



St. Edmund's College, Shillong

Internal Quality Assurance Cell (IQAC)

EXTENSION ACTIVITIES REPORT [2024-25]

JULY 2023 – JUNE 2024

1. Name of the Club/Society/Unit			UNNAT BHARAT ABHIYAN	
2. Extension activities carried out in the neighbourhood community, sensitizing students to social issues for their holistic development and impact thereof during the year				
DATE	DURATION	VENUE	TITLE	NO OF PARTICIPANTS
09.08.2023	3 hours	Mylliem Syllai-u-Lor Kyndong- Nongkyntir	Tree Plantation Door-to-door Environment Awareness Campaign	56
15.08.2023	5 hours	Kyndong- Nongkyntir	Independence Day Celebration Sensitization Programme on Women's Health & Hygiene with Sp. Emphasis on reusable sanitary pad	32
08.09.2023	5 hours	Mawthawtieng	Setting up of Kitchen Garden	6
16.09.2023	3 hours	Mawthawtieng	Discussion with the Anganwadi	6
22.09.2023	3 hours	Mawthawtieng	Programme on Personal Hygiene	6
23.09.2023	3 hours	Mawthawtieng	Discussion with the ASHA	6
23.09.2023	2 hours	Kyndong- Nongkyntir	Webinar on Financial Literacy for SHGs Swacch Initiatives & Green Campus Programmee	62
30.09.2023	5 hours	Mylliem Mawsawa	Programme on Good Habit Cleaning Drive Games with Children	4
30.09.2023	5 hours	Mawthawtieng	Discussion with SHGs	6
20.10.2023	2 hours	Kyndong- Nongkyntire	Programme on Mental Health Promotion: Life Skills for children	31
21.10.2023	2 hours	Mylliem Syllai-U-Lor	Workshop on Soap Making	33
21.10.2023	1 hour 30	Kyndong-	Solid Waste Management:	31

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JULY 2023 – JUNE 2024

	mins	Nongkyntir	Vermicomposting	
23.10.2023	2 hours	Mylliem Syllai-U-Lor	Solid Waste Management: SBM	33
23.10.2023	2 hours	Mylliem Syllai-U-Lor	Adolescent Counseling	33
23.10.2023	2 hours	Kyndong- Nongkyntir	Breast Cancer Awareness	31
24.10.2023	2 hours	Kyndong- Nongkyntir	Waste Segregation Awareness	31
03.11.2023	2 hours	Mawthawtieng	Solid Waste Management	6
03.11.2023	2 hours	Mylliem Mawsawa	Financial Literacy for Children	4
26.01.2024	5 hours	Mylliem Mawsawa Rngi	Republic Day Celebration Activities with Children	62
08.03.2024	6 hours	Mylliem Syllai-U-Lor	International Day of Women	6
09.03.2024	6 hours	Mylliem Syllai-U-Lor	Outreach Programme by Education Department	68
15.03.2024	2 hours	Mylliem Rngi	Visit to Rngi LP School	4
15.03.2024	6 hours	Mylliem Syllai-U-Lor	Visit to the ICDS center	6
16.03.2023	6 hours	Mylliem Syllai-U-Lor	Outreach Programme by Education Department	68
23.03.2024	6 hours	Mylliem Syllai-U-Lor	Activities with Children	6
23.03.2024	2 hours	Mawthawtieng	Problems of the community	6
25.03.2024	6 hours	Mylliem Syllai-U-Lor	Cleaning Drive Awareness on Poshan Pakhwada	6
10.04.2024	2 hours	Mawthawtieng	Seasonal Calendar	6

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29.04.2024	4 Hours	Mawthawtieng	Vertical Garden	6
02.05.2024	2 hours	Mylliem Syllai-U-Lor	Awareness on Teenage Pregnancy	6
03.05.2024	2 hours	Mylliem Rngi	Activities with Children in ICDS	4
03.05.2024	6 hours	Mawthawtieng	Sports with children	6
04.05.2024	2 hours	Mylliem Syllai-U-Lor	Activities with Children	6

Kindly submit the following: (1) Attendance Sheet of the participants

(2) Brochure/template of the activity (in PDF)

(3) Report, highlighting the outcome of the activity & Geo-tagged photos

Prepared by **IARISA ANETTE R. DORPHANG**

Submitted by **IARISA ANETTE R. DORPHANG**

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Date **25.02.2025**

IQAC Coordinator

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1. TREE PLANTATION

1.	Title of the activity	<ul style="list-style-type: none">• Tree Plantation• Door-to-door Environment Awareness Campaign
2.	Date	9 th August 2023
3.	Venue	<ul style="list-style-type: none">• Myllem Syllai-U-Lor• Myllem Kyndong - Nongkyntir
4.	Duration(in hrs)	3hrs
5.	Organising Department /Club	UBA
6.	Name of collaborating agency / club	NSS, Rotary Club, Dept. of Biotechnology, SEC
7.	Participants (Students)	56

Objectives of the programme:

- **Promote Environmental Sustainability:** The programme aimed to enhance the green cover in Myllem Kyndong-Nongkyntir and Myllem Syllai-U-Lor by planting 100 saplings, contributing to environmental conservation and promoting ecological balance in the region.
- **Foster Community Involvement and Awareness:** The initiative sought to engage local communities in environmental action, educate them on the importance of tree planting for climate change mitigation, and empower them to take responsibility for nurturing the planted saplings for long-term benefits.

Highlights of the programme:

The tree plantation programme was conducted on August 9, 2023.

Location: The tree plantation took place in two villages in Myllem, namely:

- Myllem Kyndong Nongkyntir
- Myllem Syllai-U-Lor

Saplings Distribution:

- A total of 100 saplings were obtained from the Government Fruit Garden in Shillong.
- 50 saplings were distributed to the people of Myllem Kyndong-Nongkyntir.
- 50 saplings were distributed to the people of Myllem Syllai-U-Lor.

Participation:

- The programme had the involvement of 2 faculty members from the UBA cell.
- 56 volunteers actively participated in the plantation event, helping distribute the saplings and educating the community about the importance of tree planting.

Community Engagement: Volunteers and villagers worked together to plant the saplings, promoting a sense of responsibility toward environmental conservation.

Outcome of the Programme:

1. **Environmental Impact:** A total of 100 saplings were planted in the two villages, contributing to the overall green cover and promoting environmental sustainability in the region.

2. **Community Involvement:** The event engaged the local communities in Myllem Kyndong-Nongkyntir and Myllem Syllai-U-Lor, empowering them to take part in improving their local environment through tree planting.
3. **Increased Awareness:** Through the participation of faculty and volunteers, the programme helped raise awareness about the importance of trees for ecological balance, air quality, and climate change mitigation.
4. **Long-term Benefits:** By distributing the saplings to local residents, the programme encouraged the villagers to take responsibility for nurturing the plants, which will lead to long-term environmental benefits.
5. **Strengthened Collaboration:** The successful execution of the event highlighted the collaboration between various organizations such as St. Edmund's College (UBA and NSS units), Rotary Club of Cherry Blossom Shillong, and the Department of Biotechnology, fostering a united effort to benefit the local community and environment.
6. **Youth Engagement:** The involvement of 56 volunteers helped engage the youth in meaningful environmental action, giving them a platform to contribute to community service and sustainability efforts.

Photo Gallery



Tree Plantation: List of student participants

Sl. no	Name	NEHU Roll no.	Semester	Department
1.	EDANIAS NNONGBRI	W2100057	5 TH SEMESTER	BSW
2.	REBECCA LAMIN	W2200014	3 RD SEMESTER	BSW
3.	CHUINGANWON AT	W2200052	3 RD SEMESTER	BSW
4.	YAPAM MALUK	W2200039	3 RD SEMESTER	BSW



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5.	SAPHIBANROI SUSNGI	A2207402	3 RD SEMESTER	POLITICAL
6.	YAMAYA LAMARE	W2200039	3 RD SEMESTER	BSW
7.	JAYRISH SINGH ACHOM	A2207079	3 RD SEMESTER	ECONOMICS
8.	NILISA TARIANG	A2207402	3 RD SEMESTER	POLITICAL
9.	SANAPHI SAMATI	A2207414	3 RD SEMESTER	POLITICAL
10.	EVEYANA ASHLEE LYNGDOH	A2207358	3 RD SEMESTER	POLITICAL
11.	CHIIN MUAN NIANGNIANG	A2207398	3 RD SEMESTER	POLITICAL
12.	PAILA KORDOR LYNGDOH	A2207362	3 RD SEMESTER	POLITICAL
13.	RIDABIANG SUNGOH	A2107373	5 TH SEMESTER	SOCIOLOGY
14.	SOFEROIKI BANG	A2207393	3 RD SEMESTER	POLITICAL
15.	P.WAPHIRA HADEM	W2100028	5 TH SEMESTER	BSW
16.	INSHARAI WANKHAR	W2100012	5 TH SEMESTER	BSW
17.	ANISHA KHARSGIING	W2100015	5 TH SEMESTER	BSW
18.	ELZA TIFFANY LAMARE	W2100072	5 TH SEMESTER	BSW
19.	PHAIMEDEIMAIA DHAR	W2100034	5 TH SEMESTER	BSW
20.	IBASHISHA LAKHMIE	W2100042	5 TH SEMESTER	BSW
21.	HAMESHA SURONG	W2100064	5 TH SEMESTER	BSW
22.	EMIKI DABIANG SHADAP	W2200009	3 RD SEMESTER	BSW
23.	NAFFICA DKHAR	W2200010	3 RD SEMESTER	BSW
24.	KRISTINA SHYLLA	W2100047	5 TH SEMESTER	BSW
25.	NIEL ARMSTRONG NONGBSAP	A2207194	3 RD SEMESTER	GEOGRAPHY
26.	MEBA AI DIENGDOH	A2207157	3 RD SEMESTER	ENGLISH
27.	BARRY WANKUPAR WAHLANG	W2100016	5 TH SEMESTER	BSW
28.	SANIBHA LATO	A2107404	5 TH SEMESTER	SOCIOLOGY
29.	DANIELLA EZME L.THABAH	W2200033	3 RD SEMESTER	BSW
30.	NAFINIA MARWEIN	W2200024	3 RD SEMESTER	BSW
31.	IA I BANRISHA LYNGDOH	W2200045	3 RD SEMESTER	BSW
32.	IOHLYNTI MALAI	W2100023	5 TH SEMESTER	BSW
33.	BALARILANG	W2100011	5 TH SEMESTER	BSW
34.	KITBORLANG DKHAR	W2100014	5 TH SEMESTER	BSW



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35.	DELIRA SYMPLI	W2100066	5 TH SEMESTER	BSW
36.	PHIBAKOR SUTING	W2100027	5 TH SEMESTER	BSW
37.	MELISA KHARBYNGAR	W2100069	5 TH SEMESTER	BSW
38.	JOLISHA SUTING	W2100024	5 TH SEMESTER	BSW
39.	NAFISHA MALNGIANG	W2100026	5 TH SEMESTER	BSW
40.	LASANDAKIRU LYNGDOH	W2100010	5 TH SEMESTER	BSW
41.	FULLMOONDAY PARIONG	W2100062	5 TH SEMESTER	BSW
42.	BANSAHNAM KSHIAR	W2100004	5 TH SEMESTER	BSW
43.	TANUSREE NATH	A2207253	3 RD SEMESTER	GEOGRAPHY
44.	CAMELIA WAHLANG	W2100073	5 TH SEMESTER	BSW
45.	WANPYNDAPIANG MARNGAR	A2107353	5 TH SEMESTER	POLITICAL
46.	RISAMAPHI MYLLIEMNGAP	A2207338	3 RD SEMESTER	POLITICAL
47.	EDIKALSON MARWEIN	W2100022	5 TH SEMESTER	BSW
48.	WOMPHER LYNGDOH	A2207223	3 RD SEMESTER	GEOGRAPHY
49.	SHWALANGKI	A2207172	3 RD SEMESTER	GEOGRAPHY
50.	PAYAL JAMATIA	A2207246	3 RD SEMESTER	GEOGRAPHY
51.	BANTEILANG DKHAR	W2100054	5 TH SEMESTER	BSW
52.	MELVINSTAR MAWNAI	W210001	5 TH SEMESTER	BSW
53.	JONATHAN THABAH	W2100049	5 TH SEMESTER	BSW
54.	IBARISHA MAWTYLLUP	W2200011	3 RD SEMESTER	BSW
55.	AMANDA JONES	W2200004	3 RD SEMESTER	BSW
56.	OLIVIA GRACE KHARKRANG	W2100058	5 TH SEMESETR	BSW



2. INDEPENDENCE DAY CELEBRATION

1.	Title of the Activity	Sensitization programme on women's health And hygiene with special emphasis on reusable sanitary pad
2.	Date	15 th August,2023
3.	Venue	Mylliem Kyndong Nongkyntir
4.	Duration (in hrs)	5 Hours
5.	Organising Department/Club	UBA
6.	Name of the collaborating agency/Club	<ul style="list-style-type: none">• NSS.• Rotary Club of Cherry Blossom Shillong.• Inner Wheel Club of Pine City Shillong.• Department of Biotechnology, Chemistry and Environmental Science.
7.	Participants (students)	32

Objectives of the programme:

- **Increase Awareness and Education on Women's Hygiene:** The programme aimed to educate women on menstrual health, hygiene practices, and the benefits of using reusable sanitary pads, promoting better health and sustainability.
- **Empower Women with Sustainable Solutions:** By distributing reusable sanitary pads, the programme sought to provide women with practical, long-term solutions to manage menstrual hygiene in a more sustainable and hygienic manner, improving their overall well-being.

Highlights of the activity:

The sensitization program was held on August 15, 2023, from 9:30 am to 11:30 am, coinciding with Independence Day.

The session began with the National Anthem followed by a welcome speech and a brief explanation on women's hygiene by Ma'am Iarisa A.R. Dorphang.

Educational Session:

- Dr. Karen Syiem delivered a lecture on women's hygiene and the menstrual cycle, providing valuable information on these topics.
- An interactive Q&A session followed where women from the village asked questions to clarify doubts related to menstrual problems.

Distribution of Reusable Sanitary Pads: After the session, reusable sanitary napkins were distributed to the women from the village, empowering them with a sustainable and hygienic option for menstrual care.

Refreshment & Socializing: A refreshment session was held for all attendees, fostering a sense of community and togetherness.

Photo Session: The event concluded with a photo session involving collaborating partners, volunteers, and the village women, capturing the memorable moments of the day.

Outcome of the Activity:

- **Increased Awareness:** The session effectively raised awareness about women's hygiene, menstrual health, and the importance of using reusable sanitary pads for better health and sustainability.

- **Community Engagement:** The active participation of 58 women from the village showcased a strong community involvement and their eagerness to learn and implement better hygiene practices.
- **Sustainable Impact:** By distributing reusable sanitary pads, the program provided practical solutions to menstrual hygiene, which can have long-term positive effects on the health and well-being of women in the village.
- **Strengthened Collaboration:** The event highlighted the power of collaboration between local organizations, educational institutions, and clubs to address important social issues and make a real difference in the community.
- **Empowered Women:** The program empowered the women by providing them with knowledge, resources, and support to manage their menstrual health in a sustainable and hygienic manner.

Photo Gallery



Independence Day: List of student participants

Slno.	Name	NehuRollNo.	Semester	Department
1	IOLYNTIMALAI	W2100023	5 TH	BSW
2	MELISAKHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANGDKHAR	W2100014	5 TH	BSW
4	ASTHABAROOAH	W2100078	5 TH	BSW
5	BALARILANGRYNGKHLEM	W2100011	5 TH	BSW
6	YAPAMMALUK	W2200039	3 RD	BSW
7	MAYURIREANG	W2200069	3 RD	BSW
8	CHUINGAMWONAT	W2200052	3 RD	BSW
9	YAMAYALAMARE	W2200001	3 RD	BSW
10	REBECCA LAMIN	W2200014	3 RD	BSW
11	DANIELLAEZME LTHABAH	W2200033	3 RD	BSW
12	NAFINIAMARWEIN	W2200024	3 RD	BSW



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13	JAHDIELM SANGMA	W2200040	3 RD	BSW
14	DAMANGKYNSAIKHONGMALAI	W2100019	5 TH	BSW
15	JOLISHASUTING	W2100024	5 TH	BSW
16	NAFISHAMALNGIANG	W2100026	5 TH	BSW
17	LASANDAKIRULYNDONH	W2100010	5 TH	BSW
18	ABIGIALNONGRUM	W2100077	5 TH	BSW
19	CAMILLANONGRUM	W2100032	5 TH	BSW
20	JESSICALNONGRANG	W2100008	5 TH	BSW
21	DERENCE ORMARBOH	W2200003	3 RD	BSW
22	EDIKALSONMARWEIN	W2100022	5 TH	BSW
23	MELVINSTARL MAWNAI	W2100001	5 TH	BSW
24	DARIHUNLANGNONGSIANG	W2100048	5 TH	BSW
25	IBASHISHA	W2100042	5 TH	BSW
26	ELZATIFFANYLAMARE	W2100072	5 TH	BSW
28	LANYASHITHUNG DANG	W2200065	3 RD	BSW
29	WANPYNDAPIANGMARNGAR	A2107353	5 TH	POLITICAL
30	RITICADEY	C2101445	5 TH	B.COM
31	IBARISHAMAWTYLLUP	W2200011	3 RD	BSW
32	BANTEILANGDKHAR	W2100054	5 TH	BSW



3. KITCHEN GARDEN

1.	Title of the Activity	Setting up a Kitchen Garden
2.	Date	8 th September, 2023
3.	Venue	Mawthawtieng
3.	Duration (in hrs)	5 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	NSS.
6.	Participants (students)	6

Objectives of the Programme:

- Promote Healthy Eating and Nutrition: To educate students about the importance of nutrition and healthy eating, while encouraging the use of fresh vegetables from a school kitchen garden.
- Establish a Sustainable Kitchen Garden: To create a kitchen garden at Mawthawtieng Upper Primary School that fulfills the daily vegetable needs for mid-day meals, ensuring freshness and reducing dependency on external grocery sources.

Highlights of the Programme:

- The activity was conducted on September 8, 2023, at Mawthawtieng Upper Primary School with the involvement of volunteers.
- Students participated in a discussion about the benefits of healthy eating, nutrition, and the advantages of starting a kitchen garden.
- A variety of vegetables, including cauliflower, lettuce, mustard leaves, and onions, were planted with the help of the students, emphasizing organic and chemical-free farming practices.

Outcome of the Programme:

1. Improved Nutrition Awareness: Students gained a better understanding of the importance of consuming fresh, healthy food and the benefits of organic produce.
2. Sustainability and Self-Reliance: The establishment of the kitchen garden allowed the school to partially fulfill its vegetable requirements, promoting sustainability and reducing reliance on market purchases.
3. Hands-on Learning Experience: The activity provided students with practical knowledge about gardening, nutrition, and self-sufficiency while fostering a sense of responsibility for their food sources.

Photo Gallery





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Kitchen Garden: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



4. DISCUSSION WITH THE ANGANWADI

1.	Title of the Activity	Discussion with the Anganwadi
2.	Date	16 th September, 2023
3.	Venue	Mawthawtieng
3.	Duration (in hrs)	3 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	6

Objectives of the discussion

1. **Support the Holistic Development of Children:** To lay the foundation for the physical, psychological, and emotional development of children by providing them with essential nutrition and early education.
2. **Provide Essential Health and Educational Services:** To offer supplementary nutrition, non-formal preschool education, immunization, health check-ups, and referral services for children and pregnant mothers in the village.

Highlights of the Discussion:

- The Anganwadi in Mawthawtieng was established in 2006, with Kong Pyntalhun as the main worker and Mrs. Happiness Nongrum assisting her.
- The Anganwadi serves approximately 47 children under the age of five, providing essential care and education.
- The food served at the Anganwadi includes nutritious meals like kheer, brown chickpeas, dal, neutrela, beans, carrots, and nutri-gold, offered twice a week.
- The focus of the Anganwadi is to support children's growth and development by providing nutritious food and early education, as well as care for pregnant mothers.

Outcome of the Discussion:

1. **Improved Child Care and Education:** The discussion highlighted the critical role of the Anganwadi in ensuring that children receive proper care, nutrition, and early education to support their overall development.
2. **Community Engagement:** The visit emphasized the active involvement of local women like Kong Pyntalhun and Mrs. Happiness Nongrum in ensuring the health and well-being of children and mothers in the community.
3. **Enhanced Health and Nutrition:** The program's focus on providing nutritious food and health check-ups helped to address the health and nutritional needs of the children and pregnant mothers, improving their overall well-being.



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Photo Gallery



Discussion with the Anganwadi: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



5. PROGRAMME ON PERSONAL HYGIENE

1.	Title of the Activity	Programme on Personal Hygiene
2.	Date	22 nd September, 2023
3.	Venue	Mawthawtieng
3.	Duration (in hrs)	3 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	6

Objectives of the programme:

1. **Promote Awareness of Personal Hygiene:** To educate students from classes 1-5 on the importance of personal hygiene in preventing illness and promoting overall well-being.
2. **Encourage Healthy Hygiene Practices:** To encourage and demonstrate practical steps for maintaining cleanliness and preventing the spread of germs and infections.

Highlights of the Programme:

- The program took place at Mawthawtieng Village in Lower primary School with participation from students of classes 1-5.
- The session began with an action song and rhythm song, creating an engaging and interactive atmosphere for the children.
- Two teachers were present to assist and support the program, ensuring that the message was effectively delivered to the students.
- The volunteers provided information on the significance of personal hygiene, explaining how it helps prevent illness and supports physical growth and development.

Programme Outcome:

1. **Increased Awareness:** The program successfully raised awareness among students about the importance of personal hygiene for maintaining health and preventing infections.
2. **Encouragement of Healthy Habits:** Students learned practical hygiene practices, such as regular handwashing and maintaining cleanliness, to reduce the spread of germs and support their health.
3. **Improved Health Knowledge:** The program contributed to students' understanding of how personal hygiene can improve memory, reduce stress, and enhance their immune system, promoting a healthier lifestyle.

Photo Gallery





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Programme on Personal Hygiene: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



6. DISCUSSION WITH THE ASHA

1.	Title of the Activity	Discussion with the ASHA
2.	Date	23 rd September, 2023
3.	Venue	Mawthawtieng
3.	Duration (in hrs)	3 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	6

Objectives of the discussion:

1. **Understand the Health Needs of the Community:** To gather information about the health situation in Mawthawtieng village and understand the healthcare challenges faced by the community.
2. **Learn About the Role and Work of the ASHA:** To gain insights into the work of the ASHA in promoting health awareness, providing healthcare services, and supporting the community in the absence of a local primary healthcare center.

Highlights of the Discussion:

- The discussion was held on 23/09/23 with the ASHA (Accredited Social Health Activist) of Mawthawtieng village, Iomstimai Dohling, who has been in this role since 2014.
- The first ASHA in the village was Melinda Diengdoh, who initiated the work in 2006.
- The ASHA shared that in the absence of a Primary Health Centre (PHC) or Community Health Centre (CHC) in Mawthawtieng, she travels to Swer PHC to collect free medicines provided by the government and to gather information about available healthcare services for the villagers.
- The ASHA is responsible for educating the community on health-related matters and ensuring that villagers have access to necessary health resources.

Outcome of the discussion:

1. **Increased Understanding of Community Health Needs:** The discussion highlighted the challenges faced by Mawthawtieng village due to the lack of local healthcare facilities, emphasizing the important role of the ASHA in bridging this gap.
2. **Recognition of the ASHA's Role:** The discussion helped participants understand the crucial role of the ASHA in providing healthcare education, distributing free medicines, and advocating for community health despite logistical challenges.
3. **Empowered Community Health Support:** The conversation underscored the importance of ASHAs in rural areas where access to formal healthcare services is limited, allowing for greater community awareness of health resources and services available.



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Discussion with the ASHA: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



7. OUTREACH PROGRAMME: WEBINAR ON FINANCIAL LITERACY FOR SHGs

1.	Title of the Activity	Webinar on Financial Literacy for SHGs Swacch Initiatives and Green Campus programme
2.	Date	23 rd September, 2023
3.	Venue	Mylliem Kyndong-Nongkyntir
3.	Duration (in hrs)	2 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	62

Objectives of the Awareness Programme:

- Enhance Financial Literacy:** To equip Self-Help Group (SHG) members with essential financial knowledge, enabling them to manage their finances, savings, and investments more effectively.
- Empower SHGs with Financial Management Skills:** To provide participants with the necessary tools and concepts to improve their financial decision-making and promote financial independence within their communities.

Highlights of the Programme:

- The webinar on financial literacy was held on **23rd September 2023** in **Mylliem Kyndong Nongkyntir** and lasted for **2 hours**.
- The program was organized by **Unnat Bharat Abhiyan (UBA)**, in collaboration with the **National Service Scheme (NSS)**, **Rotary Club of Cherry Blossom**, and **Inner Wheel Club of Pine City Shillong**.
- Around **62 NSS volunteers** and **9 SHG participants** from the villages attended the event, focusing on improving financial knowledge.
- The session was aimed at explaining key financial concepts, budgeting, saving, and managing resources to enhance the economic stability of SHG members.

Programme Outcome:

- Increased Financial Awareness:** Participants gained a better understanding of financial concepts, such as budgeting, savings, and financial planning, which will help them manage their finances more effectively.
- Empowered SHGs:** The program provided SHG members with practical knowledge and skills to improve their financial decision-making and help their groups grow sustainably.
- Strengthened Community Financial Independence:** By enhancing financial literacy, the program contributed to fostering financial independence within the village community, encouraging smart financial choices and better resource management.

Photo Gallery





Webinar on Financial Literacy: List of student participants

“Swacch Initiatives and Green Campus programme” at Myllem Village, East Khasi Hills District, Meghalaya

Date – 23rd September, 2023

List of Participants:

Aisabiang Kharपुरi	Mary Christine Kharsyntiew
Amarjit Singha	Melisa Kharbangar
Arindam Chutia	Mewankitbok Kharbani
Astha Borah	Nafisa L. Lyngdoh
Balarilang Ryngkhlem	Namrata Onanah
Balarisha Marbaniang	Naorem Victoria Devi
Chanambam Nganba Meetei	Nafinia Marwein
Christine Nongspung	Neelam Bora
Chuingamwon AT	Ongnhati H. Burnai
Clandia June Basaiowmoit	Phibansara Kharsati
Dakalari Tham	Philawanshwa Wanniang
Daniella Ezme L. Thabah	Rebecca Lamin
Dean Marbaniang	Ridabiang Sungoh
Deepak Sharma	Rigna Pashi
Delira Sympli	Risalangki Suiam
Emki Dabiang Shadap	Risamaphi Myllemngap
Fenia Gyndi	S. Richard Kipgen
Gaisingam Kamei	Sapam Justina Devi
Galileo Nialang	Sneha Devi
H. Priya Devi	Sukhidarimaka Mawlong
H. Yaiphaba Singha	Tanu Prasad
Habmyini Majaw	Thangchinkhup Guite
Haphilakhamti Matong	Thuomlalmawi
Heinidawan Lyngdoh	V. Pinky Devi`
Hemlenpao Hoikip	Vapua Maluk
Jahdiel M. Sangma	Vikash Kumar Ray
Jayrish Singh Achom	Wahengbam Rishina Devi
Johny Thokchom	Wandaphi Kharbamon
Kitborlang Dkhar	Yash Singh
Liona Moirangthem	Yumnam Chinglemba Singh
Mangmi Raeng	



8. PROGRAMME ON GOOD HABITS

1.	Title of the Activity	<ul style="list-style-type: none">• Programme on Good Habits• Cleaning Drive• Games with Children
2.	Date	30 th September, 2023
3.	Venue	Mylliem Mawsawa
3.	Duration (in hrs)	5 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	4

Objectives of the Programme:

1. **To educate children on the importance of developing good personal habits** such as maintaining hygiene, eating healthy, and adopting a daily routine that promotes overall well-being.
2. **To encourage and motivate students to adopt positive life habits** that will improve their physical health, mental well-being, and academic performance by demonstrating the benefits of regular good practices.

Highlight of the Programme:

- The event included interactive sessions where children learned the significance of habits such as waking up early, brushing teeth twice a day, washing hands before meals and bathing daily.
- Fun activities and group discussions were organized to engage the children in understanding how these habits positively impact their health.
- Volunteers played a key role in providing real-life examples and engaging the students through relatable anecdotes, ensuring active participation.
- The Children also participated in a cleaning drive, where they were taught segregation of waste among, paper, plastic, biodegradable item etc. This was initiated in order to teach children hands on learning with understanding the various types of trash and what can be done with them.
- They played games that were designed in life skills and promoting mental health among children.

Programme Outcome:

1. Increased awareness among students about the importance of good habits, with most students expressing a commitment to implementing these habits in their daily lives.
2. Positive feedback from teachers and students about the practical approach used, with many students pledging to adopt at least one new good habit from the programme.
3. Enhanced understanding of personal hygiene and self-care, leading to healthier habits among children.



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Programme on Good Habit: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Nafinia Marwein	W2200024	BSW
2.	Daniella Ezme L. Thabah	W2200033	BSW
3.	Jahdiel M. Sangma	W2200040	BSW
4.	Mayuri Reang	W2200069	BSW



9. DISCUSSION ON SELF HELP GROUP

1.	Title of the Activity	Discussion on Self Help Group
2.	Date	30 th September, 2023
3.	Venue	Mawthawtieng
3.	Duration (in hrs)	5 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	6

Objectives of the Discussion:

1. **To understand the structure, origin, and functions of Self Help Groups (SHGs)**, particularly focusing on how they provide financial support and empower local women.
2. **To explore the impact of SHGs on the socio-economic development of the members** by examining the role of these groups in improving access to credit and fostering financial security for their members.

Highlights of the Discussion:

- The discussion highlighted the role of SHGs in **empowering women** by providing a platform for self-help and mutual support within the community.
- Focus was given to the operational structure of **Iaroilang SHG**, including how they collect a weekly contribution of 25 rupees and provide **collateral-free loans** to members in need, ensuring access to credit for those who are usually excluded from formal banking systems.
- Insights were shared by **Kong Bilin Diengdoh**, the President of the Village Organisation (OC), on the functioning of the **five SHGs in Mawthawtieng** village, and how they contribute to improving the **economic security** of the community.

Outcome of the Discussion:

1. **Increased understanding** among the participants regarding the importance of SHGs in **empowering women** and fostering **financial inclusion**.
2. The members of the SHGs felt motivated to continue their efforts, with a focus on **strengthening their financial security** and expanding their services to a larger group of people in need.
3. There was recognition of the **collaborative nature** of the SHG model, which has helped improve the **economic conditions** of its members and has been instrumental in building **social capital** within the community.

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Discussion on Self Help Group: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



10. PROGRAMME ON MENTAL HEALTH PROMOTION: LIFE SKILL FOR CHILDREN

1.	Title of the Activity	Programme on Mental Health Promotion: Life Skill for Children
2.	Date	20 th October, 2023
3.	Venue	Mylliem Kyndong Nongkyntir
3.	Duration (in hrs)	2 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	-
6.	Participants (students)	31

The National Service Scheme (NSS) camp was organized by St. Edmund's College, Shillong, from 20th to 26th October 2024 at Mawsawa and Rngi, Mylliem, East Khasi Hills, Meghalaya.

Activities:

A programme on Mental Health for children was conducted on 20-10-2023 at Mylliem Kyndong Nongkyntir by the National Service Scheme. There were 44 participants (children) and 7 volunteers. The programme started at 2:50 pm and ended at 4:57 pm.

The resource person for the programme was Ma'am Hazel B. Lyngdoh, who taught valuable life skills through games and activities conducted with the children. The children enjoyed the games and, at the same time, learned the importance of teamwork, concentration, mutual understanding, active listening, determination, and perseverance to achieve their goals. The activities continued until 5:30 pm.

Tea and snacks were provided to the children before they left for their homes.

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Programme on MENTAL HEALTH PROMOTION: LIFE SKILL FOR CHILDREN: List of student participants

S.I	Name	Department	Semester
1.	Emiki Dabiang Shadap	BSW	3 rd
2.	Naffica Dkhar	BSW	3rd
3.	Risalangki Suiam	Economics	5th
4.	Heinidawan Lyngdoh	Economics	5th
5.	Chuingamwon AT	BSW	3rd
6.	Celestial Shadap	Economics	5th
7.	Barisha Lyngkhoi	BSW	1st
8.	Dolly Mary L. Lyngkhoi	BSW	1st
9.	Balarisha Marbaniang	BSW	1st
10.	Yamaya Lamare	BSW	3rd
11.	Sharmynrap Biam	Economics	5th
12.	Vernadine Jyrwa	BSW	3rd
13.	Mayuri Reang	BSW	3rd
14.	Lanya Shithungdang	BSW	3rd
15.	Jessica L. Nongrang	BSW	5th
16.	Daniella Ezme L. Thabah	BSW	3rd
17.	Camilla Nongrum	BSW	5th
18.	Unisha Sohbar	BSW	3rd
19.	Banritihun Khongphai	B.com	5th
20.	Monica J. Warjri	Bio Tech.	5th
21.	Hamesha Surong	BSW	5th
22.	Edikalson Marwein	BSW	5th
23.	Bansahnam Kshiar	BSW	5th
24.	Mewan Chen	BSW	3rd
25.	Derence O.R Marboh	BSW	3rd
26.	Damangkynsai Khongmalai	BSW	5th
27.	Jerry Lyngkhoi	Physics	1st
28.	Yapam Maluk	BSW	3rd
29.	Jahdiel Sangma	BSW	3rd
30.	S. Richard Kipgen	History	1st
31.	Kiletsing Songthiang	BSW	3rd



11. WORKSHOP ON SOAP MAKING

1.	Title of the Activity	Workshop on Soap Making
2.	Date	21 st October, 2023
3.	Venue	Mylliem Syllai-U-Lor
3.	Duration (in hrs)	2 Hours
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	NSS
6.	Participants (students)	33

The resource person of the program was sir Macsal J. Nongsiej. The purpose was to inform people of a potential business opportunity and to give them an introductory training on soap making. Sir Macsal J. Nongsiej demonstrated the process of making soap and explain about the same simultaneously, this intrigued the people and they asked many questions about his work. By the end of the programme about 2kg of soap had prepared. It was a successful programme and the people seem satisfied with the programme.

Photo Gallery



Session on Soap Making: List of student participants

S.I	Name	Department	Semester
1.	Sister Delira Sympli	BSW	5th
2.	Melissa Kharbyngar	BSW	5th
3.	Astha Barooah	BSW	5th
4.	Balarilang Ryngkhlem	BSW	5th
5.	Barihunlang Kharbyngar	Geography	1st
6.	Phibakor Suting	BSW	5th
7.	Ibadahunshisha Mawlong	BCA	1st
8.	Iaikyntiew Kurbah	BSW	5th
9.	Iohlynti Malai	BSW	5th
10.	Larisuk Nongkhlaw	Geography	1st
11.	Lamneihei Amy Khongsoi	BCA	1st



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12.	Olivia Grace Kharkongngor	BSW	5th
13.	Ibadahun Khongjoh	Geography	1st
14.	Haphilakhamti Matong	BSW	3rd
15.	Lasandakiru Lyngdoh	BSW	5th
16.	Nafisha Malngiang	BSW	5th
17.	Nafinia MARwein	BSW	3rd
18.	Ridabiang Sungoh	Sociology	5th
19.	Embhah Albert Marbaniang	Economics	5th
20.	Hemlenpao Haokip	History	1st
21.	Gaisingam Kamai	History	1st
22.	Sun Daimary	Maths	3rd
23.	Akash Narzary	Maths	3rd
24.	Thangjakap Haokip	History	1st
25.	Banteilang Dkhar	BSW	5th
26.	Melvin L Mawnai	BSW	5th
27.	Kitborlang Dkhar	BSW	5th
28.	Thangchinkhup Guite	History	1st
29.	Vivian Alexandar Lyngdoh Nonglait	BCA	3rd
30.	Phibanteinam L Chyne	Economics	5th
31.	Pearly KHarbudnah	BSW	3rd
32.	Jolisha Suting	BSW	5th
33.	Banmankhraw Kshiar	Economics	5 th



12. SOLID WASTE MANAGEMENT: VERMICOMPOSTING

1.	Title of the Activity	Solid waste management: vermicomposting
2.	Date	21 st October, 2023
3.	Venue	Mylliem Kyndong Nongkyntir
3.	Duration (in hrs)	1 hour 30 minutes
4.	Organising Department/Club	UBA
5.	Name of the collaborating agency/Club	NSS/Eco club/ EVS Department
6.	Participants (students)	31

A programme on Solid Waste Management: Vermicomposting was conducted on 21-10-2023 by the National Service Scheme in collaboration with the Environment Department. The resource person for the programme was Ma'am Lari Jeengap. A total of 56 participants, along with 8 volunteers, attended the programme. The programme started at 1 pm and ended at 2:30 pm.

During the programme, Ma'am Lari explained the process of earthworm digestion and aerobic decomposition using the activities of micro- and macro-organisms at room temperature. Vermicomposting, or worm composting, produces a rich organic soil amendment containing a diversity of plant nutrients and beneficial micro-organisms. She also taught us the importance of properly managing the worms. It was explained that vermicomposting involves two methods:

>Bed methods: this is an easy method in which beds of organic methods are prepared.

> Pit methods: in this method, the organic matter is collected in cemented pits. However, this method is not prominent as it involves problems with poor aeration and water-logging.

Solid Waste Management: Vermicomposting: List of Student Participants

S.I	Name	Department	Semester
1.	Emiki Dabiang Shadap	BSW	3 rd
2.	Naffica Dkhar	BSW	3 rd
3.	Risalangki Suiam	Economics	5 th
4.	Heinidawan Lyngdoh	Economics	5 th
5.	Chuingamwon AT	BSW	3 rd
6.	Celestial Shadap	Economics	5 th
7.	Barisha Lyngkhoi	BSW	1 st
8.	Dolly Mary L. Lyngkhoi	BSW	1 st
9.	Balarisha Marbaniang	BSW	1 st
10.	Yamaya Lamare	BSW	3 rd
11.	Sharmynrap Biam	Economics	5 th
12.	Vernadine Jyrwa	BSW	3 rd
13.	Mayuri Reang	BSW	3 rd



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14.	Lanya Shithungdang	BSW	3rd
15.	Jessica L. Nongrang	BSW	5th
16.	Daniella Ezme L. Thabah	BSW	3rd
17.	Camilla Nongrum	BSW	5th
18.	Unisha Sohbar	BSW	3rd
19.	Banritihun Khongphai	B.com	5th
20.	Monica J. Warjri	Bio Tech.	5th
21.	Hamesha Surong	BSW	5th
22.	Edikalson Marwein	BSW	5th
23.	Bansahnam Kshiar	BSW	5th
24.	Mewan Chen	BSW	3rd
25.	Derence O.R Marboh	BSW	3rd
26.	Damangkynsai Khongmalai	BSW	5th
27.	Jerry Lyngkhoi	Physics	1st
28.	Yapam Maluk	BSW	3rd
29.	Jahdiel Sangma	BSW	3rd
30.	S. Richard Kipgen	History	1st
31.	Kiletsing Songthiang	BSW	3rd

13. SOLID WASTE MANAGEMENT

1	Title of the Activity	Solid Waste Mangement
2	Date	23 th October 2023
3	Venue	Mylliem Syllai-U-Lor
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS/Mylliem C&RD
7	Participants (Students)	33

The resource person of the programme was sir Faldinus Kharmawphlang. The purpose of the programme was to make the people aware about the dangerous effects of Solid Waste Management when it is not managed and disposed carefully, the threat it poses to the environment and the various health problems that might affect the people because of it.

Sir Faldinus explained to the people about the following:

- 1) How can one be responsible for their environment before it degrades beyond recovery?
- 2) The importance of segregating waste from dry and wet waste.
- 3) The important of separating before giving away for recycling

He also gave example of various village with proper waste management and village without waste management to give people better understanding of the advantages and disadvantages not having a waste a waste management.

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Solid Waste Management: List of Student Participants

S.I	Name	Department	Semester
1.	Sister Delira Sympli	BSW	5th
2.	Melissa Kharbyngar	BSW	5th
3.	Astha Barooah	BSW	5th
4.	Balarilang Ryngkhlem	BSW	5th
5.	Barihunlang Kharbyngar	Geography	1st
6.	Phibakor Suting	BSW	5th
7.	Ibadahunshisha Mawlong	BCA	1st
8.	Iaikyntiew Kurbah	BSW	5th
9.	Iohlynti Malai	BSW	5th
10.	Larisuk Nongkhlaw	Geography	1st
11.	Lamneihei Amy Khongsoi	BCA	1st
12.	Olivia Grace Kharkongngor	BSW	5th
13.	Ibadahun Khongjoh	Geography	1st
14.	Haphilakhanti Matong	BSW	3rd
15.	Lasandakiru Lyngdoh	BSW	5th
16.	Nafisha Malngiang	BSW	5th
17.	Nafinia MARwein	BSW	3rd
18.	Ridabiang Sungoh	Sociology	5th
19.	Embhah Albert Marbaniang	Economics	5th
20.	Hemlenpao Haokip	History	1st
21.	Gaisingam Kamai	History	1st
22.	Sun Daimary	Maths	3rd
23.	Akash Narzary	Maths	3rd
24.	Thangjakap Haokip	History	1st
25.	Banteilang Dkhar	BSW	5th
26.	Melvin L Mawnai	BSW	5th
27.	Kitborlang Dkhar	BSW	5th
28.	Thangchinkhup Guite	History	1st
29.	Vivian Alexandar Lyngdoh Nonglait	BCA	3rd
30.	Phibanteinam L Chyne	Economics	5th
31.	Pearly KHarbudnah	BSW	3rd
32.	Jolisha Suting	BSW	5th
33.	Banmankhraw Kshiar	Economics	5 th



14. ADOLESCENT COUNSELING

1	Title of the Activity	Adolescent Counseling
2	Date	23 th October 2023
3	Venue	Mylliem Syllai-U-Lor
4	Duration	2 Hours
5	Organising department/club	NSS
6	Name of the collaborating agency/club	23 th October 2023
7	Participants (Students)	33

The resource person of the programme was Miss Phidahun Dkhar and her group they came from one of the clinic 'The Adolescent friendly health clinic' which is under the civil hospital. They explained about the important of physical fitness, healthy eating and personal hygiene and they also explained about the important of five nutrients like protein, fats, carbohydrates(sugar, dietary fiber) vitamins, mineral and water. There were about 45 participants that attend in the programme.

Photo Gallery



Adolescent Counseling: List of student participants

S.I	Name	Department	Semester
1.	Sister Delira Sympli	BSW	5th
2.	Melissa Kharbyngar	BSW	5th
3.	Astha Barooah	BSW	5th
4.	Balarilang Ryngkhlem	BSW	5th
5.	Barihunlang Kharbyngar	Geography	1st
6.	Phibakor Suting	BSW	5th
7.	Ibadahunshisha Mawlong	BCA	1st
8.	Iaikyntiew Kurbah	BSW	5th
9.	Iohlynti Malai	BSW	5th
10.	Larisuk Nongkhlaw	Geography	1st
11.	Lamneihei Amy Khongsoi	BCA	1st
12.	Olivia Grace Kharkongngor	BSW	5th
13.	Ibadahun Khongjoh	Geography	1st
14.	Haphilakhamti Matong	BSW	3rd
15.	Lasandakiru Lyngdoh	BSW	5th



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16.	Nafisha Malngiang	BSW	5th
17.	Nafinia MArwein	BSW	3rd
18.	Ridabiang Sungoh	Sociology	5th
19.	Embhah Albert Marbaniang	Economics	5th
20.	Hemlenpao Haokip	History	1st
21.	Gaisingam Kamai	History	1st
22.	Sun Daimary	Maths	3rd
23.	Akash Narzary	Maths	3rd
24.	Thangjakap Haokip	History	1st
25.	Banteilang Dkhar	BSW	5th
26.	Melvin L Mawnai	BSW	5th
27.	Kitborlang Dkhar	BSW	5th
28.	Thangchinkhup Guite	History	1st
29.	Vivian Alexandar Lyngdoh Nonglait	BCA	3rd
30.	Phibanteinam L Chyne	Economics	5th
31.	Pearly KHarbudnah	BSW	3rd
32.	Jolisha Suting	BSW	5th
33.	Banmankhraw Kshiar	Economics	5 th



15. BREAST CANCER AWARENESS PROGRAMME

1	Title of the Activity	Breast Cancer Awareness
2	Date	23 th October 2023
3	Venue	Mylliem Kyndong-Nongkyntir
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS, Rotary club, Inner Wheel Club
7	Participants (Students)	31

A Breast Cancer Awareness Programme was conducted on 23-10-2023 by the National Service Scheme in collaboration with the Rotary Club of Cherry Blossom Shillong and the Inner Wheel Club of Pine City Shillong. There were 14 participants and 5 volunteers. The programme started at 11:45 am and ended at around 1:30 pm.

The resource persons for the program were Dr. Meena Sakhdeva and Ms. Geeta Sarin (District Chairman).

The resource persons discussed the following points:

>The signs and symptoms

Lump in the breast, doesn't feel any pain in the breast and nipple, loss of weight appetite and fatigue, skin color changes in the breast such as redness, dimpling, and puckering.

>Causes

History of breast cancer in the family, reproductive, and taking contraceptive pills.

>Preventive measures

Healthy life, avoid multiple pregnancies (Age gap for pregnancy should be at least 2 years), always breastfeed, always avoid substance use.

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Breast Cancer Awareness Programme: List of Student Participants

S.I	Name	Department	Semester
1.	Emiki Dabiang Shadap	BSW	3 rd
2.	Naffica Dkhar	BSW	3rd
3.	Risalangki Suiam	Economics	5th
4.	Heinidawan Lyngdoh	Economics	5th
5.	Chuingamwon AT	BSW	3rd
6.	Celestial Shadap	Economics	5th
7.	Barisha Lyngkhoi	BSW	1st
8.	Dolly Mary L. Lyngkhoi	BSW	1st
9.	Balarisha Marbaniang	BSW	1st
10.	Yamaya Lamare	BSW	3rd
11.	Sharmynrap Biam	Economics	5th
12.	Vernadine Jyrwa	BSW	3rd
13.	Mayuri Reang	BSW	3rd
14.	Lanya Shithungdang	BSW	3rd
15.	Jessica L. Nongrang	BSW	5th
16.	Daniella Ezme L. Thabah	BSW	3rd
17.	Camilla Nongrum	BSW	5th
18.	Unisha Sohbar	BSW	3rd
19.	Banritihun Khongphai	B.com	5th
20.	Monica J. Warjri	Bio Tech.	5th
21.	Hamesha Surong	BSW	5th
22.	Edikalson Marwein	BSW	5th
23.	Bansahnam Kshiar	BSW	5th
24.	Mewan Chen	BSW	3rd
25.	Derence O.R Marboh	BSW	3rd
26.	Damangkynsai Khongmalai	BSW	5th
27.	Jerry Lyngkhoi	Physics	1st
28.	Yapam Maluk	BSW	3rd
29.	Jahdiel Sangma	BSW	3rd
30.	S. Richard Kipgen	History	1st
31.	Kiletsing Songthiang	BSW	3rd



16. WASTE SEGREGATION AWARENESS PROGRAMME

1	Title of the Activity	Waste Segregation Awareness
2	Date	24 th October 2023
3	Venue	Mylliem Kyndong-Nongkyntir
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS, Swachch Bharat Missionary
7	Participants (Students)	31

The programme included Waste Segregation Management by SBM Block, a Jumble Sale, Sports Day cum Food Fest, and a Cultural Night. While some volunteers attended the waste segregation programme, others were actively segregating waste, and the remaining volunteers began preparations for the other programmes. Later in the evening, we had a Cultural Night.

Photo Gallery



Waste Segregation Awareness: List of student participants

S.I	Name	Department	Semester
1.	Emiki Dabiang Shadap	BSW	3 rd
2.	Naffica Dkhar	BSW	3 rd
3.	Risalangki Suiam	Economics	5 th
4.	Heinidawan Lyngdoh	Economics	5 th
5.	Chuingamwon AT	BSW	3 rd
6.	Celestial Shadap	Economics	5 th
7.	Barisha Lyngkhoi	BSW	1 st
8.	Dolly Mary L. Lyngkhoi	BSW	1 st
9.	Balarisha Marbaniang	BSW	1 st
10.	Yamaya Lamare	BSW	3 rd
11.	Sharmynrap Biam	Economics	5 th
12.	Vernadine Jyrwa	BSW	3 rd
13.	Mayuri Reang	BSW	3 rd



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14.	Lanya Shithungdang	BSW	3rd
15.	Jessica L. Nongrang	BSW	5th
16.	Daniella Ezme L. Thabah	BSW	3rd
17.	Camilla Nongrum	BSW	5th
18.	Unisha Sohbar	BSW	3rd
19.	Banritihun Khongphai	B.com	5th
20.	Monica J. Warjri	Bio Tech.	5th
21.	Hamesha Surong	BSW	5th
22.	Edikalson Marwein	BSW	5th
23.	Bansahnam Kshiar	BSW	5th
24.	Mewan Chen	BSW	3rd
25.	Derence O.R Marboh	BSW	3rd
26.	Damangkynsai Khongmalai	BSW	5th
27.	Jerry Lyngkhoi	Physics	1st
28.	Yapam Maluk	BSW	3rd
29.	Jahdiel Sangma	BSW	3rd
30.	S. Richard Kipgen	History	1st
31.	Kiletsing Songthiang	BSW	3rd



17. SOLID WASTE MANAGEMENT

1	Title of the Activity	Solid Waste Management
2	Date	3 rd November 2023
3	Venue	Mawthawtieng
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS, Swachch Bharat Mission
7	Participants (Students)	6

OBJECTIVES:

- To reduce, to reuse and to recycle
- To minimize the production of waste
- To reduce pollution effects

PROCESS

The volunteers conducted the program on 13th November 2023 at Mawthawtieng Lower Primary School. Before starting the program the volunteers firstly has an interaction with the students to recall about the importance of cleanliness and hygiene. On this day, Sir Ferdinus Kharmawphlang, the Block Co-ordinator was the Resource person. He explained deeply about the importance of solid waste management. On this program, the headman, Shri Lamphrang Nongrum was also present with us. Sir Ferdinus has explained to the villagers that they should segregate the waste properly like biodegradable and non- biodegradable separately. The headman also took the initiative to explain clearly about the solid waste management.

Photo Gallery



Solid Waste Management: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



18. PROGRAMME ON FINANCIAL LITERACY

1	Title of the Activity	Financial Literacy
2	Date	3 rd November 2023
3	Venue	Mylliem Mawsawa
4	Duration	3 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	4

The volunteers conducted a programme on basic financial literacy for student in order to teach the children about the importance of saving money and how can the student save and get to save the money. The volunteers taught the children on basic financial literacy because it is very important to teach the children in an early age so that they will start saving when they are still young.

Photo Gallery



Financial Literacy Awareness for Children: List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Nafinia Marwein	W2200024	BSW
2.	Daniella Ezme L. Thabah	W2200033	BSW
3.	Jahdiel M. Sangma	W2200040	BSW
4.	Mayuri Reang	W2200069	BSW



19. REPUBLIC DAY CELEBRATION

1	Title of the Activity	Republic Day Celebration Activities with Children
2	Date	26 th January, 2024
3	Venue	Mylliem Mawsawa Mylliem Rngi
4	Duration	5 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS
7	No. Of Participants (Students)	62

The volunteers started the day by waking up at 5:30 AM and freshening up. Breakfast was served at 7:30 AM. At 9:30 AM, they celebrated Republic Day by taking a pledge. Following that, the volunteers headed out for mobilization. They went door-to-door and talked to the villagers about the camp, as well as made them aware of the purpose of their visit to the village.

A survey was also conducted among the unemployed youth of the community, and a group of volunteers got the chance to meet the Headman, ASHA workers, Anganwadi workers, and the Women's Wing of the village. Around 1:00 PM, they had lunch after submitting the survey reports. Soon after lunch, some volunteers continued with the survey while others stayed at the campsite to organize games for the children.

They conducted a variety of games and fun learning sessions for Republic Day, such as musical chairs, popping balloons, action songs, and more. They also organized a drawing competition for the children, where the winners' received sweets as rewards. The volunteers had a lot of fun playing with the children. Refreshments were provided, followed by a jam session, which the children thoroughly enjoyed.

Around 5:00 PM, the volunteers returned to the campsite after completing their assigned activities. After dinner, they had a brief meeting with the POs to discuss plans for the next day.

Photo Gallery





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Republic Day Celebration: List of Student participants

Sl. No	Name	Stream	Semester	Department
1.	Arindam Chutia	BCOM	1ST	
2.	Heinidawan Lyngdoh	BA	6TH	Economics
3.	Hiyashree Nath	BCOM	1ST	
4.	Jayrish Singh Achom	BA	4TH	Economics
5.	Iohlynti Malai	BSW	6TH	
6.	Celestial Shadap	BA	6TH	Economics
7.	Apkyrmenlang Janong	BSW	1ST	
8.	Kajal Mishra	BCOM	4TH	
9.	Wandeipor Khongtir	BA	4TH	English
10.	Ridabiang Sungoh	BA	6TH	Sociology
11.	Emiki Dabiang Shadap	BSW	4TH	
12.	Wandaphi Kharbamon	BSW	1ST	
13.	Bansahnam Kshiar	BSW	6TH	
14.	S.Richard Kipgen	BA	1ST	History
15.	Embhah Albert Marbaniang	BA	6TH	Economics
16.	James Dhar	BA	4TH	Political Science
17.	Phibakor Suting	BSW	6TH	
18.	Jenny Ialhruaizeli	BA	1ST	Education
19.	Risalangki Suiam	BA	6TH	Economics
20.	Liona Moirangthem	BA	1ST	Sociology
21.	Phibanseisoh Nongbet	BCOM	4TH	
22.	Elza Tiffany Lamare	BSW	6TH	
23.	Christine Nongspung	BSW	1ST	
24.	Insharai Iaphi Wankhar	BSW	6TH	
25.	Eukratis Sohtun	BSW	6TH	
26.	Seiminlun Kipgen	BA	1ST	Education
27.	Damangkynsai Khongmalai	BSW	6TH	
28.	Bashida Marbaniang	BSW	6TH	
29.	Melbinstar L Mawnai	BSW	5TH	
30.	Jonathan Thabah	BSW	6TH	
31.	EDIKALSON MARWEIN	BSW	6TH	
32.	Nilisa Tariang	BA	4TH	Political Science
33.	Lasubon Kharbithai	BA	4TH	Political Science
34.	IBASHISHA LAKHMIE	BSW	6TH	
35.	Tanisha Rymbai	BSW	6TH	
36.	Kitborlang Dkhar	BSW	6TH	



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37	Hannahbel Marphy Nongkynrih	BA	4TH	Geography
38	Eveyana Ashlee Lyngdoh	BA	4TH	Political Science
39	Anusha Rabha	BCA	1ST	Computer Science
40	Lucky Deb	BCA	1ST	
41	Sanaphi Samati	BA	4TH	Political Science
42	Banmankhraw Kshiar	BA	6TH	Geography
43	Jolisha Suting	BSW	6TH	
44	Phibanteinam L Chyne	BA	6TH	Economics
45	Rebecca Kharlyngdoh	BSW	6TH	
46	Eviginia Nongbet	BSW	6TH	
47	Giianna Nongrum	BSW	6TH	
48	Siddharth Sunar	BCA	1ST	
49	Droon Doley	BA	1ST	English
50	Drub rajak	BCA	1ST	
51	Harshini Saikia	BA	1ST	Sociology
52	Neil Armstrong Nongbsap	BA	4TH	Geography
53	Monica Jolsha Warjri	BSC	6TH	Biotechnology
54	Badakerlin lyngdoh nongbri	BSW	5TH	
55	Jahdiel M Sangma	BSW	4TH	
56	Sharmynrap Biam	BA	6TH	Economics
57	Nafisha Malngiang	BSW	6TH	
58	Giftty Grace Nandah Syiem	BSW	5TH	Sociology
59	Jessica Malngiang	BSW	5TH	Sociology
60	Shidalin Basaiawmoit	BSW	6TH	
61	Joyjit Swargiary	BA	4TH	Sociology
62	Haphilakhamti Matong	BSW	4TH	



20. INTERNATIONAL DAY FOR WOMEN

1	Title of the Activity	International Women's Day
2	Date	8 th March, 2024
3	Venue	MylliemSyllai-U-Lor
4	Duration	5 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS
7	No. Of Participants (Students)	6

About the programme:

In the morning the volunteers makes Labels ribbons and card Happy Women's Day and other things required for the program. At 3:00pm the volunteers observed and organized together with the SHGs the International Women's Day in the village at ICDS centre. They greet the women's even at home, on the way and in the Tea Shall Shop. The volunteers facilitated them with purple Label Ribbons and Happy Women's Day wishing Cards. The program lasted till night and it was successful one as the women's were very surprised, feel empowered accepted, appreciated, love, acknowledge and wanted.

Photo Gallery



International Women's Day: List of student participants

Slno.	Name	NehuRollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW



21. OUTREACH PROGRAMME: EDUCATION DEPARTMENT

1	Title of the Activity	Outreach Programme by Education Department
2	Date	9 th March, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS, Department of Education
7	No. Of Participants (Students)	68

About the programme:

The Education Department of St. Edmunds College Shillong had organised an Outreach Program for the children at Myllem Syllai U Lor. The aim was to teach the children creative way of learning through games, dance, singing etc. The activities are:

1. Phonic and Alphabets
2. Educational games and icebreaker
3. Numbers and Basic Math
4. Educational Games such as story time and Action.
5. Friendly football match

Each time they come they come prepared with their creative arts and posters to attract the minds of the children which is something very good for exercise.

Photo Galery



List of student participants

Slno.	Name	Nehu RollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHLEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW



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Education Department List of Students

SL.NO	NAME	ROLL NO	SEMESTER
1.	SAMUEL LUNGOUGIN KHONGTHANG	23132505	B.A 1 ST SEMESTER
2.	MICHELLE DHAR	23132527	B.A 1 ST SEMESTER
3.	ASHMI RABHA	23132519	B.A 1 ST SEMESTER
4.	YIMKUMNARO OZUKUM	23132507	B.A 1 ST SEMESTER
5.	THANGLENMANG HAOKIP	23132516	B.A 1 ST SEMESTER
6.	AIJINGSUK POHTHMI	23132545	B.A 1 ST SEMESTER
7.	B JEFRY CHAKMA	23132504	B.A 1 ST SEMESTER
8.	C PRECILLA LHOUVUM	23132546	B.A 1 ST SEMESTER
9.	EVEIN CHAKMA	23132548	B.A 1 ST SEMESTER
10.	J LALREMPUII	23132517	B.A 1 ST SEMESTER
11.	ELENA V HMINGTHANZUALU	23132501	B.A 1 ST SEMESTER
12.	KLALMUANSANGI	23132502	B.A 1 ST SEMESTER
13.	HELANG CHAKMA	23132503	B.A 1 ST SEMESTER
14.	B JEFRY CHAKMA	23132504	B.A 1 ST SEMESTER
15.	ALISH SANGNEIHOI TOUTHANG	23132506	B.A 1 ST SEMESTER
16.	MAYFAIR HAOLAI	23132535	B.A 1 ST SEMESTER
17.	BOBBY SULTANA LASKAR	23132511	B.A 1 ST SEMESTER
18.	RICHIE HEK	23132510	B.A 1 ST SEMESTER
19.	NEHGOULAL HAOKIP	23132508	B.A 1 ST SEMESTER
20.	BENNY BANSAN WAR	23132509	B.A 1 ST SEMESTER
21.	AUGUSTINE LYNGKHOI	23132525	B.A 1 ST SEMESTER
22.	ALBA SENGTERA B MARAK	23132524	B.A 1 ST SEMESTER
23.	HAUMUANLAL LEIVANG	23132523	B.A 1 ST SEMESTER
24.	PHIADA KHONGJOH	23132522	B.A 1 ST SEMESTER
25.	MATHRIKA CHOUDHURY	23132518	B.A 1 ST SEMESTER
26.	KASAN CHEMIKKANG D MARAK	23132512	B.A 1 ST SEMESTER
27.	J LALREMPUII	23132517	B.A 1 ST SEMESTER
28.	CAROLINE SANKHIL LAMKANG	23132514	B.A 1 ST SEMESTER
29.	THANGLENMANG HAOKIP	23132516	B.A 1 ST SEMESTER
30.	JESSICA LALDAMPUI SINRUWNG	23132515	B.A 1 ST SEMESTER
31.	ASHMI RABHA	23132519	B.A 1 ST SEMESTER
32.	LARAKI ERALY D SANGMA	23132520	B.A 1 ST SEMESTER
33.	JEVIKALI AYE	23132521	B.A 1 ST SEMESTER
34.	DAZEALLA KHARMUJAI	23132526	B.A 1 ST SEMESTER
35.	MICHELLE DHAR	23132527	B.A 1 ST SEMESTER
36.	MANGTINLAL VAIPHEI	23132534	B.A 1 ST SEMESTER
37.	LARIHUN LYNGDOH	23132533	B.A 1 ST SEMESTER
38.	GOPIN KUMAR	23132531	B.A 1 ST SEMESTER
39.	JENNY LALHRUAIZELI	23132530	B.A 1 ST SEMESTER
40.	KHISOR KUMAR	23132528	B.A 1 ST SEMESTER
41.	L RONALD CHONGLOI	23132529	B.A 1 ST SEMESTER
42.	HARSH MISHRA	23132532	B.A 1 ST SEMESTER
43.	AGHATO B ACHUMI	23132536	B.A 1 ST SEMESTER
44.	K BEIKHAIPHA	23132537	B.A 1 ST SEMESTER
45.	DANIEL L TOUTHANG	23132538	B.A 1 ST SEMESTER



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45.	WILLIAM LANONG KHLEM	23132539	B.A 1 ST SEMESTER
47.	H. MALSAMTLUANGA	23132540	B.A 1 ST SEMESTER
48.	KHANBIAKSIAM NAULAK	23132541	B.A 1 ST SEMESTER
49.	ELIZABETH LALCHAWIMAWII RALTE	23132542	B.A 1 ST SEMESTER
50.	SEIMINLUN KIPGEN	23132543	B.A 1 ST SEMESTER
51.	STEPHEN LUNGINSANG	23132544	B.A 1 ST SEMESTER
52.	AIJINGSUK POHTHMI	23132545	B.A 1 ST SEMESTER
53.	C PRECILLA LHOVUM	23132546	B.A 1 ST SEMESTER
54.	SALOMI VAIPHEI	23132547	B.A 1 ST SEMESTER
55.	EVEIN CHAKMA	23132548	B.A 1 ST SEMESTER
56.	BINITA SAPKOTA	23132549	B.A 1 ST SEMESTER
57.	BUIE ALBERT VAIPHEI	23132550	B.A 1 ST SEMESTER
58.	MASHUNRING SHANGJAM	23132551	B.A 1 ST SEMESTER
59.	PAUGOULALPIAK VAIPHEI	23132552	B.A 1 ST SEMESTER
60.	NAZARIA R MARAK	23132553	B.A 1 ST SEMESTER
61.	KAMGOUSEM KHONGSAI	23132555	B.A 1 ST SEMESTER
62.	THANGLUNLAL HAOKIP	23132556	B.A 1 ST SEMESTER



22. VISIT TO THE RNGI LP SCHOOL

1	Title of the Activity	Visit to the school
2	Date	9 th March, 2024
3	Venue	Mylliem Rngi
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	4

Objective:

The main objective of the visit to the school in Mylliem Rngi on March 15th, 2024, was to assess the current condition of the school and gather information on the necessary resources and improvements needed. The volunteers aimed to identify the most pressing needs in the school to improve the learning environment for both students and teachers.

Highlights:

- Assessment of School Needs:** The volunteers observed the current state of the school facilities, such as classrooms, furniture, and basic amenities.
- Resources Identified:** The volunteers identified a need for several resources:
 - **Stationery:** Essential educational materials required for the students' learning.
 - **Teacher's Table:** The current teacher's table was either insufficient or in poor condition.
 - **Blackboard:** The existing blackboard was either outdated or broken, and a new one was needed to facilitate teaching.
 - **Solar Lights:** The school required solar-powered lighting to ensure the classrooms were well-lit, especially during the evening or power outages.
 - **Toilets:** The condition of toilets was a concern, with a need for improved sanitation and more facilities for students and teachers.
- Volunteer Actions:** The volunteers interacted with the school's staff and management to discuss these needs in detail and to gather specific information about any other improvements that could be made.

Outcome:

The visit successfully highlighted the urgent needs at the school. The gathered information will allow the volunteers and stakeholders to prioritize the essential items and take further steps to address these needs. The list of resources (stationery, new teacher's table, blackboard, solar lights, and improved toilets) will likely inform future fundraising efforts, donations, and development plans for the school to create a better and more conducive learning environment for the students and teachers.



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Photo Gallery



List of student participants

Sl. No	Name	NEHU Roll No.	Department
1.	Nafinia Marwein	W2200024	BSW
2.	Daniella Ezme L. Thabah	W2200033	BSW
3.	Jahdiel M. Sangma	W2200040	BSW
4.	Mayuri Reang	W2200069	BSW



23. VISIT TO THE ICDS CENTER

1	Title of the Activity	Visit to the ICDS center
2	Date	15 th March, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

About the programme:

At 2:30pm the Volunteers proceed to ICDS centre to help in distributing of food for the children. Since only few children turned up today, the volunteers moved on for mobilization, mobilizing the children to come for tomorrow's program at community Hall. They student spend sometime in the house of Miss Agnes Kurkalang. They had an interesting interaction concerning about the Monolith which can be seen from her house.

Photo Gallery



List Of Student Participants

Sln.	Name	NehuRollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW



24. OUTREACH PROGRAMME: EDUCATION DEPARTMENT

1	Title of the Activity	Outreach Programme by Education Department
2	Date	16 th March, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	Department of Education, NSS
7	No. Of Participants (Students)	68

Objectives:

- Provide Educational Support:** The primary goal of the program was to provide educational support to underprivileged children aged 2-10 years in the Syllai-U-Lor Village.
- Impart Basic Education:** To teach foundational skills in phonics and basic math calculations to the children, ensuring they have the necessary skills for future learning.
- Innovative Teaching Methods:** To introduce new teaching methods and engage children through play-based, hands-on activities that promotes active learning.
- Promote Community Engagement:** Foster collaboration between the Education Department, UBA, NSS, and the Department of Social Work-UG to address both the educational and social needs of the community.
- Hands-on Learning Experience for Students:** To provide the department students with real-world experience in teaching, community engagement, and addressing the needs of underserved populations.

Process:

- Implementing New Teaching Methods:** The Education Department students visited the village regularly, introducing new lesson plans, teaching phonics, and basic math calculations. The lessons were designed to be engaging and tailored to the children's learning needs.
- Active Engagement through Play:** The program emphasized play-based learning, including games, songs, and hands-on activities that encouraged children to actively participate. These activities were designed to make learning enjoyable while reinforcing key educational concepts.
- Use of Traditional Tools:** The students used traditional teaching tools like chalk and blackboards to make lessons interactive and visually engaging, ensuring children remained focused and involved throughout the sessions.
- Interdisciplinary Collaboration:** The program was implemented with the collaborative efforts of the Education Department, UBA, NSS, and the Department of Social Work-UG, creating a well-rounded approach to addressing both educational and social needs in the village.

Highlights:

- Active Participation of Children:** The children eagerly participated in the activities, showing enthusiasm for learning through songs, games, and interactive exercises.
- Innovative Teaching Techniques:** Education department students implemented creative, engaging teaching techniques that made learning fun and effective, such as the use of games and songs to teach phonics and math.
- Collaborative Effort:** The collaboration between multiple departments (Education, UBA, NSS, and Social Work-UG) allowed for a well-rounded approach, addressing both the educational and broader social needs of the village.



- **Hands-on Learning for Students:** The department students were able to directly apply their theoretical knowledge in a real-world setting, gaining invaluable practical experience in teaching and community outreach.

Outcome:

- **Successful Educational Support:** The outreach program successfully provided educational support to the children in Syllai-U-Lor Village. The children were not only taught basic phonics and math skills but also developed a positive attitude toward learning through the engaging activities.
- **Active Participation and Learning:** The children actively participated in the program and demonstrated their eagerness to learn. The hands-on and play-based approach helped keep the children engaged and fostered a deeper understanding of the material.
- **Improved Teaching Skills:** The department students effectively utilized their teaching skills, learning how to implement creative, engaging strategies that catered to the needs of young learners in an underserved community.
- **Interdisciplinary Approach:** The collaboration between the Education Department, UBA, NSS, and the Department of Social Work-UG provided a more comprehensive understanding of the educational and social challenges in the community, enhancing the impact of the program.
- **Valuable Learning Experience for Students:** The outreach program offered the department students a valuable opportunity to gain practical insights into community engagement, teaching strategies, and working with underserved populations. This hands-on experience helped them develop essential skills for their future careers.

In conclusion, the outreach program was a significant success, benefiting both the children of Syllai-U-Lor Village and the students from the Education Department. By using innovative teaching methods and fostering active participation, the program helped address the educational needs of underprivileged children while providing a valuable learning experience for the student teachers. The interdisciplinary collaboration further enhanced the program's impact, creating a holistic approach to community support and development.

Photo Gallery





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List of Student Participants

Slno.	Name	NehuRollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHLEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW

EDUCATION STUDENT'S LIST

SL.NO	NAME	ROLL NO	SEMESTER
1.	SAMUEL LUNGOUGIN KHONGTHANG	23132505	B.A 1 ST SEMESTER
2.	MICHELLE DHAR	23132527	B.A 1 ST SEMESTER
3.	ASHMI RABHA	23132519	B.A 1 ST SEMESTER
4.	YIMKUMNARO OZUKUM	23132507	B.A 1 ST SEMESTER
5.	THANGLENMANG HAOKIP	23132516	B.A 1 ST SEMESTER
6.	AIJINGSUK POHTHMI	23132545	B.A 1 ST SEMESTER
7.	B JEFRY CHAKMA	23132504	B.A 1 ST SEMESTER
8.	C PRECILLA LHOUVUM	23132546	B.A 1 ST SEMESTER
9.	EVEIN CHAKMA	23132548	B.A 1 ST SEMESTER
10.	J LALREMPUII	23132517	B.A 1 ST SEMESTER
11.	ELENA V HMINGTHANZUALU	23132501	B.A 1 ST SEMESTER
12.	KLALMUANSANGI	23132502	B.A 1 ST SEMESTER
13.	HELANG CHAKMA	23132503	B.A 1 ST SEMESTER
14.	B JEFRY CHAKMA	23132504	B.A 1 ST SEMESTER
15.	ALISH SANGNEIHOI TOUTHANG	23132506	B.A 1 ST SEMESTER
16.	MAYFAIR HAOLAI	23132535	B.A 1 ST SEMESTER
17.	BOBBY SULTANA LASKAR	23132511	B.A 1 ST SEMESTER
18.	RICHIE HEK	23132510	B.A 1 ST SEMESTER
19.	NEHGOULAL HAOKIP	23132508	B.A 1 ST SEMESTER
20.	BENNY BANSAN WAR	23132509	B.A 1 ST SEMESTER
21.	AUGUSTINE LYNGKHOI	23132525	B.A 1 ST SEMESTER
22.	ALBA SENGTERA B MARAK	23132524	B.A 1 ST SEMESTER
23.	HAUMUANLAL LEIVANG	23132523	B.A 1 ST SEMESTER
24.	PHIADA KHONGJOH	23132522	B.A 1 ST SEMESTER
25.	MATHRIKA CHOUDHURY	23132518	B.A 1 ST SEMESTER
26.	KASAN CHEMIKKANG D MARAK	23132512	B.A 1 ST SEMESTER
27.	J LALREMPUII	23132517	B.A 1 ST SEMESTER
28.	CAROLINE SANKHIL LAMKANG	23132514	B.A 1 ST SEMESTER
29.	THANGLENMANG HAOKIP	23132516	B.A 1 ST SEMESTER
30.	JESSICA LALDAMPUI SINRUWNG	23132515	B.A 1 ST SEMESTER
31.	ASHMI RABHA	23132519	B.A 1 ST SEMESTER
32.	LARAKI ERALY D SANGMA	23132520	B.A 1 ST SEMESTER
33.	JEVIKALI AYE	23132521	B.A 1 ST SEMESTER
34.	DAZEALLA KHARMUJAI	23132526	B.A 1 ST SEMESTER
35.	MICHELLE DHAR	23132527	B.A 1 ST SEMESTER
36.	MANGTINLAL VAIPHEI	23132534	B.A 1 ST SEMESTER



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37.	LARIHUN LYNGDOH	23132533	B.A 1 ST SEMESTER
38.	GOPIN KUMAR	23132531	B.A 1 ST SEMESTER
39.	JENNY LALHRUAIZELI	23132530	B.A 1 ST SEMESTER
40.	KHISOR KUMAR	23132528	B.A 1 ST SEMESTER
41.	L RONALD CHONGLOI	23132529	B.A 1 ST SEMESTER
42.	HARSH MISHRA	23132532	B.A 1 ST SEMESTER
43.	AGHATO B ACHUMI	23132536	B.A 1 ST SEMESTER
44.	K BEIKHAIPHA	23132537	B.A 1 ST SEMESTER
45.	DANIEL L TOUTHANG	23132538	B.A 1 ST SEMESTER
45.	WILLIAM LANONG KHLEM	23132539	B.A 1 ST SEMESTER
47.	H. MALSAWMTLUANGA	23132540	B.A 1 ST SEMESTER
48.	KHANBIAKSAM NAULAK	23132541	B.A 1 ST SEMESTER
49.	ELIZABETH LALCHAWIMAWII RALTE	23132542	B.A 1 ST SEMESTER
50.	SEIMINLUN KIPGEN	23132543	B.A 1 ST SEMESTER
51.	STEPHEN LUNGINSANG	23132544	B.A 1 ST SEMESTER
52.	AIJINGSUK POHTHMI	23132545	B.A 1 ST SEMESTER
53.	C PRECILLA LHOUVUM	23132546	B.A 1 ST SEMESTER
54.	SALOMI VAIPHEI	23132547	B.A 1 ST SEMESTER
55.	EVEIN CHAKMA	23132548	B.A 1 ST SEMESTER
56.	BINITA SAPKOTA	23132549	B.A 1 ST SEMESTER
57.	BUIITE ALBERT VAIPHEI	23132550	B.A 1 ST SEMESTER
58.	MASHUNRING SHANGJAM	23132551	B.A 1 ST SEMESTER
59.	PAUGOULALPIAK VAIPHEI	23132552	B.A 1 ST SEMESTER
60.	NAZARIA R MARAK	23132553	B.A 1 ST SEMESTER
61.	KAMGOUSEM KHONGSAI	23132555	B.A 1 ST SEMESTER
62.	THANGLUNLAL HAOKIP	23132556	B.A 1 ST SEMESTER



25. GAMES FOR CHILDREN

1	Title of the Activity	Games for Children
2	Date	23 rd March, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

About the programme:

The volunteers today had organized games for the children in the football ground.
The games activities are:

1. Sack race
2. Relay race and many other games.

Photo Gallery



List Of Student Participants

Sl no.	Name	Nehu RollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHLEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW



26. PARTICIPATORY RURAL APPRAISAL: PROBLEMS OF THE VILLAGE

1	Title of the Activity	PRA: Problems of the village
2	Date	23 rd March, 2024
3	Venue	Mawthawtieng
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

Objectives:

- **Identify Key Problems in the Village:** Engage the community to highlight the main challenges they face.
- **Empower the Local Community:** Give women a platform to voice their concerns for future development.

About the Program:

On 23rd March 2024, the students from the social work department conducted a Participatory Rural Appraisal (PRA) to identify and address the key problems faced by the villagers. The PRA, a crucial tool in community development, involved 10 women participants who shared their concerns with the volunteers.

During the session, the volunteers learned about the following challenges faced by the community:

1. **Water Scarcity:** The villagers experience a shortage of water, especially during the winter season.
2. **School Infrastructure:** There is a need for a proper school building for the L.P. School at Mawthawtieng.
3. **Teacher Shortage:** The school requires additional teachers to ensure quality education for the children.
4. **Street Lighting:** The community needs streetlights to enhance safety, particularly at night.
5. **Healthcare Access:** There is a need for a primary health center (PHC) or sub-center in the village, to facilitate healthcare, especially in emergencies.
6. **Road Infrastructure:** The village requires the construction of a proper road, which has not been completed yet.
7. **Fencing for ICDS Campus:** The ICDS campus needs proper fencing for security and safety.
8. **Chimneys at ICDS Center:** Chimneys are needed at the ICDS center to improve ventilation and make cooking safer for the children.
9. **Playground Facilities:** The community lacks a proper playground, which is essential for the children's physical activities and development.

Outcome:

The PRA session conducted on 23rd March 2024 proved to be highly insightful for both the volunteers and the participants. The key outcomes of the program are:

1. **Identification of Critical Issues:** The PRA successfully highlighted several pressing issues that the village faces, such as water scarcity, inadequate school infrastructure, and healthcare challenges. This will help prioritize the needs of the community for future interventions and development programs.
2. **Community Empowerment:** The session empowered the women participants by providing them with a platform to voice their concerns. It encouraged their active participation in identifying local problems and seeking solutions, fostering a sense of ownership over community development.



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- 3. Collaboration and Awareness:** The collaboration between the social work students and the local community deepened the students' understanding of the challenges faced by rural areas. It also raised awareness among the volunteers regarding the urgent needs of the village, which will aid in advocating for necessary changes and support from government bodies or NGOs.
- 4. Community Mobilization for Change:** The identification of issues such as the lack of school infrastructure, street lighting, and healthcare facilities will provide a solid foundation for further community mobilization. The outcome of this PRA can serve as a basis for future advocacy efforts, community meetings, or requests for support from local authorities or development agencies.
- 5. Planning for Action:** The PRA session has laid the groundwork for planning and implementing solutions. It has provided valuable data that will guide the next steps in addressing the most pressing issues within the village, such as seeking funding for road construction, medical facilities, and improving educational infrastructure.
- 6. Strengthened Social Cohesion:** The event fostered a stronger sense of community among the participants, as they worked together to address common concerns. The shared experience also promoted social cohesion and collective action within the village, which can drive positive changes in the future.

Overall, the PRA session not only helped identify the village's problems but also strengthened community engagement and set the stage for collaborative efforts to resolve these issues.

Photo Gallery



List of Student Participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW

27. CLEANING DRIVE & POSHAN PAKHWADA

1	Title of the Activity	Cleaning Drive Poshan Pakhwada
2	Date	25 th March, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

About the programme:

Before the cleaning began the VEO Miss Parkordor Kurkalang had short program for the children on Hand washing demonstrating and explaining on consuming good that their parent cook for them in the house. She also suggested that all should eat green vegetable in order to maintain good Health. Had traditional games with the children. For the Adolescent she had take up on DAB TOUCH and GOOD TOUCH.

After the program above the volunteers began with their activities CLEANING DRIVE the whole village with the Children. Started with in the community Hall reached to the village surrounding. 40 children participated the cleaning drive. After the cleaning drive they gave some snack to the children and send them off to their home, thanking them and their parent for sending their children making the day a successful one through their constant support and encouragement.

Photo Gallery



List of Student participants

Sl no.	Name	Nehu RollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW



28. PARTICIPATORY RURAL APPRAISAL: SEASONAL CALENDAR

1	Title of the Activity	PRA: Seasonal Calendar
2	Date	10 th April, 2024
3	Venue	Mawthawtieng
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

Objectives:

- 1. Understanding Seasonal Patterns:** To help the community visualize and understand the seasonal variations in agricultural activities, events, and resources over the course of the year.
- 2. Planning Agricultural Activities:** To assist community members in planning their agricultural activities, such as sowing and harvesting, in line with seasonal changes for better productivity.
- 3. Resource Management:** To highlight the availability of different resources, such as vegetables and crops, and when they are most abundant or scarce in the village throughout the year.
- 4. Facilitating Decision-Making:** To enable SHG members to make informed decisions about planting, harvesting, and resource management based on seasonal trends.
- 5. Promote Collaboration:** To foster collaboration among SHG members, volunteers, and the community in discussing and improving agricultural practices based on seasonal insights.

Highlights:

- **Event Date and Location:** The seasonal calendar PRA session was held on 10th April 2024 at the home of one of the SHG (Self-Help Group) members in the village.
- **Key Participants:** The session was attended by the president of the SHG, 10 SHG members, and volunteers who assisted in the process.
- **Activity Format:** The PRA was conducted using chart paper, where the SHG members collectively noted the vegetables they grow in the village, along with their respective sowing and reaping seasons.
- **Vegetables Mentioned:** The vegetables listed by SHG members included potato, pumpkin, sweet potato, yam, beans, mustard leaves, corn, millets, pineapple, cucumber, brinjal, turmeric, ginger, and more.
- **Collaboration and Participation:** The session encouraged active participation from all SHG members, with each member contributing their knowledge of the seasonal patterns related to the crops they cultivate.

Outcome:

- **Clear Seasonal Insights:** The seasonal calendar created a clear visual representation of when different vegetables are planted, grown, and harvested; helping the SHG members understand seasonal patterns in the community.
- **Improved Agricultural Planning:** With the seasonal calendar in place, SHG members can now plan their agricultural activities more effectively. This will help in optimizing the sowing and harvesting schedules, ensuring that crops are grown during the right season for maximum yield.
- **Increased Knowledge Sharing:** The PRA session facilitated the sharing of knowledge among SHG members regarding crop cycles, leading to greater awareness about the most suitable times for planting and harvesting various vegetables.
- **Enhanced Resource Management:** By understanding the seasonal availability of different crops, SHG members can better manage their resources, ensuring that they can rely on different crops throughout the year for food and income.



- **Community Empowerment:** The PRA process empowered SHG members to take more control over their agricultural activities and make decisions based on collective knowledge. It also encouraged collaboration and strengthened the sense of community within the SHG.
- **Sustainability and Productivity:** The insights gained from the seasonal calendar will contribute to more sustainable agricultural practices, enhancing productivity and helping the village meet its food needs throughout the year.

In summary, the seasonal calendar exercise within the PRA framework helped the SHG members in the village gain a deeper understanding of their agricultural cycles, improve their planning, and manage resources more effectively. The outcome of this collaborative effort will lead to enhanced productivity, better crop management, and a stronger sense of community within the SHG.

Photo Gallery



List of Student Participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



29. VERTICAL GARDEN

1	Title of the Activity	Vertical Garden
2	Date	29 th April, 2024
3	Venue	Mawthawtieng
4	Duration	4 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	6

Objectives:

- Space Maximization:** To efficiently utilize limited space by growing plants vertically on walls, fences, or vertical structures, making the most of available land in the village.
- Promote Sustainable Greening:** Encourage the greening of the village environment, improving air quality, providing shade, and enhancing the overall aesthetics of the area.
- Community Engagement:** Engage local community members in sustainable gardening practices and promote eco-friendly living in the village.
- Local Food Production:** Create opportunities for growing fresh, nutritious produce such as lettuce, mustard leaves, peas, mint leaves, ja-ut, and jamyrdoh in the village setting.
- Educational Impact:** Raise awareness of the benefits of vertical gardening for personal food security and sustainable living within the village community.
- Support for ICDS Enrollees:** Use the herbs and vegetables grown in the vertical garden to benefit the children enrolled at the ICDS center, providing them with fresh, locally grown produce as part of their daily meals.

Highlights:

- Event Date and Location:** Vertical gardening took place on 29th April 2024 at the ICDS (Integrated Child Development Services) center in the village.
- Key Participants:** The event saw the active involvement of Anganwadipyntelhun Dohling, helper Happiness Nongrum, and local volunteers who assisted in setting up and planting.
- Types of Plants Planted:** Various plants were planted, including lettuce, mustard leaves, peas, mint leaves, ja-ut, and jamyrdoh. These plants are well-suited for vertical gardening in the village environment.
- Collaboration with Anganwadi:** The seeds for the vertical garden were provided by the Anganwadi, ensuring that local resources were used to support the initiative.
- Community Volunteers:** Local volunteers contributed their time and effort to set up the vertical structures and plant the seeds, ensuring the project was a success.
- Contribution to Children's Nutrition:** The herbs and vegetables grown in the garden will directly support the health and nutrition of children at the ICDS center, providing them with fresh, nutritious food.

Outcome:

- Increased Awareness and Participation:** The event successfully raised awareness about the benefits of vertical gardening and encouraged active participation from community members, enhancing their connection to sustainable living.
- Space-Saving Solutions:** The use of vertical structures demonstrated how villagers could maximize small spaces for growing food, providing an innovative solution for land use in rural areas.
- Environmental Benefits:** The vertical garden helped improve the local environment by adding more greenery, reducing soil erosion, and promoting biodiversity in the village.



- **Local Produce Growth for Children's Consumption:** The plants cultivated in the vertical garden will yield fresh produce, including lettuce, mint, peas, and mustard leaves, which will be harvested and used in the daily meals at the ICDS center, contributing to healthier and more nutritious food for the children.
- **Healthy Meals for Children:** The fresh produce from the garden will be incorporated into the meals served to the children, supporting their nutritional needs with locally grown, chemical-free vegetables and herbs.
- **Sense of Accomplishment and Well-being:** The participants, including local volunteers and community members, experienced a sense of accomplishment by creating a productive, sustainable, and beneficial space for the village, while strengthening the community's connection to nature.

In conclusion, the vertical gardening project in the village at the ICDS center successfully achieved its goals of promoting sustainable gardening practices, providing fresh and healthy food for children, and engaging the community in meaningful environmental activities. By creating a space for growing nutritious vegetables and herbs, this initiative not only benefited the children but also fostered a sense of community pride and environmental responsibility in the village.

Photo Gallery



List of Student Participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



30. AWARENESS ON TEENAGE PREGNANCY

1	Title of the Activity	Awareness on Teenage Pregnancy
2	Date	2 nd May, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	10

Objective:

1. **Raise Awareness on Teenage Pregnancy:** To educate students about the causes and consequences of teenage pregnancy and how to prevent it.
2. **Promote Healthy Lifestyle Choices:** To provide knowledge on the importance of nutrition and making informed choices during adolescence.
3. **Empower Students with Information:** To equip students with the necessary information to make better decisions regarding their health, relationships, and future.

Highlights:

1. **Collaborative Effort:** The program was organized by the NSS, Mylliem Syllai-U-Lor, Civil Hospital, and DBT, showing a strong partnership between various organizations and institutions.
2. **Resource Person:** Ma'am Phidahun Dkhar led the session, providing expert insights and addressing key concerns regarding teenage pregnancy.
3. **Intern Contributions:** Two interns from Civil Hospital, Matilda Syiemlieh and Clodia Sun, presented informative sessions on nutritional diets and teenage pregnancy, offering practical advice on how to maintain a healthy lifestyle.
4. **Target Audience:** The session was designed for students of classes 7, 8, 9, and 10 at the Presbyterian Higher Secondary School, ensuring the message reached adolescents who are at an age where awareness is crucial.

Outcome:

1. **Increased Awareness:** Students gained a better understanding of the causes and effects of teenage pregnancy, leading to more informed decision-making.
2. **Health and Nutrition Education:** The session on nutritional diets emphasized the importance of maintaining a healthy diet, encouraging students to adopt better eating habits.
3. **Empowered Students:** By providing students with information about teenage pregnancy and healthy living, they were empowered to make informed choices regarding their future health and well-being.
4. **Positive Community Impact:** The collaboration of multiple organizations helped strengthen community ties and raised awareness on a critical issue affecting youth.



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List of Student participants

Sl no.	Name	Nehu RollNo.	Semester	Department
1	IOHLYNTI MALAI	W2100023	6 TH	BSW
2	MELISA KHARBYNGAR	W2100069	6 TH	BSW
3	KITBORLANG DKHAR	W2100014	6 TH	BSW
4	ASTHA BAROOAH	W2100078	6 TH	BSW
5	BALARILANG RYNGKHLEM	W2100011	6 TH	BSW
6	DELIRA SYMPLI	W2100066	6 TH	BSW
7	MEDOPHRENUO KHEZHIE	W2200078	4 TH	BSW
8	MATILDA SYIEMLIEH	W2200035	4 TH	BSW
9	RIBANBIANG SUCHIAG	W2200068	4 TH	BSW
10	NAFFICA DKHAR	W2200010	4 TH	BSW



31. ACTIVITIES WITH CHILDREN IN ICDS CENTER

1	Title of the Activity	Activities with children in ICDS center
2	Date	3 rd May, 2024
3	Venue	Mylliem Rngi
4	Duration	2 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	-
7	No. Of Participants (Students)	4

Objective:

1. **Encourage Creativity and Self-expression:** To provide children with an opportunity to express them through drawing, fostering their creativity and imagination.
2. **Recognize and Appreciate Talent:** To observe the children's individual creativity and drawing skills, highlighting their unique abilities.
3. **Promote Cognitive and Emotional Development:** To help children improve focus, fine motor skills, and emotional expression through an enjoyable and creative activity.

Highlights:

1. **Drawing Activity:** Volunteers provided the children with paper and encouraged them to draw whatever they liked, giving them the freedom to explore their creativity.
2. **Active Participation:** Each child participated enthusiastically, showcasing their ideas and expressions through drawings.
3. **Observation of Talent:** Volunteers had the opportunity to observe and appreciate the various drawing techniques and themes used by the children.
4. **Supportive Environment:** The activity created a nurturing and positive environment where children felt comfortable expressing their creativity without judgment.

Outcome:

1. **Enhanced Creativity:** Children developed their artistic skills, demonstrating imagination and originality through their drawings.
2. **Improved Confidence:** The children gained confidence as their drawings were appreciated, encouraging them to pursue creative activities in the future.
3. **Talent Recognition:** The event provided valuable insight into the children's talents and abilities, helping volunteers recognize and celebrate their creative strengths.
4. **Positive Engagement:** The activity helped build a stronger bond between the children and volunteers, creating an atmosphere of trust and support.



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List of Student Volunteers

Sl. No	Name	NEHU Roll No.	Department
1.	Nafinia Marwein	W2200024	BSW
2.	Daniella Ezme L. Thabah	W2200033	BSW
3.	Jahdiel M. Sangma	W2200040	BSW
4.	Mayuri Reang	W2200069	BSW



32. SPORTS DAY FOR CHILDREN

1	Title of the Activity	Sports Day for children
2	Date	3 rd May, 2024
3	Venue	Mawthawtieng
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS
7	No. Of Participants (Students)	6

Objectives:

- Promote Physical Health:** To encourage children to participate in physical activities and foster healthy habits, combating issues like obesity and sedentary lifestyles.
- Enhance Teamwork and Social Skills:** To help children develop teamwork and communication through group-based games and relay races.
- Provide a Fun Learning Experience:** To create a fun and engaging environment where children can learn new sports skills and compete in a friendly setting.
- Recognize and Reward Efforts:** To celebrate the children's participation and efforts by providing refreshments and prizes as motivation and appreciation for their involvement.

Highlights:

- Wide Range of Activities:** A variety of games were organized, including Frog Jump, High Jump, 100m Race, Relay Race, Kabaddi, and Mawpoint, catering to different skill levels and promoting overall physical fitness.
- Active Volunteer Involvement:** Volunteers played a key role in organizing, guiding the children, and ensuring smooth execution of the games.
- Prizes and Refreshments:** Children were rewarded with prizes for winning the games, and all participants were provided with refreshments like juice, biscuits, and sweets, making the event enjoyable and memorable.
- Large Participation:** About 25 children actively participated, showcasing great enthusiasm for the event and the games.

Outcome:

- Increased Physical Activity:** The event successfully encouraged children to engage in physical activity, leading to improved fitness levels and an understanding of the importance of staying active.
- Enhanced Team Spirit and Social Interaction:** The group games, such as Kabaddi and the Relay Race, fostered teamwork and cooperation, strengthening social bonds among the children.
- Positive Engagement and Feedback:** The children showed excitement and interest in the activities, with many expressing gratitude for the event and its benefits.
- Motivational Boost:** Prizes and refreshments provided extra motivation for the children, helping them feel appreciated and boosting their confidence in sports.



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List of Student Participants

Sl. No	Name	NEHU Roll No.	Department
1.	Lasandakiru Lyngdoh	W2100010	BSW
2.	Jolisha Suting	W2100024	BSW
3.	Nafisha Malngiang	W2100026	BSW
4.	Phibakor Suting	W2100027	BSW
5.	Banteilang Dkhar	W2100054	BSW
6.	Abigail Nongrum	W2100077	BSW



33. ACTIVITIES WITH CHILDREN

1	Title of the Activity	Activities with Children
2	Date	4 th May, 2024
3	Venue	Mylliem Syllai-U-Lor
4	Duration	6 Hours
5	Organising department/club	UBA
6	Name of the collaborating agency/club	NSS
7	No. Of Participants (Students)	6

Objectives:

1. **Engage and Entertain Children:** To provide a fun and interactive environment for children in the village through various games and activities.
2. **Community Building:** To foster a sense of community by bringing children together and involving their parents in the activities.
3. **Promote Physical Activity:** To encourage children to stay active and healthy by participating in outdoor games like Mawpoint, Chasing, and Ksaithyrnia.
4. **Establish Communication:** To effectively communicate with parents, ensuring their awareness of the activities and obtaining their consent for participation.

Highlights:

1. **Door-to-Door Mobilization:** Volunteers and senior members went around the village, informing families about the event and gathering permission from parents.
2. **Interactive Games:** A variety of games like Mawpoint, Chasing, and Ksaithyrnia were played, fostering teamwork, physical exercise, and social interaction among children.
3. **Village Playground Setup:** The event was held at the local playground, providing a safe and open space for children to participate in activities.
4. **Inclusive Participation:** Children of all ages were invited to join, ensuring a broad level of involvement from the community.

Outcome:

1. **High Participation:** A large number of children took part in the activities, resulting in a lively and successful event.
2. **Strengthened Community Bonds:** The event created a sense of togetherness, with both children and parents actively participating and engaging with volunteers and seniors.
3. **Increased Physical Engagement:** Children enjoyed physical exercise and outdoor activities, contributing to their overall health and well-being.
4. **Positive Feedback:** Parents and children expressed appreciation for the initiative, with many requesting similar events in the future.



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List of Student Participants

Sl no.	Name	NEHU Roll No.	Semester	Department
1	IOHLYNTI MALAI	W2100023	5 TH	BSW
2	MELISA KHARBYNGAR	W2100069	5 TH	BSW
3	KITBORLANG DKHAR	W2100014	5 TH	BSW
4	ASTHA BAROOAH	W2100078	5 TH	BSW
5	BALARILANG RYNGKHEM	W2100011	5 TH	BSW
6	DELIRA SYMPLI	W2100066	5 TH	BSW