

REPORT

Introduction

Drug abuse is one of the major challenges across the world as it continues to be a significant threat to global health and social well-being. The way drugs are impacting the youths and hampering their potential highlights the urgent need to find a solution to the drug problem. One such solution is International Day Against Drug Abuse and Illicit Trafficking, observed every year on June 26th. To commemorate the program, the Department of Social Work-PG and Women Cell of St. Edmund's College, Shillong, in collaboration with the District Legal Services Authority, East Khasi Hills, Shillong, and the Internal Quality Assurance Cell (IQAC), St. Edmund's College organized a program which aimed at generating awareness among students about the harmful impact Drug abuse and Illicit Trafficking.

The Program was graced with the presence of Advocate Smti. Banker-La-1-Dor Sten, Legal Aid Counsel with the District Legal Aid Services Authority, East Khasi Hills District, Shillong, who is the Resource Person of the program, Principal In charge of St Edmund's College, Dr. (Br) Simon Coelho, Vice Principal Administration, Prof. Monotosh Chakravarty, Dean of St Edmund's College, Shillong, Dr. B War Nonbri, Faculty Members of the Department of Social Work-PG, Members of the Women Cell, the students of the college. The Program was hosted by Ms. Beneranda Shadap and Ms. Pynshngainlangki Suting, MSW students of the Department of Social Work-PG, St Edmund's College, Shillong.

The event commenced with an invocation led by the Dean of St Edmund's College, Shillong, Dr. B War Nonbri, setting a genuine tone for the program. The Vice Principal Administration, Prof. Monotosh Chakravarty, delivered the welcome address, warmly welcome the members of Management, distinguish guest, faculty members and students of the college. The next session followed by a speech given by the Principal in charge, Dr. (Br) Simon Coelho. His speech was followed by engaging activities related to drugs, aimed at increasing awareness and capacitate the students on the harmful impact of drug abuse in the society. Mr George K Sunn was then invited to introduce the resource person, Advocate Smti. Banker-La-1-Dor Sten, a distinguished member of the Shillong Bar Association and Legal Aid Counsel with the District Legal Aid Services Authority, East Khasi Hills District, Shillong. Furthermore, with the program, the resource person, Advocate Smti. Banker-La-1-Dor Sten proceed with her session

by provided an insightful session with an in-depth presentation on legal aspects related to drug abuse and illicit trafficking.

Some of the Key Highlights of the Presentation -

1. Introduction to The Narcotic Drugs and Psychotropic Substances Act, 1985:

(a) Overview of the Act and its significance in controlling narcotic drugs and psychotropic substances (b) Explanation of terms such as cannabis and illicit trafficking.

2. Prohibition, Control, and Punishment:

(a) Detailed discussion on the measures and punishments for the manufacture and distribution of drugs (b) Insights into the preventive and punitive provisions under the Act.

3. The Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988:

(a) Overview of Act No. 46 of 1988. (b) Explanation of the roles and responsibilities of permittees under the Act. (c) Discussion on activities considered as financing, abetting, or conspiring in drug trafficking.

4. Statistical Data on Drug Abuse:

(a) Shocking statistics from 2019 indicating that 8 crore people are drug abusers, a number which has increased to 10 crores. (b) Data specific to Meghalaya showing 2.5 lakh drug abusers and 304 traffickers, 30 of whom are female, with most coming from broken families or single-parent households.

5. The “Say No to Drugs” Pledge:

(a) All attendees took a pledge to abstain from drugs and support efforts to combat drug abuse.

The presentation was followed by an interactive session, where attendees had the opportunity to engage directly with Advocate Sten, seeking clarifications and discussing further on the topics presented. Towards the

end of the programme, Ms. Iasyllok Rynjah, member of the Women Cell, St Edmund’s College concluded the program with a vote of thanks, expressing gratitude to all speakers, organizers, and participants for their contributions to the success of the event.



Minutes of the joint meeting of the Women's Cell and MSW Department

Date: 21st June, 2024

Venue : MSW Department

Agenda: observation of International Day against Drug Abuse and Illicit Trafficking

Members Present

1. Dr. R. Rajendra (convener)
2. Ms. E. Kynta
3. Ms. I. Rynjah
4. Ms. S. Challam
5. Mr. A. Wahlang
6. Dr. Hazel B. Wahlang
7. Mr. George K. Sun

Meeting was chaired by the Convener of Women's Cell and HoD of MSW Department, Dr. R. Rajendra

1. It was unanimously decided that the International Day against Drug Abuse and Illicit Trafficking will be observed by holding an Awareness Programme for the College students on the 26th of June, 2024 in the college auditorium.
2. It was proposed that the Program may be held in Collaboration with District Legal Services Authority. The DLSA will depute a representative/ Counsel as a Resource Person.
3. Programme schedule to be prepared by Ms Iasyllok Rynjah
4. Invitation letters to department and Management to be prepared by Dr. Rituparna Rajendra
5. Certificates and flyer for the training to be prepared by Mr. George K. Sun
6. Refreshments to be arranged by Ms Edaneolla Kynta from the College Canteen

Meeting concluded with a vote of thanks from Dr R. Rajendra

Minutes of the meeting of the Women's Cell

Date: 6th October 2023

Venue : MSW Department

Agenda: Training on Self Defense for Girl students of St. Edmund's College

Members Present

1. Dr. R. Rajendra (convener)
2. Ms. E. Kynta
3. Ms. I. Rynjah
4. Ms. S. Challam

Meeting was chaired by the Convener Dr. R. Rajendra

1. Programme scheduled for 30th of October, 2023 in the college auditorium. Possibility of using the AV Room explored should the need arise.
2. It was proposed that Mr. Isaiah Kharmawphlang from Happy Red Rooster MMA along with his team could come as Resource Person. The payment for his services will be worked out with the Management. A minimum of ₹5000 was agreed upon.
3. Programme schedule to be prepared by Ms Iasyllok Rynjah
4. Invitation letters to department and Management to be prepared by Dr. Rituparna Rajendra
5. Certificates and flyer for the training to be prepared by Ms. Shekinah Challam
6. Refreshments to be arranged by Ms Edaneolla Kynta. It was agreed by all members that food may be sourced from outside @ ₹130 per head

Meeting concluded with a vote of thanks from Dr R. Rajendra

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Training on self-defence program was conducted in St Edmunds College on the 30th of October, 2023 at 11am. It was organized by the women cell in collaboration with IQAC (Internal Quality Assurance Cell), St Edmunds College. The resource persons were Mr. Isaiah Kharmawphlang and the team of Happy Red Rooster MMA.

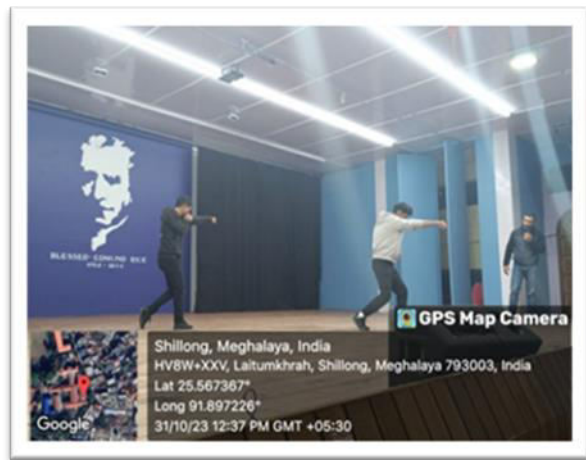
A welcome address was given by the Vice Principal of academics Dr. K.P Pallavi Malhan where she welcomed the resource persons and the trainers of the Happy Red Rooster MMA. She stated that self-defense is an essential topic for the youths it also provides good opportunity and it can also be one of the basic life skills of an individual in day today age. She quoted Royce Gracie «Self-defense is not just a set of techniques it is a state of mind and it begins with the belief that you are worth defending». After the welcome address the chief quest and the trainers were facilitated by Dr. Rituparna Rajendra. A brief introduction of the resource person and about the Happy Red Rooster MMA was given by Shekinah Challam. A small speech was given by Mr. Isaiah Kharmawphlang, he was deeply honoured to have the session on self- defence in St Edmunds College. He stated that self- defence is as important as the food we eat, since the crime rate keeps on increasing day by day. The possibility of such uncertainties might happen and in order to defend oneself a person should learn and take time to practice every day. Mr. Isaiah Kharmawphlang also introduced his team members: Mr. Echwa, Mr. Darren, Miss Shai, Miss Iba, Miss Wanda, Miss Riba, Miss Ready, Mr. Remi, Mr. Isaiah Kharmawphlang.

Technical session

The technical session was hosted by the resource persons, they instructed them to do a few warm ups so as to enable more oxygen to reach the muscles and feel free. Several techniques and steps are show if-

1. Someone grabbed/ choked by the neck, – (a) Raise one hand (b)turn to the other side (c) Hit with the elbow
2. Strangling against the wall- (a) Raise on hand (b) turn to the other side pushing the hand of the opponent to the side

3. When choked with the elbow across the neck- (a) Trapped the elbow (b) wrist and one leg of the opponent (c) turn over to the side
4. Being kidnapped and pushed to the car- (a) Turn towards the kidnapper/ opponent and grabbed by the hand (b) dropped to the ground
5. When choked from behind- (a) Step one feet to the side (b) Go one step back, hold the hips/waist (c) Lift the opponent's leg.
6. Posture of boxing- Steps- (a) Angle (b) Jab (c) Slight movement of the leg (d) Throw punch



Conclusion

In conclusion, there were 8 techniques which were demonstrated by the team whereby the students were able to follow and practice. This program has made the students aware on the different possibilities that a person might encounter in their daily life activities. It has benefited the audience as to how they would be able to tackle when they face such uncertainties.

Happy red rooster profile – Isaiah Kharmawphlang - Happy Red rooster MMA was set up in June of 2016 by Isaiah Kharmawphlang and Reuben Lulam. What remains true to the Happy Red Rooster code is the will and the focus to keep on training, learning and striving to understand how to deal with hardship better that one may emerge a better human being.

Minutes of the meeting of the Women Cell.

Date : 1st March 2024

Venue: MSW Department

Agenda : Celebration of International Women's Day

Following the discussion amongst the members, the following Decisions were taken and responsibilities were assigned accordingly.

1. A logo designing and painting competition will be held to commemorate the occasion.
2. Digital logo designing competition will be held before the 8th of March. Painting competition to be held on that day at 11:am onwards, at the A.V Room.
3. It was decided that Ms Shekinah Challam. will prepare the flyer to be distributed in the WhatsApp Heads group.
4. To prepare and print the certificates for the winners in both competitions. It was agreed that Martius Rynjah will assist with that.
5. To invite the Principal, Vice Principals and Dean to the programme which will be the responsibility of Dr Rituparna Rajendra
6. Food for all the participants and teachers to be ordered from the canteen which will be the responsibility of Ms. Iasyllok Rynjah.

Meeting concluded with a vote of thanks from the Committee head , Dr Rituparna Rajendra.

A chronicle honouring the essence of International Women's Day



On the

occasion of International Women's Day, Women's Cell, in collaboration with IQAC, St. Edmund's College organised a special painting and logo-making competition to celebrate creativity and diversity. The event, held on 8th March in the AV room, aimed to inspire inclusion through artistic expression and provide a platform for their voices to be heard.

The Women's Day painting and logo design competition garnered a varied array of participants, encompassing both girls and boys from various departments. Under the theme "Inspire Inclusion" for the painting contest and the motto "Educate, Empower, Elevate," the event prompted participants to delve into topics concerning gender equality, women's rights, diversity, and empowerment.

The atmosphere at the event was filled with enthusiasm and camaraderie as women artists gathered to showcase their talents. Participants were provided with canvas sheets and given the freedom to express themselves creatively. The venue buzzed with the sound of brushes stroking and lively discussions about the significance of Women's Day.

A panel of distinguished judges, including the Dean Dr. Mrs. B.W. Nongbri, and Vice Principal (Academics) Dr. Capt. K.P. Malhan(R). The judging process emphasised inclusivity and diversity, ensuring each artwork was given fair consideration allowing the

participants to share their stories and perspectives through art, reaffirming the importance of art as a tool for social change and empowerment.

After thorough consideration, the winners were revealed, acknowledging the exceptional creativity and vision showcased in their respective artworks. Miss Ivalawanri Lynship



emerged as the victor in the painting competition, while Mr. Cherik K. Momin claimed the top spot in the Logo Design Competition.

The Women's Day event was a resounding success, reaffirming the power of art to inspire, unite and empower. Through the creation and appreciation of art, Students were able to assert their voices and contribute to the ongoing dialogue about gender equality and Women's rights. The event concluded with an engaging speech delivered by the vice principal. As the event concluded, a prevailing sense of empowerment and unity remained, symbolising the unwavering fortitude and resilience of women all over the world.