

UNNAT BHARAT ABHIYAN
REPORT APRIL 2022 – JULY 2023

1. HOUSEHOLD SURVEY

1.	Title of the Activity	HOUSEHOLD SURVEY
2.	Date	13 TH , 14 TH AND 18 TH APRIL 2022
3.	Venue	MYLLIEM MAWSAWA VILLAGE
4.	Duration (in hrs)	20 hrs
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	-
7.	Participants (students)	9

About the programme:

The UBA Volunteers conducted the home visit and Survey on the 13th, 14th and 18th of April 2022. They started from 9:30 am and finished the survey at 3:30 pm. They split into two groups and went into two directions. The total no. of households that they visited and surveyed were almost 70 households. Some families were unwilling to disclosed information.



List of student volunteers:

	Rishan Rose Thabah	W1900049	BSW
	Neiniwanroy Shullet	W1900036	BSW
	Alexandra N Swer	W1900002	BSW
	Kanri-iaki D Khongsngi	W1900004	BSW
	Hanjabam Dipanita Sharma	W1900053	BSW

	Battinylla kharmujai	W1900035	BSW
	Sebastian B Kharnaier	W1900045	BSW
	Richard Laloo	W1900044	BSW
	Melissa Marlene Syngkon	W1900017	BSW

2. KITCHEN GARDEN

1.	Title of the Activity	KITCHEN GARDEN
2.	Date	23 RD AND 27 TH APRIL 2022
3.	Venue	MYLLIEM MAWSAWA VILLAGE
4.	Duration (in hrs)	12 hrs
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	-
7.	Participants (students)	9

About the Programme:

The objectives for the kitchen garden are to plant nutritional vegetables easy to maintain in kitchen garden for the children and to educate and inform the children on the various nutritional advantages and benefits of vegetables.

Materials used for the kitchen garden are Thermacool boxes, vegetable roots and seeds, soil and manure, bamboo. Roots Planted are Beetroot, Broccoli, Cherry Tomato and Lettuce. The field for getting the manure was far away from the residential area of the village. There is a bamboo grove situated ahead of the Secretary's (Mr. S. Nongkhlaw) house where the volunteers bought the bamboo for the fences. The children watered and took care of the plants when the volunteers were not present.



List of student volunteers:

	Rishan Rose Thabah	W1900049	BSW
	Neiniwanroy Shullet	W1900036	BSW
	Alexandra N Swer	W1900002	BSW
	Kanri-iaki D Khongsngi	W1900004	BSW
	Hanjabam Dipanita Sharma	W1900053	BSW
	Battinylla kharmujai	W1900035	BSW
	Sebastian B Kharnaier	W1900045	BSW
	Richard Laloo	W1900044	BSW
	Melissa Marlene Syngkon	W1900017	BSW

3. NUTRITIONAL EDUCATION

1.	Title of the Activity	NUTRITIONAL EDUCATION
2.	Date	28 TH APRIL 2022
3.	Venue	MYLLIEM MAWSAWA LP SCHOOL
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	-
7.	Participants (students)	9

About the Programme:

The volunteers made chart papers that show the different vegetables that were provided in the kitchen garden and their beneficiaries. The volunteers showed the kitchen garden and charts while teaching the children about nutrition

The children were excited to get to learn about the Kitchen Garden and the vegetables

The children were very responsive and interactive with the student social workers



List of student volunteers:

	Rishan Rose Thabah	W1900049	BSW
	Neiniwanroy Shullet	W1900036	BSW
	Alexandra N Swer	W1900002	BSW
	Kanri-iaki D Khongsngi	W1900004	BSW
	Hanjabam Dipanita Sharma	W1900053	BSW
	Battinylla kharmujai	W1900035	BSW
	Sebastian B Kharnaier	W1900045	BSW
	Richard Laloo	W1900044	BSW
	Melissa Marlene Syngkon	W1900017	BSW

4. AWARENESS ON AGRICULTURAL SCHEMES

1.	Title of the Activity	Awareness on Agricultural Schemes
2.	Date	29 TH April 2022
3.	Venue	Myllem Mawsawa Community Hall
4.	Duration (in hrs)	2 hrs
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	Myllem C&RD Office
7.	Participants (students)	9

About the Programme:

The objective of the programme is to make the community aware about the different agricultural schemes available both State and Central. The main aim is to improve farmers' access to and use of agricultural knowledge, technologies, marketing systems and infrastructure, for the purpose of contributing to higher productivity, profitability, and farm incomes through these various schemes

Resource person was Ms. Michelle Ribanylla Umdor, who mentioned various state and central schemes. State schemes are State rice, Organic manure scheme, Vegetable development scheme, Fruit development scheme, Tuber crop, and Agriculture marketing to name a few. Among the Central schemes, she mainly spoke about National food security mission (NFSM), Rashtriya krishi vikas Yojana (RKVJ), National mission for sustainable agriculture (NMSA), Soil health card schemes, Pradhan mantri kisan Samman Nidhi (PM KISAN) and Kisan Credit Card Scheme.



List of student volunteers:

	Rishan Rose Thabah	W1900049	BSW
	Neiniwanroy Shullet	W1900036	BSW
	Alexandra N Swer	W1900002	BSW
	Kanri-iaki D Khongsngi	W1900004	BSW
	Hanjabam Dipanita Sharma	W1900053	BSW
	Battinylla kharmujai	W1900035	BSW
	Sebastian B Kharnaier	W1900045	BSW
	Richard Laloo	W1900044	BSW
	Melissa Marlene Syngkon	W1900017	BSW

5. AWARENESS ON TEENAGE PREGNANCY

1.	Title of the Activity	Awareness on Teenage Pregnancy
2.	Date	14 th May 2022
3.	Venue	Myllem Mawsawa Community Hall
4.	Duration (in hrs)	2 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	Dr. Karen Syiem (Resource Person)
7.	Participants (students)	9

About the Programme:

The objective of the programme is to sensitize the people about teenage pregnancy and the risk of early pregnancy in teenagers. Teenage Pregnancy also known as adolescent pregnancy is pregnancy in a female under the age of 20. To bring sensitisation on adolescence pregnancy as requested by the women of the community. The Resource Person Dr. Karen Syiem spoke about being a teen mom is a

risk factor for depression, higher risk of complications during pregnancy, the father of the child would fall under the POCSO Act.



List of student volunteers:

	Rishan Rose Thabah	W1900049	BSW
	Neiniwanroy Shullet	W1900036	BSW
	Alexandra N Swer	W1900002	BSW
	Kanri-iaki D Khongsngi	W1900004	BSW
	Hanjabam Dipanita Sharma	W1900053	BSW
	Battinylla kharmujai	W1900035	BSW
	Sebastian B Kharnaier	W1900045	BSW
	Richard Laloo	W1900044	BSW
	Melissa Marlene Syngkon	W1900017	BSW

6. HOUSEHOLD SURVEY

1.	Title of the Activity	Survey
2.	Date	9 th August, 2022
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	9 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	

7.	Participants (students)	7
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About the programme: The student social worker started their first UBA survey in Rngi village and divided themselves into 3 groups, on this day we had finished 10 surveys form. Since, this was our first day for survey we were not able to explain much regarding the survey form to the local people and some of the local people were not cooperating while answering the survey questions. The survey started at 8 AM and finished at 5 PM. Total Household surveys done were 10.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

7. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	12 th August, 2022

3.	Venue	Mylliem Rngi
4.	Duration (in hrs)	8 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the Programme: The volunteers started their survey by dividing themselves into 2 groups and when doing the survey, they were able to memorise the questions and able to explain the survey questions well to the local people. The survey started at 9 AM and ended the survey at 5 PM. The volunteers completed 14 households.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

8. HOUSEHOLD SURVEY AND HAR GHAR TIRANGA

1.	Title of the Activity	Household Survey and Har Ghar Tiranga
2.	Date	13 th August, 2022
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	9 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme: The volunteers on this day started with their survey and distributed the national flag in each of the household of Rngi village for the Independence Day and took pictures with the UBA placard with some of the household. The distribution of flag was done to the children of the village and each household. A total of 100 flags were distributed to both children and households. A total of 12 surveys were completed. The survey and flag distribution started at 8 Am and ended at 5:30 PM.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW

	PHIBATRITI MARBANIANG	W2000040	BSW
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9. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	19 th August, 2022
3.	Venue	Mylliem Rngi
4.	Duration (in hrs)	10 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme: The volunteers on this day did their survey and interacted with the local people regarding the village history. Survey started at 9 AM and finished at 7 PM. A total of 15 survey forms were done.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNKSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

10. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	20 th August, 2022
3.	Venue	Myllichem Rngi
4.	Duration (in hrs)	8 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the Programme: The UBA volunteers completed the household baseline survey on this day. A total of 8 survey forms were done. The survey started at 9 AM and finished at 5PM.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

11. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	19 th August, 2022
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	13 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	

7.	Participants (students)	7
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About the programme: The UBA Volunteers conducted the home visit and Survey on the 19th of August 2022. They started from 7:30 am and ended the survey at 8:00pm. They split into two groups and went into two directions. The no. of households that they visited and surveyed were 26 households.



List of student volunteers:



	Hamesha Surong	BSW
	Bashida Marbaniang	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia Wahlang	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

12. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	20 th August, 2022
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	10 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme: The UBA Volunteers continued with the survey which they were unable to complete the previous day. They split into three groups and went into three directions of the village. They experienced the co-operation in most of the households of the village and found it easier to complete the Survey. They also had some challenges as few of the households were not in the village and one of the households were not willing to disclose their information. The Volunteers managed to do the survey on 22 households.



List of student volunteers:

	Hamesha Surong	BSW
	Bashida Marbaniang	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

13. NATIONAL NUTRITION WEEK

1.	Title of the Activity	National Nutrition Week
2.	Date	2 nd September, 2022
3.	Venue	Mylliem Rngi
4.	Duration (in hrs)	5 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	10

About the programme: The UBA volunteers along with BSW 3rd semester went to Mawsawa L.P School and interacted with the teachers. Later, they started the session by doing exercise to make them active. After that they hang the charts on the wall and started explaining about nutrition to the students by using the pictures they drew in the charts. Later, they went to Rngi L.P School and conduct activities like how they should eat to get a healthy life and taught the children hand washing techniques.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW

	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

14. MEETING WITH VILLAGE HEADMAN

1.	Title of the Activity	Meeting with Village Headman
2.	Date	10 th September, 2022
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	2 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme: On the 10th of September the UBA Volunteers had a meeting with the Village Headman regarding the water sources in the village. The following are some of the information collected during the meeting:

Water Sources in Mawthawtieng village

1. **Wahlalieh:** At present the village has 2 water sources at Wahlalieh. Initially it was dug manually but later these water sources was convert into cemented spring chamber with MGNREG Scheme.
2. **Wah pukri:** There is only one water source in wahpukri and 3 water tanks that was given from the MDC scheme, the MGNREG Scheme and scheme from the Block.

These above water sources would be able to supply water During summer season

3. **Lum umthli (Demmiewsohiong):** this water source was about 3 and half kilometers from the village. It has only one tanky there to collect the water as to connect the pipe for supplying the water to the village. The village got the scheme for this water source from the PHE. They also got two water tanks from the same scheme. But from this water source only ¼ of the villagers benefitted from it.

The difficulty in getting water from this source for the whole village is that the water source is situated below while the village is ¾ of its villagers resides below and the rest resides above. There is no machine to pump the water as to supply to the rest of the villagers who resides above the water source.

During summer even the villagers who resides below the water source could not get water from this source as the pipe was destroyed due to landslide and the villagers had to repair every time.

The village Headman had identified that this source is reliable to get water even during winter if they only get the necessary things that they would be able to supply water to the whole village.

Ponds: the village has two ponds situated at wahlalieh which is on top of the hill. The main purpose of these ponds is to collect rain water.

Therefore the village faces Scarcity of water during the winter seasons.



List of student volunteers:

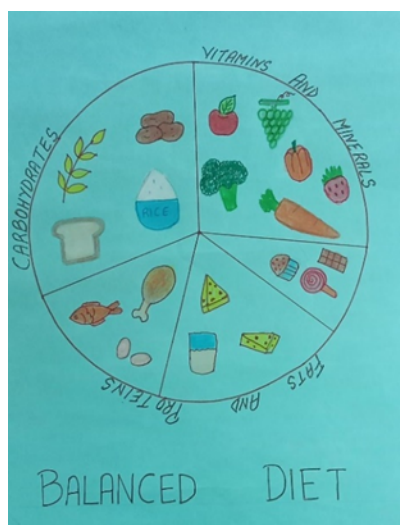
	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

15. Nutritional Education

1.	Title of the Activity	Nutritional Education
2.	Date	16 th September, 2022
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	5 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme:

The student social workers provided food like rice, dal, vegetables and egg and conducted the activity on nutrition to enable the students to understand the role different foods play in a balanced diet.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

16. FREE HEALTH CAMP

1.	Title of the Activity	Free Health Camp
2.	Date	3 rd October, 2022
3.	Venue	Myllem Kyndong-Nongkyntir
4.	Duration (in hrs)	6 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	NSS & NEIAH
7.	Participants (students)	50

About the programme: A health camp was organised by UBA and National Service Scheme in collaboration with North Eastern Institute of Ayurveda and Homeopathy, Shillong. Doctors that came to the health camp and Ayurvedic and homeopathic doctor and they reached the camp 11:00 am. There were 90 beneficiaries from the age group of 7 months old to 70 years. There were 2 doctors for Ayurveda and 2 doctors for homeopathy and they came along with 12 student doctors to help with patient intake and distribution of medicines. They provided free check-up and free medicines.





List of programme students participants

1	Aphisha Kharkongor	31	Iaikyntiew Kurbah
2	Risuklin Kharmalki	32	Cordelia M. Rajee
3	Anwasha Saikia	33	Sharailin Pyngrope
4	Adiamupra Adiee Mukhim	34	Eviginia Nongbet
5	Deiphibanda Mawlong	35	Badakerlin L. Nongbri
6	Sharmynrap Biam	36	Insharai-iaphi Wankhar
7	Kitboklang Marbaniang	37	Gi-iana Nongrum
8	Jayrish Singh Achom	38	Eukratis Sohtun
9	Virginia Dhar	39	Streamlet Wahlang
10	Joycee M. Marboh	40	Tanvi Farzeen
11	Vivian Alexander L. Nonglait	41	Damang Kynsai Khongmalai
12	Ethan Lyngdoh	42	Daniella Thabah
13	Ribasuk Kharkongor	43	Vidya R Lyngskor
14	Sumana Sarkar	44	Poonam Ray
15	Banritihun Khongphai	45	Phibatriti Marbaniang
16	Ankita Sarmah	46	Ester B Rynjah
17	Ankita Basumatari	47	Ibadahun Blah
18	Shrajat Sharma	48	Medonlem Rapsang
19	Emiki Dabiang Shadap	49	Damerius Kharkongor
20	Naffica Dkhar	50	Bashida Marbaniong
21	Banteilang Dkhar		
22	Jessica L. Nongrang		

23	Olivia G. Kharkrang		
24	Melisa Kharbyngar		
25	Camilla Nongrum		
26	Darihunlang Nongsiang		
27	Shidalin Basaiawmoit		
28	Rebecca Kharlyngdoh		
29	Ibashisha Lakhmie		
30	Janisha Rymbai		

17. EYE CAMP

1.	Title of the Activity	Eye Camp
2.	Date	4 th October, 2022
3.	Venue	Myllem Kyndong-Nongkyntir
4.	Duration (in hrs)	5 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	NSS & Mission Nethralaya Eye Care Centre
7.	Participants (students)	50 students and 112 beneficiaries

7	Kitboklang Marbaniang	37	Gi-iana Nongrum
8	Jayrish Singh Achom	38	Eukratis Sohtun
9	Virginia Dhar	39	Streamlet Wahlang
10	Joycee M. Marboh	40	Tanvi Farzeen
11	Vivian Alexander L. Nonglait	41	Damang Kynsai Khongmalai
12	Ethan Lyngdoh	42	Daniella Thabah
13	Ribasuk Kharkongor	43	Vidya R Lyngskor
14	Sumana Sarkar	44	Poonam Ray
15	Banritihun Khongphai	45	Phibatriti Marbaniang
16	Ankita Sarmah	46	Ester B Rynjah
17	Ankita Basumatari	47	Ibadahun Blah
18	Shrajat Sharma	48	Medonlem Rapsang
19	Emiki Dabiang Shadap	49	Damerius Kharkongor
20	Naffica Dkhar	50	Bashida Marbaniong
21	Banteilang Dkhar		
22	Jessica L. Nongrang		
23	Olivia G. Kharkrang		
24	Melisa Kharbyngar		
25	Camilla Nongrum		
26	Darihunlang Nongsiang		
27	Shidalin Basaiawmoit		
28	Rebecca Kharlyngdoh		
29	Ibashisha Lakhmie		
30	Janisha Rymbai		

18. VILLAGE SURVEY

1.	Title of the Activity	Village Survey
2.	Date	20 th October, 2022
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	1 hour
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

ABOUT THE PROGRAMME: The UBA Volunteers made the village survey on the 20th of October 2022. They had an opportunity to meet the village Headman and collected the necessary data which was in accordance with the UBA village survey form. Some information could be easily disclosed whereas some questions were difficult to get information as the Headman himself was unable to give the information.



List of student volunteers:

	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

19. SESSION ON GOOD TOUCH AND BAD TOUCH

1.	Title of the Activity	Session on Good Touch & Bad Touch
2.	Date	21 st October, 2022
3.	Venue	Myllem Mawsawa
4.	Duration (in hrs)	4 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme:

The student social workers conducted a session on good touch and bad touch in Mawsawa L.P School by explaining and making them to understand the topic, and by using the medium of audio-visuals, through social media youtube channel.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

20. PARTICIPATORY RURAL APPRAISAL

1.	Title of the Activity	Participatory Rural Appraisal
2.	Date	28 th October, 2022
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	4 hrs.
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme:

The Participatory Rural Appraisal (PRA) is a set of methods and techniques that development practitioners use in the field to be able to collect data and information rapidly. It is an approach where it brings reliable data within a short span of time. It also enables to get closer to the community which makes way to plan in a participatory mode using the data given by the villagers.

Site of PRA study

The Participatory Rural Appraisal (PRA) was conducted in Mawthawtieng Village, Laitkhroh Kharatshnong C & RD Block of East Khasi Hills District and located 48km from its headquarter Shillong. The village road (pucca) connectivity is available till the village where as the road connectivity inside the village is Katcha road. Despite abundant land resources, road connectivity and availability of water sources yet the village faced difficulty in getting water during the winter season which lasted for four to five months. Keeping in view the above facts, an exercise of finding out village problems and learn the situation of the village in a better way was undertaken through the Participatory Rural Appraisal (PRA) technique.

Objectives

To make local people capable for critical analysis and assessment of their situation.

To ensure people's participation in appraising the situation.

Methodology Adopted

At the initial stage of the Participatory Rural Appraisal a short meeting was conducted of the village of the village headman Mr. Lamphrang Nongrum and Mr. Kamai Khongian along with Mr. Randolph Langstieh, the resource person and Mr. Tenny Mukhim, the Technical Assistant. It was in this short meeting that the problem of the village was discussed. The village headman was also informed about the meeting (PRA) to be held in the village. The date and time for conducting the PRA were fixed in consultation with the village headman and all the villagers were requested to participate in the meeting.

On the 28th of October 2022 the Participatory Rural Appraisal (PRA) exercise was held in the village in which Mr. Randolph Langstieh was the resource person. There were about 35 men and women, few youths and also

school children present in the PRA exercise. The PRA exercise started with few questions made by the resource person to the villagers regarding the water management since the village faced scarcity of water during winter season. The villagers responded to those questions and later made them to participate by way of drawing the village map and making houses, schools, churches, streets, water tanks and tabs, water sources, etc, on the ground with chalk. In this way the resource map of the village got prepared in shortest possible time and was cross-checked by the participants and the UBA volunteer. After that the drawing was taken on the paper by the villagers and the UBA volunteers. After the resource mapping the utilization of water of each household was being assessed where by the villagers participate in the form of acting out. From the assessment the villagers were made aware of their water utilization that the consumption of water is more than the water tank can store.

After the PRA exercise Mr. Tenny Mukhim, the Technical Assistant, Mr. Randolph Langstieh, the UBA Volunteers along with the Headman and few men of the village went to the area where the water sources located. They surveyed on the five water sources and the areas that the water flows. Mr. Tenny along with the UBA volunteers took the measurement of the areas where the water could be collected and also took the survey of the place as to check the possible ways to undertake in order to be able to come up with solutions of getting water even during the winter season.



List of student volunteers:

	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

21. VILLAGE MEETING WITH THE TECHNICAL ASSISTANT

1.	Title of the Activity	Village meeting with the Technical Assistant
2.	Date	4 th November, 2022
3.	Venue	Mawthawtieng Village
4.	Duration (in hrs)	2 hours and 30 minutes
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme:

On the 4th of November 2022 another meeting was held in the village regarding the water management and the possible ways to solve. There were 23 men and women present in the meeting and the present of the men were more. Mr. Tenny Mukhim the technical Assistant and Mr. Randolph Langstieh conducted the meeting. It was more in an interaction manner in which they discussed on the water sources available in the village and suggestions were given from both sides. After the meeting the Resource Person, the Technical Assistant, some village elders and the student social workers went to visit again the water sources and measured the areas where the flows on the surface that could be collected.





List of student volunteers:



	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

22. HOUSEHOLD SURVEY

1.	Title of the Activity	Household Survey
2.	Date	11 th November, 2022
3.	Venue	Myllem Syllai-U-Lor
4.	Duration (in hrs)	3 hours and 30 minutes
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	18

About the programme:

The UBA Volunteers of 3rd semester and 5th semester along with the volunteers of NSS, the interns Krippa Foundation and VHAMS had conducted the Baseline Household Survey on the 11th of November 2022. There were a total of 151 households where 50 households had been surveyed. They started the survey from 10am and ended at 1:30pm. The volunteers split into 6 groups and went to different paths of the village. A few villagers did not want to take up the survey while the rest willingly welcomed the volunteers for the survey.



List of student volunteers:

	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia Wahlang	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW
	Kmenlang Suja	BSW
	Thiuchuiiu Khangchian	BSW
	Delira Simpli	BSW
	Bansahnam Kshiar	BSW
	Insharai Wankhar	BSW
	Ibalahun Marpna	BSW
	Darihunlang Nongsiang	BSW
	Eukratis Sohtun	BSW
	Tanvi Farzeen	BSW
	Melbinstar Mawnai	BSW
	Edikalson Marwein	BSW
	Aitisha Nongrum	BSW

23. HOME VISITS

1.	Title of the Activity	Home Visits
2.	Date	10 th , 11 th and 24 th March, 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	21 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme: Home visit is one of the tools of social work for gathering information, building rapport as well as to mobilized the clients or the target group. The student's social



worker (6 members) under UBA on the 10, 11 and 24 March 2023 went for home visits in the village of Mawthawtieng which is located at Khatarshong Laitkroh C&RD Block East Khasi Hills District Meghalaya. They started visiting the household in the morning. Their families were not new to them since they had visited earlier. They spend their time for home visits by having casual conversation and interaction with the villagers. Through the home visits the bond between the villagers and the students' social worker strengthen in which the villagers felt comfortable to interact with them. The villagers were happy with the home visits as they got to know more about each other, their backgrounds, their social and economic lifestyle.

List of student volunteers:

	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

24. GOOD MANNERS AND PHYSICAL ACTIVITY.

1.	Title of the Activity	Good Manners and Physical activity.
2.	Date	24 th March, 2023
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	4 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme:

The main purpose was to make the children learn appropriate and considerate behaviour and become more socially appropriate as they get older.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

25. RHYMES CLASSES (ICDS) AND TUITION CLASSES

1.	Title of the Activity	Rhymes Classes (ICDS) and Tuition Classes
2.	Date	24 th and 31 st March, 14 th , 21 st and 28 th April, 5 th May 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	36 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme:**Rhymes Class:**

The UBA Volunteers took the initiative to conduct rhymes classes for the ICDS (Integrated Child Development Services) children as a means to get familiar with the small children of the village and also with their parents. They had the rhymes classes on 24th & 31st March 2023, 14th, 21st & 28th April 2023 and 5th May 2023 from 8:30am till 11:00am. Rhymes classes are also vocabulary boosters for children. They often feature a pleasing rhythmic pattern and simple repetitive phrases that children find easy to remember and repeat. It also helps in communication, language and physical development. The act of singing a rhyme or engaging with it physically, encourages children to express themselves in a creative way. There were around 15 children who regularly participated the rhymes classes.

Tuition Class:

Tuition classes for the children is one of the means to strengthen the bond between the parents of the children with the students' social worker. The UBA volunteers conducted tuition for the L.P School students on 24th & 31st March 2023, 14th, 21st & 28th April 2023 and 5th May 2023. Tuition helps and encourage the children to do studies outside of class hours. It is not only good for the students who might be behind for the school work or stress in the classroom but some students considered it necessary because it helps them to continue their studies in the flow and if they encounter any difficulties in certain subjects that they would be able to resolved it. The children gained much benefits from the tuition and gain confidence in approaching the students' social worker. There were about 40 children who frequented the tuition classes.



List of student volunteers:

	Hamesha Surong	BSW
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	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

26. SESSION ON GOOD TOUCH AND BAD TOUCH.

1.	Title of the Activity	Session on Good Touch and Bad Touch
2.	Date	28th April, 2023
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	2 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	7

About the programme:

To let them be aware of the unsafe and safe touches and to raise their voices if they come across such situations.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYNGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

27. ART AND CRAFT CLASS

1.	Title of the Activity	Art and Craft Class
2.	Date	5 th May 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	3 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	

7.	Participants (students)	6
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About the programme:

The UBA volunteers conducted the Art and Craft class for the S.S.A Upper Primary School students on 05.05.2023 from 1:00 pm – 4:00 pm. There were 15 students took part in the art class. The students' social worker taught them various types of flowers paper art and greeting cards. The students were given the articles to creatively make their own paper art according to what they have learnt. They took part actively and with much eagerness to learnt new art. It also improved the communication skills of the students and encouraged team work among them.

List of student volunteers:



	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW

	Dekstar Kharlyngdoh	BSW
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28. Eye Camp

1.	Title of the Activity	Eye Camp
2.	Date	6 th May 2023

3.	Venue	Myllichem Rngi
4.	Duration (in hrs)	6 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	NSS and Bansara Eye Care
7.	Participants (students)	6

About the programme:

Conducting an Eye Camp is essential to help the community and especially the eldest people in the village.



List of student volunteers:

IBADAHUN BLAH	W2000002	BSW
POONAM RAY	W2000010	BSW
DAMERIUS KHARKONGOR	W2000018	BSW
ESTER RYNJAH	W2000026	BSW
VIDYA R LYNGSKOR	W2000027	BSW
MEDONLEM RAPSANG	W2000028	BSW
PHIBATRITI MARBANIANG	W2000040	BSW

29. FREE HEALTH CAMP

1.	Title of the Activity	Free Health Camp
2.	Date	6 th May 2023
3.	Venue	Myllem Rngi
4.	Duration (in hrs)	6 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	NSS and NEIAH, SHILLONG
7.	Participants (students)	7

About the programme:

To provide free medical services to the community by the NEIAH team which include Ayurvedic and Homeopathy.



List of student volunteers:

	IBADAHUN BLAH	W2000002	BSW
	POONAM RAY	W2000010	BSW
	DAMERIUS KHARKONGOR	W2000018	BSW
	ESTER RYNJAH	W2000026	BSW
	VIDYA R LYGSKOR	W2000027	BSW
	MEDONLEM RAPSANG	W2000028	BSW
	PHIBATRITI MARBANIANG	W2000040	BSW

30. BAMBOO BASKET WEAVING COMPETITION

1.	Title of the Activity	Bamboo Basket Weaving Competition
2.	Date	12 th May 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	3 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	
7.	Participants (students)	6

About the programme:

On the 12.05.2023 the UBA volunteers conducted the Bamboo Basket Weaving Competition for the S.S.A Upper Primary student. There were 15 students participated in the competition. They prepared their own articles right from the previous day and took part enthusiastically in the competition. Each had their own style of weaving the bamboo basket. By conducting the competition, it encouraged them to use their own talents and skills and also promote their products. Bamboo Basket Weaving is also a part of village activities where many earn their livelihood from it.



31. TUBERCULOSIS PREVENTION PROGRAMME

1.	Title of the Activity	Tuberculosis Prevention Programme
2.	Date	12 th May 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	4 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	District Tuberculosis Office, EKHD
7.	Participants (students)	6

About the programme:

On the 12.05.2023 the students social work under UBA collaborated with the students' social worker under State Tuberculosis Office in conducting the Tuberculosis Prevention Program. The program started with the drawing Competition of Tuberculosis Prevention for the students of the Lower Primary School. At 11:30 am the health talk on Tuberculosis Prevention started with the welcome speech from one of the students' social worker after



which the headman gave few wordswelcoming everyone to the program and especially for the two resource persons Mr. Fillan Khongsit, Senior Treatment Supervisor and Mr. Dajied S Dkhar, Senior Tuberculosis LaboratorySupervisor. The health talk was given by Mr. Dajied S Dkhar. He enlightened the people on how the T.B bacteria spreads and how the signs and symptoms reveal in a person who suffered from this disease. He futher speaks on what are the ways and means to prevent and cure Tuberculosis. The students' social worker also presented their self-composed *Phawar* and action song which related with Tuberculosis prevention. There was also a prize distribution for the winners of the drawing competition. The resource persons were felicitated and thanked for their availability to come and share their knowledge with the people. The vote of thanks was given by one of the students' social worker after which the program came to conclusion. There were 92 participants including the Headman, the VEC, the elders of the village, the teachers and students of the L.P and U.P school Mawthawtieng.

List of student volunteers:

	Hamesha Surong	BSW
	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW

32. EYE CAMP

1.	Title of the Activity	Eye Camp
2.	Date	13 th May 2023
3.	Venue	Mawthawtieng
4.	Duration (in hrs)	5 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	BANSARA EYE CARE CENTER
7.	Participants (students)	6

About the programme:

On the 13.05.2023 an Eye camp was conducted in the Mawthawteing village. Weeks before the Eye Camp the students went from door-to-door mobilization to make an awareness to the camp to be held in the village. At 10:30 am they started the Eye Camp where a team from Bansara Eye Care Centre came and rendered the eye care service. There were 36 people came for the free eye check-up where by most of them were the elders of the village. The people who were benefited from the eye camp expressed their gratefulness for bringing the Eye camp to the village as they were able to receive the service.

List of student volunteers:

	Hamesha Surong	BSW
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	Gifty Grace	BSW
	Jessica Malniang	BSW
	Camelia	BSW
	Phaimideimaia Dhar	BSW
	Dekstar Kharlyngdoh	BSW



33. PARTICIPATORY RURAL APPRAISAL

1.	Title of the Activity	Participatory Rural Appraisal
2.	Date	13 th May 2023
3.	Venue	Myllichem Kyndong Nongkyntir
4.	Duration (in hrs)	5 Hours
5.	Organising Department/Club	UBA, St. Edmund's College
6.	Name of the Collaborating Agency/Club	NSS
7.	Participants (students)	8

About the programme:

The UBA cell in collaboration with the NSS Unit of St. Edmund's College had conducted a PRA at Myllichem Kyndong Nongkyntir on the 13.5.23. This activity was conducted after long-delayed months, as it one of the important activities during the NSS special camps in the adopted village.

PRA in simple terms can be understood as an assessment and learning process that empowers the community people to create the information base for planning and action. It means an approach which

requires a good communication between the staffs and the community people to find out information about the problems, needs and potential in the community.

The resource person on the programme was, Mr. R. Langstieh, alongwith 8 NSS volunteers and NSS Programme Officers. The community people who were present comprised of youths and women organization, with a total representation of 18 individuals.

The programme started with the resource person initiating an ice breaking session, where he introduced himself to the local participants and they were also asked to do the same. He then asked the people about the problem they faced in the community and what needs to be focused. The resource person provided the participants with chart papers and stationaries in front of them. He asked them to participate by writing down in the chart papers.

The participants were asked questions about the local problems and the people willing agreed to have a discussion among themselves. After a short deliberation, they nominated one member to write for them. Some of the problems faced by the villagers and were noted down by the participants include the poor condition of the school, no proper drainage or no proper waste disposal.

Through this PRA the unit will be able to understand the community infrastructure and conditions properly. As an adopted village the unit now has the responsibility to know about the community and how the village functions.

Learning outcomes: The outcome of the programme was successful as a number of the community people had come to take part in the session. The students were able to learn about the skills and ways on how to engage with local community people and to try to encourage the people to open up and share their views and problems. Through the ice-breaking session the people were able to participate in listing down the problems that the community faced.



Participatory Rural Appraisal (PRA): List of programme participants

	Name	Semester
	Darihunlang Nongsiang	4 th
	Camilla Nongrum	4 th
	Bashida Marbaniang	4 th
	Rebecca Kharlyngdoh	4 th
	Shidalin Basaiawmoit	4 th
	Ibadahun Blah	6 th
	Poonam Ray	6 th
	Medonlem Rapsang	6 th

