

Brief Report on

One Week Exposure Training to NEIGRIHMS Hospital, Shillong

The One Week Exposure Training Program was carried out at NEIGRIHMS Hospital, Shillong from 23rd March to 27th March 2026. Everyone of us were systematically divided into five groups to ensure effective learning and proper management for daily Clinical Postings. A well-organized daily posting roster was prepared by the Radio-Imaging Department of NEIGRIHMS, allowing each group to rotate through different sections of the Radiology Department for a week. This includes;

1. CT Scan (160 Slice), Digital Radiology and Fluoroscopy (DRF), Digital Radiography (DR) in the Regional Cancer Centre (RCC) Block.
2. MRI (3T).
3. Digital Radiology and Fluoroscopy (DRF), Digital Radiography (DR) in the main Hospital.
4. Interventional Radiology (IR) and Mammography.
5. CT Scan (180 Slice).

The structured rotation ensured that every one of us were given equal opportunity to observe and gain hands-on exposure to all available Imaging Equipments. Throughout the training period, we were able to explore a wide range of imaging modalities to advanced Imaging Technologies in the department. The exposure to modern and sophisticated imaging equipment broadened our knowledge and helped us understand the technological advancements in the field of Radiology. It also allowed us to correlate theoretical knowledge with real-life clinical applications. In addition to observing the equipment, we had the valuable opportunity to witness various diagnostic and interventional procedures. This experience provides a deeper insight into patient handling, positioning techniques, safety protocols, and workflow within the department.

The entire training program was conducted under the supervision of experienced Radiologists, Technicians, and Healthcare Professionals. Their guidance, support, and willingness to share knowledge greatly contributed to the effectiveness of our training. *Sir Daniala, HOD, Radio-Imaging Department of NEIGRIHMS*, ensured that we were actively engaged, clarified doubts, and provided meaningful explanations, making the learning experience highly enriching. Daily Briefing is held every morning with sir HOD in the seminar room, with one person from each group presenting a brief report about our daily Posting. Overall, the exposure training was successfully conducted and it not only enhanced our theory and practical skills but also motivated us to develop a deeper interest in this field. Such training programs play a crucial role in bridging the gap between our theoretical learning and clinical practices. In light of its benefits, I strongly recommended that similar exposure training opportunities be continued and extended to junior students as well, so that they can gain early clinical experience and improve their competencies.

I extend my sincere gratitude to *Dr. H. Lalrinmawia, Head of RIT Department RIPANS, Dr. Daniala, Head of Department, Radio-Imaging Department NEIGRIHMS*, and to all our teachers and coordinators who helps us to undergo such a fruitful Exposure Training.



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