

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

**YOUTH DEVELOPMENT SPECIALIZATION
CHUMOUKEDIMA, NAGALAND**



CONSOLIDATED REPORT

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INTRODUCTION

The trainees of Youth Development Specialization, along with one faculty in charge (NEISSR) had the privilege of embarking on a 12-day study tour i.e., on 30thJan 2025 - 11thFeb 2025 with the theme “**Embarking New Insights**” aimed to broaden the trainees understanding of organizational structures, unique programs, and professional social work skills.

OBJECTIVES

1. To understand the structure and management of different organizations.
2. To explore the unique programs and projects of different types of organizations.
3. To enhance professional social work skills through interactions with experienced social workers.

The trainees started their journey on 30thJan at 3:25 am, from Dimapur and reached the destination (Kolkata) on 31stJan at 6:00 am. The trainees arrived at New Nagaland House Kolkata, located at Salt Lake City, Kolkata and stayed there for one night. The New Nagaland House established in the year 2016, offers affordable accommodation. It serves as a cultural hub for Nagaland and North East; it is managed by the Nagaland Government. Thereby the trainees went for an outing to Eco Park and Mothers Wax Museum where the trainees had a fun and explorative time.



DAY WISE REPORT:

Day1: January 31st, 2025



The YD Specialization reached Kolkata at 6:20 am safely and went straight to hotel Nagaland House, Salt Lake. And after an hour, the trainees went for sightseeing that is, Eco park and Mother Wax Museum. The trainees had an opportunity to explore the beautiful sight of Kolkata. The trainees learned about the backstory of some prominent person in wax museum. After the sightseeing the trainees got to experience metro service in a city which was new to all. And after dinner there was evaluation on the learnings followed by discussion on the future plan.

Day 2: February 1st, 2025



The trainees, led by Miss Bokatoli Kinimi Z, visited Prayasam in Kolkata, where they were warmly welcomed with a traditional Bengali ritual which have been a fascinating and enriching experience for the trainees.

Prayasam is a nonprofit organization, founded in the year 1996 by Amlan Kusum Ganguly acting as a platform for youth where one can hone their skill and expertise in myriads of streams, creating a nexus to expand the outcomes to one's community. Prayasam create environment where youth are self-empowered to bring lifestyle changes by taking onus of their communities. Prayasam is driven by the famous saying "the wearer only knows where the shoe pinches". In Prayasam the youth drive the work through bottom-up approach and are the principal decision makers within the ambit of the administration.

Prayasam is known for its commendable work in various fields, including education, healthcare, and community development. The visit provided the trainees with valuable insights into the organization's initiatives and activities. The trainees had a great learning experience, and the traditional welcome ritual added a lovely touch to their visit.



Additionally, the trainees attended the 48th International Kolkata book fair, the International Kolkata Book Fair, one of Asia's largest literary events, is held annually in Kolkata, drawing millions with its diverse range of books and rich cultural activities. It was established in 1976, it features international publishers, authors, and a special pavilion for a guest country,

promoting cross-cultural exchange. The fair includes literary discussions, book launches, and performances, celebrating the region's vibrant literary heritage. Further enriching their experience. After which the trainees shifted to Old Nagaland House. The Old Nagaland House in Kolkata (1975) provided transit accommodation for Nagaland visitors. It facilitated cultural exchange and unity among the Naga community, hosting social gatherings. The need for modernization led to its replacement by the New Nagaland House. The day concluded with an evaluation and discussion on future plans.

Day3: February 2nd, 2025



On February 2nd, 2025, the trainees of NEISSR's YD Specialization embarked on a transformative journey, visiting two renowned organizations in Kolkata: Mother Teresa's House and Seva Kendra Calcutta.

Mother House is the headquarters of the International Religious Congregation of the Missionaries of Charity and has been 'home' to Mother Teresa and her Missionaries of Charity Sisters since February 1953. Mother Teresa encountered many dying destitute individuals who were often rejected by hospitals due to their critical conditions. In response, she founded the first "**Nirmal Hriday**" home in 1952 offering a place for the sick and dying homeless, providing them care and dignity in their final days. **Prem Dan** is one of the eight centers of Missionaries of Charity at Kolkata. Patients sent here are all from slum. They are provided with basic medical care with the help of Mashis, local Indians who are hired to work at Missionaries of Charity. **Shanti Dan** specifically focuses on caring for people with disabilities, particularly those with intellectual and physical disabilities. They provide a range

of services, including food, shelter, medical care, and rehabilitation, to support the needs of people with disabilities. **Daya Dan** was established in 1998, a year after Mother Teresa's death, to continue her mission of serving the sick, destitute, and dying. It offers a place of love and care for children, embodying her ideals.

The day began at 6:30 am with a visit to Mother Teresa's House, where the trainees were privileged to work alongside the Missionaries of Charity sisters. The trainees were divided into four groups and assigned to different facilities: **Nirmal Hriday, Daya Dan, Shandi Dan, and Prem Dan**. With dedication and compassion, the trainees immersed themselves in various tasks, serving marginalized and sick individuals.

Witnessing the unwavering commitment of the sisters toward the poor and the suffering was both humbling and inspiring. The trainees joined wholeheartedly, experiencing the warmth and depth of the sisters' love in action. Volunteers from around the world help with daily tasks and provide affection to the inmates.



Later, at 2:30 pm, the trainees visited Seva Kendra Calcutta, the social work wing of the Archdiocese of Calcutta. This organization is actively involved in various projects aimed at uplifting communities, particularly youth and slum dwellers. The trainees observed a medical camp organized by Seva Kendra, gaining valuable insights into their community outreach initiatives.

The visit was made possible by the kind invitation of Rev. Fr. Antony Rotikas, to whom the trainees extended their heartfelt gratitude. The experience broadened their perspectives,

allowing them to appreciate the global impact of these institutions. Overall, the visit was both educational and enriching, providing valuable learning experiences for the trainees.

Day 4: February 3rd, 2025



On February 3rd, 2025, the trainees visited Destiny Reflection in Kolkata. Destiny Reflection is a social enterprise based in Kolkata dedicated to combating human trafficking and sexual exploitation. It was founded in 2007 by Ms. Smarita Sengupta with the mission to disrupt the cycles of sexual exploitation and human trafficking in Kolkata. Many survivors in the region remain vulnerable to exploitation due to poor education, stigma and a lack of economic empowerment. They do this by providing tailored and holistic support for the most vulnerable survivors.

The trainees learned about the organization's mission to combat human trafficking and exploitation through education, safe housing, economic empowerment, and community building. The trainees had a fruitful interaction with the staff and an artist who shared her personal story of overcoming struggle, gaining valuable insights into the importance of addressing human trafficking.

Day 5 : February 4th, 2025



On February 4th, 2025, NEISSR's YD Specialization trainees visited CINI India, Kolkata, for an observation visit. CINI, founded in 1974, focuses on child welfare through health, nutrition, education, child participation, and protection. The Child in Need Institute (CINI) is a renowned Indian NGO dedicated to improving the lives of mothers, children, and adolescents. For nearly 50 years, CINI has partnered with vulnerable communities across Assam, Jharkhand, Odisha, and West Bengal, delivering vital services in health, nutrition, education, and child protection. Through its preventative, rights-based CINI Method, the organization tackles issues like child marriage, child labor, and trafficking. Supported by donors worldwide, including teams in Australia, Italy, Switzerland, and the USA, CINI works to create safe spaces and opportunities for marginalized communities, aiming for a future where children and adolescents can reach their full potential.

The trainees attended two sessions, learning about ChildLine services and health/nutrition programs. The Trainee learned about CINI's commitment to child protection. They have structured preventive measures into three interconnected levels: primary, secondary, and tertiary, each tailored to the level of vulnerability children face.

The trainees learned that CINI aligns its approach with the National Rural Health Mission (NRHM) guidelines and Sustainable Development Goals (SDGs) to end malnutrition and promote good health. The trainee also learned that CINI's **Life Cycle Approach (LCA)** focuses on the first 1000 days of a child's life, aiming to reduce mortality, morbidity, and

malnutrition through community-led interventions they empower communities, healthcare providers, and local governments to prioritize health and nutrition issues, deliver quality services, and advocate for policy change.

Afterward, they visited the Victoria Memorial Hall and departed for Siliguri at 7:50pm



Day 6 : February 5th, 2025



On February 5th, 2025, NEISSR's YD Specialization trainees visited Ebenezer Christian English School in Rajajhar, West Bengal, Ebenezer Christian English School is affiliated to WBBSE & WBCHSE, established by CRC, Kohima Village, Nagaland. This institute was inaugurated on 15th March 2008 by Dr. Keyiekhrie Kire, IFS Deputy Conservator of Forest Department of Conservator and Forest. Government of Arunachal Pradesh. This is an institution with the vision to impart quality education, To Love the People and to Lead them to the right way. The school is managed by the school board.

The trainees conducted an awareness program on "Mental Health" for class 9 and 10 students and organized a semi-formal program, delivering messages on forgiveness, kindness, and mental health, and engaging students in activities. The event concluded with a photo session.

Day 7 : February 6th, 2025

On February 6, 2025, YD specialization trainees embarked on a journey to Sikkim, departing from Siliguri at 5:45 am. The trainees traveled to Gangtok, then proceeded to North Sikkim, reaching Lachen at 8:01 pm. The trainees experienced an adventurous journey, marking the beginning of their 3-day tour of North Sikkim and Gangtok.

Day 8: February 7th, 2025



On February 7th, 2025, the trainees embarked on an exciting journey to Gurudongmar Lake and Kala Patthar, enjoying the scenic snow-covered landscapes and cool climate. After lunch, the trainees proceeded to Lachung, visiting a refreshing waterfall along the way. The day's experiences fostered cooperation, adaptability, and appreciation for the local community's resilience in remote areas, culminating in a successful and fulfilling day.

Day 9: February 8th 2025



On February 8, 2025, the trainees visited Yumthang Valley, Lachung, North Sikkim, departing at 5:30 AM. They arrived at 7:30 AM, enjoying the breathtaking landscape, capturing memories, and immersing in the serene surroundings. The trainees enjoyed their time together, capturing memories through photographs and immersing themselves in the serene surroundings. The trainees departed for Gangtok at 10:30 AM, arriving at 4:00 PM, concluding a day filled with exploration, fun, and cherished moments.

Day 10: February 9th 2025

On February 9th, 2025, The trainees spend half of the day at Gangtok, Sikkim and return to Siliguri in the evening. The trainees went for exploring Gangtok in group wise for shopping and visiting places. Followed by lunch at Gangtok and departed to Siliguri.

The trainees had a four hours journey from Gangtok till Siliguri by bus and reached Siliguri at 5:30 PM, and came to Ebenezer Christian English School followed by dinner and evaluation.

Day 11: February 10th 2025

On February 10, 2025, the trainees had a relaxing day off at Siliguri guest house. They enjoyed breakfast and lunch prepared by their peers, and spent the day outing and attending to personal needs. The trainees, along with faculty, prepared dinner together and concluded the day with an evaluation session.

Day 12: February 11th 2025

On February 11, 2025, the trainees started the day with breakfast, followed by a sanitation drive at Ebenezer Christian School, promoting community responsibility and cleanliness. Later, they prepared to board the train to Dimapur, demonstrating teamwork and punctuality. The journey back was smooth, concluding a productive day and a rewarding experience for the trainees.

LEARNINGS

Organizational Insights: The trainees gained understanding of diverse organizational structures and unique programs through the five organizations the trainees visited namely Prayasam, Destiny Reflection, Seva Kendra, Mother's Home and CINI (Child In Need Institute) at Kolkata, followed by Ebenezer Christian High School at Siliguri.

Social Awareness: The trainees developed awareness of critical social issues, including human trafficking, child welfare, mental health, and community development.

Personal and Professional Growth: The trainees enhanced skills in teamwork, punctuality, adaptability, communication, and interpersonal relationships.

Cultural Appreciation: The trainees discovered the rich heritage of Kolkata, Siliguri, Gangtok and North Sikkim and learned about its cultural sensitivity and diversity.

Community Engagement: The trainees recognized the value of community service, social responsibility, and interdisciplinary collaboration.

Social Responsibility: The trainees developed a commitment to making a positive impact in communities through proactive engagement and service.

OBSERVATION

The trainees had the opportunity to observe and experience the working systems and infrastructure of various organizations.

Dedication and Commitment: The trainees were impressed by the remarkable dedication and commitment of the staff members in the organizations they visited. Despite the challenges and demands of their work, the staff demonstrated a deep passion for their roles and a strong sense of responsibility.

Warm and Friendly Nature: The trainees appreciated the warm and friendly nature of the organizations towards their guests. This welcoming attitude created a sense of comfort and belonging, making the trainees feel valued and respected.

Infrastructure and Working Systems: The trainees observed that the infrastructure and working systems of the organizations in Kolkata were more developed and structured compared to those in Nagaland. This highlighted the importance of investing in infrastructure and systems to enhance the effectiveness and efficiency of organizations.

PRINCIPLES APPLIED

Principle of Acceptance: The trainees applied this principle by respecting others' perspectives, beliefs, and differences.

Principle of Individualization: The trainees used this principle by recognizing each person's uniqueness.

Principle of Communication: The trainees used this principle by exchanging meaningful information and fostering open dialogue.

Principle of Non-judgmental Attitude: The trainees applied this principle by accepting individuals without prejudice or judgment.

Principle of Controlled Emotional Involvement: The trainees applied this principle by practicing emotional balance when working with vulnerable populations.

Thus, these principles promote inclusivity, empathy, and effective communication, creating a supportive environment for growth and learning.

CHALLENGES

The experience of visiting various organizations was enriching, yet it presented several challenges that tested the trainee's adaptability, resilience, and communication skills. The following sections probe into the specific challenges the trainees encountered during the journey.

Language Barrier

One of the most significant challenges the trainees faced was the language barrier. As the trainees interacted with locals and mentally ill patients, the trainees struggled to communicate effectively due to the language difference.

Navigation and Logistics

Navigating the city and finding the exact locations of the organizations the trainees visited proved to be a significant challenge.

The trainees lack of familiarity with the streets, landmarks, and transportation systems made it difficult for the trainees to navigate the city efficiently. Even with addresses and directions, the trainees found it challenging to locate the exact locations of the organizations the trainees visited. This was partly due to the complexity of the streets and the lack of clear signage.

Transportation

Using public transportation was a daunting task, especially during peak hours. The sheer number of people using public transportation during peak hours made it difficult for the trainees to board metros and buses and the trainees had to be prepared to push and shove its way through the crowds, which was physically and mentally exhausting. The fast-paced and overwhelming environment of public transportation system was challenging to adapt to. The trainees had to be constantly aware of its surroundings, keep belongings secure, and navigate through the crowds without getting lost or left behind.

Adaptability

Adapting to the new environment, culture, and situations was a significant challenge.

The trainees encountered cultural differences that were unfamiliar such as food habits, social norms, and communication styles. Adapting to these differences requires flexibility and open-minded.

CONCLUSION

The 12-day study tour provided a transformative experience for the trainees, broadening their understanding of social issues, community service, and cultural diversity. The tour fostered personal growth, teamwork, and collaboration, essential skills for social work professionals. The trainees returned with a renewed commitment to making a positive impact in their communities.

PHOTO GALLERY











