

**Date: 20
March 2023**

**TIME: 8:00 AM
VENUE: GOVT. MIDDLE SCHOOL
CHEKIYE VILLAGE**



HEALTH & HYGIENE

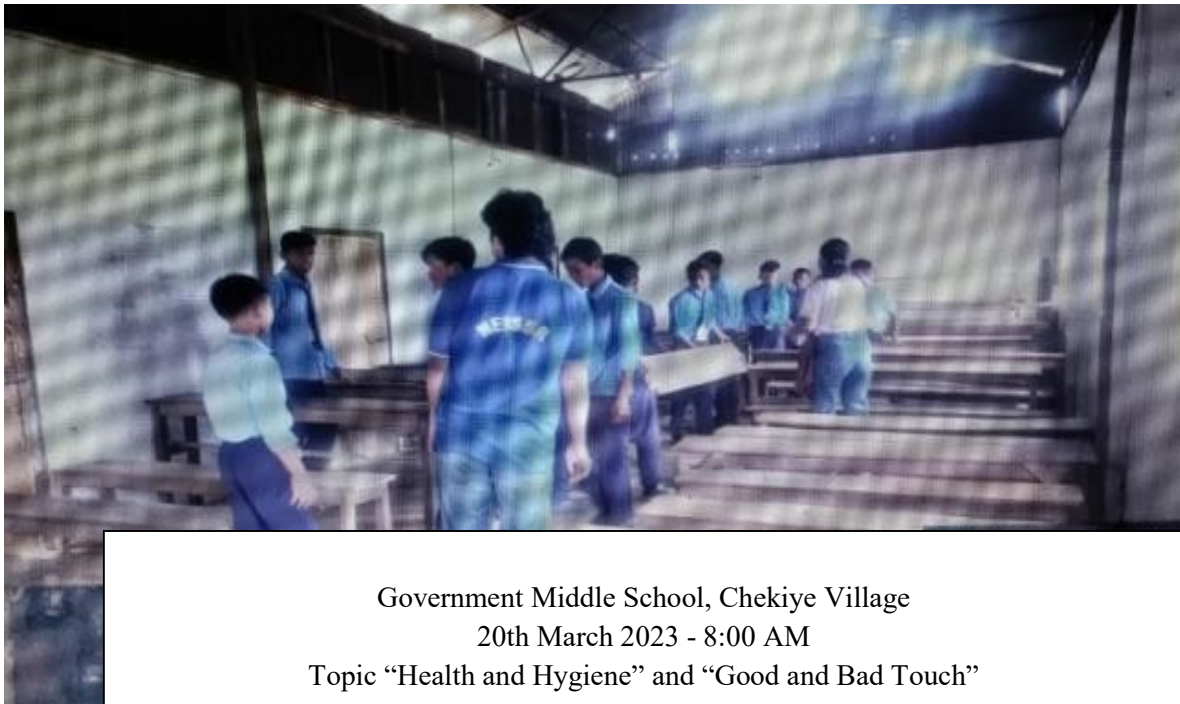
"GOOD TOUCH & BAD TOUCH"



Org. By MSW 3rd
Semester & BSW 3rd Semester

North East Institute of Social Sciences and Research (NEISSR)
Government Middle School, Chekiye Village
20th March 2023
8:00 AM
Topic “Health and Hygiene” and “Good and Bad Touch”

The North East Institute of Social Sciences and Research (NEISSR) MSW 3rd Semester and BSW 3rd Semester organised an awareness programme at Government Middle School, Chekiye Village on 20th March 2023 at 8:00 AM on the topic “Health and Hygiene” and “Good and Bad Touch” with class five students. Mr. Lanutemu was the resource person. Students are encouraged to organise program targeting children from the community who are enrolled in Govt School during their community setting.



Capacity building through NSS- Rural Camp

Theme: **“Learn and ignite society through exploration”**

Date: 14th -24th March 2023

Supervisors: Mr. Liangamang Robert, Dr. Toli Kiba

No. of Participants: 98

Objectives:

- ❖ To acquire skills in:
 - Planning skills
 - Organizing skills
 - Implementing skills
 - Teamwork skills
 - Networking skills
 - PRA

The students of MSW-2nd Semester 2023 were divided into two groups i.e. group 1 & 2. Group 1 went to Rotomi Village and group 2 to Yezami Village. The main aim of the rural camp was to give exposure to the students regarding rural lifestyle.

The students conducted rigorous meetings where they had productive talks about the activities to be carried out during the rural camp. The students were divided into different committees, each committee had daily responsibilities which were done in a structured manner, every student had responsibilities each day.

Throughout the 10 days of rural camp the students conducted various activities such as cleanliness drive, awareness program, PRA, home visit, school visitation. The students engaged themselves in cleaning the village, mobilizing the people. The students had interactive sessions with the students giving them career guidance, sanitation awareness, health and hygiene etc. All this was done due to prior rapport building with the villagers. PRA was conducted by the students so as to know more about the village and its socio-economic status. The students also got a chance to connect better with the villagers through sports and cultural night.

The students got an experience of living in a group with the community, sharing their life and participating with them. They also applied social work methods into practice. This rural camp created opportunities for every student to develop a sense of team work. It helped them to break from self-centered

thinking created by them. They also learned to take responsibilities, gain management skills to conduct social surveys and analysis.



Event Report

Name of the Program: “9 actions to reduce global warming”

Date: 9-12-22 **Venue:** St.Mary Hr. Sec School

Time: 11:10am

Facilitator: Ms. Linoto

Resource person: Ms. Rovino

Programme conducted by: NEISSR and Peace Channel

No. of participants: 20 **M:** 0 **F:** 20

Methodology: Lecture and sharing

Objectives:

- Understanding the meaning of global warming.
- Understanding the 9 actions to reduce global warming.

Summary:

A capacity building program on the ‘9 actions to reduce global warming ‘was conducted at St.Mary Hr. Sec School with the peace club members on 9th December,2022.

As the session began the resource person questioned the participants ‘What is Global warming?’ Along with the points laid out by the participants, the resource person stated that Global warming is a phenomenon of climate change characterized by a general increase in average temperatures of the earth, which modifies the weather balances and ecosystems for a long time. It is directly linked to the increase of greenhouse gases in our atmosphere, worsening the greenhouse effect. Burning fossil fuels such as natural gas, coal, oil, and gasoline raises the level of carbon dioxide in the atmosphere, and carbon dioxide is a major contributor to the greenhouse effect and global warming. It has been defined that “Global warming gradual increase in the earth’s temperature generally due to the greenhouse effect caused by increased levels of carbon dioxide, CFCs, and other pollutants.” When it comes to the causes, there are several causes that negatively affect the humans, plants and animals. These causes maybe natural or might be the causes of human activities. In order to curb the issues, it is very important to understand the negative impacts of global warming.

This was followed by a session on the 9 actions that can be taken by the participants to reduce global warming which included the 3 R’s (Reduce, Reuse & Recycle) as the first action by choosing reusable

products instead of disposables and recycle paper, plastic, newspaper, glass and aluminum cans; the second action is to use less heat and air conditioning by adding insulation to your walls and attic, and installing weather stripping or caulking around doors and windows which reduces the amount of energy needed to heat and cool the home; the third as



Students posing for the lens

to replace the regular light bulbs with LED bulbs for they are better than compact fluorescent light(CFL) and also last longer;the fourth is to drive less which results to fewer emissions and driving smart by making sure that the car is running efficiently for every gallon of saved gas keeps 20 pounds of carbon dioxide out of the atmosphere; the fifth action is to purchase energy-efficient product when buying cars, home appliances and avoiding excessive packaging especially molded plastic; the sixth action is to use less hot water to save energy while taking bath, washing clothes and dishes; the seventh action is to switch off the light or other appliances when not in use which in return not only saves the bill but conserve a vital resource; the eighth action is to plant a tree if you have the means for plantation as the trees help in absorbing carbon dioxide and give off oxygen for they are an integral part of natural atmospheric exchange cycle; and the ninth action is to encourage others to conserve energy and recycle creating opportunities to encourage public officials to establish programs and policies that are good for the environment.

Feedback/Evaluation: The facilitator held an evaluation and feedback session end of the session. In this session, the participants shared their learning and clarified their doubts with regard to the topic presented by the resource person. It was seen that 65% of the participants understood the topic.

Reported by:

Ms. Toviholi Y Yephthomi

NORTH EAST INSTITUTE OF SOCIAL SCIENCES AND RESEARCH ,
CHÜMOUKEDIMA
IN COLLABORATION WITH
KOHIMA ORPHANAGE AND DESTITUTE HOME, KOHIMA NAGALAND



"AWARENESS PROGRAMME ON ADOLESCENT DEVELOPMENT"

Resource person

1. Kevile Christina Keretsü (NEISSR)
2. Vivozonuo Khatso (NEISSR)

Date: 10th March, 2023

Time: 2:30 PM

Venue: Chapel Hall KODH

Adolescents Development’ at Kohima Orphanage and Destitute Home (KODH)

On 10th March, 2023 the trainees of North East Institute of Social Sciences and Research conducted an awareness program on the theme ‘Adolescents Development’ at Kohima Orphanage and Destitute Home (KODH).

The trainees shared on the various developments that take place in adolescents which encompasses physical, emotional, cognitive and social development. Altogether 32 participants attended the program.

The trainees Vivozonuo Khatso and Kevile Christina Keretsu conducted Awareness Program on Adolescent Development.



The MSW trainees of NEISSR - Vivozonuo Khatso and Kevile Christina Keretsu conducted Awareness Program on Adolescent Development.

EVEN REPORT

Title of the topic: “Advantages and disadvantages of mobile usage.”

Date: 12/04/2023

Venue: Mt. Carmel School

Time: 2:30pm

No of participants: 28 (17 Male & 21 Female)

Training conducted by: Mr. Soren

Programme conducted by: NEISSR and Peace Channel

Facilitator: Mr. Mhathung

Objectives

- To make the participants aware about the advantages of mobile usage.
- To make the participants understand the disadvantages of mobile usage.

Methodology: Theory

Summary/Process: Peace celebration and capacity building program was organized on 12th April 2022 with SMB High School peace club members. The program was conducted in the mode of lecture and sharing by the resource person and participants.

The facilitator started the session with the peace greeting code followed by Lord’s Prayer which was led by peace club member. The facilitator initiated an ice breaking session to make the participants more aware and open-up to share and learn. He briefed the seven steps of peace celebration as one major activity for peace club. Then the time was given to the resource person for the next session.

A mobile phone is a device which connects you with people even if you are far away from them. They can make you connect with your friends and relatives who live in abroad. Earlier, the mobile phones were able to perform very fewer functions but nowadays mobile phones perform a lot of functions such as of calculator, alarm, video chat, messaging, you can also make presentations, click pictures etc. Mobile Phone is an important and popular innovation of technology and has its own advantages and disadvantages.

Mobile phones are really convenient as you can call anyone and anywhere to ask anything. With the help of mobile phones, we all stay connected with our friends and relatives who stay far away from us. They help us a lot as when we are in the problem, we can contact our friends and family members. We can pass our time when bored by playing games on mobile phones.

Nowadays, our mobile phones keep us informed about everything. We can install applications with the help of which we can know about all the latest news. You don’t need to carry cameras as you can

click amazing pictures with your mobile phones. We can also record our voice. With the help of GPS technology, we can know about all the locations even about where more traffic is and where is less. There is also a flashlight in our



phones which helps us like a handy torch. There are various educational applications that may help in increasing the knowledge of people.

Today, Mobile Phones acts as our instructor, teacher, guide, advisor, director etc. our parents stay less worried as they can call us anytime and get to know about us. You don't always need laptops for connecting to Social Medias and making presentations. We can also set a reminder in our Mobile Phones so that we don't forget our important days. We can listen to songs FM radio etc. video Chat option, MMS, sending emails all these functions can also be performed with the help of Mobile Phones.

Mobile Phones are a big distraction and don't let you concentrate on your studies. They interrupt you a lot when you are doing some work with their notifications. Mobile Phones are really costly nowadays. There are many security issues related to mobile phones. Some of us become nostalgic.

It affects your health too that is it affects your eyesight and the rays coming out of the mobile phones are really harmful. Repetitive strain Injury can also occur to our fingers by continuously tapping at your mobile phone. You become so addicted to a mobile phone that you forget your real life relationships and communication reduces in your relationships. It makes you away from your social circle if you are so much addicted to it. We also become addicted to games and continue playing games all the time. It is also a distraction for college students in their studies as they use mobile phones during lectures when their teachers are teaching. The call bills and internet bills are so much that it makes mobile phones even more costly. The battery and other electronic parts are harmful to the environment also. It can be a great nuisance in the places like library, temples, church etc. listening music constantly with earphones or headphones can harm your eardrums very badly. The criminals click vulgar pictures with the help of cameras. Using mobile phone while it is being charged is really dangerous. Using mobile phones while driving is also dangerous for yours as well as others life.

As everything has its own advantages and disadvantages, mobile phones also have its advantages as well disadvantages. We should use mobile phones properly without harming our health, life, environment and others life.

Impact/Feedback's of the training/evaluation (in terms of percentage): The program was concluded with a feedback session where it was seen that 95% of the participants understood the topic. It was learned that the participants will put the learning's into action to make themselves a better person.

Reported By:

Mr. Mhathung

EVENT REPORT

Topic:- Awareness about the uses of media.

Date: 23-2-23 **Time-** 12:00pm

Venue: Charity School Kohima

Program conducted by: NEISSR and Peace channel

Resource person: Miss Neizokhonuo

Facilitators: Miss Aseno

No. of participants: 7 M 1F 6

Methodology: Lecture

Objectives:

- Awareness about the uses of media.
- To let the participants know the advantages and disadvantages of using media.

Summary of the program: NEISSR and Peace channel conducted a program with the Peace Club members of Charity School for the awareness of uses of media. In today's world mass media and communication played a vital role in human life. Mass media means technology that is intended to reach a mass audience. Social media can affect the mental health of teens. Teens that use face book and twitter and live in a virtual world, can become more susceptible and display narcissistic, anti-social, and aggressive moods.



Group Photo with some of the peace Club members and resource person.

It is primary means of communication used to reach the fast majority of the general public. The most common platform for mass media is newspaper, magazine, radio television and the internet.

The general public typically relies on the mass media to provide information regarding entertainment and news in popular culture.

In today's life where everyday something or the other happens around us is affecting the lives of the people directly or indirectly. It is very important for all of us to at least know the actual situation of the whole incident. Media on the whole provide all the necessary details to its masses so that they are aware of everything that is taking place all around the world.

Evaluation/ Feedback-The students were responsive and were very happy to answer the questions and to ask their queries. The students requested for more programs linking to technologies for awareness. The session ended well and at the end of the program one students lead the peace anthem and a prayer.

Reported by-

A handwritten signature in black ink, appearing to read 'NeizokhonuoKire', written in a cursive style.

NeizokhonuoKire

Event Report

Topic: -Awareness on sex education

Conducted by: NEISSR and Peace Channel

Date: - 30-03-23

Time: - 12:00pm

Venue: - Trinity School New Reserve Kohima

Facilitator: - Miss. Elizabeth

Resource Person: - Miss. Martina

No. of participants: 67 M-31/F-36

Methodology: - Lecture

Objective:

- To impart the awareness on sex education, its advantages and disadvantages.
- To let them know the importance of sex education.

Summary: -NEISSR and Peace Channel conducted peace celebration and capacity building program on sex education at Trinity School on 30th of March 2023. The resource person shared to the students that this topic is very uneasy to listen or hear but it is the most important for the students and youths to learn as during the teenage so many spoils their career. Sex education should be mandatory in schools, it's actually a subject that should never be looked over and should be taught before a child goes to high school. Boy and Girls need to know more about their bodies, methods to prevent pregnancy. Also it's a great way to explain to the female child about girls menstrual cycle without teaching sex education in school most kids would be clueless about how their body works. Sex education should be mandatory in school due to the facts that some parents never have the chances to inform their kid's things that relate to sex. Most kids in sex education class have no idea about sexually transmitted diseases that are out there, most of them do not know the risk of what it means. Sexuality education exposes both young boys and girls to a lot of material that tends to reduce their risk of diseases and unplanned pregnancy. Sex education at school is given to increase the boys and girls knowledge and the importance of sex-related issues and health. It is also considered as been important for societies and individuals to be well-informed about sexual practices, sexual abuse on children and also sexually transmitted diseases. It is well known that school plays important roles in instructing of effective sex education to children and adults.

Although studies suggest that sex education in schools help to prevent children experimenting with sex and sexually activities. All most all sex education programs encourage most teenagers to use protection while encoding themselves in any of sexual act.Children are most likely to be inquisitive about their opposite sex, and that's the main reason while Sex education in school would help them to understand the differences keeping the desires of safety. Such programs fail because they teach teenagers to be



judges of their own sexual behavior—not society, not their authoritarian parents, and certainly not the church. Sex education programs approach sex from a “neutral” viewpoint by teaching students to postpone sex until they are more mature, but encourage them to use proper protection if they are unable or unwilling to wait. From this “neutral” viewpoint, there is no good explanation for why students should not have sex when the technology to prevent or terminate diseases and pregnancies is readily available.

Evaluation/ Feedback:

The students said they have learnt a good lesson and will be accepting the way they are and appreciate it. They were attentive. The students proposed for more programs in the days to come.

Reported by:



Miss. Seyiephrenuo Elizabeth,

Kohima Coordinator



HIV/AIDS awareness



Being HIV positive is not a crime

Education is the key to eradicate AIDS, not
persecution

Date: 6th March, 2023

Time: 10:00 AM

Venue: St. Xavier
hall, Shamator

Awareness program on 'HIV and AIDS'

Shamator 2022-23

On 6th March 2023, the trainees of North East Institute of Social Sciences and Research, Chumukedima conducted an awareness program on 'HIV and AIDS' with the students of St. Xavier School, Shamator. The purpose of this awareness program was to educate the students all about HIV and AIDS, the transmission and prevention and also highlighting on the testing and treatment of HIV and AIDS and making them aware of the safe practices to reduce the risk of HIV and AIDS. On the occasion MsTsulalaK , NSS volunteer was the resource person. She organized this program as part of her engagement as NSS volunteer to help spread awareness. NSS volunteer are encouraged to organize program related to Swacch Bharat, HIV/AIDS, Gender sensitization, Health and Hygiene during their holidays or fieldworks.



The trainee Tsulula K from MSW 3RD Semester conducted an awareness program on HIV and AIDS with the students of St. Xavier School, Shamator.



**North East Institute of Social Sciences and
Research (NEISSR)**

In collaboration with Yingli Mission Society, Tamlu town

"Awareness Program for the OST Clients"

Speaker: Shri. Pangom Nekong



Date: 10th September, 2022

Time: 10:00 AM Onwards

Venue: Yingli Mission Centre



On 10th Sept, 2022 the trainees of North East Institute of Social Sciences and Research along with the staff of Yingli Mission Society organized an awareness program on “ OST (Opioid Substitution Therapy) clients at Yingli Mission Society OST Centre, Tamlu town Longleng.

The core of the program was to give awareness to the newly registered clients and the significance of OST and encourage the clients to not lose hope and help them overcome their addiction.



The trainees along with one of the members of Yingli Mission Society.

Health and Hygiene



DATE: 20TH
OCTOBER, 2022

VENUE: KAMBAY SCHOOL, TENYIPHE C KHEL



Community Extension Program

Awareness program on Health and Hygiene

Date: 20th October 2022

Place and Venue: Kambay School in Tenyiphe 'C' khels Village

No of Students- 6

On 20th October 2022, a group of MSW and BSW students of North East Institute of Social Sciences and Research, Chumoukedima (NEISSR) conducted awareness on 'Health and Hygiene' at Kambay School in Tenyiphe 'C' khels Village. The trainees interacted with the total of 103 students. Several initiatives were taken up to educate the kids about healthy living, personal Hygiene and its importance.



“Awareness Program on Personal Hygiene”

North East Institute of Social Sciences and Research (NEISSR)



Awareness Program on 'Personal Hygiene'

18th October, 2022
10:00 AM Onwards

Benefits Of Good Personal Hygiene

Personal hygiene refers to things we do to stay clean and take care of our body. This helps us stay healthy and confident.

Personal hygiene has the following benefits:



Resource person:

Ms. Lumtsula MSW, Neissr



Venue: Govt. Primary School
Unity Village Dimapur

The trainees of North East Institute of Social Sciences and Research conducted an awareness program on the theme 'Personal Hygiene' on 18th October, 2022 at Govt. Primary School, Unity Village Dimapur.

The program started at 10:00 am. Ms. Lumstula, MSW 3rd Semester NEISSR was the speaker for the program. She spoke on the importance of hygiene in order to stay healthy. She also highlighted the need for keeping the surroundings clean in order to avoid various sickness. The trainees used posters and images related to personal hygiene for better understanding.

The program concluded with evaluation and Q&A session thereafter followed by a group photo with the students and faculty.

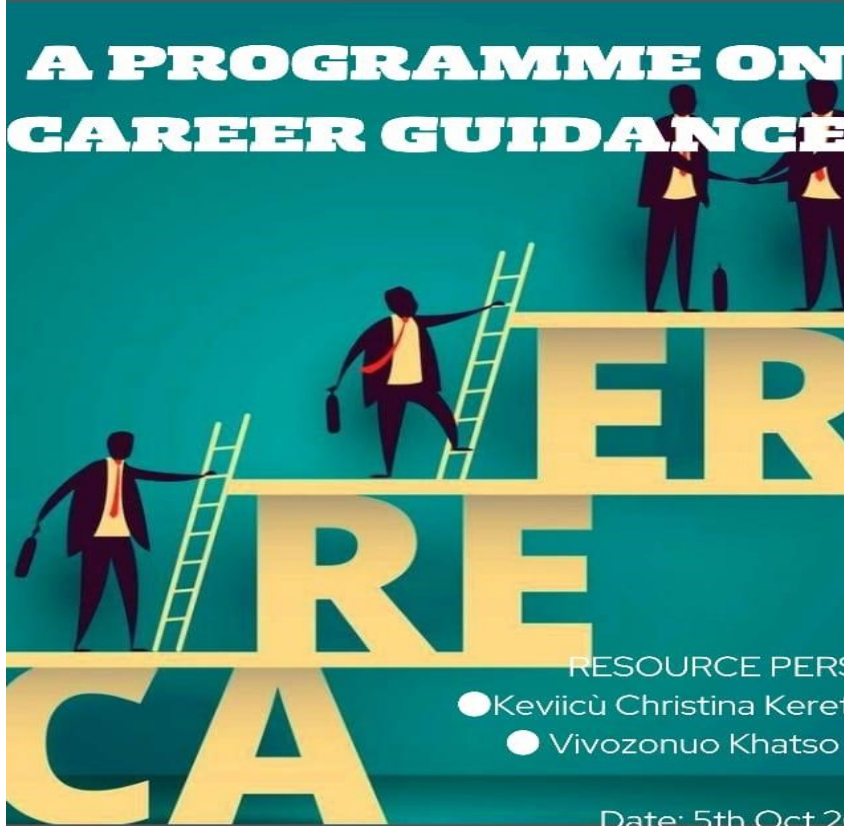


Seven trainees from NEISSR conducted an awareness program on Personal Hygiene at GPS. "Awareness Program for the OST Clients"

**NORTH EAST INSTITUTE OF SOCIAL SCIENCES
AND RESEARCH,
CHUMOUKEDIMA
IN COLLABORATION WITH
KOHIMA ORPHANAGE AND
DESTITUTE HOME**



A PROGRAMME ON CAREER GUIDANCE



RESOURCE PERSONS

- Kevicù Christina Keretsù (NEISSR)
- Vivozonuo Khatso (NEISSR)

Date: 5th Oct 2022

Time: 1:00 PM

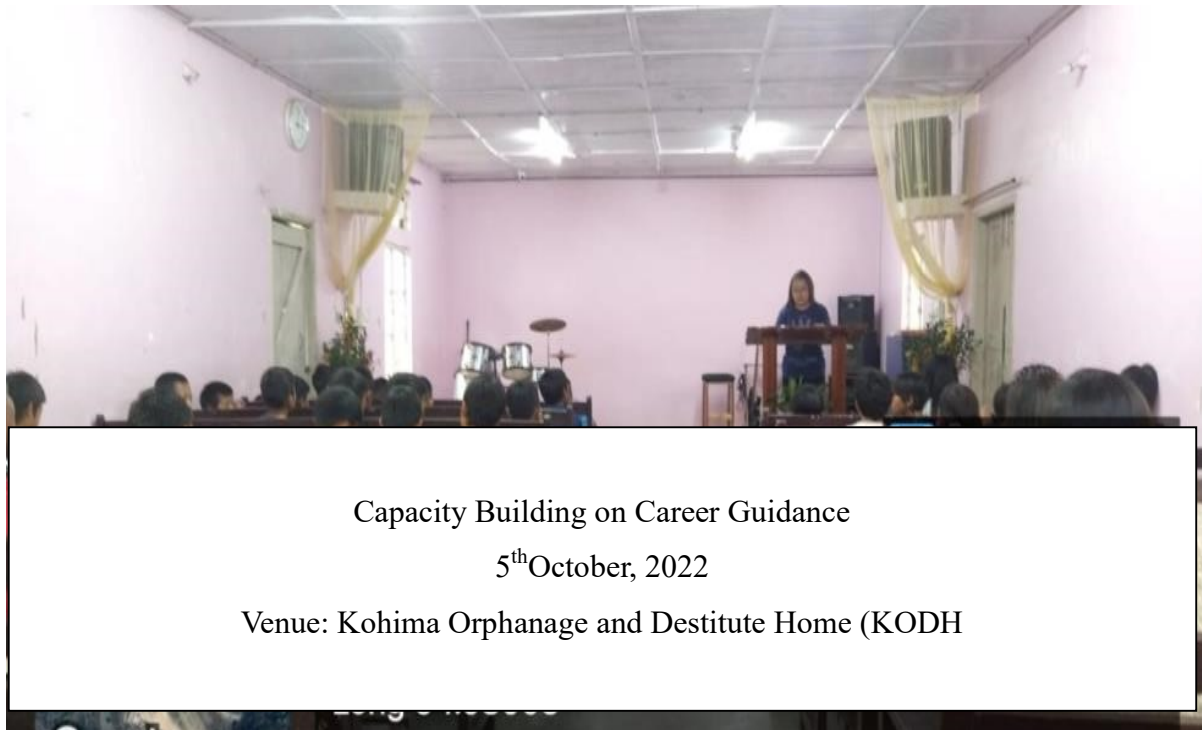
Topic- Capacity Building on Career Guidance

5thOctober, 2022

Venue: Kohima Orphanage and Destitute Home (KODH)

On 5thOctober, 2022 the trainees of North East Institute of Social Sciences and Research conducted an awareness program on 'Career Guidance' with the children of Kohima Orphanage and Destitute Home (KODH) at Chapel Hall, KODH.

The program started at 1:00 pm where the resource person Ms. Vivozonuo Khatso and Ms. Kevile Christina Keretsu ,both students of MSW 3rd Semester, NEISSR shared on various fields and courses that are available for students after matriculation. The trainees also spoke about various skill and vocational training available in various fields.



The trainees Vivozonuo Khatso and Kevile Christina Keretsu conducted a program on career Guidance at Kohima Orphanage and Destitute Home at Chapel Hall, KODH,

The resource person Ms. Vivozonuo Khatso and Ms. Kevile Christina Keretsu ,both students of MSW 3rd Semester, NEISSR shared on various fields and courses that are available for students after matriculation. The trainees also spoke about various skill and vocational training available in various fields.

**NORTH EAST INSTITUTE OF SOCIAL
SCIENCES AND RESEARCH (NEISSR)
CHUMOUKEDIMA , NAGALAND**



**Organised by MSW Students in collaboration
with Kirha Youth**

THEME: "CLEAN UP. GREEN UP"

**Date: 21st sept
2022**

**venue: Kirha Village,
3rd Mile**

Time: 7 am

Clean Up, Green Up

On 21stOctober 2022, the students of MSW conducted Cleanliness drive at Kirha village as part of community service and induction to the community. International highway at Kirha Village in collaboration with the Youth association and student president on the theme 'keeps clean. Keep safe' to make a positive impact on the environment and the community by cleaning the area and creating awareness to the community for the betterment of tomorrow.



Health and Hygiene



DATE: 20TH
OCTOBER, 2022

VENUE: KAMBAY SCHOOL, TENYIPHE C KHEL



Community Extension Program

Awareness program on Health and Hygiene

Date: 20th October 2022

Place and Venue: Kambay School in Tenyiphe 'C' khels Village

No of Students- 6

On 20th October 2022, a group of MSW and BSW students of North East Institute of Social Sciences and Research, Chumoukedima (NEISSR) conducted awareness on 'Health and Hygiene' at Kambay School in Tenyiphe 'C' khels Village. The trainees interacted with the total of 103 students. Several initiatives were taken up to educate the kids about healthy living, personal Hygiene and its importance.



Outreach program to Relief Camps in Manipur

Two NSS volunteers from NEISSR and Faculty members visited relief camps in Kangpokpi district , Manipur to distribute relief materials for children like books, pen, note pad etc. on 25th - 26th May 2023.



Faculty members and NSS volunteer Ms. Mercy at ITI relief camp in Kangpokpi

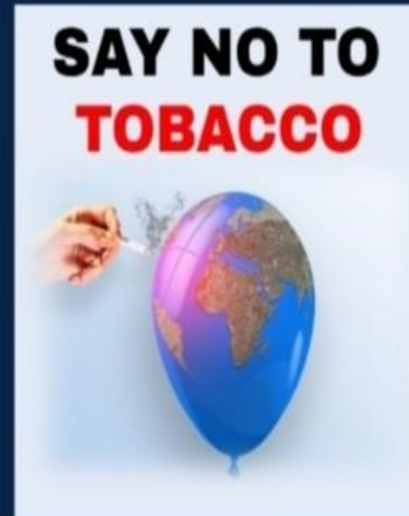


Mercy NSS volunteer and Fr Robin during interaction with displaced person at Henbung Relief Camp on 26th May 2023

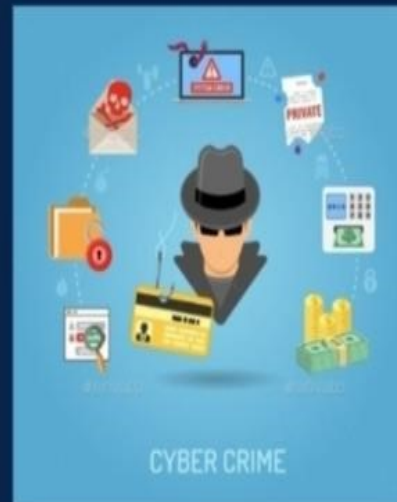
NORTH EAST INSTITUTE OF SOCIAL SCIENCES AND
RESEARCH (NEISSR)



Awareness Program
ON
Tobacco and Cyber Crime



3RD APRIL, 2023
10:00 AM



Venue: Bronson School, Burma Camp

On 3rd April 2023, the trainees of North East Institute of Social Sciences and Research, Chumukedima visited Bronson School in Burma Camp and organized an awareness program on the theme 'Tobacco and Cyber Crime' with the students of class 8, 9 and 10.

The purpose of this awareness program was to educate the individuals about the risks and consequences associated with the two issues and providing them with the necessary information so that the students can make informed decisions and protect themselves from these issues.



Tobacco and Cyber Crime' - 3rd April 2023

EVENT REPORT

Topic: Understanding on Gender Equality

Date: 19/04/23

Venue: Charity School, Kohima

Program conducted by: NEISSR and Peace Channel

Resource person: Miss Elizabeth

Facilitators: Miss Neizokhonuo

No. of participants: T-9(M-3,F-6)

Objectives:

- to understand the gender equality for peace
- To let the participants know the meaning of gender equality.

Summary of the program: NEISSR and Peace Channel Kohima conducted Peace celebration and capacity building program with the Peace member of Charity school, Kohima. The program starts with the topic of to understand the gender equality for peace. Gender equality is when people of all gender have equal rights, responsibilities and opportunities. Everyone is affected by gender inequality –women, men, Trans and gender diverse people, children and families. It impacts people of all ages and backgrounds. Gender equality prevents violence against women and girls. It's essential for economic prosperity. Societies that value women and men as equal are safer and healthier. Gender equality is a human right. In society, everyone has the right to lead his/her life accordingly without any discrimination. Gender equality can only be achieved when both male and female individuals are treated similarly. Every day in every country in the world, women are confronted by discrimination and inequality. They face violence, abuse and unequal treatment at home, at work



and their wider communities and are denied opportunities to learn, to earn and o lead. They have fewer resources, less power and less influence compared to men, and can experience further inequality because of their class, ethnicity and age, as well as religious and other fundamentalism.

Evaluation and feedback:

The program went well, the students were happy to learn more from the program and be aware of the gender inequality. The students were responsive and requested for more programs.

Reported by:



**Miss Neizokhonuo,
Kohima Volunteer**

Event Report

Name of the Program: “Usage of Mobile Phones: Advantage and Disadvantage”

Date: 24/04/2023 **Time:** 1:00 pm

Venue: Ikiesing Memorial School

Facilitator: Mr. Keyitopung Kauring

Resource person: Mr. Keyirogong

Programme conducted by: NEISSR and Peace Channel

No. of participants: 25 **M:** 10 **F:** 15

Methodology: Lecture and sharing

Objectives:

- Advantages of using a mobile phone.
- Disadvantages of using mobile phones.

Summary: Peace celebration and capacity building program was organized on 24th April, 2023 with Ikiesing School peace club members. The program was conducted in the mode of lecture and sharing by the resource person and participants.

The facilitator started the session with the peace greeting code followed by Lord’s Prayer which was led by peace club members. The facilitator initiated an ice breaking session to make the participants more aware and open up to share and learn. She briefed on the seven steps of peace celebration as one major activity for the peace club. Then the time was given to the resource person for the next session.

The resource person spoke on the advantages and disadvantages of using mobile phones. Firstly, he briefly describes what a phone is and what kinds of features present in the phone and how the people make use of it in today's world. He explains the usage of phones. After that he spoke on the advantages and disadvantages of using mobile phones and the causes and effects. Mobile phones have changed the way of communication. Before mobiles, there was a use of landline phones or letters for communicating with a person who lives far from us. Mobile made communication easier, as just by pressing some keys on mobile, we can contact our friends, family members or colleagues, and others at any time. Mobile also gives us a facility to contact our fellow person with voice calls, video calls, text messages, recorded calls, and many more. Mobile phones can be used to acquire knowledge or information on various topics. Social media apps like Twitter, Instagram, snap chat, Facebook, etc., are at our fingertips at any time. Mobile phones are best for entrepreneurs or businessmen to promote their business via online or offline sources. It helps us to call the police and relatives so that they can provide us with help as soon as possible. If we get sick and need a doctor, and no one is at home. So in these situations, mobile is the device which we can use for fast communication. We can use our smartphones to earn money. We can use our smartphones to earn money. Online banking can also be done via mobile phones.

The resource person also spoke about disadvantages that sometimes mobile is a disturbing device that creates a distraction between your works. It has been seen in research that using headphones with the louder hearing sound seriously disturbs the capability of ears to hear voice properly. It is one of the biggest things responsible for the wastage of time. Research shows that most students and teenagers got cyberbullied. Cyberbullying puts someone's life in danger. People faced a lot of problems due to security issues, such as loss of money, image, reputation, and others. Mobile phones include mental disorders such as Anger, depression, anxiety, tension, and others.



The resource person concludes by giving awareness to the students. He said we have to understand the proper use of mobile phones. To use our mobile for a limited time for important work like studies, calling, business marketing. It should not be used for playing games continuously or watching long videos.

Feedback/Evaluation: The program concluded with a feedback session where it was seen that 98% of the participants understood the topic. It was learned that the participants will put the learning into action to make themselves a better person.

Reported by:

Mr. Keyitopung Kauring

**North East Institute of Social Sciences and Research
Chumoukidima, Nagaland
In collaboration with
Women Organization, Kacharigoan**

“ Women and Water Talk”

**SDG5- Gender Equality
SDG6- Clean Water and Sanitation**



**Date- 26th October 2022
Time- 11.00 am
Venue: Council Hall, Kacharigoan**

Community Extension and Outreach Work
Awareness program on women and water talk

Community and Venue: Council Hall, KachariGaon Village

Date- 26th October 2022

No of Students- 6

The North East Institute of Social Sciences and Research (NEISSR) MSW 3rd Semester organized an awareness programme at Council Hall, Kachari Gaon Village in collaboration with Women Organization on the topic 'Women and Water talk' related to the sustainable Development Goals. The trainee Nokito T Achumi presented the facts related to water conserving methods, Regeneration of underground water, Gender Equality etc. and based on the needs of the community, the trainee suggested that Rainwater harvesting should be a major practice and to construct water tank for Rain water harvesting with the use of Tirpal to store water if they cannot construct a cement water tank. The community people also shared their problems and gave a positive feedback stating that they learned a lot from the session. The trainees successfully conducted the programmes and concluded with a vote of thanks.

