



Peace Retreat

Organized by IQAC, NEISSR for Social Work Students

20th & 21st January 2023



Dr. Jonas Richard A
Resource Person



Dr. Deacon Sherman Kuek OFS
Resource Person



Fr. Dr. C.P. Anto
Principal, NEISSR



Dr. Lily Sangpui
Coordinator



Ms. Elizabeth Pojar
Coordinator

NEISSR, 7th Mile, Chümukedima, Nagaland -797103

www.neissr.ac.in

Dr. Jonas Richard A

MSW (HRM), M.Sc. (Psychology), M.Phil (Psychology), PhD

jonasrichard@kristujayanti.com | +91-9448532577

Dr. Jonas Richard A comes with 23+ years of experience with the unique combination of expertise in the areas of Life Skills Education, Employee Engagement, CSR Consultation, Implementation of Action Research and Promotion of Psychological Well-being.

A trainer by passion and an academician by profession, Dr. Jonas facilitates regular training sessions in the area of Life Skills Education. In his capacity as a certified Life Skills Coach, he provides Capacity Building Training and Training of Trainers. His target group includes Schools, Colleges, Army Personnel and Corporate.

Dr. Jonas conducts regular Mental Health and Psychological well-being sessions for teachers, and students. In addition, he is invited to speak to parents in many schools about proactive parenting skills. He is also a certified career counsellor and provides career counselling and career mentoring.

As an Employee Engagement Specialist, Dr. Jonas supports corporate in Employee Relations Strategies and Retention Initiatives. He assesses and evaluates the effectiveness of employee engagement programs. His sessions on Strategic Organizational Behaviour leading to reduced stress and higher productivity are much sought after incorporates.

Dr. Jonas Richard is a CSR Consultant who assists corporations in redefining their CSR initiatives through effective relationships with communities. He conducts need and impact assessments to ensure the successful implementation of CSR programs. His expertise in building linkages with corporate and government departments for community empowerment is highly appreciated.

Dr. Jonas, with his Action Research expertise, helps NGOs in facilitating action research for creating more evidence-based social work practice in the communities.

As a counselling psychologist, Dr. Jonas assesses individuals experiencing mild mental health issues and offers low-intensity interventions to improve their overall psychosocial well-being. He also provides marital counselling and family counseling

His educational qualifications include MSW (HRM), M.Sc. (Psychology), M.Phil (Psychology) & PhD in the area of Life Skills Education. His PhD work on Life Skills using a quasi-experimental design with pre-post analysis is widely appreciated.

Dr. Jonas has published many research articles, authored books and written chapters in books.

Currently, Dr Jonas Richard is the Head of the Department of Social Work and the Director of the Centre for Life Skills Education. He is also the Director of the Centre for Continuing Professional Development in addition to being the Coordinator for the United Nations Academic Impact Hub for SDG 1 at Kristu Jayanti College, Bangalore



North East Institute of Social Sciences and Research (NEISSR)

Peace Retreat for Social Work Students

Date: 20th & 21st January 2023

Coordinators: Dr. Lily Sangpui and Ms. Elizabeth Pojar
Assistant Professors, NEISSR

Resource Persons

Dr. Jonas Richard A
Director, Centre for Life Skills Education (CLSE), Kristu Jayanti College
&

Dr. Sherman Kuek, Professor of Theology and Dialogue, Christian Institute for Theological
Engagement (CHRISTE) & Convener of Splendour Project. Malaysia

Day & Date	Time	Session	Resource Person
Day 1 20 th January 2023	9.00-9.30 am	Inauguration	Inaugural Address Dr. Fr. C. P. Anto Principal NEISSR Prelude to Event Dr. Jonas Richard A Director Centre for Life Skills Education (CLSE) Kristu Jayanti College , Autonomous Bangalore
	9.30- 10.10 am	Icebreaking & Ground Rules for the Retreat	Dr. Jonas Richard A (40 mins)
	10.10- 10.20 am	Meditation-I: Self-Reflection	Sr. Shaidirs Nongrem, BSW- Sem II
	10.20-11.00 am	Session 1: The Power of Self-Awareness: Finding Inner Peace	Dr. Jonas Richard A (40 mins)
	11.00- 11.10 am	Meditation-II: Inner Peace	Ms. Khenishe, MSW-Sem IV
	11.10-11.25		Tea Break

	11.25-12.30 pm	Reflection & Response Action	Small Group Discussions & Presentation by Participants- Coordinators
	12.30-1.30 pm	Lunch Break	
	1.30- 2.10 pm	Session 2: Cultivating Empathy and Peace: A Pathway to Harmony	Dr. Jonas Richard A
	2.10-2.30 pm	Reflection & Response Action	Small Group Discussions & Presentation by Participants- Coordinators
	2.30- 3.10 pm	Session 3: Harnessing Communication Skills for a More Peaceful World	Dr. Jonas Richard A
	3.10-03.25 pm	Tea Break	
	3.25- 3.45 pm	Reflection & Response Action	Small Group Discussions & Presentation by Participants- Facilitators
	3.45- 4.00 pm	Summary report of the activities	Documentation team
DAY II			
Day 2, 21 st January 2023	9.00-9.05 am	Prayer	Fr. Robin, Assistant Professor, NEISSR
	9.05- 10.00 am	Recap of the Previous Day	Coordinators
	10.00- 10.10 am	Meditation	Ms. Khenishe, MSW-Sem IV
	10.10-10.50 am	Session 4: Unlocking Your Creative Potential for a More Peaceful Life	Dr. Jonas Richard A
	10.50-11.10 am	Reflection & Response Action	Small Group Discussions & Presentation by Participants- Coordinators
	11.10-11.15 am	Tea Break	
	11.15-11.55 am	Session: 5: Teambuilding Skills for Peaceful Co-Existence	Dr. Jonas Richard A
	11.55- 12.30 pm	Reflection & Response Action	Small Group Discussions & Presentation by Participants- Coordinators
	12.30-1.30 pm	Lunch Break	
	1.30-2.10 pm	Session 6: Dialogue	Dr. Sherman Kuek, Professor of Theology and Dialogue
	2.10-2.50 pm	Session 7: Developing Adaptability Skills for Achieving Peace and Harmony	Dr. Jonas Richard A
	2.50- 3.10 pm	Case Study & Group Work	Dr. Jonas Richard A and Coordinators
	3.10-3.50 pm	Session 8: Charting a Course for Success: Developing an Action Plan for the Future	Dr. Jonas Richard A
	3.50-4.00	Meditation	Sr. Shaidirs Nongrem, BSW- Sem II
	4.10-04.30	Feedback & Valedictory	Valedictory Address Fr. Khing Vice Principal, NEISSR

Training on Professional Practice Skills for 21st Century Social Workers

Education 5.0 stresses the need of education to retouch with humanistic values in an age of internet and advancement of technology. There is greater need for younger generation to reconnect, reinvent in Post Covid scenario that saw a fast changing system in the way education is imparted and viewed upon. Keeping in view the challenges and learning gaps among the youths and students of social workers, a practice based course that work towards for the welfare and upliftment for the society, NEISSR has organized two days orientation program on Skill Building for Social Workers at Peace Center, Chümoukedima. 113 social work students along with faculty members of NEISSR attended the program.

The orientation program was conducted by Dr. Jonas Richard A, Director, Centre for Life Skills Education (CLSE), Kristu Jayanti College, Bengaluru. During the orientation program, it touched upon relevant 21st century skills such as soft skills, technical skills and professional skills were covered. Dr. Jonas spoke about the importance of having the rights skills and attitude to become a successful social worker. He stresses that self awareness which is the conscious knowledge of oneself is fundamental in responding to one's own circumstances in helping people reconnect with core of human values a prerequisite towards finding inner peace.

Dr Sherman Kuek, Professor of Theology and Dialogue, Christian Institute for Theological Engagement (CHRISTE) and Convener of Splendor Project, Malaysia also gave a lecture on the importance of Dialogue and a requisite skill for peace building process. In his statement he opines the world need peace makers rather than peace keeper. He talked about various dimension of dialogue and the importance of adopting inclusive dialogue that affirms as well as gave space to understand and include different set of ideology, faith and beliefs in a pluralistic society like India.

Life skills education has been given importance in the light of new education policy and university has taken effort to sharpen and develop life skills among students to complement the need and requirement of society especially for social workers in their approach with the larger community. Building on the needs and in harnessing potentials of youth for nation building NEISSR have initiated 'SKILL ME' program in 2022 and in the process of inducted into the education curriculum. Skill development program intends to adopt along the line of a 'MORUNG', a traditional Naga system of imparting education. Two days orientation program saw the building of life skills among social workers who would in turn be trainers and carry forward in building skills of Nagaland Youths. Speaking on the occasion, Dr. Fr. C.P. Anto Principal NEISSR talked about the importance of imparting soft skills, and churning education for more mindfulness to make students more humane in their dealing with others when at times relationship has become mechanical.

During the orientation program the students also had the opportunity to take part in group activities and discussion. Through this, the students learnt how to self reflect and handle different types of cases and how to effectively communicate ideas and enhance solving problem skills.



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Peace Centre, NEISSR, 7th Mile, Chümoukedima, Nagaland, India, 797103

Email: contact.neissr@gmail.com, website: www.neissr.ac.in

Name of the program: _____

Venue: _____ Date: _____

Sl. No	Name	Semester	Contact No	Signature
1.	Khoneli Lore	MSW III	8914526967	Khoni
2.	Ser. Riny	II	—	Riny
3.	Alai Nangao	BSW III	6009964741	alai
4.	Sheto Rye	MSW III	9131865059	Sheto
5.	Baonabas D	MSW I	8798430600	Baonabas
6.	Sushil Daimary	MSW I	9365485358	Sushil
7.	Titus Manak	BSW I	9612580194	Titus
8.	Lokhum-d. YIMCHUNGER	MSW I st	8415963886	Lokhum
9.	Bovika A. Kiba	MSW I st	7005782987	Bovika
10.	Mormidi Haflonghar	MSW I	8787414184	Mormi
11.	Menuosinus Seb	MSW I	9863031867	Menuosinus
12.	Liki K. Zhimo	MSW	7629004694	Liki
13.	Avisc	M.S.W	9612242053	Avisc
14.	W. Longling phom	M.S.W	7629003558	W. Longling
15.	Richard Sangma	BSW I st	9378169189	Richard
16.	Peleg Gemy	BSW I st	9378167881	Peleg
17.	Yan Sunlong	MSW I st	8798908804	Yan Sunlong
18.	Sotomang N	MSW I	8415939883	Sotomang
19.	Haumonlal Singwon	MSW I	9233250066	Haumonlal
20.	Khunmcheli	BSW I	9863028339	Khunmcheli
21.	Bamang Abu	BSW I st	8794359201	Bamang
22.	Fogha C. Sanglam	MSW I	7005697597	Fogha
23.	Vibela T Sophia	BSW I	9863035936	Vibela
24.	Tsareikhumla Christina	BSW I	8732847689	Tsareikhumla

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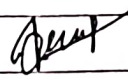
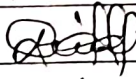
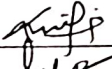
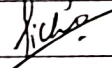
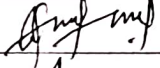
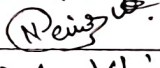
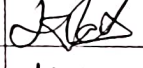
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Name of the program: _____

Venue: _____ Date: _____

Sl. No	Name	Semester	Contact No	Signature
25	Anhase Sangtam	BSW 1 st	6009819630	
26	L. Lichum Sangtam	BSW 1 st	9863436912	Lichum
27	Jhripangchum Jacob	BSW 1 st	9863843454	Jacob
28	Kedurito Kimo	BSW 1 st	9856312727	Kedur
29.	Ngumito	BSW 1 st	8798123961	
30	Eugen Minj	MSW 1 st	9366100853	Eugen
31	Vilatuonuo Kente	MSW 1 st	8787507168	vilatuonuo
32	H. Estmor Kaingu	MSW 1 st	8787630655	Estmor
33	Echiwangryu	MSW 1 st	9366307448	
34	Lichola Sangtam	MSW 1 st	9383026330	
35.	Baumei Nenghui	MSW 1 st	9077662446	Baumei
36.	Wolinson Pongoren	"	9863460501	Wolinson
37.	Nikato Yephromi	BSW 1 st	6909094772	Nikato.
38.	Thonbeni R. Shumirae	BSW 1 st	9366029419	
39	Temsumynla Longchew	BSW 1 st	8730075867	Amen
40.	Theliale Kelie	BSW 1 st	9863975359	theliale
41	Mhasilie Piengyi	BSW 1 st	7085432681	Mhasilie
42	Nengute-ü Thele	BSW 1 st	9366518887	
43.	Mengukhniezo Yiese	MSW 1 st	8131937238	Mengukhniezo
44.	YK Tengitsula Yimchungru	BSW 1 st	8732035805	Tengitsula
45.	Jhsidila Sangtam	BSW 1 st	7005039998	Jhsidila.
46.	Vetoni	MSW 1 st	8787526183	
47	Livino Sumi	MSW 1 st	8794263981	Livino
48	Muthiam .p	MSW 1 st	8729848399	muthiam

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Sl. No	Name	Semester	Contact No	Signature
49	Seyikhuemuo	BSW I	6009822439	Seyikhuemuo
50	chulem. c	MSW I	6909619616	CB
51	Lindli Kelly	MSW I	8794536949	Lindli
52	Dzizino Beri Sapriina	MSW I	8413967034	Dzizino
53	Teresa	BSW 1 st	9395600515	Teresa
54	Siyala	BSW 1 st	9005778119	Siyala
55	Pheidan. Phom	MSW 1 st	8798890899	Phei
56	Pharun Maram	"	8473876284	Pharun
57	Paulungringyibile	"	7085404868	Paulungring
58	Paimail Khale	"	8413085363	Paimail
59	Terra Paimina	MSW 1 st	8730063588	Terra
60	Azikholi	MSW 1 st	9862128955	Azikholi
61	Viskumu Thol	MSW 1 st	9077762215	Viskumu
62	Ranula Helen	MSW 1 st	6009035700	Ranula
63	Yemayimion Mawung	MSW 1 st	6009745913	Yemayimion
64	Pito Aye	MSW 1 st	8787603052	Pito
65	Boritol. D - Zhimo	BSW - I	6009976774	Boritol.
66	Keniboli Wolsa	MSW 1 st	6009548789	Keniboli
67	Mongshai Khiamnungan	MSW 1 st	7005088781	Mongshai
68	Lushian. P	MSW I	7085653940	Lushian
69	Pavinhua Khocha	MSW 1 st	9862319305	Pavinhua
70	Vijiesienue Vakha	MSW 1 st	6909726445	Vakha
71	Fr. Mann	MSW I	7560809447	Fr. Mann
72	Fr. Jinto	MSW I	9400054497	Jinto

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Sl. No	Name	Semester	Contact No	Signature
73	Dr. Shijo Mathew	MSW I st	9542388895	Sh
74	Dr. Rosamy	Faculty	90566 79025	Rosamy
75	En. Robin	Faculty	9961303023	Robin
76	Linoka Teptho		7005278984	Leptho
77	Maongxena	MSW I	7005729208	Maongxena
78	Opangkotla Aien	MSW I	8837446470	Opangkotla
79	Pazangeli	MSW III	7085474131	Pazangeli
80	Iduklung	MSW III	7005759747	Iduklung
81	Keyarikuo Suokarue	"	7640076425	Kye
82	Rikohlila Sangtan	"	9366778535	Rikohlila
83	Yandawrong	MSW I st	8798908804	Yandawrong
84	Kevinjol Joso	MSW I st	7640894547	Kevinjol
85	Angsomshi Jamia	"	8413031071	Angsomshi
86	Mzikholu	"	9862128925	Mzikholu
87	Vickunna Thal	"	9097762215	Vickunna
88	Linoli Kathy	MSW I st	8794536749	Linoli
89	Marrie Mudey	MSW I st	9362611593	Marrie
90	Chulom. C	"	6909619616	Chulom
91	Oziiziro Saprim	"	8418967039	Oziiziro
92	Paulungningyibili	"	7085404263	Paulungningyibili
93	Eugen Vrinj	"	9366100853	Eugen
94	Pilo Aye	"	8787603052	Pilo
95	Akhase Sangtam	BSW I st	6009819630	Akhase
96	Tbarikhumla Christina	BSW I st	8732847589	Christina

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Sl. No	Name	Semester	Contact No	Signature
97	Vidya. T. Sophia	BSW 1 st	9863035936	<i>[Signature]</i>
98	Siliba T. Sanglam	BSW 1 st		<i>[Signature]</i>
99	Seyikhuemuo	BSW I	6009822439	<i>[Signature]</i>
100	Thaidila Sanglam	BSW 1 st	7005039978	<i>[Signature]</i>
101	Perrisa Tudu	BSW 1 st	9395600515	<i>[Signature]</i>
102	Felokedin. Zhemu	MSW 1 st	8798761677	<i>[Signature]</i>
103	Thripangchum Jacob	BSW 1 st	9863843454	<i>[Signature]</i>
104	Shijo Mathew	MSW 1 st	9542388895	<i>[Signature]</i>
105	Neingutei Thele	BSW 1 st	9366518887	<i>[Signature]</i>
106	Isukhumla.	BSW 1 st	6909684805	<i>[Signature]</i>
107	Kedumito	BSW 1 st	9856312727	<i>[Signature]</i>
108	L. Lirichum	BSW 2 nd	9863436912	<i>[Signature]</i>
109	Fr. Jinto	MSW I	9496862497	<i>[Signature]</i>
110	Fr. Mame	MSW I	7560809447	<i>[Signature]</i>
111	Elizabeth	BSW 1 st	8798727204	<i>[Signature]</i>
112	WIPULO Achurú	BSW 1 st	6009263643	<i>[Signature]</i>
113	Temsumenla Longchar	BSW 1 st	8730075867	<i>[Signature]</i>
114	Titus Manak	BSW 1 st	9612580194	<i>[Signature]</i>
115	Phavibo Kinimi	MSW - III	8787377834	<i>[Signature]</i>
116	Jose. T. Sumi	3 rd MSW	9862106290	<i>[Signature]</i>
117	Aketo Aye	11	7628938743	<i>[Signature]</i>
118	Florencio Y. Sanglam	11	9863106290	<i>[Signature]</i>
119	Kivi YEPHO	3 rd MSW	6009179055	<i>[Signature]</i>
120	Mhachamo Jovng	3 rd MSW	6009346539	<i>[Signature]</i>

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Sl. No	Name	Semester	Contact No	Signature
121	Soubhahe	Bsw 3 rd	7085654420	S. Nongriem
122	Sorekhumla	Bsw 3 rd	8787890694	Sorekhumla
123	Shaidaris Nongriem	"	9387699401	S. Nongriem
124	Magdalena	"	9387699136	Magdalene
125	Shilopsy	"	9233725750	Shilo
126	Chiichuni	"	9366995421	Chiichuni
127	Tsuehavi Florance	"	8730802302	Tsuehavi
128	Hantsula	"	8258051531	Hantsula
129	Vine Domela	"	8787622642	Vine
130	Neituo	"	8119010931	Neituo
131	Machin	"	9362588794	Machin
132	Asela	"	9362100133	Asela
134	Ror Rhonthunglo	"	9126219867	Rhon
	Ovungrihowi			
135	Ovungrihowi	Bsw 3 rd	9077201266	Ovung
136	Rhasou Domela	"	9866116395	Rhasou
139	Phongam	"	9366265645	Phongam
140	Alun Andrew	"	9863804067	Alun
141	Alei Chahnu	"	6009964741	Alei
142	Lydia	"	87732861289	Lydia

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Sl. No	Name	Semester	Contact No	Signature
143	Vingonuo Khatro	MSW 3 rd Sem	7640830768	Vingonuo
144	Rouilhoukho Nakro	BSW 3 rd Sem	8788645237	Rouilhoukho
145	Orenbani Kikon	MSW 5 th Sem	93666 97864	Orenbani
146	Khovi Lohe	MSW 3 rd Sem	8794526967	Khovi
147	Rnathang Odyno	MSW 3 rd Sem	88372 83960	Rnathang
148	Nakito T. Achumi	"	9862786540	Nakito
149	Tsuchai	"	7085192347	Tsuchai
150	Kenile-i Christina	"	6009294003	Kenile-i
151	Nikito Awami	"	7422800221	Nikito
152	AKETO AYE	"	8131065059	AKETO
153	LUNSI Yin	"	9366172162	LUNSI
154	Thulula	"	7005966352	Thulula
155	Kumtsula Elizabeth A	"	9863154671	Kumtsula
156	Lohanda S Yimchunger	"	9077850985	Lohanda
157	Chipai M Konyak	"	9366879653	Chipai
158	Wangyuh Konyak	"	8787898995	Wangyuh
159	Handhula Y Yimchunger	"	7005265535	Handhula
160	S. Shah Konyak	"	9789769429	S. Shah
161	Torgin S mayo	"	9862320829	Torgin
162	Archona	"	9861556905	Archona