



To,
The Principal
Cambridge High School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed.

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chümoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Cambridge High School, Nagaland as part of the activities list in the MOU

Cambridge School			
1	Capacity Building program Peace and Peace Building	24th October 2018	Students
2	Capacity Building program on Communication Skills	2nd November, 2019	Students
3	Capacity Building program on Morality and Discipline	22nd March, 2020	Students
4	Capacity Building program on Life Skill	15th February, 2020	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chümoukedima

(Principal)
Cambridge High School,
Dimapur

2018

Title of the program:	Capacity building on “Peace and Peace Building
Date:	24/10/2018
Venue:	Cambridge School, Dimapur
No. of Participants	20 (Male :11 , Female: 09)
Training conducted by	NEISSR,Chümoukedima
Facilitator:	Nyeamyng Konyak
Resource person	Ms.Loyibeni
Methodology	Lecture

Objectives:

- To make the participants understand the concept of Peace.
- To think of peace, love peace and make peace.
- To promote and increase respect, tolerance and acceptance.
- To promote truth and honesty.

Summary/Process:

The session began with an ice breaking, Peace prayer and pre-test. In the pre-test the facilitator asked the participants the following questions,

- There are different types of peace.
- Peace means the absence of arm, conflict and war.
- Peace means absence of violence and conflict
- Peace means absence of death and injury.
- Peace-building is building up relationship
- Peace-building activities address the root causes or potentials causes of violence.
- Peace building include a wide range of efforts by diverse actors

In the first session the resource person talks about peace saying that, peace is one of the most essential requirements of humanity and a necessary prerequisite for progress, development and sustainability. The path for peace begins with 'me' in the peace-building processes.

She also talks about the two types of peace

which are negative peace and positive peace.

Negative peace is the absence of direct

violence, be it physical, verbal and psychological among individuals, groups or governments. This negative peace can be achieved through managing interpersonal and organizational conflict in order to control, contain and reduce actual and potential violence, also by reducing the incident of war by eliminating the extreme of the war system and limiting war through international crisis management.

Positive peace is more than the absence of violence, it is the presence of social justice through equal opportunities, a fair distribution of power and resources, and equal protection and impartial enforcement of law. The concept of positive peace involves elimination of the root causes of war, violence, and injustice and the conscious effort to build a society concept of positive peace involves elimination of the root causes of war, violence, and injustice and the conscious effort to build a society that reflects these commitments. Positive peace assumes an interconnectedness of all life.

Further she said that, when one envisions and embraces peace, he/she creates further waves and ripples of peace. The resource person then

shared a quote by Moshe Dayan which said, "if you want to make peace, you don't talk to your friends; you talk to your enemies".

In the second session, the resource person talks about peace-building saying that, Peace-Building is an intervention that is design to prevent the start or resumption of violent conflict by creating



Capacity building on "Peace and Peace Building at Cambridge School, Dimapur on 24th October 2018



Capacity building on "Peace and Peace Building at Cambridge School, Dimapur

sustainable peace. It looks at the root causes of violence. It is a concerted effort and approach to avoid a future conflict, control on-going conflict and help resolve the post conflict situation.

Stressing on Peace-building as an intervention she shared about the story of a broken windshield, saying that the restorative justice system is different from criminal justice system because it is a wise and humane alternative. It asks, “Who is hurt, and what do they need?” it moves from blaming to problem solving and healing. It addresses the victims’ needs directly and constructively by trying to make things right. It also helps the offender accept responsibility and to reduce the likelihood of their repeating the offences. Overall, it offers the hope of restoring the brokenness of the community.

The session concluded with post-test, Peace Anthem, and photo session.

Impact/feedback: Through the pre and post-test the facilitator can say that the participants are more cleared about the topic being discussed as 80% of the participant could answer the question correctly in the post test.

Reported by: Nyeamyng Konyak

2019

Title of the training	Capacity Building on “Communication skill”
Date	02/11/2019
Venue	Cambridge School, Dimapur
Facilitator	E NyeamyngKonyak
Resource Person	Mr.Pagniba 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.Pagniba Andrew as the resource person. The programme was facilitated by Ms.Nyeamyng 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



Capacity Building on “Communication skill” at Cambridge School, Dimapur on 2nd November 2019

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.

Reported by: Nyeamyng Konyak

Title of the training	Capacity building program on ‘Morality and Discipline’
Date	22/03/2019
Venue	Cambridge School, Dimapur
Facilitator	E NyeamyngKonyak.
Resource Person	Mr.SebiChacko
No. of participant	70 participants. Male:25, Female: 45
Methodology	Lecture/ Practical

Summary:

On 22nd March 2019, NEISSR conducted a capacity building programme on ‘Morality and Discipline’ at Cambridge School Dimapur, with the resource person Mr.SebiChacko. The programme was facilitated by Ms. E NyeamyngKonyak.

The session began with an introduction from all the participants which was followed by an ice breaking session by Ms.Loyebeni. Mr. Japheth L Tlangte also played a game name The Running Game. He gives the students their own number and told them to switch their place whenever he called out their numbers. He

also told the students whose number is called out but did not switch place will get reward and five students got reward and their reward is to dance in front of everyone. Games are organized in order to make the student more comfortable and friendly. Mr. Japheth also explained the moral of the game. After the ice breaking session, Mr.Sebi took the session on ‘MORALITY and DISCIPLINE’. He talks about how morality helps us to judge the difference between right and wrong as well as good and bad. He also told the students that Morality and Discipline teach us to be honest and upright in our effort to achieve our goal, without morality and discipline, our lives will be no different from that of the Animals. The spoke person also said if we do not have Discipline we won’t get the respect of others and he also spoke about how we should have Discipline in wherever we go and whatever we do. Mr.Sebi further narrated a story about the discipline of a disciple. It was a story about one of the disciples of Guru Ram Das who was the fourth Sikh Guru. Guru Ram Dass has many disciples but out of his many disciples, ArjunDev was one of his disciples who devotedly kept himself busy with the duty assigned to him. Other disciples used to make fun of him for cleaning the utensils. But later when the time for the announcement of the Guru’s successor came, the other disciples were shocked when the Guru took ArjunDev name as to be his successor. Through the story, the resource person wants the



Capacity building program on ‘Morality and Discipline’ at Cambridge School, Dimapur on 22nd March 2019

participants to reflect upon themselves as to in which category they fall. He said a disciplined person cannot be immortal at any time. If you are disciplined from childhood, there is little chance that you be ever led astray by anything immortal. He concluded his session by encouraging the club members to be discipline in the class and wherever they go. After the input session, the programme was concluded with peace prayer.

Impact/Feedback: An evaluation was conducted towards the end of the session where it was found that 80% of the participants understood the topic. The participants also promised that they will be always discipline and follow the rules of the school and be a responsible student.

Reported by: Nyeamyng Konyak

2020

Title of the program:	Capacity building on “Ways to achieve Inner Peace”
Date:	15th February 2020
Venue:	Cambridge School, Dimapur
No. of Participants	63 participants. Male: 30, Female: 33
Training conducted by	NEISSR, Chümoukedima
Facilitator:	E NyeamyngKonyak
Resource person	Mr.Viboto
Methodology	Lecture

Summary:-

On 15th February 2020, NEISSR organized one day capacity building program for the peace club members of Cambridge School Dimapur with Mr.Viboto as the resource person. The topic was on “Ways to achieve Inner Peace”. The programme began with an ice breaking session initiated by the facilitator where all the participants actively participated. After which was the session on the above topic which was taken up by Mr.Viboto. He began his session with an introduction to the topic and its importance in one’s life. He said inner peace is a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Inner peace means among other things that there is no over thinking and too much analyzing of every situation. It means no running from one thought to another, constantly ruminating about some past incident, no constant dwelling on hurts and what people said or did. It means no waste of time, energy and attention on unimportant and meaningless thoughts. The resource person further stated that our mind is like a room fill with lots of stuff and junks. When we clean and rearrange our room we feel like there is more space and we can move and walk freely inside the room. It gives us a great feeling of joy and power. It is the same with our mind. Our mind is fill with unwanted and unnecessary thoughts, worries, tension, anxiety etc. When we empty it of unnecessary thoughts, fears and worries, our mind will be free, and we will enjoy inner peace. It would not be crammed with unnecessary thoughts and junk, which limit us and waste our time and energy. And we will be able to think more clearly and be more focused.



**Capacity Building on “Ways to achieve Inner Peace”
at Cambridge School, Dimapur on 15th February
2020**

Mr.Viboto also spoke on different ways to achieve inner peace. They are-

Title of the program:	Capacity building program on ‘life skill’
Date:	21 October 2022
Venue:	Cambridge School, Dimapur
No. of Participants	23 participants. Male:6, Female: 17
Training conducted by	NEISSR, Chümoukedima
Facilitator:	Nyeamyng Konyak

- Accept what is/ learn to accept things which we cannot change.
- Learn to trust yourself
- Forgive- Inner peace can be reach only when we practice forgiveness.
- Ease your expectation.
- Move towards something instead of away.
- Meditation

He stressed on the above-mentioned points in order to have peace within oneself. The resource person further said that if we want to be a peace lover, a peace maker and a peace promoter then we should first find peace within our self. We cannot find peace in the outer world until and unless we find peace within oneself. Battles are not fought in the battlefield first but in the minds of people. Likewise peace is not made at peace conference table first but in the hearts of people. Impact /Feedback of the trainees: There was an evaluation towards the end of the session where the participants shared their learning. Through the sharing it can be said that 80% of the participants have understood the topic shared by the resource person.



**Capacity Building on “Ways to achieve Inner Peace”
at Cambridge School, Dimapur on 21st October
2022**

Reported by: E Nyeamyng Konyak

Resource person	Ms..Kihikali
Methodology	Lecture

Summary: On 21st October 2022, NEISSR conducted capacity building program on “life skill”. The session began with an ice breaking lead by the facilitator. The facilitator divided the participants into pair and asks them to introduce each other first and make friends and then introduce each other their new friend to the rest of the participants. Through this game, the facilitator conveyed the message to the participants to make new friends every day and to be friendly with everyone in the school as well as outside. Through this game it was found that though the student members are from the same class but they were not friendly with each other as they were nervous and shy to introduce themselves to one another. They come to the class every day, sit with the same group of friends every day and don’t even talk with other classmates. So through this game the facilitator told every student to be friend with everyone.



Capacity building program on ‘life skill’ at Cambridge School, Dimapur on 21st October 2022

After an ice breaking session, the resource person begins his session on the topic “Life skills”. He said, the term life skills refer to the skills that we need to make the most out of our life. Life skills are usually associated with managing and living a better quality of life. They help us to accomplish our ambition and live up to our full potential. Any skills that are useful in our life can be considered a life skill.

The resource person further speaks on the essential life skills. He said there is no definitive list of life skills. Certain skills may be more or less relevant to us depending on our life circumstances, our culture, beliefs, age, geographic location, etc. different life skills will be more or less relevant at different times of our life, for example when at school or university, we’ll need study skills, when buying a house, negotiation skills may be needed and when we have a job, leadership and presentation skills may be useful, along with a whole host of other skills. Thus, every skill is important in our life to lead a better life.

He also spoke about different life skills such as self-awareness, managing emotions, problem solving, interpersonal relationship, effective communication, decision making, creative thinking and critical thinking. These are some of the important life skills. He ended the session by encouraging the participants to have the most important life skill that is to have the ability and willingness to learn. By learning new skills, we increase our understanding of the world around us and equip ourselves with the tolls we need to live a more productive and fulfilling life, finding ways to cope with the challenges that life

Impact/Feedback: At the end of the session, there was an evaluation of the program and through this evaluation it was learned that 70% of the participants understood the importance of life skills.

Reported by: NyeamyngKonyak



To,
The Principal
Christian Hr. Sec. School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed.

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Christian Hr. Sec. School, Nagaland as part of the activities list in the MOU

Christian Hr. Sec. School			
1	Capacity Building program on Morality and Discipline	17th August 2019	Students
2	Capacity Building program on Peace	18th March 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Christian Hr. Sec. School
Dimapur

2019

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 August17, 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.NyeamyngKonyak. The session began with the introduction from the participants which was followed by the ice-breaking



Capacity building program on “Morality & Discipline” at Christian hr. Sec. School, Dimapur on 17th September 2019

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 help 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

Obeying 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 learning's 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.

Reported by: NyeamyngKonyak

2023

Name of the program	Capacity building program on “peace celebration and capacity building program.”
Topic:	Introduction of peace club as its one majority activity
Date:	18/03/2023
Venue:	Christian Hr. Sec. School,Dimapur
Time:	11:40 am
Facilitator	Ms Toviholi Y Yephthomi
Resources person:	Mr. Raju
No. of participants:	19 M: 03 F: 16
Methodology:	Lecture and sharing

Objectives:

- Introduction of peace club and its activities
- To explain the 7 steps peace building

Summary:

On 18-3-2023 NEISSR organized on “peace celebration and capacity building program”, with the students of Christian higher secondary school, Dimapur to introduce Peace Club and peace celebration assist activity. The session began with an introduction about peace club which was chaired by Ms. Toviholi Y Yephthomi. One of the participants led a short activity. One of the participant shared that he felt so exhausted to attend such program after class, but however the game was interesting and energetic and made him refresh. The facilitator gave a brief description about peace club and its activities.

The resource person highlighted the main activities of peace club that includes forming peace club with the children in schools and localities, and leaders training. He stressed on imparting the knowledge of peace celebration. So the celebrating started with greeting code “Peace to you, and in response Peace to you too”. When we share greeting code with positivity to others, it brings positive energy to oneself as well as to the other person. Once we become a peace club members we try to remind ourselves every day that we are the channel of peace by reciting the

sacred code which states that “Every day, every moment I am becoming a peace lover, peace maker and a peace promoter”. The resource person gave a description about Peace Celebration which is the main activity taken into by the peace club.

7 steps of peace celebration;

1. Peace prayer
2. Ice breaker
3. Meditation
4. Input/sharing/problem solving
5. Action plan/evaluation
6. Peace pledge
7. Peace anthem

The main objective is to bring people together especially the children’s 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. Hespoke on the seven steps of peace celebration which are ice breaking, peace prayer, meditation, learning, sharing session, action plan and evaluation, peace pledge/anthem.



Capacity program on “peace celebration and capacity building program” at Christian Hr. Sec. School, Dimapur on 18th March 2023

Feedback/ Evaluation:The session has helped the participants to know more about peace club and its activities. It also gave a clear conscious about works carried out by the associations and deeper understanding on how to become an active and a responsible peace club member. 85% of the participants understood the topic.

Reported by: Ms. Toviholi Y Yephthomi



To,
The Principal
Community Education Centre School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Community Education Centre School, Nagaland as part of the activities list in the MOU

Community Education Centre School			
1	Capacity Building program on Impact of Tobacco	25 th October 2018	Students
2	Capacity Building program on Role of students in Peace Building	24th March 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Community Education Centre School
Dimapur

2018

Title of the Training	Capacity Building on “Impact of Tobacco”
Date & Venue	25 th October 2018, Community Education Center, School Dimapur
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. E Nyeamyng Konyak
Resource Person	Ms. Buan
No. of participants	Total : 13 (F: 9, M:4)
Methodology	Lecture

Objectives: 1. To let the students understand the seriousness of the impact of Tobacco.

Summary:-NEISSR organized a Capacity Building on “Impact of Tobacco”. The program begins with an ice breaking session and peace prayer which was initiated by the facilitator. Speaking on the occasion, the resource person Ms. Buan said Tobacco is a product prepared from the leaves of tobacco plant by curing them. The plant is part of the genus Nicotiana and of the solanaceae family.



Capacity Building on “Impact of Tobacco” at Community Education Center School, Dimapur on 25th October 2018

She said, consumption of tobacco is very risky and it is the factors for many diseases especially those affecting the heart, liver and lungs as well as many cancers. The resource person shared a story of a school boy belonging to a rich family. The boy in the school makes new friends and because of the influence from his friend’s circle, he started taking tobacco and smoking. Soon after he started consuming tobacco, he became addicted to it. He started taking it regularly and as time passes by, he couldn’t concentrate on his studies. As the time comes for the declaration of the result, it was found that the boy couldn’t get through it. Through this short story the resource person conveyed a message that how tobacco can have an impact on student’s life. She encourages the students to stop consuming tobacco and start living a healthy life. The resource person also said that the use of tobacco has predominantly negative effects on human health and

concern about health effects of tobacco has a long history. Tobacco smoke contains more than fifty chemicals that cause cancer. It contains nicotine which is a highly addictive psychoactive drug. When tobacco is smoked, nicotine causes physical and psychological dependency. The resource person also listed some of the impact of tobacco on human health. They are- Heart attacks, strokes, chronic obstructive pulmonary disease (COPD) and several cancer like lung cancer, cancers of the larynx and mouth, bladder cancer and pancreatic cancer. It also causes peripheral arterial disease and high blood pressure. She said, the effects depend on the number of years that a person smokes and on how much the person smokes. The resource person also talks about environmental tobacco smoke or secondhand smoke which causes adverse health effects in people of all ages. Tobacco use is a significant factor in miscarriages among pregnant smokers and it contributes to a number of other health problems of the fetus such as premature birth, low birth weight etc. Talking the impacts of tobacco, the resource person stress mainly on the impact of tobacco on student's life. Once a student start consuming tobacco and addicted to it, it becomes very difficult to bring him/her back. Therefore the resource person urged the students not to get use to tobacco and make the institution tobacco free campus.

Feedback/Evaluation:

Many participants shared their view of point and learning from the session. Some said they have learned a life lesson and they will start avoiding tobacco from now on. Through the sharing and evaluation, it can be said that 70% of the students have really understood the impact of tobacco.

Reported by: Nyeamyng Konyak

2023

Title of the Training	Capacity Building on “Role of students in Peace Building”
Date & Venue	24 th March 2023, Community Education Center School
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. Ashela Teresa
Resource Person	Mr. Maong
No. of participants	Total : 53 (F: 39, M:14)
Methodology	Lecture

Objective:

- The concept of peace.
- To understand one’s own responsibility as a peace club member.
- To know the role of students in peace building.

Summary:

NEISSR organized a Capacity building program on the topic “Role of students in Peace Building” was conducted at Community Education Centre School on 24th March, 2023 with Mr. Maongas the resource person. The program was facilitated by Ms. Ashela Teresa. The program begins with an introduction of the



Capacity Building on “Role of students in Peace Building” at Community Education Center School, Dimapur on 24th March 2023

resource person and the team by the facilitator which was followed by Lord’s Prayer led by peace club member. The facilitator introduced the topic that peace refers to a state of being mentally and spiritually at peace. In simply terms inner peace is eating right, getting plenty of

sleep, exercising, meditating, and mindfulness daily life activities in a productive way. When an individual have and practice this basic inner peace one can be a promote peace with the surroundings and people associated with. With this the facilitator gave time to the resource person.

The resource person begins his session on the topic “Role of students in Peace building”. Peace building in simply terms to develop strong relationship with whom they associate. Students are the age where one is energetic, open to learn, curious and willingness to accept change. The students can play an active role in promoting peace in the society and it can only be possible when an individual is willing to change and transform.

Peace building is about dealing with the reason why people fight in the first place and supporting to manage their difference and conflicts without resorting to violence and to promote long term stability and justice. Peace building consists of a wide range of activities associated with capacity building, and societal transformation.

The resource person towards the end of his session urged the club members to be an agent of peace and spread peace wherever they go. He said, a peace lover should have the qualities of humility, hospitality, willingness to take the risk, to be able to imagine, dream of and share the vision in which peace exist.

Evaluation/Feedback:

Towards the end of the session, there was an evaluation it was found that 80% of the students understood.

Reported by: Ms.Toviholi Y Yepthomi



To,
The Principal
Nazareth High School
Dimapur, Nagaland

Subject: Endorsement Documents

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Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Nazareth High School, Nagaland as part of the activities list in the MOU

Nazareth High School			
1	Capacity Building program on Morality and Discipline	25 th October 2018	Students
2	Capacity Building program on Life Skill	26 th October 2018	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Nazareth High School
Dimapur

2018

Title of the Training	Capacity Building on “Morality and Discipline”
Date & Venue	25 th October 2018, Nazareth High School
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. E Nyeamyng Konyak
Resource Person	Ms. Peku
No. of participants	Total : 20 (F: 10, M:10)
Methodology	Lecture

Objectives:

1. To shape ourselves with good discipline and moral values.
2. To make known what is good or bad in students’ behavior

Summary:On 25th October 2018, NEISSR organized a Capacity Building programme on ‘MORALITY AND DISCIPLINE’ at Nazareth High School. The session began with the introductory part and followed by peace prayer and ice breaking by the facilitator in order to make the student more comfortable and friendly environment and then followed by conducting meditation to reflect and to gain self-confident within one’s individual. The spoke person also encouraged the participants to inculcate the morality and



Capacity Building on “Morality and Discipline” at Nazareth High School on 25th October 2018

discipline in their life in order to achieve their goals. The resource person also begin by saying no one has become a successful person without morality and discipline, he /she may be a genius person but without possess of morality and discipline he or she is a failure, and it won’t be different from that of the animals. Discipline is everything which we do in the right way in the

right time and this will lead us to the right path it is one of the most necessity in order to have a peaceful life. Lack of morality and discipline gives not peace and progress in one's life cause lots of confusion and disorders. The spoke person also mentioned we need to follow rules, obey orders and behave well in orderly manner, there will be a thousand who would throw stone towards you but remember no one throw a stone to a tree which does not bear fruit but to only it bear so if we are a well manner and discipline person no can destroy you or overtake you as you possess the will to choose between Good and Bad, Right and Wrong. And concluded by making them to form into four groups and asked to discussion about the morality and discipline what they have learned from the sharing and to present one person from each good. So everyone cooperated and shared their ideas from each group one representative shared what they have learned.

Feedback

When given time for the participants to share what they learned, 80% of the participants understood the topic apart from that they have shared their resolution which they make to follows for the days to come.

Reported by: Nyeamyng Konyak

Title of the Training	Capacity Building on “Life Skill”
Date & Venue	26 th October 2018, Nazareth High School
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. E Nyeamyng Konyak
Resource Person	Mr. Andrew
No. of participants	Total : 28 (F: 16, M:12)
Methodology	Lecture

- Objectives:**
1. To understand the meaning and importance of Life skills.
 2. To make participants understand essential life skills

Summary:

On 26th October, 2018 NEISSR organized a capacity building program on “Life Skill”. The session begins with an ice breaking moment lead by the facilitator. The facilitator divided the participants into pair and asked them to introduce each other first and make friends and then introduce their new friend to the rest of the participants. Through this game the facilitator conveyed the message to the participants to make new friends every day and to be friendly with everyone in the school as well as outside. Through this game



Capacity Building on “Life Skill” at Nazareth High School, Purana Bazaar on 26th October 2018

it was found that though the peace club members are from the same class but they were not friendly with each other as they were nervous and shy to introduce themselves to one another. They come to the class every day, sit with the same group of friend every day and don’t even talk with the other classmates. So through this game the facilitator told every peace club members to be friend with everyone. After an ice breaking session, the resource person begins his session on

the topic “Life Skills”. He said, the term Life Skills refers to the skills that we need to make the most out of our life. Life skills are usually associated with managing and living a better quality of life. They help us to accomplish our ambitions and live up to our full potential. Any skill that is useful in our life can be considered a life skill. For example-tying a shoe lace, swimming, driving a car or using a computer etc. He also explained a definition of Life skills given by World Health Organization (WHO). According to World Health Organization (WHO), Life skills are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.

The resource person further speaks on the essential life skills. He said there is no definitive list of life skills. Certain skills may be more or less relevant to us depending on our life circumstances, our culture, beliefs, age, geographic location, etc. Different life skills will be more or less relevant at different times of our life, for example: When at school or university, we’ll need study skills, when buying a house, negotiation skills may be needed and when we have a job, leadership and presentation skills may be useful, along with a whole host of other skills. Thus, every skill is important in our life to lead a better life. He also spoke about different life skills such as Self Awareness, managing emotions, problem solving, interpersonal relationship, effective communication, decision making, creative thinking and critical thinking. These are some of the important life skills. She ended the session by encouraging the participants to have the most important life skill that is to have the ability and willingness to learn. By learning new skills we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life, finding ways to cope with the challenges that life.

Impact /Feedback of the trainees

At the end of the session, there was an evaluation of the program and through this evaluation it was found that 70% of the participants understood the importance of life skills.

Reported by: E Nyeamyng Konyak



To,
The Principal
Pine Mount School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Pine Mount School, Nagaland as part of the activities list in the MOU

Pine Mount School			
1	Capacity Building program on Role of student in Peace Building	12th September 2019	Students
2	Capacity Building program on Mental Health	14th February 2020	Students
3	Capacity Building program on health and Hygiene	28th February 2023	Students
4	Capacity Building program on Mobile usage and its Impact	28th February 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Pine Mount School
Dimapur

2019

Name of the Training Program	Capacity building program
Date	12/09/2019
Venue	Pine Mount School, Padumpukuri, Dimapur
Training conducted by	NEISSR
Facilitator	E. NyeamyngKonyak
Resource Person	AshoniRajina
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. Nyeamyng 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. AshoniRajina, 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. NyeamyngKonyak, 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



A capacity building programme for the Peace club members at Pine Mount School, Padumpukuri on 12th September, 2019

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



A capacity building programme for the Peace club members at Pine Mount School, Padumpukuri

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.

Reported by: *E. Nyeamyng Konyak*

Name of the Training Program	Capacity building program on “Mental Health.”
Date	14 /02/2019
Venue	Pine Mount School Padumpukuri, Dimapur
Training conducted by	NEISSR, Chumoukedima
Facilitator	E. NyeamyngKonyak
Resource Person	Viyeto
No. of participants	40participants. Male:23, Female:17
Methodology	Lecture

Summary:-

NEISSR conducted one day capacity building on the topic “Mental Health” was conducted on 14th February 2020 at Pine Mount School, Dimapur. The programme was facilitated by Ms.NyeamyngKonyak and the resource person for the day was Mr. Viyeto. The programme began with an ice breaking session followed by the session on the said topic by Mr. Viyeto.

Pretest was conducted before the resource person began the session. After which the resource person highlighted the participants that teenage is a period which is filled with enthusiasm and always wanted thrilling experiences and adventures. Plus, teens at this stage also have various greater responsibilities to take over. In such a situation, it creates psychological disorganization and thus, needs help whatsoever, in order to solve one’s own problem. If this is prolonged or became chronic, it has high possibility to cause



**Capacity building program on Mental health
at Pine Mount School, Padumpukuri 14th
February 2019**

chronic mental and psychological disorder among many people at their early stage.

He asked the students on their understandings of ‘*mental health*’ and their familiarity with ‘*life sciences*’ and ‘*peace education*’. He also stressed on to explain that *Mental Health* is the condition of our thought and mind- whether our mind is peaceful or not peaceful. Unhealthy mental conditions can be diagnosed in cases like; anxiety, stress, depression etc. it could be found that, with the change of time, young people are facing mental related issues more than any of the earlier times. Especially among school children, all these problems are becoming common in the face of exams, class tests, project works, assignments and other co-curricular activities.

He also presented few facts found from the report of World Health Organization (2019) can be analyzed:

- i. India tops the world as the highest rate of mental & behavioral disorder.
- ii. More than half originates before 15 years of age.
- iii. 16% of global disease is mental disorder.
- iv. Suicide is the third leading cause of death (between 15-19 years)
- v. Every hour, a student is committing suicide in India.

While cautioning the club members, he also highlighted some common symptoms of unhealthy mental conditions such as;

- i. Depression
- ii. Behavioral and conduct disorder
- iii. Self-harm
- iv. Suicidal motives
- v. Eating disorder
- vi. Sleeping disorder
- vii. Over-reactive
- viii. Stress
- ix. Isolation

The resource person later suggested some measures which can help young children as coping mechanisms in their times of need;

a. **Change your daily activity:**

Avoid monotonous work. Try to change your activity and stop doing what you always do. Do not avoid your studies but change your playtime and study hours. Take time to spend with your parents and siblings or other family members.

b. **Surround yourself with good people:**

Choose your friends wisely. Peer influence is high at this period of time and hence, good influence from friends is a must.

c. **Give yourself for voluntary efforts:**

Engage yourself or seek help to get yourself engaged in social/voluntary services like students' union, church activities, youth fellowships and sports etc. this will help you to learn and also to associate yourself with other people.

d. **Learn to engage yourself always:**

Avoid spending time in isolation but always try to engage yourself in doing your hobbies like writing, reading and other valuable activities.

e. Take time to talk with your Parents and Teachers:

Take time to talk with your parents and teachers regularly. They have more experienced and can help you in sorting out your problems in academic as well as in your daily life activities.

The resource person concluded his session with a positive note and encouragement for all the club members to understand the process of one's thoughts and to act accordingly and not to be reactive but to be responsive.

Feedback/Evaluation: Post test was conducted towards the end of the session where it was found that 70% of the participants understood the topic.

Reported by: E. Nyeamyang Konyak

2023

Name of the Training Program	Capacity building program on “Health and Hygiene”
Date	28 /02/2023
Venue	Pine Mount School Padumpukuri, Dimapur
Training conducted by	NEISSR, Chümoukedima
Facilitator	Ms. AnabeeChishi
Resource Person	Ms. ChumeiPhom
No. of participants	8 participants. Male:4, Female:4
Methodology	Lecture

Summary:

On 28-2-23, NEISSR conducted a program on "Importance of Health & Hygiene" at Pine Mount School. The facilitator Ms. AnabeeChishi facilitated the session by first giving an introduction of the resource person Ms. ChumeiPhom followed by a Lord's prayer led by the facilitator the next session was taken by the resource person.



Capacity building program on “Health and Hygiene” at Pine Mount School, Padumpukuri on 28th Feb 2023

The resource person started with the difference between health and

hygiene. Health in simple terms refers to a person's physical, emotional and psychological well-being. Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of waste and drinking water supply. Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Health is not just about what you're eating it's also about what you're thinking and saying. Generally, a person is said to be enjoying good health when he's physically and mentally fit in.

Health and hygiene are important because good personal hygiene involves keeping all parts of the external body clean and healthy. Health and hygiene are closely related. Personal hygiene is essential for several reasons like personal well-being, social health, and psychological health and simply as a way of life.

Keeping good hygiene, not only safeguards those around you from suffering illnesses, but also helps to prevent the spread of infections, illnesses, and bad odors. Health is a positive state of

being in which all components of the body and mind are in proper balance and harmony with one another. As a result, all of the body's organs are in good working order. It is well believed that only those people may be considered healthy if they have a healthy mind and a healthy body. For a healthy and happy existence, health and cleanliness are essential. In terms of community hygiene, health education is critical. To avoid disease and have a positive attitude about health, we must have accurate and comprehensive health knowledge.

Great personal hygiene is essential for health reasons. One must practice good hygiene. Keeping a decent standard of cleanliness prevents the spread of disease. Social awareness must be spread among the civilians so that they would realize the importance of hygiene.

Feedback / Evaluation: The participants were interactive and communicative during the session. It was learned that 90% of the participants understood the topic shared by the resource person as the topic was not new but it is something like a reminder to them to put into practice.

Reported by: ChumeiPhom

Name of the training program	Program on ‘Mobile Usage and its Impact’
Date	28/02/2023
Venue	Pine Mount School, Padumpukuri, Dimapur
No. of Participants	40 participants. Male 23, Female 17
Training conducted by	NEISSR, CHUMUKEDIMA
Facilitator	Ms. Toviholi Y Yepthomi
Resource person	Mr. Alem
Methodology	Lecture

Summary:

On 28-2-2023, NEISSR conducted a program on “mobile usage and its impact”, was conducted at Pine Mount School with the peace club members. The program started at 12:50 pm. The resource person for the program was Mr. Alem and the facilitator was Ms. Toviholi Y Yepthomi. The program started with a prayer led by one student of peace club member followed by short activity session, sharing by the resource person.

The resource person started with a question "Is there anyone who doesn't know how to use mobile phone? The resource person said as we are living in the modern world the use of modern technology is not new to anyone. And thus, the modern technology like mobile phone has made our life much easier like we can communicate to another person within a second and has made the communication easier by quick placing of calls and messages. We can get all the information at our finger tips. The resource person also said just by sitting at our own comfort zone we can get all the important updates what is happening around in every corner of the world. The resource person shared the impact of mobile phones.



program on “Mobile Usage and its Impact” at Pine Mount School Padumpukuri on 28th Feb 2023

1. It also helps the students to get updated with current affairs.
2. It also improves knowledge and gets many ideas through the use of internet if used wisely.
3. In education wise it's very helpful for students because in olden days if they have any doubts for studies they need to seek for library or friend's home. But now they can get answers to their questions from the place where they are, the only thing needed is mobile phone and data.
4. Mobile phone causes distance from relatives ad causes constant distraction.
5. Overused of mobile phones leads to depression, anxiety and mental disorder leads to youth to commit crimes.
6. It also causes a drastic change in cultural norms and personal behaviors.

7. It also leads to poor academic performance when excess use.

The resource person in his conclusion remark said that, mobile phones are invented to make our life easier not hard. The resource person said it depends upon individual how we utilize it and encourage the students not to be a victim of it but use wisely in a way which will be helpful for the growth and to be a better version of one self.

Feedback/Evaluation: With the evaluation 75% of the participants understood the impact of mobile use.

Reported by: ToviholiYepthomi



To,
The Principal
Shepherd School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chümoukedima in collaborations with Shepherd School, Nagaland as part of the activities list in the MOU

Shepherd School			
1	Capacity Building program on Seven values of Peace	16th March 2019	Students
2	Capacity Building program	29th March 2023	Students
3	Capacity Building program	17th June, 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Shepherd School
Dimapur

Title of the Training:	Capacity building on “Seven values of Peace.”
Date	16 th March 2019
Venue	Shepherd’s School Dubagaon
Training conducted	NEISSR
Facilitator	Ms. E Nyeamyng Konyak
Resource Person:	Ms. Yashitula
No. of participants	12, M:05, F:07
Methodology	Lecture

Objectives:

1. To capacitate the students on the seven values of Peace
2. To enhance the students the need of peace in daily life.
3. To let the students follow and practice seven values of peace

Summary:

NEISSR conducted a capacity building on “Seven values of Peace” at Shepherd’s School Dubagaon on 16th March 2019. The resource person for the programme was Ms. Yashitula and the programme was facilitated by Ms. E Nyeamyng Konyak. The programme begins with a round of introduction from all the club members which was followed by an ice breaking games. Through the ice breaking session, the atmosphere of the hall turned into friendlier and the club members could feel more freely and comfortable. After the ice breaking, the resource person Ms. Yashitula began hers session on the topic “Seven values of peace”. The seven values of peace are Love, humility, honesty/truth, courage, discipline, empathy and sacrifice. She further elaborated the seven values of peace.

1. Love: Love is a common individual and social value which is one of the basic universal core values. It encompasses- love everyone unconditionally, develop compassion, generosity and greatness of spirit, care for the physical and spiritual environment.

2. Humility: True humility is to recognize one's value as well as others values. It is to see there is far greater than ourselves into who we can become, who others can become and how much more we can do and be for their good as well as your own. To be humble is to have a realistic appreciation of your great strengths but also of your weaknesses.

3. Honesty/Truth: It is an important value that defines a human being. Truth enables a man to speak and act truthfully and confidently with a clean and clear conscience. It supports the development of wisdom, the power of reason, intuition and a sense of inquiry. Truth enables individuals to understand the oneness of all creation.

4. Courage: Courage empowers a person. It nourishes one's ability to act and helps us to live by our own values and it is the courage that makes us go ahead with the belief that our actions are worthwhile.

5. Discipline: Discipline is the essence of one's growth in all aspects. A disciplined mind and soul is a stable mind and soul. Discipline means conscious control over all realms of human personality, mind, emotions and will power. It means adequate restraint over our desires, appetites, passion and impulses.

6. Empathy: Empathy is underlying foundation of social intelligence and is significantly related to self-esteem. It is learned affective response that enables a person to understand the internal state of another person.

7. Sympathy: Sacrifice is an essential value that enables to achieve inner peace and harmony. Sacrifice is the surrender of the greater value for the sake of the lesser one or of a non-value. Sacrifice needs utmost love that puts the good of other or the common good or the common good over and above personal benefits.

Further, the resource person encouraged the club members to adopt the above-mentioned values in their life and to start practicing it in day-to-day life. She said, as a peace builder one should have all the values mentioned above because until one has those values, he/she cannot be a peace lover, peace maker and a peace promoter.

The programme concluded with an evaluation.

Evaluation & Feedback:

Through the evaluation it was conducted towards the end of the programme, it was found that 70% of the participants understood the topic being shared and the participants have also promised to accept and follow the seven values of peace as a member of peace club.

Reported by: Ms. E Nyeamyng Konyak



Capacity building on “Seven values of Peace” at Shepherd’s School, Dubagaon on 16th March 2019

2023

Title of the Training:	Capacity building program on “Public Speaking”
Date	29 th April, 2023
Venue	Shepherd’s School
Training conducted	NEISSR
Facilitator	Ms. Ashela Teresa
Resource Person:	Mr. Kinika
No. of participants	F:8 M:7
Methodology	Lecture and practicum

Objective

- To let the students know the importance of public speaking
- To let the students withstand the peer pressure of public speaking.

Introduction:

On 29th April, 2023 NEISSR organized a capacity building program with Shepherd’s School peace club members. The motive of the program is to help the members to be able to withstand the peer pressure for public speaking. The objective of the program was to learn through participative method among the members with 29th April, 2023 as facilitator and Mr. Kinika as the resource person.

Summary:

The facilitator highlighted the opening session about the topic, with that the facilitator moved ahead with an activity to make the session more active. The time was give to the resource person.

The resource person then asks the leaders to drop the materials which they are carrying or which they can use to join and make a straight line. The leaders followed as instructed and after that the leaders were asked to create a story with the things which they have dropped to make a line. The leaders were instructed to create a story according to sequence manner and were told the story has to make sense.

The purpose of the activity is to learn their creativity in being able to develop a new ways to handle with the situation. The leaders were given ten minutes to discuss and create a story out of it. After the preparation the team was asked to select a representative who will be speaking on behalf of the team. The team leader would have done better, the story was quite unorganized yet the team participated. The resource person shared the benefits of public speaking, it is a great boost for the self-confidence, and personal satisfaction of being able to speak in front of the crowd is a huge accomplishment and congratulated the presenter who spoke very well without any fear.

It is also a great way to improve critical thinking because one has to think fast to speak continuously without breaking during the talk. It also improves communication skills and learns to be a good listener. The resource person in his concluding remark encouraged the participants that, in order to improve public speaking one has to take any opportunity that comes the way.



**Capacity building program on “Public Speaking” at
Shepherd’s School, Dubagaon**

on 29th April 2023

Feedback/Evaluation:

From the feedback and evaluation session 85% of the participants understood the topic. The participants thanked the resource person and facilitator for such a wonderful topic which they will enhanced in their lives.

Reported by: Ms. Ashela Teresa

Title of the Training:	Capacity building program on “Time Management”
Date	29 th April, 2023
Venue	Shepherd’s School
Training conducted	NEISSR
Facilitator	Ms. Ashela Teresa
Resource Person:	Mr. Chingo S
No. of participants	F;7 M:4
Methodology	Lecture and practicum

Objective:

- To let the students know the importance of time management.
- To let the student know the benefits of time management.

Summary: NEISSR conducted a capacity building programme on the topic importance of time management. The facilitator started the session with the peace greeting



Capacity building program on “Time Management” at Shepherd’s School, Dubagaon on 29th April 2023

code followed by Lord’s Prayer 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. She briefed on 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. The session started with the resource person sharing on how important it is to manage time as a student. The resource person says time management plays an important role in a student’s life; it helps them to learn more at a faster pace. A student is successful and different from others because he or she has time management skills. Proper time management eliminates stress and anxiety; instead, it propels us to focus more on learning and thriving.

The resource person also gave the message that no work or play makes a student lazy and dull therefore a student should also know when to give time for studies and for fun.

The resource person also conveyed that Effective time management means being productive and getting everything done that you have planned to do according to a schedule or a deadline giving the example that a student has an exam coming soon but she has been neglecting her studies and wasting her time playing online games and watching TV and when time approaches for her exam she has to study late at night without proper sleep and rest because she didn't manage her time properly. If she had manage her time from the beginning and spent few hours of studying everyday then she wouldn't have to rush in the last hour and even her overall performance would be better.

The resource person also mentioned some important objectives that can be achieved under time management.

1. It helps to achieve goals faster.
2. It helps to prioritize the work.
3. It reduces stress.
4. It boosts confidence & career opportunities.

The resource person ended the session by giving some task for the students to do at home and to make a time table and follow those every day and see the progress and how it has impact in their life.

Evaluation/feedback: The participants were very optimistic and positive with the session and almost all of the participants understood the session. The participants vowed to put in work and make changes in their life and they requested for more follow up program.

Reported by: Ms. Ashela Teresa



To,
The Principal
St. Clare Hr. Sec. School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chümoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chümoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with St. Clare Hr. Sec. School, Nagaland as part of the activities list in the MOU

St. Clare Hr. Sec. School			
1	Capacity Building program on Inner Peace	29th November 2018	Students
2	Capacity Building program on Qualities of a Peace Builder	1st November 2019	Students
3	Capacity Building program on Role of student in promoting Peace	19th April 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
St. Clare Hr. Sec. School
Dimapur

2018

Title of the Training	Capacity Building on “Inner peace”
Date & Venue	29/11/2018 St. Clare Hr. Sec. School, Kacharigaon.
Training conducted by	NEISSR
Facilitator:	E Nyeamyng Konyak
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



Capacity Building on “Inner peace” at St. Clare Hr. Sec. School, Kacharigaon on 28th November 2018

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 hopping 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 person conducted a short activity on meditation where he let all the club members to meditate for a few minutes as it helps in attaining inner peace and sustaining peace within oneself.

The programme 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.

Reported by: Nyeamyang Konyak

2019

Title of the Training	Capacity Building on “Qualities of a peace builder”
Date & Venue	01/11/2019, St. Clare Hr. Sec. School, Dimapur
Training conducted by	NEISSR
Facilitator:	E Nyeamyng Konyak
Resource Person	Mr. Kesihang
No. of participants	28, M: 12, F:16
Methodology	Lecture

Objective:

- To let the students know the qualities of a peace builder.
- To let the students know how the good qualities of peace builder has its impact in prompting peace.

Summary:

One day capacity building programmed was conducted at St Clare Hr.Sec. School, Kacharigaon on 1st November 2019 on the topic “Qualities of a peace builder”. The programmed was facilitated by the district animator Nyeamyng Konyak and the input session was given was Mr. Kesihang. The programmed began with an ice breaking games by the facilitator which was followed by a brainstorming on the topic initiated



Capacity Building on “Qualities of a peace builder” at St Clare Hr. Sec. School, Dimapur on 1st Novemeber 2019

by the resource person Mr. Kesihang. The brainstorming was done so as to make the learning participatory and also to know and understand the knowledge of the participants on the topic. After the brainstorming session, the resource further elaborated on the five qualities or characteristics of a peace builder. They are- humility, hospitality, the willingness to take risk, an ability to live with complexity without seeking simple resolutions and the last quality is imagination. Humility is a characteristic that says that i am not more important than you or than

us. It allows us to let go of our own power and privilege and to use them or lay them aside for the good of others. Hospitality is an attitude towards others that welcomes, listens and responds. It is also an attitude that we seek to practice, but we should also seek to grow as guests, accepting the hospitality of others as a way of seeking peace. Often humility and hospitality involve the willingness to take a risk in order to make a change to the status quo. Peace builders also need to be able to live and work in complex situations where there are no simple right or wrong answers or completely good or bad people. Conflicts are complicated with deep roots in history and society. In order to navigate this, peace builders have to avoid moving too fast towards an easier answer to show humility, hospitality and love to all those involved in the conflict. They also need to use their imaginations, to be able to imagine, dream of and share the vision of the future in which peace exists. This imagination and vision enables the peace builders and those they work with, to begin to take the next steps towards peace. Apart from the above characteristic, a peace builder must be empathetic, must be good with communication, and must know how to express himself/herself. He/she must also be a sponge, ready to absorb information let out by the parties to peace building process and at the same time possess the ability to keep things confidential without divulging information shared in the peace building process. The resource person further said that a peace builder is someone who acts in a small ways everyday to make the world a more peaceful place. As human beings, we have incredible potential. Peace building is based on the hope that we can tap into that potential. It doesn't offer an easy or quick solution. It is an ongoing process of learning for young and old. He encouraged the club members to be a peace builder and start thinking about peace, dreaming about peace and speaking about peace.

Evaluation/Feedback:

Towards the end of the programmed, the time was given to the participants to share their learning from the session. Many said that the session has encouraged and motivated them to become a more peaceful person and to start thinking and dreaming about peace.

Reported by: Nyeamyng Konya

2023

Title of the Training	Capacity Building on “Inner peace”
Date & Venue	19 th April, 2023, St. Clare Hr. Sec. School, Kacharigaon.
Training conducted by	NEISSR
Facilitator:	Ms. Toviholi Y Yepthomi.
Resource Person	Mr. Lanu
No. of participants	5 M: 13F: 18
Methodology	Lecture

Objective:

1. To let the students know the importance of promoting peace among the classmate.
2. To let the students the roles of student know in promoting peace in the institute.

Summary:NEISSR organized one day capacity building program on the topic “Role of students in Promoting Peace in the institute” at St.Clare Hr. Sec School on 19th April, 2023 with Mr. Lanuas the resource person. The program was facilitated by Ms. Toviholi Y Yepthomi. The session started with the prayer led by one the peace club members.The program begins with an introduction of the resource person and the participants by the

facilitator which was followed by atopic sharing session.

The resource person begins his session on the topic “Role of students in Promoting Peace”. He begins with a question- what is your role as a student? Many club members answered that the role and the duty of the students to study and respect the teachers. Then the resource person again put another question- what is your role as a peace club member? Most of the participants replied the role is to spread peace and promote peace wherever they go.

The resource person then continued and said, youth is the leaders of tomorrow and we have every leadership potential and skills which a peace promoter should have. Youth is the age where one is energetic, open to learn, curious and willingness to accept change. The youth or students can play an active role in promoting peace in the society. The resource person towards the end of his session urged



Capacity Building on “Inner peace” at St. Clare Hr. Sec. School, Kacharigaon on 19th April 2023

the club members to be an agent of peace and spread peace wherever they go. He said, a peace lover should have the qualities of humility, hospitality, willingness to take the risk, ability to live with complexity without seeking simple resolution and should be able to use their imaginations, to be able to imagine, dream of and share the vision of a future in which peace exist. When an individual able to enhance this in life it is indirectly promoting a healthy relationship and a peaceful school culture. Peace club members can promote peace through the activities of cleaning the school environment, classroom, taking care of the plants in the school.

The program was concluded with vote of thanks by one of the club members followed by Peace anthem.

Evaluation/Feedback: Towards the end of the session basing on the topic it was found that 90% of the students understood base on their feedbacks.

Reported by: Ms. Toviholi Y Yephthomi



To,
The Principal
St. Mary Hr. Sec. School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with St. Mary Hr. Sec. School, Nagaland as part of the activities list in the MOU

St. Mary Hr. Sec. School			
1	Capacity Building program on Morality and Discipline	18th November 2018	Students
2	Capacity Building program on Peace	16th September 2019	Students
3	Capacity Building program on Do No Harm	6th February, 2020	Students
4	Capacity Building program on Inner Peace	21th October 2022	Students
5	Capacity Building program on Ways in Developing ones personality	13th December 2022	Students
6	Capacity Building on “Public Speaking Skills”	15th February 2023	Students
7	Capacity Building program on Health and Hygiene	3 rd May 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
St. Mary Hr. Sec. School
Dimapur

2018

Title of the Training	Capacity Building on “Morality and Discipline”
Date & Venue	18th November 2018, St. Mary Hr. Sec. School, Padumpukuri
Training conducted by	NEISSR Chumoukedima
Facilitator	Ms. E Nyeamyng Konyak
Resource Person	Mr. Tokupu
No. of participants	Total : 28 (F: 23, M: 5)
Methodology	Lecture

- Objectives:**
1. To let the participants understand the meaning of inner peace.
 2. To understand ways and tips to achieve inner peace.

Summary: - On 18th November 2018, NEISSR conducted capacity building program on the topic “Inner Peace”. Before the session begins, the facilitator asked all the students to introduce themselves. After a round of introduction, the resource person begins his session on the topic inner peace. He first explains the meaning of inner peace. He said Inner peace or peace of mind refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Inner peace means among other things that there is no over thinking and too



**Capacity Building on “Morality and Discipline”
at St. Mary Hr. Sec. School, Padumpukuri 18th
November 2018**

much analyzing of every situation. It means no running from one thought to another, constantly ruminating about some past incident, no constant dwelling on hurts and what people said or did. It means no waste of time, energy and attention on unimportant and meaningless thoughts. The resource person said, our mind is just like a room fill with lots of unnecessary stuffs and junks. When we clean and rearrange our room we feel like there is more space and we can move and walk freely inside the room. It gives us a great feeling of joy and power. Likewise our mind is fill with unwanted and unnecessary thoughts, worries, tension, anxiety etc.. When we empty it of those unnecessary thoughts, fears and worries, our mind will be free and we will be able to enjoy inner peace and be more focused and think clearly. He also gave some tips to the students on how to achieve inner Peace. He said, in order to achieve inner peace, one must learn how to accept things or any situation that comes in our life, learn to trust yourself, learn to practice forgiveness and also to keep practicing meditation as it helps in sustaining inner peace.

Towards the end of the session, the resource person said inner peace or peace of mind is very important for a student as a student need peaceful mind to fully concentrate on their books. Without inner peace, a student cannot score good marks in the exam even if he/she spend whole day and night studying. He concluded his session with a quotation by Peter McWilliams “If you want peace, Stop fighting, but if you want to have inner peace, stop fighting with your thoughts.”

Evaluation/Feedback:

Pretest and post test was conducted where it was found that 70% of the participants have understood the topic being taken.

Reported by: Nyeamyng Konyak

2019

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, Padumpukuri
Training conducted by	NEISSR Chümoukedima
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.



Capacity Building and Peace Building for Peace Club Members on “Do no Harm” at St. Mary Hr. Sec. School, Padumpukuri on 16th September 2019

SUMMARY: NEISSR organized a capacity

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.

Reported By: Ashoni Rajina

2020

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 Chümoukedima
Facilitator	Ms. E Nyeamyng Konyak
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. Nyeamyng 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.



Capacity Building on “Inner peace meditation” at St. Mary Hr. Sec. School, Dimapur on 6th February 2020

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.

Reported by: Nyeamyng Konyak

Title of the Training	Capacity Building on “Ways in developing one’s personality”
Date & Venue	13th February 2022, St. Mary Hr. Sec. School, Dimapur
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. Ashela Teresa
Resource Person	Ms. Akumtila
No. of participants	Total: 10 (F: 10, M: 0)
Methodology	Lecture

Objectives:

- Understanding the concept of personality.
- Understanding the ways of developing personality.

Summary: NEISSR holds a capacity building program on “Ways in developing ones personality” was conducted with the peace club members at St. Mary Hr. Sec School on 13th December, 2022.

The session began with an introduction on what is personality, where the resource person stated that personality is not inherited rather it is developed and acquired with time. The process starts from the student’s childhood. Personality is shaped by the various positive and negative factors in life. Undoubtedly one should be aware of one’s shortcomings and work on improving upon these to enhance one’s personality. Each person has a distinct character that can be developed and refined. The process includes boosting and confidence, improving communication, expanding the boundaries of thinking and knowledge, developing new hobbies or skills, adding style and elegance to the personality, looks, acquiring etiquette and manners, and overall packaging oneself with positivity, vigor, liveliness and peace.

This was followed by an activity in which the participants were asked to list down their 3 most favorite animals among all. The participants were then asked to come forward and read out the names of their favorite animals. The resource person then explained to the participants that the first animal listed by the participants represents what one thinks they are, the second



Capacity Building on “Ways in developing one’s personality” at St. Mary Hr. Sec. School, Dimapur on 13th February 2022

animal represents what others think what they are and the third as who they actually are in person.

The resource person then shared on the 12 ways for developing one's personality through a video presentation. The developing ones personality included being confident, being yourself, checking one's attire, working on our body language, being courteous, being able to find humor and be a little fun, being a good listener, reading more often and developing new interest, meeting new people, have an opinion, having a positive outlook and knowing oneself by taking a good look at themselves, analyzing their traits, the strengths and weaknesses and everything that needs to be worked upon.

Feedback/Evaluation: The session concluded with an evaluation session on the learning of the day where the participants. From the session evaluation it was learned that 80% of the participants understood the topic.

Reported by: Ms.Toviholi Y Yepthomi

2023

Title of the Training	Capacity Building on “Public Speaking Skills”
Date & Venue	15th February 2023, St. Mary Hr. Sec. School, Dimapur
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. Toviholi Y Yepthomi
Resource Person	Ms. Akumtila
No. of participants	Total: 34 (F: 34, M: 0)
Methodology	Lecture

Objective:

- To explain the concept of public speaking skill
- To explain and develop the importance of public speaking among the students

Summary: NEISSR holds a capacity building program on 15th February with St. Mary Hr. Sec School peace club members. The motive of the program is to help the students to be able to withstand the peer pressure for public speaking. The facilitator of the session was Ms. Toviholi Y Yepthomi and the resource person was Ms. Akumtila.

During the session, the facilitator highlighted the previous session. The responses were positive and with that the facilitator moved ahead with an activity. The children were asked to drop the materials which they are carrying or which they can use to join and make a straight line. The Children followed as instructed and after that the children were asked to create a story with the things which they have dropped to make a line. The children were instructed to create a story according to sequence manner and were told the story has to make sense.

The purpose of the activity is to learn their creativity in being able to develop a new ways to handle with the situation. The children were given 10 minutes to discuss and create a story out of it. After the preparation the teams were asked to select a representative who will be speaking on behalf of the team. The team leader would have done better, the story



Capacity Building on “Public Speaking Skills” at St. Mary Hr. Sec. School, Dimapur on 15th February 2023

was quite unorganized yet the team participated.

The resource person shared the benefits of public speaking, it is a great boost for the self-confidence, and personal satisfaction of being able to speak in front of the crowd is a huge accomplishment and congratulated the presenter who spoke very well without any fear. It is also a great way to improve critical thinking because one has to think fast to speak continuously without breaking during the talk. It also improves communication skills and learns to be a good listener.

Feedback/Evaluation:

The facilitator appreciated the children for participating throughout the activity. The children were encouraged to give importance in public speaking and be prepared so that whenever given the opportunity he/she can present in a good manner. It was learned that 70% of the participants understood the topic.

Reported by: Ms. Toviholi Y Yephthomi

Title of the Training	Capacity Building on “Health and Hygiene”
Date & Venue	3rd May 2023, St. Mary Hr. Sec. School Dimapur
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. Toviholi Y Yeptomi
Resource Person	Ms. Akumtila
No. of participants	Total: 18 (F: 18, M: 0)
Methodology	Lecture

Summary:NEISSR conducted a capacity building in St. Mary Hr. sec school on 3rd of may 2023 .The session was initiated by the facilitator with a Lord’s Prayer followed by with a brief explanation on the purpose of conducting the session. Then the facilitator introduced the resource person to the participants and allowed the resource person for sharing session.



Capacity Building on “Health and Hygiene” at St. Mary Hr. Sec. School, Dimapur on 3rd May 2023

The resource person began her sharing by questioning the participants what is meant by health and hygiene to which many participants come up with different answers however with similar concept. With different answers given, the resource person elaborated the basic concept of health and hygiene.

Firstly, she break down the concept of health and hygiene into two concepts where she firstly emphasized health as a state of complete physical, mental and social well-being and not merely an absence of a disease. Whereas she explained hygiene as a condition and practice in order to maintain the surrounding clean and prevent any illness and the spread of diseases. She expressed hygiene as a good practice to maintain body cleanliness and to preserve health.

She prioritized on the importance of health and hygiene and the necessity to have a good maintenance on health and hygiene. She emphasized that the health and hygiene go hand in

hand as maintaining a personal hygiene with health food can help the physical body fit and healthy and prevent diseases which is seen as a main factor to weakness the body.

She concluded her sharing by encouraging the participants to practice hygiene life styles. She expressed that simply by keeping body clean and keeping our surrounding clean can help to practice a hygiene life styles.

FEEDS BACK/EVALUATION

The participants understood her message thoroughly and were committed to live healthy hygiene life styles.

Reported by: Toviholi Y Yepthomi



To,
The Principal
Trinity High School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Trinity High School, Nagaland as part of the activities list in the MOU

Trinity High School			
1	Capacity Building program on Conflict is Unavoidable	26th April 2020	Students
2	Capacity Building program on Life Skill	19th April 2021	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Trinity High School
Dimapur

2020

Topic:	Capacity building on “conflict is unavoidable” at Trinity School
Date:	26/4/2020
Time:	12:20 noon
Facilitator:	Ms. Toviholi Y Yeptthomi
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



Capacity building on “Conflict is Unavoidable” at Trinity School on 26th April 2020

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 platform 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%.

Reported by: Toviholi Y Yephthomi

2021

Topic:	Capacity building on “Life Skill”
Date:	19/4/21
Venue:	Trinity School, Dimapur
Resource person:	Ms. Ashela Teresa
Facilitator:	Ms. Toviholi Y Yeptomi
No. participants:	13M: 5F: 18
Methodology:	Lecture and Sharing

Objective:

- To share with the participants the concept of the life skill.
- To enhance the capacity and skill of the students.

Summary:

NEISSR conducted a capacity Building program with the peace club members of Assisi School. The facilitator of the program was Ms. Ashela Teresa and the resource person was Mr. Benceno. The session begins with the peace prayer led by the peace club members.

The session begins with an ice breaking lead by the facilitator. The facilitator divided the participants into pair and asks them to introduce each other first and make friends and then introduce each other their new friend to the rest of the



Capacity building on “Life Skill” at Trinity School on 19th April 2021, Dimapur

participants. Through this game the facilitator conveyed the message to the participants to make new friends every day and to be friendly with everyone in the school as well as outside. Through this game it was found that through the Peace club members are from the same class but they were

not friendly with each other as they were nervous and shy to introduce themselves to one another. They come to the class every day, sit with the same group of friends every day and don't even talk with other classmates. So through this game the facilitator told every Peace club members to be friend with everyone.

The resource person begins his session on the topic "Life skills". He said, the term life skills refer to the skills that we need to make the most out of our life. Life skills are usually associated with managing and living a better quality of life. They help us to accomplish our ambition and live up to our full potential. Any skills that are useful in our life can be considered a life skill.

The resource person further speaks on the essential life skills. He said there is no definitive list of life skills. Certain skills may be more or less relevant to us depending on our life circumstances, our culture, beliefs, age, geographic location, etc. different life skills will be more or less relevant at different times of our life, for example when at school or university, we'll need study skills, when buying a house, negotiation skills may be needed and when we have a job, leadership and presentation skills may be useful, along with a whole host of other skills. Thus, every skill is important in our life to lead a better life.

He also spoke about different life skills such as self-awareness, managing emotions, problem solving, interpersonal relationship, effective communication, decision making, creative thinking and critical thinking. These are some of the important life skills. He ended the session by encouraging the participants to have the most important life skill that is to have the ability and willingness to learn. By learning new skills, we increase our understanding of the world around us and equip ourselves with the tools we need to live more productive and fulfilling life, finding ways to cope with the challenges life gives.

Evaluation/Feedback:

70% of the participants understood the importance of life skills and the participants shared that they will start to explore skills to develop self.

Reported by: Toviholi Y Yeptomi



To,
The Principal
Unity Hr. Sec. School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Unity Hr. Sec. School, Nagaland as part of the activities list in the MOU

Unity Hr. Sec. School			
1	Capacity Building program	13th August 2018	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Unity Hr. Sec. School
Dimapur

2018

Title of the Training	Capacity Building Program on “Challenges faced by youth today”
Date & Venue	13th August 2018, Unity Christian Hr. Sec. School
Training conducted by	NEISSR Chümoukedima
Facilitator	Ms. Ashela Teresa
Resource Person	Mr. Maong
No. of participants	Total : 25 (F: 13, M:11)
Methodology	Lecture

Summary:NEISSR conducted a capacity building programme with the students of Unity Christian higher Sec School, Diphupar on 13th August, 2018. The session started with an introduction session from all the peace club members, after which there was election of the Peace Club leaders. Ms. Akikali and Mr. Imtichuba were selected as the Peace Club leaders of Unity Christian Hr. Sec School Diphupar. The facilitator also introduced about the sacred code to the members where they were asked to recite every time they celebrate Peace Celebration i.e. Every time, every moment, I’m becoming a peace lover, a peace maker and a peace promoter.



Program on “Challenges faced by youth today” at Unity Christian higher Sec School, Diphupar on 13 August 2018

Ice breaking session was conducted by the facilitator where two games were played- firstly “Playing the role of a Career Consultant/Counselor” with a motive to make an activity plan chart to reach a goal. A child’s aim is to become a doctor but his 12th standard marks in Science and Mathematics is not reaching the criteria to go for Mbbs studies. They were asked to make an activity plan/carrier plan how they will help the child to reach her dream. They were divided into four groups where every member participated in each team. Each team presented their plan where majority suggested to go for further studies, take coaching classes, give more time in math’s and science rather than other subjects. Secondly, another game was conducted by Miss Tokaholi Chishi i.e., “say what I say & do what I say” & “Say what I say and do the opposite of it” which made the participants enthusiastic.

The resource person commenced the input session saying that every human being go through some kind of despondency every time therefore it is very important for one and all to keep checking our thoughts and activities. It is through meditation one can control thoughts by eliminating negativity and also refining negative thoughts to positive thinking process. Then only one will be able cope up with life's situation but that it will also help one to take right decision in life. After meditation, Ms. Alino Chishi started the input session on Challenges faced by youth today. Before starting the session she asked the students to write down some challenges that the youth are facing today in a paper where she picked some common challenges given by the participants and read out to all of them.



The major challenges which they face in day to day life is that teenagers are becoming addicted to mobile games and social media which is effecting their studies, some are struggling with substance abuse, pressure from elders, love affairs, conflict with friends, a feeling of rejection and a fear of exams. Not a surprise but it was so hardening to know how the students are struggling with both intra and inter-personal conflicts. Because of time constraints the input session could not be implemented however to make this topic going the resource person asked the participants to jot down the causes of the problems that each one of them had thought that it is challenging. In one of the responses to challenges of youth, the two of the participants wrote that they cannot face their parents fight. The resource person managed to conclude the session by urging the member to have a positive outlook towards conflict situation and that it depends on how one look at the situation for which one have to be mindful in whatever decision they take. She concluded encouraging the members to be different with their own unique differences and that one have to be ahead of others being the member of quality peace club in promoting peace and harmony in the community. She also added saying that it is very importance of peace ambassadors to follow seven principles of peace where she said that there is no rules for such person who follow and practice those principles and values of peace.

Evaluation and Feedback: At present the youth are facing several challenges as the society grapple with lot of change and development, and therefore, the problems shared by students in this programme are not new yet more attention have to be given. Thus, it is observed that more remedial activities have to be conducted in order to capacitate the quality peace club member to help themselves in handling their day to day conflicts. Besides, more interventions and counseling need to be carried out in order to enhance the member ability to recognize, understand and manage their own emotions and influence others which will contribute in the process of learning conflict prevention skills.

Reported by: Ms. Ashela Teresa



To,
The Principal
Zakiesato Hr. Sec. School
Dimapur, Nagaland

Subject: Endorsement Documents

Dear Sir/ Madam

Greetings from NEISSR College, Chiimoukedima!

I am very happy to inform you that NEISSR is going for the NAAC accreditation 2023. It will be great if you could send us a document endorsing our partnership in the area of common interest in the document enclosed

Thanks and regard

Dr. Fr. C.P. Anto
Principal,
North East Institute of Social Sciences & Research (NEISSR)
Chiimoukedima Nagaland



Endorsement Documents

Following is the list of activities conducted by NEISSR College, Chiimoukedima in collaborations with Zakiesato Hr. Sec. School, Nagaland as part of the activities list in the MOU

Zakiesato Memorial Hr. Sec. School			
1	Capacity building program on “Mobile usage and its impact in student’s life”	13th November 2018	Students
2	Capacity building program on “Peace Club”	27 th April 2023	Students

The information furnished is true to the best of our knowledge

(Principal)
NEISSR College
Chiimoukedima

(Principal)
Zakiesato Hr. Sec. School
Dimapur

2018

Title of the Training:	Capacity building program on “Mobile usage and its impact in student’s life”
Date	13/11/18
venue	Zakiesato Memorial Hr. Sec. School, Dimapur
Training conducted	NEISSR
Facilitator	Nyeamyng Konyak
Resource Person:	Ms. Katini
No. of participants	21 M:14 F:07
Methodology	Lecture

Summary: NEISSR conducted a capacity building program on “mobile usage and its impact in student’s life” at Zakiesato Memorial Hr. Sec School with the peace club members. The program started at 12:30 pm. The resource person for the program was Mr. Chingo Sand the facilitator was Ms. Toviholi Y Yeptho. The program started with a prayer led by peace club member followed by short ice-breaking session led by the Ms. Ngunying K. After the game the space was open for the participants to share the observation, learning and experience.



A capacity building program on “Mobile usage and its impact in student’s life” at Zakiesato Memorial Hr. Sec School on 13th November 2018

The resource person started his session by putting up a question to the participants, how many of them use mobile phone and how much time do they invest on mobile phone? With this he started with a session saying that mobile phones are one of the most commonly used gadgets in today’s world. Everyone from a child to an adult uses mobile phones this generation. They are

indeed very useful and help us in so many ways. Mobile phone indeed make our lives easy and convenient but at what cost? They are a blessing only till we use it correctly. As when we use them for more than a fixed time, they become harmful for us.

We use mobile phones for almost everything now. Gone are the days when we used them for only calling. Now, our lives revolve around it. They come in use for communicating through voice, messages, and mails. We can also surf the internet using a phone and record videos through our mobile's camera. The phone of this age is known as Smartphone's. They are no less than a computer and sometimes even more. You can video call people using this phone, and also manage your official documents. You get the chance to use social media and play music through it.



While mobile phones are very beneficial, they also come to a lot of disadvantages.

Firstly, they create a distance between people. As people spend time on their phones, they don't talk to each much. People will sit in the same room and be busy on their phones instead of talking to each other. Subsequently, phones waste a lot of time. People get distracted by them easily and spend hours on their phones. They are becoming dumber while using Smartphone's. They do not do their work and focus on using phones.

Most importantly, mobile phones are a cause of many ailments. When we use phones for a long time, our eyesight gets weaker. They cause strain on our brains. We also suffer from headaches, watery eyes, sleeplessness and more. Mobile phones consume a lot of money. They are anyway expensive and to top it, we buy expensive gadgets to enhance our user experience.

The resource person in his conclusion remark said that, mobile phones we see how it is both a bane and a boon. It depends on us how we can use it to our advantage. We must limit our usage of mobile phones and not let it control us. As mobile phones are taking over our lives, we must know when to draw the line. After all, we are the owners and not the smart phone.

Feedback/Evaluation: 90% of the participants understood the usage of mobile phone and how it impact in their life as most of them are using and experiencing.

Reported by: *E Nyeamyng Konyak*

2023

Title of the Training:	Capacity building program on “Peace Club”
Date	27-4-23
venue	ZMHSS, classroom
Training conducted	NEISSR
Facilitator	Ms. Toviholi Y Yeptomi
Resource Person:	Ms. Loli
No. of participants	T:20 M: 10 F:10
Methodology	Lecture and sharing

Objectives:

- Introduction of peace club and its activities.
- Introduction of its activities

Summary:

On 27-4-23 NEISSR conducted a capacity building program with the students of Zakiesato Memorial higher secondary school, Dimapur to introduce Peace Club and its activity. The session began with an introduction about peace club which was chaired by Ms. Toviholi Y Yeptomi, she gave a brief description about peace club and its activities.



**A capacity building program on “Peace Club”
at Zakiesato Memorial Hr. Sec School on 27th
April 2023**

The resource person highlighted the main activities of peace club that includes forming peace club with the children in schools and localities, and leaders training. She stressed on imparting the knowledge of peace. So the celebrating started with greeting code “Peace to you, and in response Peace to you too”. When we share greeting code with positivity to others, it brings positive energy to oneself as well as to the other person. Once we become a peace club members we try to remind ourselves every day that we are the channel of peace by reciting the sacred code which states that “Every day, every moment I am becoming a peace lover, peace

maker and a peace promoter". The resource person gave a description about Peace Celebration which is the main activity taken into by the peace club.

The main objective is to bring people together especially the children's 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. Shespoke on the seven steps of peace which are ice breaking, peace prayer, meditation, learning, sharing session, action plan and evaluation, peace pledge/anthem.

Feedback/ Evaluation:

The session has helped the participants to know more about peace club and its activities. It also gave a clear conscious about works carried out by the associations and deeper understanding on how to become an active and a responsible peace club member. 90% of the participants understood the topic.

Reported by: Ms. Toviholi Y Yepthomi