

NORTH EAST INSTITUTE OF SOCIAL SCIENCES AND RESEARCH CHUMOUKEDIMA NAGALAND

GREEN CLUB (2023)

CLUB EXECUTIVES:

Convenor: Chipai M Konyak

Co-convenor: Livino Sumi

Info-Secretary: Eshah Konyak

Documentation: Baumei Phom & Visekunu Thol

Media: Fr. Manu

VISION:

To create an awareness on environmental and social sustainability.

MISSION:

To protect the natural environment and empower the young power by developing their knowledge, skills and confidence that channels their passion into positive and creative actions that helps create a sustainable planet.

GOAL:

To promote environment awareness at the grass-root level by creating and nurturing green consciousness among the students.

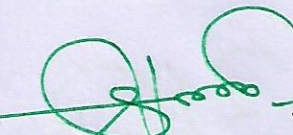
OBJECTIVE:

Raising awareness and understanding the knowledge of the natural environment among young people.

Promoting the protection and conservation of the environment by empowering young people to lead in action oriented environmental activities.

To motivate the students to keep their surroundings green and clean by undertaking plantation of trees.


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Chumoukedima-797103, Nagaland


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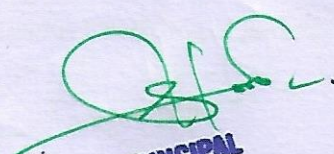
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ACTIVITIES:

DATE: 2ND JUNE, 2023

VENUE: CONFERENCE HALL, NEISSR

TIME: 12:30 PM

A meeting was organized by Green Club on 3rd June 2023, at the conference hall (NEISSR) at 12:30 pm. The meeting was attended by NSS Club and Green Club. The meeting was held with the purpose of the upcoming World Environment Day. The main objective of the meeting was to conduct a cleanliness drive and planting of trees inside and outside the college campus.

The meeting ended at 1:00 pm, where all the parties agreed with objective of the meeting for upcoming event (World Environment Day).

DATE: 5th JUNE, 2023

VENUE: NEISSR, CHUMOUKEDIMA

TIME: 9:30 AM

On 5th June, 2023 the Green Club organized a cleanliness drive and planting of trees inside and outside the college campus with the collaboration of NSS Club, under the theme "THINK GREEN, LIVE GREEN"

At 9:30 am, the day's activity began where the Green Club officials distributed the work allotments to the respective club.



The NSS Club members were allotted to clean the surroundings inside the campus (collecting of garbage, cutting grasses, etc).

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The Green Club members took the initiative of cleaning the backside of the campus, which includes cleaning of drainage, cutting of grasses and bushes.

At 12:30 pm, there was a short break, after which both the clubs worked together in planting of trees in the campus.

The day activity ended at 4:00 pm, and all the members went back home.


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7th Mile, Chümoukedima, Nagaland

GREEN AUDIT

Lists of flora, their scientific names, family, medicinal uses and their quantity

SL NO	PLANT NAME	SCIENTIFIC NAME	MEDICINAL USES	FAMILY	APPROX. NO. OF PLANTS
1.	BANANA	Musa acuminata	Enhances heart health Help manage blood pressure Boost a person's mood Reduce the risk of cancer	Musaceae	86
2.	COCONUT	Cocos nucifera L.	Lower total cholesterol Control acidity Promote oral health Reduce risk of seizures	Palm tree family (Arecaceae)	6
3.	LEMON	Citrus limon	Aid weight loss Reduce risk of heart disease, anemia, kidney stones, digestive issues and cancer	Rutaceae	12
4.	MANGO	Mangifera Indica	Relief from anemia Helps in digestion Boost immunity Promotes eye health Promotes healthy gut	Anarcardiaceae	26
5.	Jackfruit	Artocarpus heterophyllus	Lower blood pressure Help stave off heart disease, stroke and bone loss Boost metabolism Improves digestion	Moraceae	5
6.	Guava	Psidium guajava	Improves digestion Prevents cancer Stimulates brain function Promote skin health Regulates thyroid function Enhances vision Cures constipation	Myrtaceae	10

7.	Cashew Nut	Anacardium occidentale	Boost heart health Promotes vision Manage Weight Prevents cancer Uplift skin health	Anacardiaceae	1
8.	Silk Oat	Grevillea robusta	Treatment of rheumatism, depression, chronic nerve pain, loss of bladder control, cleanse skin	Proteaceae	1
9	Jamun	Syzygium cumini	Aids in digestion Manage diabetes Promotes oral health Boost heart functioning Augments skin	Myrtaceae	1
10	Magnifera indica	Magnifera indica Linn.	Purify blood naturally, helps in gastic problems, anorexia, diarrhea, etc	Anacardiaceae	74
11	Moringa	Moringaceae	Leaves are antiseptic and fight off many bacterial infections, prevents inflammation, helps prevent cancer, protects the liver, prevents respiratory problems, prevents kidney problems	Moringaceae	2
12	Rose Apple	Syzygium jambos	Fever treatment, detoxify liver, headaches, digestive issues, diabetes, lower cholesterol, prevents certain types of cancers.	Myrtle family	1
13.	Custard fruit	Annona reticulata	Helps digestion, prevents constipation, detoxify our body	Sugar apples	8
14	Curry leaf tree	Murraya koenigii	Lower blood pressure, good for hair growth, beneficial for eyesight, lower cholesterol level, cures gastrointestinal issues, rich in antioxidant properties	Rutaceae	11
15	Buguri (Jujube)	Ziziphus jujube Mill.	Treats insomnia and anxiety	Rhamnaceae (Buckthorn family)	1
16	Ponderosa Lemon	Citrus pyriformis	Strengthen the immune system, reduces inflammation, and boosts collagen production within the skin	Rutaceae	2

17	Kiwi	Antinidia deliciosa	Improves heart health, lowers blood pressure, improves digestion, helps clear toxins, beneficial for weight loss, fights heart disease, helps fight cancer.	Antinidiaceae	7
18	Neem	Azadirachta indica	Cures asthma, control diabetes, cures leprosy, treats ulcers, maintains oral health and hygiene, increases blood circulation	Mahogany	17
19	Whistling pine	Casuarina equisetifolia	Skin and hair care, improves vision, protects against pathogen, boosts immunity	Casuarinaceae	1
20	Mulberry (Morus Alba)	Morus Alba	Treats dizziness, insomnia, premature aging and DM2. Protective against liver and kidney disorders and inflammation	Moraceae	1
21	Starfruit	Averrhoa carambola	Prevents infection, aids weight loss, lowers bad cholesterol, treats high blood pressure, prevents constipation	Oxalidaceae	1
22	Soursop	Annona muricata L.	Energy booster, keeps bone healthy, lowers cholesterol, prevents anemia, prevents constipation, cures UTI, aids digestion, cures asthma, fights against cancer	Annonaceae	1
23	Persian silk tree	Albizia julibrissin	Used for anxiety, cancer, insomnia, skin infections	Fabaceae (Legume)	1
24	Teak Tectona	Tectona grandis	Used for treating gastrointestinal disorders such as dysentery, stomach ache, piles and constipation	Lamiaceae	3
25	Dypsis Decipiens (Manabe Palm)	Dypsis Decipiens		Arecaceae	6
26	Bamboo	Bambusa vulgaris	Anti cancer, anti inflammatory, anti obesity, anti fatigue, anti diabetes, anti microbial, cures cardiovascular diseases	Grass Poaceae	3
27	Pear	Pyrus communis L.	Improves digestion, prevents cancer, boosts immune system, increase energy levels, prevents osteoporosis, speeds up healing	Rosaceae	1
28	Bucid				3

29	Imli	Tamarindus indica	Improves digestion, helps reduce weight, fights cancer, strengthen the heart, helps manage diabetes	Pea family Fabaceae	2
30	Manilkara Hexandran	Mimusops hexandra Roxb	Treats fever, ulcer, arthritis, bleeding disorders, emaciation, bronchitis, jaundice, excess thirst	Sapotaceae	1
31	Camphor	Camphora officinarum	Helps in digestion, skin care, reduce inflammation, remedy for arthritis, reduces congestion	Lauraceae	1
32	Almond	Prunus dulcis	Reduces weight, helps in digestion problems, prevents cancer, nourishes skin, prevent diabetes, antioxidant	Rose family	1
33	Palm	Arecaceae or Palmae	Prevents vitamin A deficiency, cancer, brain diseases, aging, malaria, high blood pressure, high cholesterol	Monocotyledonous	8
34	Pine	Pinus	Remedy for cough, colds, allergies, urinary tract and sinus infections	Pinaceae	3
35	Albizia Lebbeck	Albizia Lebbeck (L.) Benth	Used for treatment of asthma, colds, coughs, and other allergic diseases	Legumes (Fabaceae)	3
36	Ashoka	Saraca asoca		Detariodeae	60
Total					371

NORTH EAST INSTITUTE OF SOCIAL SCIENCES AND RESEARCH CHUMOUKEDIMA NAGALAND

ACTIVITIES:

DATE: 5TH JUNE, 2022

VENUE: NEISSR, CHUMOUKEDIMA

TIME: 9:30 AM

On 5th June 2022, the Environment Club organized a cleanliness drive and planting of trees inside and outside the college campus with the collaboration of NSS Club and Student's council, under the theme "Only One Earth"

At 9:30 am, the day's activity began where the Environment Club officials distributed the work allotments to the respective parties.

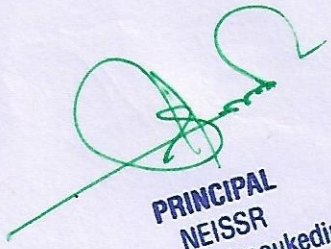


The NSS club and Student's Council were allotted to clean the surroundings inside the campus (collecting of garbage, cutting grasses, etc).

The Environment Club members took the initiative of cleaning outside the campus, which includes cleaning of drainage, cutting of grasses and bushes.

At 12:30 pm, there was a short lunch break, after which all the parties worked together in planting of trees in the campus.

The day activity ended at 4:30 pm, and all the members went back home.


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ACTIVITIES:

DATE: 15TH OCTOBER, 2022

VENUE: NEISSR, CHUMOUKEDIMA

TIME: 9:30 AM

On 15th October 2022, the Environment Club organized an Inter-Club competition on the theme "Children and the Environment".

The event began with a Club Debate competition followed up with drawing and poem recitation, where every clubs in the institute competed with one another in each events both group and individual.



The event ended successfully at 3:00 pm, where the Environment Club officials announced the winners and distributed the prizes to each competition winners.

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ACTIVITIES:

1. Providing emergency rescue and medical care.
2. Provide first aid and services.
3. Restoring family links.
4. Communication with media and community.
5. Evacuating disaster areas.
6. Response training programs (organizing awareness program).

On **august 26th 2021**, the Disaster Management club conducted a orientation program on the "Disaster Management and its Cycle in India".

MODERATOR: ILIVY CHOPY

DOCUMENTATION: C KONGDEN, H ALEM & JESSICA V ZHIMO

VENUE: NEISSR HALL, DIMAPUR

VISION: To achieve sustainable social and environmental development by effectively responding to all types of disaster events.

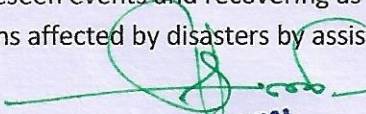
OBJECTIVE:

1. To identify hazards and its cause.
2. To supply essential commodities to the effected people to reduce the impact of disaster.
3. To assure appropriate assistance to the victims of disaster.
4. Preparing for actions to be taken at the time of disaster.

DISASTER MANAGEMENT IN INDIA:

Disaster management in India is one of the most crucial points of discussion because of India's highly diversified Climate. Indian Subcontinent is frequently evident of natural catastrophes such as Cyclones, earthquakes, floods, and droughts. Disaster management is the process of planning for and responding to natural disasters. It entails carefully organizing resources to mitigate the damage caused by calamities. It also entails a systematic strategy for handling catastrophe prevention, readiness, response, and recovery duties.

Organizations and people use the disaster management cycle, which consists of a sequence of processes, to plan for, contain, and mitigate unforeseen disasters. These could include unforeseen property damage, natural disasters, or other occurrences that put other people's lives in peril. After the initial crisis has passed, the disaster management cycle assists everyone in minimising the effects of unforeseen events and recovering as much resources as possible. A disaster management cycle aids persons affected by disasters by assisting in their reconstruction, regrouping, and recovery.


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Disaster Management: Types of Disaster

Disasters can take many different forms. Disasters, in whatever shape they take, disturb communities and can have major consequences for people, property, businesses, and the environment. They frequently test a community's ability to cope. Human-caused disasters, such as industrial explosions or structural breakdowns, are the result of human error. Natural catastrophes are caused by physical occurrences such as earthquakes and droughts. Complex disasters might include epidemics or armed conflicts. Disasters are categorised into the following types-

Floods, hail storms, cloudbursts, cyclones, heat waves, cold waves, droughts, and hurricanes are all examples of water-related disasters.

Landslides, earthquakes, volcanic eruptions, and tornadoes are examples of geological disasters.

Man-made disasters include urban and forest fires, oil spills, and the collapse of massive constructions.

Biological disasters include viral outbreaks, pest invasions, livestock epidemics, and locust plagues.

Chemical and industrial mishaps, mining shaft fires, and oil spills are examples of industrial disasters.

Nuclear disasters include nuclear core meltdowns and radiation burn.

Disaster Management Agencies in India

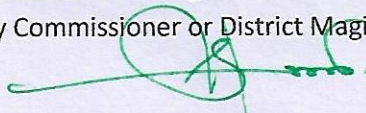
Some agencies are involved in disaster management that we study below in detail

National Disaster Management Authority (NDMA):- The National Disaster Management Authority, or the NDMA, is an apex body for disaster management, governed by the Prime Minister of India. It is charge of the supervision, direction, and control of the National Disaster Response Force (NDRF).

National Executive Committee (NEC):- The NEC is composed of high-profile ministerial members from the government of India that consist of the Union Home Secretary as Chairperson, and the Secretaries to the Government of India (GoI) like Ministries/Departments of Agriculture, Atomic Energy, Defence, Drinking Water Supply, Environment and Forests, etc. The NEC covers the National Plan for Disaster Management as per the National Policy on Disaster Management.

State Disaster Management Authority (SDMA):- The Chief Minister of the respective state is the head of the SDMA. The State Government has a State Executive Committee (SEC) which assists the State Disaster Management Authority (SDMA) on Disaster Management.

District Disaster Management Authority (DDMA):- The DDMA is headed by the District Collector, Deputy Commissioner or District Magistrate depending on the situation, with the elected

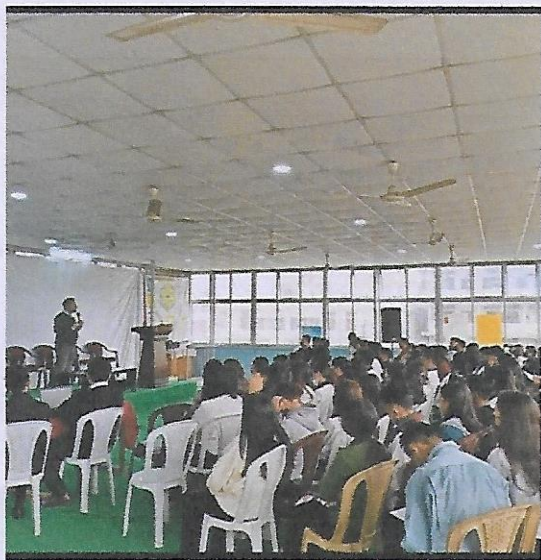

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representatives of the local authority as the Co-Chairperson. The DDMA ensures that the guidelines framed by the NDMA and the SDMA are followed by all the departments of the State Government at the District level and the local authorities in the District.

Local Authorities:- Local authorities would include Panchayati Raj Institutions (PRI), Municipalities, District and Cantonment 11 Institutional and Legal Arrangements Boards, and Town Planning Authorities which control and manage civic services.




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DISASTER MANAGEMENT CLUB (2019-2020)

CONVENOR: KOPANG W BUCHEM

CO-CONVENOR: ILIVY CHOPY

INFO. SECRETARY: ILICHE S TUCCU

VISION:

To achieve sustainable social and environmental development by effectively responding to all types of disaster events.

MISSION:


To administer a campus-based resilient management program to efficiently prepare for and respond to disaster and emergencies to save lives, minimize loss of property and protect the environment.

GOAL:

To mitigate hazards, prepare and respond to emergencies and create a safe for the community.

OBJECTIVE:

1. To identify hazards and its cause.
2. To supply essential commodities to the effected people to reduce the impact of disaster.
3. To assure appropriate assistance to the victims of disaster.
4. Preparing for actions to be taken at the time of disaster.


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DISASTER MANAGEMENT CLUB (2018-2019)

CONVENOR: ABIGALI MURRY

CO-CONVENOR: KOPANG W BUCHEM

INFO. SECRETARY: ALEN A PHOM

VISION:

To achieve sustainable social and environmental development by effectively responding to all types of disaster events.

MISSION:

To administer a campus-based resilient management program to efficiently prepare for and respond to disaster and emergencies to save lives, minimize loss of property and protect the environment.

GOAL:

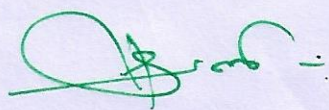
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OBJECTIVE:

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ACTIVITIES:

1. COMMUNICATION WITH MEDIA AND COMMUNITY
2. PROVIDING EMERGENCY RESCUE AND MEDICAL SERVICES
3. TRAINING PROGRAMS
4. TRAINING (DRILLS) ON DISASTER MANAGEMENT 2018


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