief Guest for the event, while addressing the audience, began by expressing gratitude to the organizers for the opportunity to speak on such an important topic. The Chief Guest emphasized that raising awareness about multiple sclerosis (MS) is critical for early detection and effective management of this chronic autoimmune disease.

Referring to the comprehensive presentation, the Chief Guest explained that MS occurs when the immune system mistakenly attacks the protective covering of nerve fibers, known as myelin, leading to disruptions in communication between the brain and the rest of the body. They highlighted key facts, mentioning that MS predominantly affects individuals between the ages of 20 and 40, with women being more susceptible than men.

The Chief Guest elaborated on the diverse symptoms of MS, noting that these can vary widely among individuals based on the extent and location of nerve damage. Common symptoms include fatigue, vision problems, numbness, muscle weakness, and cognitive challenges. The audience was informed about the importance of diagnostic tools such as MRI scans, lumbar punctures, and evoked potential tests, which are vital for confirming an MS diagnosis.

Addressing treatment strategies, the Chief Guest clarified that while there is currently no cure for MS, symptom management and slowing the disease's progression are possible through disease-modifying therapies, steroids for flare-ups, and various rehabilitation techniques. They also underscored the importance of maintaining a healthy lifestyle, managing stress, and seeking community support for individuals living with MS.

The Chief Guest concluded by applauding the efforts of support groups and medical professionals in providing care and fostering awareness about MS. They encouraged the audience to actively participate in disseminating knowledge about the condition, thus contributing to a more informed and supportive society.

The speech was both enlightening and inspiring, leaving a lasting impact on the attendees and reinforcing the importance of collective efforts in addressing the challenges posed by multiple sclerosis.

**Mr. Khoibi Singh, Director of CRCSRE**, Imphal gave information about the various departments. Therapy and rehabilitation to the persons with disabilities. There are more than 2000 follow up cases each month for CRC Imphal. Skill programs under PMDAKSH is conducted in CRC Imphal. Data Entry operator, a three month course for Locomotor Disability and 70 hours' employability skill training programme was conducted successfully. At present, free coaching for SSC staff selection commission for Group B & C is going on.

Director of CRC Imphal highlighted the ADIP Scheme and RVY Schemes under which aids and appliances like wheelchair, hearing aids and other equipment's were distributed to the PwDs with

UDID and Senior citizens under a specific income level. He also mentioned that CRC Imphal is conducting two RCI approved courses namely DISLI & CBID at present.

### **Participation**

The event witnessed the active participation of over **100 individuals**, including undergraduate and postgraduate students, faculty members from various departments, and healthcare professionals. The interactive session that followed the keynote address allowed participants to clarify their doubts and share their perspectives, making the session highly engaging and informative.

## Publication of the event in Newspaper



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epaper.thesangaiexpress.com

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**IMPHAL, SATURDAY, MAY 31, 2025**

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## Awareness programme on Multiple Sclerosis held

**IMPHAL, May 30**

The Internal Quality Assurance Cell (IQAC), Oriental College (Autonomous), Takyelpat, Imphal, in collaboration with the Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRCSRE), Imphal, successfully organised a 1-Day Awareness Programme on Multiple Sclerosis at the Conference Hall of the College today.

As per a release issued by Dr S Ranjit Singh, Principal, Oriental College, the event aimed to generate awareness about Multiple Sclerosis, a complex and often misunderstood neurological condition that affects the central nervous system, and to foster dialogue on early diagnosis, therapeutic options, and rehabilitation support.

The programme was graced by dignitaries, including L Wormila Hungyo, Dean of Science, Oriental College; Dr Gurumayum Ranita Devi, Dean of Arts; and Dr Takhellambam Rebika Devi, Medical Officer, Directorate of Health Services and N Khoibi Singh, Director of CRCSRE, Imphal.

Students, teaching and non-teaching staff of Oriental College, along with officials from CRCSRE, Imphal also attended the event.

Addressing the gathering, Kongkham Biplob Singha, coordinator of IQAC, spoke extensively on Oriental College's Institutional Policy for Persons with Disabilities, emphasizing the college's unwavering commitment to providing equal opportunities and inclusive support for differently-abled students.

He also highlighted ongoing efforts to create an enabling environment on campus through sensitization, accessibility, and academic accommodations.

In the technical session, Dr Takhellambam Rebika Devi gave an enlightening presentation on the medical dimensions of Multiple Sclerosis, including its causes, symptoms, stages of progression, available treatments, and long-term prognosis.

Dr Chanam Lokeshwori Devi shared her expertise on physiotherapeutic approaches in managing the condition, stressing the importance of mobility support, muscle strengthening, and functional independence.

N Khoibi Singh concluded the session with an overview of the activities and services of CRCSRE, Imphal, focusing on its role in skill development, rehabilitation, and empowerment of persons with disabilities in the region.

The event not only succeeded in disseminating crucial knowledge on a complex health condition but also reinforced the shared commitment of Oriental College and CRCSRE, Imphal, to promoting inclusive education and health awareness.

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লক্ষ্যহীন। শাসনোপায়ী হওয়া। ১৮৪৮০০ বর্ষমধ্যেই আশা পূর্ণ হওয়া। প্রাথমিক শিক্ষা শাখা

## ওরিএন্টেল কোলেজদা মাল্টিপল স্ক্লেসিসিসকী মতাংদা এরোনেসকী থৌরম পাঙথোকক্সে

**ইম্ফাল, মে ৩০ (এচ এন এস):**

অকয়েলপাংতা লৈবা ওরিএন্টেল কোলেজগী প্রিন্সিপাল ডা. এস রঞ্জিতনা প্রেসতা থাদোরকপা চেংরোল অমনা ফোঙদৈরকপা ডিস কোলেজ অসিগী ইন্টেল্লেকুয়ালিটি এস্যুয়েন্স সেল (আই কু এ সী)না কম্পোজিট রিজনেল সেন্টার ফোর স্কিল ডিভেলপমেন্ট, রিহেবিলিটেশন এন্ড এম্পারমেন্ট ওফ পার্সন্স রিথ দিসএবিলিটিজ (সি আর সী এস আর ডি)গা খুৎশমুদুনা কোলেজ অসিগী কনফারেন্স হোলদা মাল্টিপল স্ক্লেসিসিসকী মতাংদা নোংমগী ওইবা এরোনেসকী থৌরম অমা পাঙথোকক্সে হায়রি।

থৌরম অসিদা কোলেজ অসিগী মাইক্লেয়োরিং, টিভি অমদি নন টিভি স্ট্রাকশিং অমসুং সি আর সী এস আর ডিগী ওফিসলিশিনা শরুক য়াখি। এরোনেসকী থৌরম অসি মাল্টিপল স্ক্লেসিসিসকী হায়রিবা অশুকী মতীক কমপ্লেক্স ওইবা অমদি মায়াম্মা অয়াহ্মা মতমদা লায়ী লৌগনবা সার্ভিসেস সিস্টেমদা শোকহনবা



ন্যুরোলোজিকেল কন্ডিসন অসিগী মতাংদা মায়াম্মা এরোনেস পীনবগী পান্দমদা অমদি লাইওং অসিনা নারবা মীওইশিংবু রাখল তাহু দনা ওল্লিঙেদগী হৌনা থোপাটিক ওপসন অমসুং রিহেবিলিটেশন সপোর্ট পীবা ওমাইনবগী পান্দমদা পাঙথোকখিবনি।

থৌরম অসিদা ওরিএন্টেল কোলেজগী দিন ওফ সাইন্স এল বোরমিলা ফুংয়োরনা অথোয়াবা মীথুংলেন, দিন ওফ আর্টস ওইরিবা ডা. গুরুময়ুম রনিতানা থৌরম মপু অমদি মণিপুর লেডক্লী দিরেক্টরেট ওফ হেলথ সার্ভিসেসকী মেডিকেল ওফিসর ডা. তখেল্লম্ম রেবিকা অমসুং সি আর সী এস আর ডিগী দিরেক্টর এন থোইবীনা অথমবা মীথুংলেনশিং ওইনা শরুক য়াখি।

ডা. তখেল্লম্ম রেবিকানা পাঙথোকখিবা টেক্সটুয়াল সেশনদা মহাক্সা মাল্টিপল স্ক্লেসিসিসকী মেডিকেলগী ওইবা হীরমগী মতাংদা মরীক চুদা পাউস থমখি।

মসিগী মতাংদা ডা. চনম লোকেশ্বরীনা হায়রিবা লাইওং অসি মায়োক্সা দনা হিংনবা হোংনবদা ফিজিওথেরাপিগী তোবা যাবশিংগী মতাংদা রা ঙাংখি। এন থোইবীনা সি আর সী এস আর ডিগী লৌখংপা থবক থৌরমশিং অমদি লাইওং অসিগা লোয়ননা হিংলিবা মীওইশিংগীদমক পাঙথোকপা স্কিল ডিভেলপমেন্ট অমদি রিহেবিলিটেশন প্রোজেক্টকী মতাংদা রা ঙাংখি হায়রি।

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**Photo/Videography of the event**





