



CRITERIA 3- RESEARCH, INNOVATIONS AND EXTENSION

3.5 COLLABORATION

3.5.1: Number of functional MoUs\linkages with institutions \industries in India and abroad for internship, on-the -job training, project work, student/faculty exchange and collaborative research during the last five years

Excel In Knowledge & Service

List of activities and exchange


(2019-20)

ACADEMIC YEAR 2019-20

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ASSISI Hr. Sec. School, Dimapur

REPORT

Name of the Program	Capacity Building programme on “Seven Principle of Peace”
DATE:VENUE	11 th October 2019 ASSISI Hr. Sec. School, Dimapur
TRAINING CONDUCTED BY	NEISSR
FACILITATOR	MsAshoniRajina
RESOURCE PERSON	MsRebika
NO. OF PARTICIPANTS	19M: 07 F: 12
METHODOLOGY:	Lecture

SUMMARY: NEISSR conducted one day capacity building program on “Seven principle of peace building” for students at Assisi Hr. Sec. School, Dimapur, was held on 11th October, 2019. The teacher animator warmly welcomed the trainers. All together there were 19 students attended the program. The capacity building program started with an ice breaking session which was led with number of games by Ms. Ashoni Rajina, in order to let the students feel comfortable and be more open during the session followed by meditation, this was done in order to let the students concentrate with a peaceful mind.



The input session was taken up by Ms. Rebika, she talked about the seven principles of Peace. She gave a brief introduction on the session by saying that these principles are universally accepted for peace promotion. She started with:-

Spirituality for Peace: Spirituality is one of the means to attain peace that explicitly drives every individual to unseen force and all children belong to one supreme God and so we as peace club members should be peace builders and accept and promote and respect all spirituality of peace.

Reconciliation for Peace: In any given time we should not encourage conflict and celebrate the goodness of life through reconciliation and not revenge. Sometime one's ego stands in the way of reconciliation but it is important to remove that 'I'



mentality to 'We' while promoting reconciliation between groups.

Sacrifice for Peace: Peace propagates and promotes the spirit of sacrifice. Sacrifice calls for honoring the inherent dignity of every human being by strengthening our resolve to be compassionate in our thoughts, words and actions.

Voluntarism for Peace: All of us are created for the purpose of caring for one another. This unique expression of love is carried through the voluntary service and sharing of one's life with others. Therefore, peace activist strives to empower youth and provide information and professional services to the needy through 'Youth Peace Centers'.

Self-Realization for Peace: It focuses on development of humanity and development that transforms all aspects of life. People benefited immensely from inner transformation. The willingness to accept individual and communities as they are in an important aspect of leaving peacefully. This reduces conflicts arising out of rejection on the basis of community, tribe or religion.

Hospitality for Peace: Being able to accept the other into one's fold accelerates the peace-building process. This enhances the mutual understanding and promotes peaceful co-existence. Peace can be achieved only when there is hospitality towards strangers and genuine care for everyone. Every individual is called to put away discrimination and re-discover solidarity for a progressive society.

Non-Violence for Peace: We engage ourselves in building peace by being non-violent in our attitudes, approaches and actions. It is the practice and advocacy of non-violent that will eventually build a peaceful society. Non-Violence is considered as the most powerful tool in interpersonal, inter-family, inter community and international relations. It is important that we build on this principle for achieving our goal of universal peace and harmony.

At the end of the session she also added that as young leaders we all should be an agent of peace and whenever there is any conflict among their friends they should not ignore but try to resolve it. Closing the training the trainers called out one of the students to read out the peace pledge and later everyone sang the Peace anthem. The program coordinators expressed gratitude to all the students and encourage the students to take up opportunity to speak whenever given the chance. **Evaluation:**

- The students said that they have all heard about the seven principles of Peace but now all their doubts were clear and they also said that from today onwards they would start doing today the good works.
- Some also shared their personal experience and said that they would try to make friendly relation with other and not continue the mistakes.

Cambridge School, Dimapur

REPORT

Title of the training	Capacity Building on “Communication skill”
Date	02/11/2019
Venue	Cambridge School, Dimapur
Facilitator	Viyeto Nyekha
Resource Person	Mr.Pangniba Andrew
No. of participant	47 participants. Male: 23, Female: 24
Methodology	Lecture/ Interaction

Objectives:

- To understand the importance of communication skills
- To develop one's communication skills

Summary:

On 2nd November 2019, NEISSR conducted a Capacity building programme on the topic “Communication skill” was conducted at Cambridge school, Dimapur with Mr.



Pangniba Andrew as the resource person. The programme was facilitated by Ms. Nyeamyang Konyak. The programme began with an ice breaking session which was initiated by the facilitator. The game was played where the participants were paired into two and asked to introduce one another. This game was mainly played to let the participants feel comfortable and to know each other better. After the ice breaking games, the time was given to the resource person. He began his session by putting forward a question on what do they understand by the word communication. Many participants said Communication to them means passing the information and interacting with one another. The resource person then said, communication is defined as transferring information to produce greater understanding. It can be done vocally, through written media, visually or non-verbally. He said that being able to communicate effectively is one of the most important skills to learn. The resource person also said that

communication skills allow you to understand and be understood by others and it is the abilities we use when giving and receiving different kinds of information. Communication skills involve listening, speaking, observing and empathizing. It is also helpful to understand the differences in how to communicate through face to face interactions, phone conversations and digital communications like email and social media. The resource person further elaborated on seven C's of effective communication. The 7 C's of effective communication are-Completeness, concreteness, courtesy, correctness, clarity, consideration and conciseness. This 7 C's of effective communication are also known as the seven principles of communication and it is a useful way to ensure good and business communication. The seven C's of effective communication has two more variations that are often overlooked namely creativity and credibility.

Mr. Pangniba Andrew later spoke on how to develop good communication skills. He said having good communication skills is important. He further elaborated on different tricks or tips to improve communication skill.

1. Know what communication really is- Communication is the process of transferring signals/ message between a sender and a receiver through various methods. It is also the mechanism we use to establish and modify relationships.
2. Have courage to say what you think- Be confident in knowing that you can make worthwhile contributions to conversation. Take time each day to be aware of your opinions and feelings so you can adequately convey them to others.
3. Practice- Developing advances communication skills begin with simple interactions. Communication skills can be practiced every-day in settings that range from the social to the professional.
4. Make eye contact- Whether you are speaking or listening, looking into the eyes of the person with whom you are conversing can make the interaction more successful. Eye contact conveys interest and encourages your partner to be interested in you in return.
5. Use gestures- These include gestures with your hands and face. Make your whole body talk.
6. Manifest constructive attitudes and beliefs- The attitudes you bring to communication will have a huge impact on the way you compose yourself and interact with others. One should choose to be honest, patient, optimistic, sincere, respectful and accepting of others. One should be sensitive to other people's feelings.

Towards the end of the session the resource person urged the participants to have a better communication skill as a peace builder.

Evaluation/Feedback: An evaluation was done by putting forward certain questions to the participants based on the session taken by the resource person. Through the evaluation it can be said that 70 % of the participants understood the importance of communication skills in one's life.

REPORT



Topic:	Capacity building program on “Morality & Discipline”.
Date:	17/09/2019
Venue:	Christian Hr. Sec. School, Dimapur
Time:	10:40 am
Training conducted by	NEISSR
Facilitator	Miss Nyeamyng Konyak
Resources person:	Ms. Toli
No. of participants:	17 M: 02 F: 15
Methodology:	Lecture

Objectives:

- To make the students understand the importance of morality and discipline
- To help them develop positive attitude and
- To make the students understand the values of discipline

Summary:

On August 17, 2019, NEISSR conducted a capacity building program on “Morality & Discipline” at Christian hr. sec. school, Dimapur with Ms. Toli as the resource person. The programme was facilitated by Ms. Nyeamyng Konyak. The session began with the

introduction from the participants which was followed by the ice-breaking session to make the students refresh their minds and make them involve in the activity, peace prayer led by students to help them learn to take initiatives, meditation; it always helps the students to stay focus in one thing and input session on “morality & Discipline”. During the input session the resource person shared about what is morality and how it should be developed. Morality is a code of personal behaving in a positive way with positive attitudes towards other being. Morality & discipline are very essential for human being. It should be developed in our early stage of life. Moral behavior and discipline helps us to differentiate from each other without morality and discipline we would be like animals. Example: when someone does something really nice to us most of us feel good and say thank you that is a moral which exists within yourself but sometimes u fail to realize it. Honesty, Respect, Kindness and positive attitude are also some examples of Morality and Discipline. Morality can be developed in five ways:

Obedience: it is always good to be obedient. If you are obedient person than that means you have a moral within yourself.

Self-interest driven: sometimes we fail to know our own interest and do something which is of no use to us therefore we need to realize our interest and start developing them

Good intentions: we all want to be liked by others. So, having a positive thought and doing well to others by helping them will help us grow our morality and discipline

Obedying rules and regulations: it is important to obey rules and regulation because it is maintained for the better of our self and society.

No discrimination: people in society are not same everyone differs from each other either it may be their opinion, religion or may be poor or rich they must able accept each other and respect their uniqueness.

The resource person further encouraged the club members to be obedient and to possess the quality of discipline and morality. She also motivated the club members to live an exemplary life and inspire many people around them.

Feedback/Evaluation

After the session there was a time set apart for evaluation where each club members shared their learnings and expectations from the club. Majority of the members find it helpful as they could learn the importance of discipline and moral in one’s life. They were of the opinion that such kind of topic should take up more often so that people can get reminded of its import. Thus, through the sharing from the participants it can be said that 80% of the participants were contended and happy about the session.

Pine Mount School Padumpukuri, Dimapur

REPORT

Name of the Training Program	Capacity building program
Date	12/09/2019
Venue	Pine Mount School Padumpukuri, Dimapur
Training conducted by	NEISSR
Facilitator	E. Nyeamyang Konyak
Resource Person	Ashoni Rajina
No. of participants	55 participants. Male:25, Female:30
Methodology	Lecture

SUMMARY:

NEISSR conducted a capacity building programme for the Peace club members at Pine Mount School Padumpukuri, Dimapur on 12th September 2019. Mr. R.C Talukdar, the Headmaster of the school extended warm welcome to the trainers from NEISSR. Ms E. Nyeamyang Konyak, Asst. prof NEISSR facilitated the program. All together 55 students from classes 7 to 10 standards attended the program. The program started with an ice breaker session which was

led with number of games by Ms. Ashoni Rajina, in order to let the students, feel comfortable and be more open during the session followed by meditation which was taken up by Ms. E. Nyeamyang Konyak, in order to make the students in a peaceful state of mind and to enable them to learn better. The input session was taken up by Ms. Ashoni Rajina, she shared on What conflict is, she brainstormed by asking the students if they



were aware about the term 'Conflict' she then highlighted conflict can be of any form. It can be in the form of fight to disagreement. She briefed on the different types of conflict such as Inter Personal Conflict: Conflict between two or more people that you are close with and also Intra Personal Conflict is when you have internal conflict about yourself, thoughts or actions, Intra Group Conflict refers to the disagreement or conflict that occur between two or more

members of the same group and Inter group conflict is when conflicts occur between two or more different groups.

She shared on different ways of dealing with conflict such as Dialogue which is done in a discussion form between people who have different opinions, Mediation is the process which the third party tries to resolve conflict by helping the two sides to talk about and agree



on a solution, Communication, it is a way of expressing how one feels about the situation and focusing on the problems at hand and not what other person did will avoid unnecessary conflict and Listening: the trainer added that it is one of the most important step to resolve conflict, unless we listen actively to what other person has to say without interrupting and trying to be objective. At the end of the session she also added that as young leaders we all should be an agent of peace and whenever there is any conflict among their friends one should not ignore but try to resolve it. Concluding the training, the Dimapur District Animator expressed gratitude to Mr. AlemTemjen, teacher in-charge, Peace Club and all the club members for their cooperation and active participation.

Evaluation and Feedbacks: The participants have learned about the types of conflict. Through this session the students learned that conflict can be resolved through dialogue, communication, mediation and listening. The session has helped them to reflect on the importance of peace and has enlightened them to be an agent of peace. Pretest and posttest was also conducted where it was found that 70% of the participants have understood the topic shared by the resource person.

REPORT

Title of the Training	Capacity Building and Peace Building for Peace Club Members on “Do no Harm”
Date & Venue	16th September 2019, St Mary Hr Sec School, Padumpukri
Training conducted by	NEISSR Chumuokiedma
Facilitator	Ms. Ashoni Rajina
Resource Person	Ms. Rebika Terongpi
No. of participants	Total : 56 (F: 51, M: 5)
Methodology	Lecture

OBJECTIVES:

- To develop an inclusive approach towards peace.
- To develop sensitivity towards others' sentiments.
- To derive long lasting and amicable solutions.

SUMMARY: NEISSR organized a capacity building program on, “Do No Harm” for the peace club members at St. Mary Hr. Sec School, Dimapur. The trainers began with an ice breaker. Ms. Rebika Teronpi, the trainer for the programme. She took a session on the topic of “DO NO HARM”, she complemented with the story of a boy who tried to help a struggling butterfly trying to emerge from its cocoon.



She also said that our actions do not always have the effect we intend; instead, sometimes they end up with terrible consequences. Sometimes even with our most honest and pure intention of helping the other person, we end up causing more problems for the other person and the receivers may question our motives. This is why the wellbeing of the people we are trying to

help must be the focus of our efforts. She also ended the session by saying that every individual face struggles and it is an important part in our life and our struggles develop our strengths and capabilities, without it we may never learn or grow so it is important for an individual to struggle, grow and learn on its own and tackle one's own life challenges instead of relying on others and we may develop the ability to fly.

Later after the input session the students requested for more activities so she led the students with more games and it close the program with an evaluation session where the students thanked the



trainers with positive feedbacks. The program also ended with a peace pledge and the trainers thanked the teacher animator and the principle of the School and all the participants of peace club.

EVALUATION/FEEDBACK:

An evaluation was conducted towards the end of the session where the facilitator asked several question to the participants based on the inputs shared by the resource person. Through the evaluation it was found that 80% of the participants have understood the topic being shared.

REPORT

Title of the Training	Capacity Building on “Inner peace meditation”
Date & Venue	6th February 2020, St Mary Hr sec school Dimapur
Training conducted by	NEISSR
Facilitator	Ms. Manpang Nyiam
Resource Person	Mr. Nepuni Paul
No. of participants	Total: 34 (F: 34, M: 0)
Methodology	Lecture

Objectives: 1. To come to the self-realization of who you are and understand better

the purpose of life

2. To relax and restore health of mind, body and soul

Summary: NEISSR held a capacity building programme on the topic “Inner Peace- Meditation” was conducted at St Mary’s Hr. Sec. School, Dimapur on 6th February 2020 with Mr. Paul as the resource person. The programme was facilitated by Ms. Nyeamyang Konyak. Before the session begins, the facilitator introduced the resource person to the participants. After which, the resource person began his session with a question- what is the most important thing that you want to do?. To this question, some replied, they want to make their family happy while some said they want to spread peace and bring peace to the society. The resource person, then said, all these things can be possible only if we have inner peace within our self. He explained the meaning of inner peace. Inner peace or peace of mind refers to a deliberate state of psychological or spiritual calm despite the potential presence of stressors. Inner peace means peace within oneself even in the midst of war or conflict. He said, the path to find inner peace is through acceptance. The first step is accepting oneself (Self acceptance). Once we accept our self as the way we are, it becomes easier for us to fight with the conflict that is within us. Peace begins with oneself and within oneself. Often vices such as hatred, anger, jealousy, ego, lust, and love for material possessions deprive one



of the joys of experiencing peace within oneself. He said battles are not fought in the battle field first but in the minds of people. Likewise peace is not made at a peace conference table but in the hearts first. Inner peace begins at the very moment you choose not to allow the other person or event to control your emotions. The resource person stressed more on meditation, reconciliation and forgiveness as the ways to achieve inner peace. After explaining the meaning and the ways of achieving inner peace, the resource person conducted a meditation exercise where he let all the participants to sit in a comfortable posture with the eyes closed and mind free from any possible noise and distraction. He told the participants to become aware of their feelings and emotions that are happening within themselves. He then let the members to imagine the color filling their whole body and to take a deep breath in and out in the process of gaining concentration. The process goes on for some minutes and then he let the participants to closely open their eyes. After the meditation, the resource person asked all the participants to share what they felt during the process of meditation. Many said it helped them to relax and refresh their mind and body. The resource person concluded his session with an exercise and a message that one cannot obtain peace in the outer world until we make peace within ourselves.



Feedback/Evaluation:

There was an evaluation after the programme where the participants shared their learning and feedback on the programme. Through the evaluation, it was found that 85% of the participant understood the topic being taken by the resource person. The participants were very satisfied with the programme as they said; it helped them to understand themselves more.

St. Clare Hr. Sec. School, Kacharigaon

REPORT

Title of the Training	Capacity Building on “Inner peace”
Date & Venue	29 /11/2019 St. Clare Hr. Sec. School, Kacharigaon.
Training conducted by	NEISSR
Facilitator:	Mr Viyeto
Resource Person	Mr. Lanu
No. of participants	32 M: 07 F: 25
Methodology	Lecture

Objective:

- To let the students the importance of inner peace.
- To let the students know the benefits of inner peace

Summary:-

On 29th November 2018, Capacity building programmed on “Inner peace” was conducted at St Clare Hr. sec. school, Kacharigaon. The resource person for the programmed was Mr. Lanu. The programmed begins with a peace prayer by the club leader which was followed by an ice breaking session by Mr. Fuchumo, teacher animator. After the ice breaking session, the resource person took a session on the topic “inner peace”.

Speaking on the topic, he said, peace begins with oneself and within oneself and that peace is known as inner peace. Inner peace is a process of keeping oneself at peace in the midst of stress or discord. He also stated the quotation of Peter McWilliams which says “If you want peace, stop fighting, but if you want to have inner peace, stop fighting with your thoughts”. Through this quotation, the resource person said, human mind is filled with unwanted and unnecessary thoughts, worries, tensions and anxiety. It keeps on jumping from one thought to another just like a butterfly hoping from one flower to another. There is no peace of mind and no space for new learning and thinking. Therefore the resource person urges all the club members to filter their mind and to keep only those things that are important and essential for them. He also focuses more on having a peace of mind during the exam. He said, as a student one should have a peaceful mind in order to focus more on studies. Therefore the resource person encourages the club members not to worry about the exam and pressure that they received from



parents, teachers and relatives, but instead focus on studies and remain peaceful throughout the exam as it helps in improving the concentration level. Towards the end of the session, the resource conducted a short activity on meditation where he let all the club members to meditate for few minutes as it helps in attaining inner peace and sustaining peace within oneself.

The programmed was concluded with a peace pledge which was initiated by the club leader Mr. Jonathan.

Evaluation/Feedback:

A short evaluation was conducted towards the end of the programme where the facilitator asked questions to the club members based on the session that was being taken. 80% of the participants could answer the questions being asked.

REPORT

Topic:	Capacity building on conflict is unavoidable
Date:	26/4/2020
Time:	12:20 noon
Facilitator:	Ms. Toviholi Y Yeptomi
Resource person	Ms. Khuheli
No. of participants:	15M : 9F
Methodology:	Lecture Sharing

Objectives:

- To transform destructive /negative thoughts to constrictive positive thoughts.
- To develop an identity/symbol of peace for oneself.

Summary:

The resource started her session by asking the participants what they understand about conflict. The resource person spoke on the topic; conflict is unavoidable situation which everyone encounters in their lives. Be it professional or personal, conflict is something that everyone is aware of and has been in it multiple times. It is a natural part of life, and it should not be avoided rather it should be accepted that people will face conflict once in a while, and it is okay. However, conflict mustn't escalate it should be handled at the earliest.

Realizing the need for children and youth specifically to have conflict resolution skills to enhance individuals in resolving conflicts in a peaceful way peace celebration has been introduced which is an approach that has been used in schools and neighborhood to help to manage conflicts and disagreements. Peace club members are trained to address issues around them and try to bring solution in individual life and schools, they play a significant role in addressing issues around them.

Peace celebration is a process in which the individuals with a problem work together discuss in a group with the assistance of animators. Peace celebration is usually carried out by students and for students to solve issues among themselves; they have more chance of listening and giving opinion to the issues where they are solved rather than letting the issue goes to the higher authority. Thus, usually the primary objective is to enhance and promote the culture of open and healthy communication between the students, to reduce violence and practice a healthy discussion platform thus resolve the matters and not keep them as it is.



She concluded the session saying that conflicts can be resolved when one look ahead, and not back. And for that peace celebration program is one such plat form where they can learn different skills, which can provide a change in attitude toward conflict, as students improve their perspective taking skills, develop leadership skills, critical thinking and listening, learn to tolerate alternative points of view, and realize that they can respond in a more constructive way to frustrating circumstances. She also said that peace celebration is one skill that peace club members can address any issues.

Feedback/Evaluation: At the end of the session it was learned that the understanding and learning level of the participants was 70%.

3 Days Training Programme for the College Students on “Peer Mediation”

Date: 20-22/02/2020

Venue: St. Edmund's College, Shillong

Resource people:

1. Ms.E.Nyeamyang Konyak, District Coordinator cum Trainer, Peace Channel.
2. Ms.Garrol Lotha, Project Coordinator cum Trainer, Peace Channel

Objective:

1. To bring people together especially the youth under the banner of “Peace” to work individually and collectively to promote peace and harmony in environment and strive towards universal peace, justice, equality and brotherhood.
2. To train them on the fundamentals of peace, concept of Peer Mediation and practicum.
3. To enhance their leadership qualities and train them to address the issues related to conflicts arising in various contexts.
4. To bring out and develop the potentials within individuals to form them as responsible, transparent, honest and diligent educators.

Learning outcome:

1. The participants are trained to practice Peer Mediation by themselves.
2. The participants are skilled in resolving conflicts in individual, Institutional and Community level.

SUMMARY:

DAY-1

The first day of the training program on “Peer Mediation” was conducted for the 6th Semester students of St Edmund's College, Shillong where all the class representative and assistant class representative from different departments attended the session. The programme began with a prayer by Brother Simon followed by Session I on “The concept of Peace and Conflict” by Ms. E Nyeamyang Konyak. The objective of the session was to make the participants understand the basic concept of peace and conflict as it is very important for a peer mediator to know the concept of both peace and conflict before mediating any conflict or intervening into any conflict situation. The trainer stressed on the meaning of peace and conflict, types of Peace and conflict and the ways and styles of handling conflict. After the first session, there was a group activity where the participants were divided into 8 groups and were asked to draw a complete picture of a cow. But the challenge in the activity was that every individual should contribute in completing the picture and only one individual comes forward at a go when his/her serial number is being called. It was a fun activity where all the participants actively participated. Some of the learning shared by the participants from this activity was importance of team work, communication, and coordination, contribution from each individual towards something greater, role of a leader and time management.

After tea break, Ms. Garrol Lotha took a session on “Peer Mediation”. She initiated with the meaning and definition of peer, peer educator and peer education, characteristic of Peer

Mediation, steps and principles of peer mediation, its advantage and disadvantage. She also elucidated on the areas and issues which can be settled through Peer Mediation.

Later, there was a role play on Peer Mediation where one of the participants volunteered to enact the role of a peer mediator and mediated the issues between the students and the administrator of St Edmund's College. The issue raised by the participants for the Peer Mediation was on the poor wifi connectivity in the college and the food served in the college canteen. As the mediation process began, guided by the 6 steps of Peer Mediation, there was a discussion between the conflicting parties on the issue however there was no agreement signed nor any settlement of the issues because of the multiple issues being discussed or brought up at one go. Therefore the mediation couldn't reach to any solution but the participant who represented the College administration gave their word to look into the matter and to take the discussion further.

The day's training concluded with collecting feedbacks, learning and action plan from all the participants which was done through filling of evaluation sheets and scribbling their learnings, suggestion for the programmes and their action plans in the sticky note and pasting on the charts provided. The programme was successful for the start off, it was very interactive. The most positive point that we could observe throughout the participants were their spontaneous queries in the midst of the session and their eagerness to get things clear before proceeding to the next topic. They were very swift in clearing of their doubts and have the willingness to volunteer to do the activities rather than waiting for the trainers/ facilitators to point fingers or call names to enact their learnings into practice as well participating in activities.

DAY-2

The second day of the training was for the Class Representatives and Assistant Class Representatives from 4th Semester from different departments. The programme began with a prayer by Brother Simon. To start off with the session, the facilitator initiated with an energizer in order to loosen up the participants and make them more comfortable. Well, having read through the feedbacks and evaluation from the previous day, the facilitator initiated with a group activity which will enhance the participants to practically learn a tool for solving conflict that can gradually enhance them to implement it during Peer Mediation in resolving issues. The trainer took a brief session on "Problem Tree Analysis" along with a Ppt presentation in order to make the participants understand the concept of the Problem Tree Analysis (PTA) more systematically and help them to understand each part of the tree and analyze the issue by sequentially placing the problem, cause and the effect into a clearer picture by using the structure of a tree. The participants were then divided into 8 different groups by involving all the participants in the groups and work out with an issue after discussing with the group members and to project it in a chart provided in order to analyze the issue in a systematic way and find out ways to solve the issue. The 3 structure or the areas where the group need to focus on is the **Trunk** of the tree which states the problem, **Roots** of the tree- cause of the problem and the **Branches** which states the positive or negative impact of the issue. After the group activity, each group presented the issue and the analysis of the problem by using the PTA for solving the problem. Some of the problems analyzed and presented by different groups were Laziness, Procrastination, Lack of student's unity, Climate change, irregularity in class and Depression.

Problem Tree Analysis was of great impact for the participants as it has helped the students to analyze the root cause and the consequences of the problem by themselves. Later there was an input session and practicum on Peer Mediation. During the group activity and practicum on Peer Mediation, it was found that the student representatives were concerned with forming of a Student's Council in the Institution so that the student have a representative from each tribe to advocate or voice out their problems and concern to the administration. The training concluded with an evaluation and feedback from the participants.

DAY-3

On the third day of the training program, the Trainer had an interaction with the Principle of the college and then proceeded to the training hall. The session began with a prayer by Brother Simon followed by briefing of the day's activity. Ms.Garrol Lotha (Trainer) initiated an ice breaker with the participants in order to make the participants more participative. The training session resumed on Fundamentals of peace building by Ms.E.Nyeamyang Konyak followed by an input session on Peer Mediation.

There was a practical session where the participants were divided into two different groups and has enacted a session on mediation by choosing a particular issue to mediate in their respective groups. The participants from the group mediated on Individual issue- Relationship issue between a girlfriend and a boyfriend and the other group mediated on Institutional Issue – Issue between the Students body and the administrative body. It was indeed a quick span of time to deliver the concept of Peer Mediation yet the students enacted the mediation very finely and have come with suitable solutions.

In comparison with the previous day sessions, the third day session was more practical. The participants were very participative and attentive comparing to the participants. The programme was concluded successfully and is looking forward for a follow-up program by March/April and form a Peace Forum.

Suggestions from the trainers and Organization (Peace Channel):

1. Form Peace Forum in the Institution including leaders from different departments.
2. Create an avenue and conduct Inter-Departmental programme for the Students.
Eg:- Annual Peace Fest, Cultural Programs, Inter-Ethnic/religious Dialogue
3. Student leaders are being trained and are capacitated to mediate issues in Institutional, community and individual level through Peer Mediation.

Evaluating the feedbacks, suggestions and learning of each students that was being scribbled in the sticky note as well as in the evaluation sheet, the following points are some of the compiled points that we have noted and would like to bring to your knowledge.

SEMESTER-VI

LEARNINGS

1. Learned how to settle disputes in a very positive way, how to understand other people better.
2. learned new experiences on the importance of communication and to be more confident.
3. I learned that peace begins with self, it begins with a smile. It is all about consoling one's own mind and heart that if we stay in peace we can achieve everything.
4. Communication, cooperation, problem solving, neutrality, awareness.
5. Don't be over judgmental with others.
6. Peace and conflict – cooperation, teamwork, compatible, and communication, having bird's eye view on both side during conflicts.
7. There cannot be peace without conflict. Both are inter-connected just as there cannot be light without darkness and vice versa
8. Both sided views and neutrality of decisions.
9. Listening, learning and leading.
10. Being impartial is peaceful and kind to everyone.
11. Learnt about different types of peace, new refreshing energizers and how to be a peace builder.
12. Kill ego and awakening in knowledge. Knowledge can bring peace to the world.
13. My take away from this seminar will be the stress on the importance of maintaining peace of mind and of things around us and also to have a sound mind when it comes to mediating certain conflicts in and around one's surrounding.
14. Peace of mind plays a major role in shaping an individual which in return contributes to the overall maintenance of harmony in the society but it all should be practiced in the individual level for peace has to come from within not by force. Also no matter how big an issue is there will always be a solution if we have the ability to listen.
15. From this session I have learned many good things and the most important of all is how to stay calm and peaceful in any kind of situations we face in our day to day life.
16. To address the issue and not the person. Positivity, teamwork and love.
17. Humanity, accepting everyone, faith, love and forgiveness.
18. This programme has taught us the proper ways of resolving problems and conflicts, how to bring about peace within ourselves and our surroundings.
19. Communication is the key to handle tough situations. Listening, respecting each other and their opinions, co-participations.
20. Spreading peace, helping our friends to work with conflict, knowing both the meaning of peace and conflict.
21. Discussion among one another is important rather than rushing on conclusion, we should listen to one another, try to be confident and considerate during conflict situations.
22. Through this programme i have learned to establish peace, it is important to be sure of what conflict is and that to be a mediator and effectively solve conflict it is important to be objective and clearly look at both sides .It is not always about speaking, we need to learn too, we can't take decision just by listening to one party, we need to listen to both sides, we need to respect everyone's decision

1. Unity, harmony and peace among ourselves, friendliness behavior towards one another, interactive and cooperative among each other. Listen each other's opinion and work as a team.
2. Listening and learning, listening from both sides, communicating with team members, work together in unity.
3. Live in harmony.
4. Cooperation, compatible, team work, having bird's eye view on both sides during conflict.
5. Love understanding positivity and peace.
6. The mediator has to keep both parties cool; the mediator should be ready for a worst situation.
7. Solve conflict including myself and be more peaceful.
8. To help people solve conflicts or my own personal conflicts, to try to understand and listen to people more.
9. The learning i got today is how to have a peaceful approach to my day to day life, how problems, people and negativity can be handled in a practically in a peaceful way and the most important thing is "to smile".
10. Mediate the issues in and around us in the most unbiased and positive manner.
11. Love one another and treat the enemies as your friend. Help others analyze the situation they are facing.
12. To be good with everyone i.e. Good with our friends and enemies too.
13. Peer mediation can lead to success in life if there is no competition.
14. Learn about peace within ourselves and among friends, especially to have a proper understanding between different communities.
15. Love, positivity, harmony and how to properly deal with conflict by using a proper peaceful means.

SUGGESTIONS

1. Sessions can be shortened.
2. Try to get more interesting to get attention.
3. Speak louder.
4. More practicum can be involved.
5. Peer mediation can be included in the curriculum.
6. Booklets can be provided.
7. More activities
8. Should educate more people/ more resource tools
9. More interaction session
10. Reduce theory
11. Take up more programs in future
12. Inclusive programs
13. Time management
14. To make PPT more attractive include more videos

ACTION PLAN

1. I will make sure to listen to others before taking any action, I will try to mediate and solve the issues with my friends among ourselves instead of involving a third party.
2. I will learn to listen to others as well not just expect others to listen to me. I will make sure that i will try my best to help my friends and team members whenever they need me.
3. (action plan) be more understanding listen to both sides, be more open minded; encourage them to communicate more humanity or humanitarian approach.

4. Share it to my fellow mates, try to improve relationship, identification of the problem.
5. Action plan- try to be kind to everyone so that i am approachable, learning by listening and imparting knowledge to others.
6. To make awareness on the importance of peace making and dealing with conflict, to be able to help others and one grow with a positive impact.
7. Promote peer mediation, practice peer mediation in our day to day life, encourage fellow friends to try to solve the issues through dialogue.
8. To begin a program within the department regarding peer mediation so that they would understand.
9. Be more neutral in my approach in dealing with issues, be less impulsive, gather accurate information and not be swayed easily by new information, listen learn and lead.
10. To resolve any issues if arise.
11. To act as mediator as and when required.
12. To be more kind and understanding to people.
13. To create more awareness about peace-making to the youth.
14. Respect other people's opinion.
15. To have more interaction with other people.

CHALLENGES

1. Shortage of time
2. Over crowded
3. Approach
4. Hearing from the back
5. Sitting in a same place for more than an hour
6. Communication
7. Cope up with the physical activities
8. Cold
9. Less time for discussion about the task
10. Drawing
11. Distraction
12. Compromising regular class
13. Vast topic and less time.
14. Monotonous lecturing and less activities to draw interest
15. Long sessions.

ABOUT THE SESSION:

1. The session taught us the basic concept of life. Some ideas and thoughts that can relate in our own life. It was interesting and valuable.
2. The session was really interesting.
3. Communication, discussion, revealing problems
4. What is peace, concept/ definition varying from each individual as per the situation and experiences that he/she undergoes.
5. I am glad to attend this seminar. Thankful to the resource person for imparting knowledge about maintaining peace by coping and taking effective measures to settle conflicts within ourselves and also with others.
6. How to ensure peace and harmony, how to maintain inner peace, how to solve any problem or conflict by meeting the needs of both the parties, how to be a good mediator.
7. About peace, bringing peace to surroundings, handling conflicts, acting as a peer mediator.

8. It has been a very healthy program initiating us to have a broader view point of the situation we face daily in our personal and professional life, listen learn and lead.
9. Peer mediation leaders to bring peace among the people and ultimately leads to peaceful society.
10. This program made me realize how important communication is. (action plan) I will start to talk with them (friends/ strangers first instead of waiting for them to talk.

SEMESTER-IV

LEARNINGS

1. This programme made me to think of a problem in detail. Think of all the issues, consequences and how to solve them step by step. And help others who were not present here, this is such a wonderful way to solve our problems.
2. Learned that it is important to communicate and be social enough. So, come out of your comfort zone and start listening, learning and leading.
3. Be calm, spread positivity, helping each other to grow, team work, awareness.
4. Be positive, trust yourself.
5. It's been very nice to be in the programme, learnt so much. It was an interactive session wherein not only did I learn but interacted with others too and I did understand that there are many ways to look at solving problems. Also, learnt that it is important to communicate!
6. I have learned new things, it was a beautiful session, love what you are doing, keep up this awesome programme.
7. Actually a leader should be the selfless one. If we think individually, then we cannot walk with all our mates together. If we are in a society, we are to think about the society. Having a student's union we can approach our problems to our leaders, rather than going to the administration for more solutions. We may be unsuccessful in our plans, but we should be given a chance for our unity.
8. The programme was good and I could really understand everything, and I have learned goods things regarding the topic leadership, and its something I can use it in the practical life.
9. Be the change; learn to listen to others opinion.
10. Wait and listen to the person expressing their grievances, work towards a peaceful outcome, bringing about positive impacts as a leader.
11. Learning how to make peace among collision parties.
12. I have learned to listen and learned to be patient.
13. It taught us to work in unity.
14. To encourage other individual, address general problems more freely, to work on individual growth in the process brings growth in others through peer mediation.
15. We had learned a lot from the programme. It is a very good programme and we had a great time indeed. This type of programme brings the best from within us. However there was a limited topic discussed. There was not enough time given. We were rushing through the programme.
16. Being a leader, we should know that there should be no partiality. We should maintain the neutrality and should co-operate with each and every person's opinion. At last, should ask their agreement.
17. To be able to deal to deal with certain things in the society and our day to day life, we should be able to put our words rightly and at the right place. Not just and unity plays a very important role in molding our nation and infact the whole world. This is what today's programme taught me.
18. It is important to listen first before taking action

SUGGESTION

1. Include more audience
2. Take more practical examples
3. Shortening the sessions
4. More interaction required with the students
5. To adopt Inclusive approach
6. To conduct regularly
7. Programs to be organized more often
8. Try to understand more problems
9. To involve more administrations
10. Looking forward to collaborate and work together
11. Should be organized in a big platform
12. More meetings required
13. To give more time to students to express themselves
14. To make sessions more attractive with smaller groups
15. To make it more sociable and bring unity
16. The program was really educative, would be even better if you could give better comments and correction during our errors.
17. It was really an enriching capacity building programme, just that a proper time management and elaboration would have added more brighter cue to the successful completion of the programme.
18. We will appreciate if we could reserve more information about programme before we actually take part it.
19. Such interactive session should be conducted more often for not only the Class Representatives and Assistant Class Representatives but also for our fellow classmates as these programmes help us grow as an individual. Also everybody has some kind of leadership quality hidden in them. This helps us find solutions to our very own problems.
20. More participatory programme should be nice, more communication needed
21. A student's body council is needed in order to promote unity among students of various cultures, as well as meeting the needs of students both in academic term and in financial terms.
22. Lively at first somehow lost in the middle. Would like it if there was lot of interaction.
23. A fun and learning experience would be better if it is more participatory. Wish you luck, doing an absolutely great job
24. Wish you could come more often atleast 3 times in a year. Thank you so much for the loveable programmed
25. It should come up with a lot more activities, so that the people would be livelier and would enjoy the programme till the end.
26. More often programme must be conducted. It is a good initiative.
27. I think students should be advised not to bring political issues as it can affect the mindset of some students.

ACTION PLAN

1. To lead
2. To learn
3. Listening effectively
4. Listening to others opinions
5. To look around and help
6. Creating unity among various cultures through student body council
7. To be more productive

8. To be kind, courageous and humble
9. To enhance the program further in colleges
10. To have a clear conversation with conflict
11. To be united as one
12. To bring positive impact on the community

CHALLENGES

1. Losing attentiveness and concentration
2. feeling bored as the program is unnecessary long
3. Losing patience
4. Communication gap
5. Lack of participation
6. Lack of time
7. Excessive queries from every individual
8. Losing own opinion in agreeing to common interest
9. Small environment
10. Meeting new people
11. Coming out of comfort zone to interact with others
12. Lack of information about the topic
13. Time constrain
14. Large groups
15. Lengthy discussion
16. Following the schedule
17. Lack of resources
18. Social problems and solutions
19. Lack of corrections and redirections given during the activity
20. Difficult to understand
21. Students getting personal with activities
22. Logistic supply
23. Stage fright
24. No proper infrastructure

ABOUT THE SESSION:

1. Awesome programme.
2. It was fun. Thanks have a good life.
3. It was very fun, I learned many things it was a useful programme, keep it up the good work.
4. Really thankful for this training, we learned a lot of new things and would love to have a similar meeting any time soon.
5. The training was very good, we learned so much, we hope from your animate we can begin peace in a small group and reach out to the world.
6. It was a knowledgeable program, it made everyone united, it was productive, and this was a good communication gaps 7 ideas invented.
7. Keep up the good work, I believe your work and deeds will bring great success to a young generation like us. Also, timing of programme should not be more than 30 minutes.
8. This type of interaction should be widespread so that all knows communal harmony or harmony between any two parties, maybe achieved if the two parties involved know their role. I think it is a very useful and fruitful interaction overall.

9. First of all thank you, peace channel for this interaction. I had great time learning and it really boost my confidence. Keep up with the good work and all the best.
10. Refreshing and revoking.
11. It was fun getting to know something new.
12. Was informative and interactive, wish you could do more.
13. I would like to say thank you for this wonderful experience, where i could help myself and socialize others. Where in this 21st century where people conflict a lot and where you in other had try to bring peace

SEMESTER-II

LEARNINGS

1. Teamwork, how to communicate, dimensions, decision making
2. Try to believe in yourself, do not be disturbed by a rush of demands instead take it and resolve them one by one.
3. To be good with every individual, inorder to share place we need to have peace within ourselves, to listen and think properly.
4. Not only we did learn about peace but also have to bring peace.
5. I have learned now to settle a problem calmly; I would interact with people more often.
6. Listen, learn, understand, self confidence, patience, cooperation, educating others, feel peace, how to get with conflict, solving issues, peace is within ourselves.
7. To prepare ourselves with any situation and make ourselves better, maintain a good decorum, self control within ourselves.
8. Inorder to solve any problem we have to understand the situation first, togetherness is must in every situation.
9. From the group presentation I learned that we should be abroad minded and have a good relationship with man and environment.
10. Everything can be resolved by talking. There is no problem that cannot be solved by talking.
11. How to communicate, understand others, confidence, listening, patience.
12. I have learned a lot during the session, in helping our friends and am united in any situation possible and thank you so much for giving us the time to interact with you.
13. I have learned how to be friendly with every person, don't be communal just, think that every person is similar to you and learn to help people.
14. How to mediate problem by listening to both the parties, confidence.
15. Prepared in building the knowledge of how we can handle our conflicts, taught the main qualities of a leader, teamwork, communication skills, observation, how we can face the problems by finding the root cause of it, it was really fun.
16. How to mediate problems by talking to party, confidence, good interaction with others, how to deal with problems without picking arms and violence. Listening is better than talking nonsense.
17. Listening skills, patience, confidence, cooperation, understanding, being précised, ability to come with an agreeable conclusion/ solution, analyzing of things.
18. Listening is the main by of any solution, having patience and calm mindset can solve problem easily, had great fun, looking forward to meet you again.
19. Coming together and working as one at the best to solve an issue, taking and listening.
20. From the seminar I have learned that it's better to speak out your problem than to keep it bottled inside, teamwork also makes work easier and that there is no "I" in a team.
21. We learned a lot in the programme, how to be peaceful in life and how to solve other problems.

22. We have learned how to deal with our problems and the way to approach them so that we can come to a conclusion which is acceptable by all parts of societies.
23. There isn't a problem that doesn't have a solution, listening is not an easy task, a lot of talking and the attention of the whole group was not inside the class at all times, I would suggest to make the topics a little more interesting based on the topic.
24. I have learned to be a good listener, how to find peace within myself which also would help the surrounding people.
25. Not be judgmental, awesome programme.
26. I have learned a lot in the training program in a fun way, have also learn that bring a good leader is also being a good listener. Try to create peace and solve the problem without any violence.
27. I have learned that peace and its advantages if we maintain peace and prosperity in our lives, this session will help us on our daily lives as we are living in the world full of challenges.
28. Listen, learn and cooperate.
29. We should always remember that most of our problems and conflicts can be solved by peaceful interaction.
30. We learned the new ways of learning which is fun and exciting.
31. 3 steps to be a leader: listen. Learn, lead. Mediating a conflict and solving it (the 6 steps). How to make a boring session interesting.
32. the 3 I's: listen, learn and lead, learned to solve different problems in different ways many solutions to a problem. Suggestion – divide the members into more groups so more can participate.
33. Coins have two sides (conflict), get off your high horse (be humble), learn to listen. Suggestion: continue to be innovative and think out of the box.
34. Conflicts are not always bad; these activities really bring people together.
35. I have learned to be cooperative, to be a good listener, the 3's: listen, learn and lead. Peer mediation is a peaceful manner. I would suggest having more interactive session during the slides.
36. Peer mediation is one of the best ways to bring peace within as well as to others. I personally like to and also would like to keep and work further.
37. Learnt a lot, was an amazing experience. Suggestion: should be held for a longer time/ period.
38. Learned to be more communicative and tackle problems positively.

SUGGESTION

1. More of interactive session to learn better
2. This kind of programme should be able to reach to lot of people since it involves practical experience too that makes it more interesting and quite important in one's life also.
3. Since the programme duration was long, a few more ice breakers can be added.
4. More graphic like photos to support the points
5. The programme should be held for all not only for CR's and ACR's
6. This programme should be expanded to many regions.
7. To have more of this awareness
8. This kind of programme helps a lot in learning because we learn it in practical way and at the same time we were having fun in learning.
9. We should have a bit more team activities so that it will help in building skills
10. Reduce the number of members during the peer mediation so that the members could participate more.
11. More interaction during slides
12. You should come and visit more and have more seminars.

13. I feel that this learning should be expanded to the whole world because the current problem the world is facing is just because of the absence of this learning.
14. To bring about more life related stories to make it more genuine
15. More interaction activities, capacity to listen to others.

ACTION PLAN

1. I would love to practice the peer mediation
2. To take all that I have learnt today and use it in life and share it with others.
3. To put into action the points and steps in resolving conflict between two parties.
4. Yes, I would love to practice this peer mediation more.
5. I will impart the knowledge I have received today on to my peers.
6. Solve the conflicts I have been avoiding

CHALLENGES

1. It was hard to come forward
2. Listening
3. Without practical I could not understand some of the topic
4. Audible
5. Communication since I am not good in interpreting my thoughts
6. Time management
7. It was a bit hard to find a common during the team activity
8. We couldn't interact during the session with the slides
9. Time constraint
10. Concentration due to cold weather

ABOUT THE SESSION:

1. It was good.
2. Very good Keep it up
3. The programme is so good that we should always have this kind of programme
4. It was good and thoughtful programme that taught us about solving conflicts to achieve peaceful co-existence. I hope it reaches out to more people.
5. The programme was perfect.
6. Well done. Continue to learn and grow
7. It was an educative and meaningful learning awareness/experience
8. I would like Peace Channel to go more further and spread peace in one's life as well as society.
9. The session was really well organized
10. This is a good session where I learnt how to make peace with people and how to solve conflict

Reported by:

Ms. Garrol Latha & Ms. E Nyeamyang Konyak

NORTH EAST INSTITUTE OF SOCIAL SCIENCE & RESEARCH
(Peace & Conflict Transformation Studies)

Regd. No. Home/SRC-6723 Dated: 22-05-2014

Excel in Knowledge & Service

Affiliated to: Nagaland Central University (NCU)

Managed by: Diocese of Kohima

To,
The Director,
Assisi Centre for Integrated Development (ACID),
Dimapur, Nagaland

14th February, 2020

Sub: Requesting permission for Concurrent Fieldwork

Dear Sister,

Greetings from North East Institute of Social Sciences & Research (NEISSR).

NEISSR, Dimapur offers two years Master Degree in Social Work (MSW). The Institute is affiliated to Nagaland Central University. At present, we offer specializations in Peace & Conflict Transformation Studies, Community Development and Youth Development. Under the present curriculum, students are expected to undergo concurrent fieldwork. The concurrent fieldwork will help the students to gain deeper understanding of integrating Social Work theory with real life experience.

In this context, we would like to request your esteemed organization to allow our students

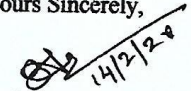
1. Ms. Newtoli G Chishi,
2. Ms. Nisheli, and
3. Mr. Sinlo Semp

to do their concurrent fieldwork on every Thursday and Friday, every week from 14th February, 2020 to 22nd May, 2020.


We shall be highly grateful if you could consider this request and allow our student to learn about the organization and activities.

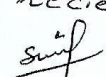
Thanking you in anticipation.

Yours Sincerely,


Dr. Amit Das
Asst. Professor & Fieldwork Coordinator
NEISSR, Dimapur
Mob: +91 7002825446
Email id: mswamit.das@gmail.com




Rev. Fr. Latsutho John Poji
Vice Principal-cum-Administrator
NEISSR, Dimapur
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Email id: johnpoji@gmail.com

Received


NORTH EAST INSTITUTE OF SOCIAL SCIENCE AND RESEARCH (NIESSR)
Bishop's House, Post Box No.03, Dimapur, Circular Road Nagaland, India - 797112

Concurrent Field Work Training - Evaluation Proforma

Name of the Trainee : *Tsukhula*

Registration No.

Name & Address of the Agency

: *PRODIGAL'S HOME (CHILDLINE)*
BURMA CAMP

Name of the Agency Supervisor
(Contact Telephone Number)

: *LOXUA KAPE*
: *9615297709*

Kindly award marks for each item in the columns provided below:

S.No.	Items	Maximum Marks	Marks Awarded
1	Punctuality and Regularity	10	<i>10</i>
2	Commitment, Interest & Motivation in acquiring knowledge from Field work	10	<i>09</i>
3	Attitude towards the Social Work Profession	10	<i>09</i>
4	Proficiency in Social Work Skills (Communication, Networking etc.)	10	<i>09</i>
5	Ability to adhere to Social Work Values and Ethical Standards	10	<i>09</i>
6	Competency in applying theoretical knowledge in practice	10	<i>08</i>
7	Competency in practicing the Methods of Social Work (as applicable to the Agency)	10	<i>08</i>
8	Ability to maintain positive relationship with others (Co-trainee, Staff of the Agency, the Clientele)	10	<i>09</i>
9	Self Discipline and positive personal behavior	10	<i>09</i>
10	Ability to comply with the requirements and the norms of the Organisation (Initiative and willingness to take up Responsibilities, Team Work etc. in the projects/ programmes involved in)	10	<i>10</i>
TOTAL		100	<i>90</i>

Specific Achievements/ Other Comments about the Trainee:

[Signature]
Agency Supervisor
(Signature with Date & Seal)
Project Coordinator
CHILDLINE DIMAPUR