

## Training/Seminar/Conference/ workshop attended:

Sl.no	THEME	VENUE	DATE	ORGANISED BY
1	North East NSS Festival	Art and Culture complex, Aizawl	22 <sup>nd</sup> -26 <sup>th</sup> Nov.2016	Ministry of Youth and Sports Affairs, Govt. Of India
2	NSS North East Youth Festival	Indira Gandhi Stadium, Kohima	1 <sup>st</sup> -5 <sup>th</sup> March 2016	Ministry of Youth and Sports Affairs, Govt. Of India
3	Orientation Course of National Service Scheme	Indian Institute of Entrepreneurship	22 <sup>nd</sup> -28 <sup>th</sup> Jan. 2017	IIE, Ministry of Skill Development & Entrepreneurship. Govt. Of India
4	National Seminar on Youth Empowerment and Nation Building	Centenary Hall MU	31 <sup>st</sup> March 2017	NSS Cell, Manipur University
5	NSS North East Festival	Manipur University	4 <sup>th</sup> -8 <sup>th</sup> June 2017	Ministry of Youth and Sports Affairs, Govt. Of India
6	East Zone Pre-Republic Day Camp	Kalinga Stadium, Bhubaneswar, Odisha	7 <sup>th</sup> -16 November, 2017	Ministry of Youth and Sports Affairs, Govt. Of India
7	National Youth Day	Vishwa Yuva Kendra, New Delhi	12 <sup>th</sup> January 2018	Ministry of Youth and Sports Affairs, Govt. Of India
8	NSS Republic Day Parade Day Camp.	New Delhi	1 <sup>st</sup> - 31 <sup>st</sup> January, 2018	Ministry of Youth and Sports Affairs, Govt. Of India
9	National Integration Camp	Sri Satya Sai Arts & Science College	10 <sup>th</sup> – 16 <sup>th</sup> Dec. 2018	Ministry of Youth and Sports Affairs, Govt. Of India

## Awards and Appreciation

Sl.no	Award and Appreciation	Year	National/State/District/ Local
1	Chowainu Village, the Cleanest Village in Mao, Mao Council	2017	Local
2	Certificate of Appreciation – Chowainu Village Authority	2017	Local
3	Certificate of Acknowledgement- College	2017	Local
4	Certificate of Appreciation- Song Song, Mao	2018	Local
5	Certificate of Appreciation- Chowainu Village Authority	2018	Local
6	Certificate of Achievement – College	2018	Local
7	Certificate of Acknowledgement – College	2018	Local
8	Certificate of Achievement- Regional Director	2018	Local
9	Certificate of Appreciation- Rabunamei Village Authority	2019	Local
10	Certificate of Appreciation- Chowainu Village Authority	2019	Local
11	Certificate of Appreciation- Shri Somorjit Salam, DC	2019	District

	Senapati		
12	2 <sup>nd</sup> Position of Swachh Bharat Summer Internship	2019	District
13	2 <sup>nd</sup> Position of Swachh Bharat Summer Internship	2019	State
14	Certificate of Achievement – Shri L. Dikho, Minister PHED, Govt. Of Manipur	2020	State
15	Appreciation letter from Chowainu Village	2022	Local
16	Appreciation letter from Song Song Village	2022	Local

### NSS EVENTS ORGANISED FROM YEAR 2017-2020

Azufii Christian Institute (ACI)

Sl.no	EVENT	RESPONSIBILITY	DATE	PLACE
1	Special Camping Programme	Event Organiser	29 <sup>th</sup> May-4 <sup>th</sup> June 2017	Adopted Village, Chowainu
2	Tree Plantation	Event Organiser	5 <sup>th</sup> June 2017	ACI to Chowainu Gate
3	Marathon: Run for Peace	Event Organiser	21 <sup>st</sup> Sept.2017	ACI to Kapengho
4	Observance of NSS Day	Event Organiser	24 <sup>th</sup> Sept.2017	ACI, Punanamei
5	Swachhata Pakhwada(installation of dustbins in the adopted Village)	Event Organiser	5 <sup>th</sup> Aug. 2017	Adopted Village, Chowainu Village
6	Leadership Training Programme	Attendees	16 <sup>th</sup> -17 <sup>th</sup>	
7	Cleanliness Drive	Event Organiser	2 <sup>nd</sup> Oct. 2017	Adopted Village Chowainu
8	National Unity Day	Event Organiser	31 <sup>st</sup> Oct. 2017	NSF Park to College
9	World AIDS Day	Event Organiser	1 <sup>st</sup> Dec. 2017	ACI, Punanamei
10	International Women's Day	Event Organiser	8 <sup>th</sup> March 2018	ACI, Punanamei
11	Swachhata Pakhwada	Event Organiser	10 <sup>th</sup> April 2018	ACI, Punanamei
12	Himalayan Clean Up Campaign	Event Organiser	10 <sup>th</sup> May 2018	Mao Gate Bazaar
13	7 Days Special Camping Programme	Event Organiser	17 <sup>th</sup> to 23 <sup>th</sup> May 2018	Chowainu, Adopted Village
14	World Environment Day, Mega Tree Plantation	Event Organiser	5 <sup>th</sup> June 2018	SHD Hospital to Chowainu Gate
15	Swachh Bharat Summer Internship (100 hours)	Event Organiser	8 <sup>th</sup> June -31 <sup>st</sup> July 2018	Song Song Village
16	Swachh Pakhwada	Event Organiser	1 <sup>st</sup> -15 <sup>th</sup> Aug.2018	ACI and Chowainu, Adopted Village and Sub District Hospital, Mao.
17	Free Health Check-up	Event Organiser	4 <sup>th</sup> Nov. 2018	Adopted Village
18	AIDS/HIV Awareness Programme	Event Organiser	1 <sup>st</sup> Dec.2018	ACI, Punanamei
19	Observance of National Youth Day	Event Organiser	12 Jan 2019	ACI, Punanamei
20	Republic Day	Event Organiser	26 <sup>th</sup> Jan 201	ACI, Punanamei
21	Drug Abuse Prevention	Event Organiser	8 <sup>th</sup> and 11 <sup>th</sup> March 2019	Don Bosco Hr.Sec. Punanamei and ACI

22	7 Days Special Camping Programme	Event Organiser	19 <sup>th</sup> to 25 March	Chowainu, Adopted Village.
23	Cleaning Drive at	Event Organiser	19 <sup>th</sup> May 2019	Sub-District Hospital, Mao
24	Fit India: Freedom Run	Event Organiser	30 May 2019	ACI to Chowainu Village
25	Swachh Bharat Summer Internship (50 Hours)	Event Organiser	10 <sup>th</sup> June to 31 July 2019	Rabunamei Village
26	Awareness Programme on AIDS/HIV	Event Organiser	1 <sup>st</sup> Dec. 2019	ACI, Punanamei
26	Installation of Solar Street Light	Event Organiser	15 <sup>th</sup> -16 Jan 2020	Chowainu, Adopted Village and Pudunamei Village and Pudunamei Village
27	Republic Day Observance	Event Organiser	26 <sup>th</sup> Jan. 2020	ACI, Punanamei
	International Yoga Day	Virtual(Yoga for Health-Yoga at Home)	21 <sup>st</sup> June 2020	Respective Home
28	Teacher's Day Observance	Virtual( Teachers, my Heroes) Posture making)	5 <sup>th</sup> Sept 2020	ACI, Punanamei
	Installation of Hand Wash	College Entance	21 <sup>st</sup> Sept.	ACI, Punanamei
	7 Days Non-Residential Special Camp	Adopted Village, Chowainu Village	28 <sup>th</sup> - 3 <sup>rd</sup> Oct.	Adopted Village, Chowainu Village
29	Awareness Programme on Covid-19 and Mask Distribution, helping the Returnees in food distribution.	Event Organiser and District Council.	21 <sup>st</sup> and 28 March 2020	Punanamei and Senapati HQ.
30	Republic Day Celebration	SDO Office, Song Song Block	26 <sup>th</sup> January 2020	Rabunanamei
31	Independence Day Observance	SDO Office, Song Song Block	14 <sup>th</sup> August 2020	Rabunanamei
32	International Literacy Week	Event Organiser	8 <sup>th</sup> to 14 <sup>th</sup> Sept 2020	Adopted Village, Chowainu Village,
33	National Service Scheme(NSS) Day	NSS, Manipur State Cell	24 <sup>th</sup> Sept. 2020	NSS, Manipur State Cell
34	Human Rights Day	Webinar	10 <sup>th</sup> Dec.2020	Virtual
	Republic Day Observance	College	26 <sup>th</sup> Jan.2021	ACI, Punanamei
	International women's Day	College	8 <sup>th</sup> March 2021	ACI, Punanamei
	One(1)Day Mega Social work-Fit India(Football)	Organiser	17 <sup>th</sup> April 2021	ACI, Football Turf
	World No Tobacco Day	Webinar	1 <sup>st</sup> June2021	Virtual
	World Environment Day	Webinar	5 <sup>th</sup> June 2021	Virtual
	Stress Management	Webinar	20 <sup>th</sup> Jun 21	Virtual
	Van Mahotsav(Forestry Week)	Tree Sapling	1 <sup>st</sup> -7 <sup>th</sup> July	Okai Junction to

		Plantation	2021	Robve Solephe
	International Day of the World's Indigenous People	Event Organiser	9 <sup>th</sup> Aug. 2021	ACI, Punanamei
	Fit India-Run for Health	Event Organiser	14 <sup>th</sup> Aug.2021	ACI, Punanamei
	Independence Day	SDO Office	15 <sup>th</sup> Aug.2021	SDO Office, Song Song
	Poshan Maah(Nutrition Maah)	Event Organiser	1 <sup>st</sup> -30 <sup>th</sup> Sept.2021	Adopted Village-ACI Pudenanamei
	NSS-Day Observance	NSS Cell-Manipur	24 <sup>th</sup> Sept.	Imphal
	Gandhi Jayanti	Event Organiser	2 <sup>nd</sup> Oct. 2021	Adopted Village, Chowainu
	Republic Day Observation	SDO, Office	26 <sup>th</sup> Jan.2022	SDO Office
	International Women's Day	Event Organiser	8 <sup>th</sup> March 2022	ACI, Punanamei
	7 Days Special Camping Programme	Event Organiser	16 <sup>th</sup> -22 <sup>nd</sup> 2022	Chowainu Village, Adopted Village.
	Importance of Yoga-Yoga for Health	Event Organiser	21 <sup>st</sup> May 2022	ACI-Football Turf
	World Environmental Day	Event Organiser	5 <sup>th</sup> June 2022	College-School Campus
	Blood Donation Camp	MU	1 <sup>st</sup> July	NSS, MU
	Independence Day	SDO Office-College	15 <sup>th</sup> Aug.	SDO Office-ACI College
	NSS Day Observation and Blood Donation Camp-RIMS, Imphal	NSS Cell Manipur	24 <sup>th</sup> Sept.2022	Imphal-Manipur
	Clean India Campaign	Event Organiser	1 <sup>st</sup> -31 <sup>st</sup> Oct.	Chowainu Village, Pudenanamei Village, Punanamei Village, Song Song Village, Tadubi Village, Shajaoba Village(Historical Places), Makhel Village(Historical Place)

## Awards and Achievements

### Acknowledgement on Achievement in successful in Republic Parade Camp- New Delhi, 2018

Miss NG. Mary Saza has successfully led the Guwahati Team to Republic Day Parade Camp. On return, felicitation programme was conducted and appreciated by Shri Letpao Haokip, Youth Affairs and Sports Ministers, Shri L. Dikho, Minister of Public Health Engineering Department, Printing and Printing and Stationary, Govt. of Manipur and State NSS Officer Shri Seimingthang Lengthang. She is the first female Programme Officers from Manipur to lead the Contingent of Guwahati in Republic Day Parade Camp.



With Hon'ble President of India Ram Nath Kovind



With Shri Letpao Haokip, Youth Affairs and Sports Minister, Govt. of Manipur



With Shri L. Dikho, Minister of Public Health Engineering Department, Printing and Printing and Stationary, Govt. of Manipur



With Shri Seiminthang Lenthang, State NSS Officer.

## STATE AND DISTRICT AWARDS

### For the 2<sup>nd</sup> Position at State Level and District Level.

Prime Minister Shri Narendra Modiji, the Prime Minister of India encourage the youth of India to join the first of its kind “Swachh Bharat Summer Internship, 100 Hours of Swachhta-2018, over 20000 college students enrolled themselves in the internship. This internship was initiated by MINISTRY OF HUMAN RESOURCES in association with the MINISTRY OF DRINKING WATER AND SANITATION and was organised by the NSS of Asufii Christian Institute with a Theme: “100 Hours of Swachhata” in Song Song as the Adopted Village from 6<sup>th</sup> June to 31<sup>st</sup> July under the leadership of Miss NG Mary Saza. They have successfully completed the SBSI-2018.

In 2019, the NSS Volunteers of Asufii Christian Institute, Punanamei, have participated in the Swachh Bharat Summer Internship where the Volunteers got 2<sup>nd</sup> Position at State and District Level. The Volunteers were felicitated during the NSS Golden Jubilee Celebration in Imphal by Shri Letpao Haokip, Minister of Youth Affairs and Sports.

It has been inform that Miss Mary Saza, the dynamic and creative Programme Officer together with 10 NSS Volunteers led by their leader Ekhruo Kape successfully accomplished the project of 50 hours of internship solid waste management related activities in the Adopted Village Rabunamei Village and neighbouring villages of the College which include waste collection drives from each household and common/ shared spaces, segregation of solid waste into no-biodegradable waste, cleaning of streets, drainages, and back alleys through awareness drives, constructed compost pits for degradable and biodegradable waste. They have installed dustbins at different corners of the village.



The SBSI Team Felicitated during the NSS Golden Jubilee Celebration.



Shri Letpao Haokip Felicitating Miss Mary Saza for the Leading the NSS Guwahati Region during the Republic Day Parade Camp, New Delhi-2018.

## PARTICIPATION AT NATIONAL, REGIONAL AND STATE LEVEL CAMPS

Sl. No	Name of the Event	Venue	Date	Organised by	
1	North East NSS Festival	Art and Culture complex, Aizawl	22 <sup>nd</sup> -26 <sup>th</sup> Nov.2016	Ministry of Youth and Sports Affairs, Govt. Of India	Contingent Team Leader
2	NSS North East Youth Festival	Indira Gandhi Stadium, Kohima	1 <sup>st</sup> -5 <sup>th</sup> March 2016	Ministry of Youth and Sports Affairs, Govt. Of India	Contingent Team Leader
3	National Seminar on Youth Empowerment and Nation Building	Centenary Hall MU	31 <sup>st</sup> March 2017	NSS Cell, Manipur University	Contingent Team Leader
4	NSS North East Festival	Manipur University	4 <sup>th</sup> -8 <sup>th</sup> June 2017	Ministry of Youth and Sports Affairs, Govt. Of India	Organising Committee and Contingent



					Team Leader
5	East Zone Pre-Republic Day Camp	Kalinga Stadium, Bhubaneswar, Odisha	7 <sup>th</sup> -16 November, 2017	Ministry of Youth and Sports Affairs, Govt. Of India	Contingent Team Leader
6	National Youth Day	Vishwa Yuva Kendra, New Delhi	12 <sup>th</sup> January 2018	Ministry of Youth and Sports Affairs, Govt. Of India	Contingent Team Leader
7	National Integration Camp	Sri Satya Sai Arts & Science College	10 <sup>th</sup> – 16 <sup>th</sup> December 2018	Ministry of Youth and Sports Affairs, Govt. Of India	Contingent Team Leader

## North East Youth Festival: Manipur University

The Regional Centre, Guwahati in collaboration with NSS Cell Mizoram & Youth Affairs and Sports Ministry, Govt. of India with Manipur NSS Cell have conducted North East Youth Festival-2017. Miss NG. Mary Saza was part of the Organising Committee. She was also the Contingent Team Leader for the Programme. There were various activities conducted during the Camp. Various cultural programmes of 8 states were performed by the participants. The Team were also participated in One day Trekking activities and went for sightseeing to Loktak Lake. This festival aims at developing the personality of the younger generations of the region and to highlight the region's with indigenous culture combined with folk songs, tribal dances, cuisines and handicrafts.

## Republic Day Parade Camp-2018

**1<sup>st</sup> to 31<sup>st</sup> December 2018:**

Republic Day Parade Camp is held every year. It is a 30 days Camp at New Delhi which Volunteers are selected on the basis of Parade and Cultural Performance and are further trained to march in Rajpath on 26<sup>th</sup> January. The NSS Contingent is the only civilian contingent to march in Rajpath along with the Defence Battalions with girls leading the first half and the whole contingent consisting of NSS Volunteers forming a Mini-India. The NSS Battalion is a 12x12 platoon with 3 guides and 1 commander, making a team of 148 NSS Volunteers. Miss NG Mary Saza was the Contingent Team Leader for the Team Guwahati Region of 18 Volunteers from 8 States of North East. She becomes the first from Manipur female NSS Programme Officer to lead the NSS Contingent to Republic Day Parade Camp. The Volunteers feels proud to march in Rajpath. The one of the exciting event is when they go Rashtrapati Bhavan to meet the President of India, Vice President of India. They also performed Cultural programme in Prime Minister Resident.

During the Camp Miss NG Mary Saza was also incharge member of Parade Committee, Medical incharge, Cultural Programme Committee and to see the Guest visiting the Camp.

## Photo Gallery



**With Shri Ram Nath Kovind, President of India.**



**Miss NG Mary Saza With the NSS Contingent**



**NSS Cultural Troop with Hon'ble Narendra Modiji, the Prime Minister of India.**



**With Guwahati NSS Contingent**

## NSS National Integration Camp

At Sri Satya Sai Arts & Science College, Trivandrum-Kerala:

With Miss NG Mary Saza as Contingent Team Leader of Manipur, 10 Volunteers from Manipur participated National Integration Camp conducted by the Youth Affairs and Sports Ministry. Out 10 Volunteers, 5 were from Asufii Christian Institute, Punanamei, Mao; they got prizes in different activities conducted. Shapao got 2<sup>nd</sup> in Elocution Competition, Athihrii got 2<sup>nd</sup> in Debate completion, the Team got 1<sup>st</sup> in Patriotic song competition. The team got most punctual team several times for different sessions. The Camp Director praises the Team for the discipline. The Team also conducted a time on cleaning the campus.



The Contingent Team Leader with her Team.



Received Certificate



Cleaning Drive conducted during the NIC Camp.



Cleaning Drive during the Camp

The Camp tries to bring about the integrity of the Country through this Young people. Making them mingle with different cultures and appreciate their culture. There was one day sightseeing trip to Kanyakumari and it was wonderful to see such a beautiful place. They had known each other just for a few days yet the bond developed between them seemed so strong despite the diversities. I can confidently say that "Oneness through NSS" sees no caste, tribe, religion and no gender. And so, the need of the hour is to provide more opportunities to students to explore, to embrace and to accommodate each other's differences with is possible through NSS.

## **NSS NORTH EAST YOUTH FESTIVAL:- MANIPUR**

The North East Youth Festival was organized at Manipur University organized by Youth Affairs and Sports Ministry from 4<sup>th</sup> to 8<sup>th</sup> June 2017.. Miss NG Mary Saza, NSS Programme Officer of Asufii Christian Institute was one of the Organizing Committee and she was also the Contingent Team Leader of the Manipur NSS Team. 8 States of



North East Participated.



## **PRE-REPUBLIC DAY PARADE CAMP: BHUBANESWAR-ODISHA**

**7<sup>th</sup> to 16<sup>th</sup> November 2017**

Pre-Republic Day Camp for the East Zone was organized at Kalinga Stadium Bhubaneswar-Odisha by Youth Affairs and Sports Ministry. Miss Mary Saza of Asufii Christian Institute was the Contingent Team Leader for the Camp. She actively participated. She was also member Committee for Parade Practice, Medical Committee. The Camp Director Sir Ramakrishna praises her for the most active Contingent Team Leader. There was daily practice of Parade drill and cultural programme was regularly conducted.



With the Contingent Team Leader of the Camp



NSS Volunteers line up the for Final Selection.

## National Youth Parliament PHASE 1 & 2 Preliminary Round District.

Realising the concept given by Hon'ble Prime Minister of India Narendra Modiji in the Programme "Mann Ki Baat National Service Scheme organized Mock Youth Parliaments throught the country at various levels viz. District, State and National Level. This attempt was made to provide an oppourtunti for the voice of Youth of far-flung District to reach National level and enable the policy makers in chalking out plans for constructing a New India. The Programme was entitled a Youth Parliament-Voice of New India. The 1<sup>st</sup> Preliminary was done at Motbung,. The 2<sup>nd</sup> round of was cocnducted at Don Bosco College Maram where Miss Ng Mary Saza was one of the Panel Judges for the Youth Parliament.



With the Youth Parliament Participants

## A FIVE DAYS TRAINING PROGRAMME ON “LIFE SKILLS LEADERSHIP AND PERSONLITHY DEVELOPMENT PROGRAMME:

21<sup>st</sup>- 25 Sept. 2017



A five Days Training Programme on “Life Skills, Leadership and Personality Development Programme” for 5 Days. The training was organized by National Service Scheme MU Cell in Collaboration with Directorate of NSS Guwahati under the aegis of Ministry of Youth Affairs and Sports. NSS Units of Asufii Christian Institute with Team Leader as Miss NG Mary Saza for the Programme. It was participated by Mount Everest College as Well.

The programme was graced by Maram Chairman Thomas Kaba. He spoke on the importance of Leadership for the change in the society. In the Valedictory function of the training, the first Super Fight League Champion and Professional Mixed Marital Art athlete, Kario Isaac graced as Chief Guest. He spoke about the struggles of life as a sports person and encouraged budding sportspersons not to be afraid of battles in life journey.

Around 200 NSS Volunteers from different schools and colleges of the state participated in the 5 days training programme and learnt a great deal of life’s principles that would help them in their everyday Endeavours.





**PERFORMANCE/ ACHIEVEMENTS  
(DURING LAST 3 YEARS)**

Sl.no	PARAMETER	FACTUAL POSITON		
1	TREE PLANTATION	2017-18	2018-19	2019-20
		TOTAL SAPLING PLANTED: 16000		
	a) No. of plantation programmes organized.	a) 02	a) 02	a)01
	2) no. of Saplings planted in these programmes	b) 5600	b) 6500	b)3 900

**REPORT: 2017-2018**

Sl.no	Date	VENUE	NO. OF TREES PLATED
1	05/06/ 2017	Kapengho to College	30000

2	21/03/2018	NSF Park to Adopted Gate	2600
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TREE PLANTATION DRIVE

5<sup>th</sup> July 2017 World Environment Day Theme: "Connecting People with Nature".



*The Volunteers planted  
Tree Saplings from  
Kapengho Junction to  
College Gate*

The Volunteers under the Programme Officer Miss NG Mary Saza, the volunteers have planted 3000 tree saplings which were taken from the Forest Department of Tadubi. To learn to

live in harmony with the mother earth on a genuine sustainable basis and working toward this the Volunteers successfully conducted the plantation. The programme was inaugurated by Sir Athishu, the Vice Principal of Asufii

Christian Institute. He encourage the NSS volunteers to plant more trees and make this world a better place to live in. The programme created a great stir among the general public too. After the plantation the Volunteers also place fencing the trees saplings to protect from damage.



**WORLD FORESTRY DAY**

MARCH 2017



The NSS Units of Asufii Christian organised World Forestry Day in the College Campus toward Chowainu Village the Adopted Village of NSS. The Programme was inaugurated by the Principal Rev. LOLI KAPE. He addresses the gathering by highlighting the importance of tree plantation and the wake of rising concern about continuous environmental degradation and its adverse effect on entire human kind.

Under the said Programme, 100 NSS Volunteers planted 2600 tree saplings and each Volunteer nourished and maintains the plants. It brought about enthusiasm not only to the NSS Volunteers but also to other students and the Village Authority also expresses gratitude towards the NSS Volunteers for the programme.

## REPORT 2018-2019

Sl.no	Date	Venue	NO. of Trees Planted
1	05/06/2019	From College to Chowainu Village	43000
2	21/03/2019	Okai Academy School to Rabunamai Village	1200

## World Environment Day

5<sup>th</sup> June 2018

The Asufii Christian Institute, NSS under the leadership of Miss NG Mary Saza, organised WORLD ENVIRONMENT DAY with Theme: **“Beat Plastic Pollution”**, with total 200 Volunteers have carried out a Mega tree sapling plantation towards the theme. The NSS Volunteers goes door to door to avoid used of plastics and segregation of solid waste was carried out. After which the Volunteers carried out tree sapling planted to decorate the road to Collage and the road to Adopted Village with Cherry Tree saplings.



The Saplings were generously provided by Mao Student Council.



**Segregations of Waste: Biodegradable and non-biodegradable**

The theme, "Beat Plastic Pollution" urges the government, industries, communities and individuals to come together and explore sustainable alternatives and urgently reduce the production and excessively use of single-use plastic polluting our oceans damaging marine life and threatening human existence. The College have declared "Plastic Free Zone" during Swachh Bharat Summer Internship-2018. On this day we took to Pledge not through plastic and abide by the Pledge taken.

**REPORT: 2019-2020**

Sl.no	Date	VENUE	NO. OF TREES PLATED
1	05/06/ 2019	ADOPTED VILLAGE	3900

**World Environment Day  
5<sup>th</sup> June 2019**

The NSS under the Programme Officer of Miss NG Mary Saza have carried out the Tree Saplings plantation and installation of Dustbins at College Campus Adopted Village Chowainu. With the initiatives of Programme Officer Miss Ng Mary Saza, the Unit got 15 portable dustbins from College Chairman Shri L. Dikho to be installed at the College Campus and Adopted Village.



The NSS Programme Officer Miss NG Mary Saza organised World Environmental Day



The Students of the College with the NSS takes Pledge not to litter plastics and reaffirming the Pledge of College Campus as "Plastic Free Zone" by Rev. Loli Kape, Principal ACI.

**Photos of the Day.**



## MEDICAL RELATED CAMP PROGRAMMES

The Asufii Christian Institute, NSS have carried out various medical related programmes knowing the needs of the Students and Villagers. It was very unfortunate that we could not carry out **“BLOOD DONATION CAMPS”** because there is not **BLOOD BANK OR BLOOD STORAGE at Mao Sub-District Hospital**. We the NSS will try to bring about the Blood Storage at Sub-District Hospital which will be life saving for another life. But the NSS under the leadership of Programme Officer NG Mary Saza have carried out various valuable programmes with the Medical Doctors in the Area. Some of the Medical Related Programmes are:-

- 1) Drug Abuse Prevention
- 2) Importance of First AIDS
- 3) Immunization

## TWO DAYS PROGRAMME ON SENSITAZATION ON DRUG ABUSE AND PREVENTION

Regional Directorate NSS with Manipur University NSS Cell have conducted One day “Sensitization of Drug Abuse and Prevention” with Asufii Christian Institute, NSS under the leadership of Programme Officer Miss Mary Saza. The Programme was carried for two days. The Objectives of the Prevention programme was to make aware the students about ill effects of use of different types of drugs and alcohol, types of drugs and signs/symptoms, reasons and repercussion and preventive measures: government interventions and legislative provisions. This awareness programme was witnessed by 200 students at Don Bosco Higher Secondary School, Punanamei and 300 students at Asufii Christian Institute.

**On 8<sup>th</sup> March 2017** One day Sensitization programme on Drug Abuse Prevention was conducted by Programme Officer Miss NG Mary Saza with NSS Volunteers to the School Students of Class 9 to Class 12 at Don Bosco Higher Secondary Punanamei, Mao by Doctor Athihe Vincent (MBBS, PGDS) Medical Officer Sub-District Hospital Mao. The Programme was participated by 200 Students. He spoke on the types of Drug Abuse and how one should be able to prevent it. He emphasised on how peer group could lead to taking of drugs and related bad Habits. The Principal of the School Fr. Kaihrii Anthony SDB thank and appreciated Programme Officer Miss NG Mary Saza and NSS team for such a valuable awareness programme conducted.







## Sensitization on Drug Abuse Prevention

On 11<sup>th</sup> March 2019, One day Sensitization programme on Drug Abuse Prevention was conducted by Programme Officer Miss NG Mary Saza with NSS Volunteers for Asufii Christian Institute, Punanamei by Dr. Lolee P Mao NPPCD Senapati. Dr. Lolee spoke about the types of Drugs, why it becomes abuse and how to prevent it. He says that youth of this age are more likely to fall into drug abuse due to several factors.



Dr. Lolee P Mao during the Session.



## Awareness Programme Programme on First Aid and HIV /AIDS

The Asufii Christian Institute, Punamei, under leadership of NSS Programme Officer carried out one day awareness programme on Awareness Programme Programme on First Aid and HIV /AIDS by Dr. Lohro Pfoze Director Intouch Health, Mao Gate, Currently he is Member of Parliament Outer Manipur.



Dr. Lohro teaching the Volunteers first aid.



Dr. Lohro also spoke on awareness on HIV/AIDS. How it is spread and the prevention of the fatal disease.

## 100 HOURS OF LITERACY

## PROGRAMME.

18<sup>th</sup> June to

14<sup>th</sup> 2018

Miss NG Mary Saza along with her NSS Volunteers took up a great initiative in educating the illiterate Children in the Adopted Village, Chowainu. 61 Children were benefited from this Literacy Programme. They learned how to read and write, the Children were taught Rhymes and songs as well.

During this Literacy Programme, the village Children who goes to School, writing Essay Competition with Topic "Should Plastic be Banned?" was conducted where many Students Participated.





During the Literacy Programme Children were also made to draw creativity. They were happy and this to bring out the quality of Painting in them.

The Village Committee were very much grateful for very much valuable programmes conducted for the Village Children.

## REPORT

### 2018-19

Sl. No	Date	Special Camping Programme/ Awareness Programmes/AIDS Environment/ Others	VENUE
1	10 <sup>th</sup> May 2018	Himalayan Clean Up Campaign	Mao Gate Bazaar
2	17 <sup>th</sup> to 23 <sup>th</sup> May 2018	7 Days Special Camping Programme	Chowainu, Adopted Village
3	5 <sup>th</sup> June 2018	World Environment Day, Mega Tree Plantation	SHD Hospital to Chowainu Gate
4	8 <sup>th</sup> June -31 <sup>st</sup>	Swachh Bharat Summer Internship (100 hours)	Song Song Village

	July 2018		
5	1 <sup>st</sup> -15 <sup>th</sup> Aug.2018	Swachh Pakhwada	ACI and Chowainu, Adopted Village and Sub District Hospital, Mao.
6	4 <sup>th</sup> Nov. 2018	Free Health Check-up	Adopted Village
7	1 <sup>st</sup> Dec.2018	AIDS/HIV Awareness Programme	ACI, Punanamei

## HIMALAYA CLEAN UP CAMPAIGN

10<sup>th</sup> May 2018

The Himalaya Clean-Up 2018 Campaign was organised by Programme Officer Miss NG Mary Saza at Mao Gate Bazaar. The Campaign was overwhelmingly joined by the Mao Gate Police, Army from Mao Station and Nazareth School Okhro Ekhro, Mao. The Campaign was focused on plastic waste in line with the objectives of the World Environment Day whose theme is "Beat Plastic Pollution". The Clean Up aims at segregating the plastics with no-plastics waste bins. Ecologically sensitive areas that see heavy tourist activities were specifically targeted to bring attention to the problem of rising amount of waste and how people are seen to litter, dump and burn them.



## SWACHH BHARAT SUMMER INTERNSHIP (SBSI)

The Asufii Christian Institute, Punanamei NSS have actively participated SBSI in 2018 and 2019. In 2019 the team under the leadership of Miss NG Mary Saza have bagged 2<sup>nd</sup> in both District and State Level.

## REPORT OF SWACHH BHARAT SUMMER INTERNSHIP 2018.

15<sup>th</sup> June-31<sup>st</sup> July 2018.

Activities of Swachh Bharat Summer Internship.

## Information-Educatio-Communication.

- Awareness Campaign
- Door to door survey and Awareness
- Installation of Posters and slogans on cleanliness
- Conduction Village School Level rallies
- Organising Movie Screenings.

## SOLID WASTE MANANGEMEN

- Installation of dustbins
- Segregation of solid waste
- Constructions of compost pits
- Transportation of household waste.
- Street cleaning, Drainage.

## CLEAN DRINKING WATER

- Cleaning and sanitization of fresh water ponds.
- Construction on water ponds

## HEALTH AND HYGIENE

- Health awareness Programmes

## OTHER ACTIVITIES

- Tree plantation
- Cultural programme.

## Information-Education-Communication.

### AWARENESS CAMPAIGN

The awareness campaign drive conducted by the interns varies on different. The volunteers undertook different activities to maximise the education that the drive. To make the awareness drive more interesting and conducted games and interaction with the children.

## 50 Hours of Swachhta:-10<sup>th</sup> June – 3



## **CONTENT**

- 1) Acknowledgements
- 2) Brief Description of College: College taking of Pledge- Plastic Free Zone Campus
  
- 3) Objectives of Swachh Bharat Summer Internship-2019
- 4) List of Volunteers
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- 6) Works of the Team at the Adopted Village
  - a) Cleaning Drive at the Adopted Village
  - b) Distribution of Dustbins and Mass social work
  - c) Door to Door meeting to drive behaviour changes with respect to sanitation behaviour.
  - d) iv) Segregation of solid Waste material: Plastics and Non-Plastics
  - e) Digging of Compost Pits:
  - f) Manure Compost Pit and b) solid waste material: - plastics and non-plastics
  - g) vi) Tree Plantation
- 7) Cleaning drive at Punanamei Village
- 8) Cleaning Drive at Chowainu Village
  - i) Segregation of Solid Waste Material
  - ii) Cleaning Dustbins
  - iii) Cleaning of Drainage
  - iv) Mass Social work
- 9) Cleaning Drive at Dziikou Valley
- 10) Visit of Old Age Home and Help in Paddy Plantation
- 11) Awareness through Wall Paintings
- 12) Cultural Program:
  - i) Swachhata Mela, Song, Cultural Dance
  - ii) Adopted Village, Pledged to Free Plastic Village
  - iii) Swachhata screening of related awareness videos.
- 13) Cleaning College Campus
- 14) Rally

**L. Dikho**  
*Minister*  
*PHED, Printing & Stationery*  
*Manipur*



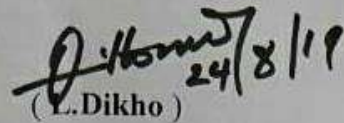
Manipur Secretariat,  
South Block Annexed Building  
2nd Floor, Room No. 238.  
Tel: 0385-2451296 (O)  
Telefax : 0385-2411644 (R)  
Email : dikhoma061@rediffmail.com

**To Whom It May Concern:**

I as the concerned Minister Incharge of the Department of Public Health Engineering looking after the SBM, it gives me immense pride saying everyone how great you are as a team member of NSS (ACI) Team of 2019 on successful completion of Swachh Bharat Summer Internship under "50 hours of Swachhata".

Even though appreciation words are not enough for praising you all for the great work you have done for the society in the Senapati District. I would still like to convey my best wishes and assure you my support every time.

Your ability of taking each and every task with utmost sincerity has left us all stunned as we try to derive inspiration from your team work.

  
(L. Dikho)  
24/8/19



**Somorjit Salam, IAS**  
Deputy Commissioner  
Senapati District, Manipur



Phone : 03871 222168 (O)  
: 03871 222233 (R)  
: 03871 222563 (Fax)  
Mobile : +91 9856155451  
e-mail : somorjitsalam@gmail.com

Ref. No. DC(SPT)25/11/86

Date 02/08/19...

On behalf of the District Administration, Senapati District, Manipur, I would like to congratulate the SBSI team of 2019 on successfully completing their Swachh Bharat Summer Internship under "**50 hours of Swachhata**".

I would like to first of all convey my sincere thanks to the Ministry of Jal Shakti, Ministry of Youth Affairs and Sports and HQ NCC for launching the Swachh Bharat Summer Internship 2019 – **50 hours of Swachhata**. This initiative has given an opportunity to the NSS Volunteers of Asumii Christian Institute, Punanamei Mao, Manipur, to develop their skills and orientation for sanitation-related work and become a part of the Swachh Bharat Jan Andolan.

I would like to also thank and sincerely appreciate Miss NG. Mary Saza, Programme Officer of NSS, Asumii Christian Institute, under whose guidance the interns have worked tirelessly and selflessly and had carried out a number of activities under the project of **Solid Waste Management**. They have constructed compost pits: Household compost pits and Plastics and non-plastics compost pits for the **Adopted Village- Rabunamai Village**. The Adopted Village of SBSI has been declared a "**Plastic Free Village**" during this Swachh Bharat Summer Internship. They have visited the neighboring villages- Punanamei Villgae, Chowainu Village and conducted Swachhata related activities and contributed to the cause of rural sanitation. SBSI- 2019 has also declared Asumii Christian Institute as "**Plastic Free Zone Campus**" by all the students taking pledge in the institution. They have also sensitized the students of the college and neighboring schools and given them awareness towards compost pits and other cleanliness related activities.

My best wishes to all the students and a bright future to all. We move towards a Swachh Bharat.

(Somorjit Salam, IAS)  
Deputy Commissioner, Senapati District,  
Manipur.

*Deputy Commissioner*  
Senapati District, Manipur

**GOVERNMENT OF MANIPUR  
PUBLIC HEALTH ENGINEERING DEPARTMENT**

**OFFICE OF THE EXECUTIVE ENGINEER  
SENAPATI, PHE DIVISION, SENAPATI**

**To whom it may concern**

To the best of my knowledge and satisfaction, I the Executive Engineer, Senapati PHE Division, PHED, Manipur do hereby recommend that the students of Azufii Christian Institute, Punanamei, Mao, Manipur have successfully completed their Swachh Bharat Summer Internship during the 50 hours effecting from 10<sup>th</sup> June till 31<sup>st</sup> July, 2019 at their Adopted Rabunamai Village, Institute campus and its surrounding villages like Punanamei, Chowainu villages imparting immense awareness messages to the people in the District towards achieving a clean District in the State of Manipur.

On completion of this Swachh Bharat Summer Internship, the Chairman of Rabunamai village and the Principal of the Azufii Christian Institute have pleasantly declared as "Plastic Free Zones".

Yours faithfully,



**(L.S. THOLE)**

Executive Engineer,  
Senapati PHE Division,  
PHED, Manipur



# RABUNAMEI YOUTH ORGANIZATION

P. O Mao Sompall Dist. Maunpur-795150

Ref no.....

Date 05/07/19

Appreciation to SB31 NSS 2019 ACI

The Rabunamiei Youth Organisation on behalf of Rabunamiei Village would like to appreciate the NSS team ACI Mao 2019 for their invaluable contribution towards the village.

- ① Plastic free zone.
- ② Distribution of dustbin in each area.
- ③ construction of pit (cemented)
- ④ Planting of trees.
- ⑤ Visiting/cleaning of Household.
- ⑥ conducting of cultural programmes.
- ⑦ Oath taken on plastic free zone.

The village would like to thank the NSS team (ACI) for taking up a major step of cleaning up the village, and letting us know the real good use of plastic! The team has taught the village the Advantages and Disadvantages of plastics. The Village has agreed to maintain the used of plastics in all rightful way.

*Srinivas*  
President of RYO.

## Brief Description of College: College taking of Pledge- Plastic Free Zone Campus

The Asufü Christian Institute (ACI) is established for Higher Secondary and Undergraduate Arts and Science Education with the motto '**Enlighten the World**'. It was established in 2010, to provide quality education in Christian setting and practice of its precepts. The Institute aims at imparting secular education by integrating Biblical principles and thereby moulding the students into responsible citizens and to bring about positive changes in the region. The Institute is affiliated to the Council of Higher Secondary Education Manipur (COHSEM) and Manipur University (MU). The Institute is recognized by the University Grant Commission (UGC) Under Section 2(f) & 12(B) of the UGC Act, 1956.

### Location

The Asufü Christian Institute is situated at a picturesque setting and a serene environment in the midst of nature in the northern front of Manipur state at Asufü, Punanamei village. The college is about two kilometers away from the National Highway -2, which passes through Mao Gate town. The place is easily accessible from both the States of Manipur and Nagaland as it is located right at the border of the two states.

The college campus was declared as a '**Plastic Free Zone**' on 1<sup>st</sup> August 2018 on completion of SBSI 2018. During Swachh Bharat Summer Internship of 2019 the College took the Pledge to continue the **Plastic Free Zone** during the Inaugural Programme of the SBSI-2019



Asufii Christian Institute, Taking Pledge on 'Plastic Free Zone Campus' during SBSI-2019

## Objectives of the SBSI-2019

The objective of Swachh Bharat Summer internship-2019 is aiming at enrolment of the students for promoting Swachhta I the villages. Under this, the students are to select the village of the choice and work with the village community for building a lasting system for improving the overall sanitation and hygiene in the village. The Student Volunteers are to devote 50 hours to Swachhta and carry out specific measures for improving the sanitation and hygiene in the village.

The objective is to engage youth cross the country, develop their skill and orientation for sanitation related work and make Swachh Bharat Mission a **Jan Andolan**.

Asufii Christian Institute, SBSI will be taking active part in creating awareness programme and extensive cleaning drive. We will be working at **Rabunanamai Village, the Adopted Village Of SBSI, Punanamei Village and Chowainu Village.**

## List of the Volunteers

- 1) EkhruoKape(TeamLeader)
- 2) PantibuanliuPamei
- 3) KaisiiEmeni
- 4) SalewPayini
- 5) RinsomiLuikham
- 6) Cuppet
- 7) R. Thaovei
- 8) A. Athihrii
- 9) DaziiRaymond NG Pou
- 10) LohriiKasazhiio

### Swachh Bharat Summer Internship Team.



1) EkhruoKape (Team Leader)  
B.A. 5<sup>th</sup> Semester



2) Pantibuanliu Pamei  
B.A 5<sup>th</sup> Semester



3)R. Thaovei  
B.A. 3<sup>rd</sup> Semester



4) KaisiiEmeni  
B.A. 3<sup>rd</sup> Semester



5) SalewPayini  
B.A. 3<sup>rd</sup> Semester



6) Rinsomi Luikham  
B.A. 5<sup>th</sup> Semester



7) Cuppet  
B.Sc. 5<sup>th</sup> Semester



8) A. Athihrii  
B.A. 5<sup>th</sup> Semester



Raymond NG Pou  
B.A. 3<sup>rd</sup> Semester



10) Lohrii Kasazhiio Ariina  
B.Sc. 5<sup>th</sup> Semester

9) Dazii

#### 4) Brief Description of Rabunamai Village, the Adopted Village of SBSI

Rabunamai Village is a village located in Song Song Sub-Division of Senapati District, Manipur. The Village is about 2 km away from National High 2 and about 1 and half Km way from College. The Village have a total 477 families residing. The Village has population of about 3092 according to 2011 Population Census.

Rabunamai Village has lower literacy rate compared to Manipur. In Rabunamai Village, Male literacy is higher than the Female literacy rate.

The Villagers professes Christianity Religion - Roman Catholic and Protestant Baptist.

#### 5) Works of the Team at the Adopted Village, Rabunamai.

The Team have spent maximum time at the Adopted Village. We start our work after the class, that is, after 2:30 PM. Team have conducted various programme where the villagers were very supportive. In support of the Swachh Bharat Summer Internship Team, the Village is now a '**Plastic Free Zone**'. We are really proud and encourage by the Villagers' supports. The following will be taken up by the Team.

- i) Cleaning Drive at the Adopted Village
- ii) Distribution of Dustbins and Mass social work
- iii) Door to Door meeting to drive behaviour changes with respect to sanitation behaviour.
- iv) Segregation of solid Waste material: Plastics and Non-Plastics
- v) Digging of Compost Pits:
  - a) Manure Compost Pit and b) solid waste material: - plastics and non-plastics
- vi) Tree Plantation



Extensive Cleaning Drive.

## ii) Distribution of Dustbins and Mass Social work.

The Villagers joined the SBSI in the Social work. Youths of the Village supported the Team in the cleaning drive. The Team have installed the dustbins at various places in the village, 2 (two) dustbins were placed in the Churches Compound. The Village Chairman, on behalf of the Villagers expressed gratitude for selflessly rendering the service and installation of dustbins.



Mass Social Work and Installation of Dustbins.



## Group Photo with Villagers



Installation of Dustbins in the Church Compound

### **iii) Door to Door Meeting to drive behaviour changes with respect to sanitation behaviour.**

The Team from went to door to door and talked to the member of the house, educating the importance of cleanliness and maintenance of hygienic environment. The Team was grouped into 3 each, and went from door to door, explaining about the waste management, the harmfulness of the plastic waste; and how they should segregate the plastics waste and other biodegradable waste.





Door to Door meeting on waste management



#### **iv) Segregation of Solid Waste Material: Plastics and Non-Plastic.**

The Team have investigated the areas where the villagers have dumped the waste, which is very close to houses. We went to those areas and cleaned up by segregating the plastic and non-plastics waste. We also informed to the Village headman not to dump in those areas again for which we have constructed compost pits where they can dump the plastics and non plastics waste separately.



**Segregation of Solid Waste. Before and After After the Clean Up**



**v) Digging of Compost Pits**

It is very important to keep the environment clean and to maintain this the Team have surveyed the area where we need to construct compost pits. The Villagers have allotted us the land for the construction of the compost pits.

i) **Household Compost Pit:**The Team have have dug compost pit for household waste. We inform the Villagers to dump the waste in this pit apart from bottles and plastics.

ii) **Public Compost Pit, Plastics and non-Plastics:**We have dug a compost pit which little away from Village to dump the solid waste material particularly of plastics and non plastics separately.



Digging of Household Compost pit to convert to manure.



ii) Public Compost Pit, Plastics and non Plastics

ii) Public Compost Pit, Plastics and non-Plastics:  
We have dug a compost pit which little away from Village to dump the solid waste material particularly of plastics and non plastics separately.



## vi) Tree Saplings Plantation

One of the best ways to beat air pollution is to plant more Trees. Heavy rain did not stop us from this plantation and we have planted 150 flower Tree Saplings along the road to Rabunamai Village which will not only purify air but also beautify the Village, as well as gives shade to the people who travel along this road.



**Tree Plantation in spite of heavy rain.**



## 7) Cleaning Drive awareness at Punanamei Village.

One day cleaning drive was carried out at Punanamei Village, which is more than a KM away from college. We cleaned up the drainage and the surroundings.



Cleaning the Drainage and the Roadside.



## 8) Cleaning Drive at Chowainu Village.

Chowainu Village is one of the bordering villages of Manipur-Nagaland State which is about 2 km away from the College. The Village is one of the most backward villages of Mao which is currently the Adopted Village of Asufii Christian Institute, NSS Unit-I. Our SBSI Team have carried out various cleaning drives like cleaning drainage, segregation of Plastic waste, cleaning dustbins. The Youth have supported the Team by joining in the social works which was carried out.



i) Cleaning drainage before and after.



## ii) Segregation of Solid Waste at Chowainu Village.

The Team have surveyed the area to be cleaned and have segregated the solid waste of village's Dustbins and the drainage where the villagers have dumped plastics.



After cleaning one of the dirtiest drainage in the area.

## With Village Youth for Mass social work: Chowainu Village.

### iii) Cleaning the Dustbins.

Our Team segregated the garbage from the village's dustbins.



Segregating the solid waste material from dustbins. Before and After.

### 9) Cleaning Dziikou Valley:

Dziikou Valley is a beautiful Tourist site, situated on the border of Manipur and Nagaland. The Team ventured on a one day trekking cum cleaning drives to this beautiful valley. The Team have extended contribution by doing their bit, collecting plastics and waste from the valley.



Plastics and sweets covers left by the visitors.

### 10) Visiting Old Age Home and helped in the Paddy Plantation.

The Team not only carried out in the cleaning drives at various villages but also visited old aged home in Rabunamai village. We also helped in the last paddy plantation in one of the grandmother’s paddy field.



Visiting Old Age Home and Helping Old Age Grandmother.



**Helping in the Paddy Plantation;  
The Team got blessing from Grandmother.**

### 11) Awareness through Wall Paintings.

**Say no to Plastic** was the Theme of the Wall Painting. It was on the public road where everyone can see. Through this we spread the harmfulness of plastic waste.



**Say no To Plastics!**

## 12) Cultural Programme

- i) Swachhta Songs, Cultural Dance and Folk Tale.
- ii) Rabunamai Village a "Plastic Free Zone" Pledge
- iii) Swachhta screening of related awareness Video.

It is a proud moment for the SBSI Team that we are successful in making RabuanamaiVillage, the Adopted Village as a **'Plastic Free Zone'** declared along with people swearing not to litter and not let other litter.



- i) Principal Rev. LoliKape, ACI Addressing the gathering.
- ii) EkhruoKape, Team Leader Welcoming the Villagers



The Villagers Taking Pledge by Raising the right hand not to litter and keep Village a **'Plastic Free Village'**.



## Swachhta Mela



Village Youth Performing Cultural Dance on SBSI Cultural Programme. SBSI Team Presenting Folk Song.

- i) LohriiKasaziioAriina educating the villagers with Videos on harmfulness of Plastic.
- ii) Mr. Loli Chairman of Rabunamei Village, giving a talk on History of our ancestor.



Folk Song presented by Grandmother Chohra.

Group Photo with Villegers after the Cultural Programme.



Photo with Rev LoliKape, Principal ACI, NG. Mary Saza, Nodal Officer and Dance troop.

### 13) Cleaning College Campus

The Team conducted cleaning drive in the College Campus, the Drainage, cleaning toilet, cleaning the dustbins and rally as well.



Cleaning the Toilets and repairing pathways.



After Cleaning the Toilets and repairing pathways respectively.



#### 14) Rally

The rally is to create and awareness on creating awareness of Plastic pollution and keep Environment Green and eating habits among the college Youth and walk for health. During the rally Prinicipal Rev. Loli Kape on healthy eating and overall sense of well being and is a cornerstone in the prevention of a number of conditionincluding heart diseases, diabetes, high blood pressure, strokes, cancer, dental caries and asthma. A total of 350 students have participated in the rally.





Principal OF ACI giving talk on importance of avoiding plastics and keeping environment clean after the Rally and healthy eating.

### 15) Photo Gallery



Cleaning the Drainage



**Cleaning Drive Before and After.**



**Cultural Gallery**



### Compost Pits





**Door to Door Campaign on Solid Waste Material**





**Plastics Segregation at Adopted Village**







## Installation of Dustbins



**Cleaning Garbage**



**Before and After**



## CLEANING DRIVE AT DZIIKOU VALLEY – SBSI, 2019

Dziikou Valley which is situated at the border of Manipur and Nagaland is well known for its natural beauty, seasonal flowers and fauna, is one of the most tourist visited valley for trekking was felt needed by the Volunteers to go for cleaning drive. There were lots of plastics in the valley. The volunteers were happy to clean up the valley.



**GROUP PHOTO AFTER THE CLEANING DRIVE**

## SWACHH PAKHWADA

1<sup>st</sup> to 15<sup>th</sup> August 2019



Swachhta Pakhwada was organised by Asufii Christian Institute, NSS under the leadership of Miss NG Mary Saza NSS Programme Officer with a Theme: "Plastic se Raksha". The Volunteers takes to work at Sub- District Hospital Mao and surrounding Villages creating awareness on the harmful effect of Plastics and its related materials. The Volunteers segregate the biodegradable and non-biodegradable waste. The volunteers went to create awareness from door to door programme. They clean up the toilets and the alongside of the road. Rally was conducted and importance of hygienic

importance were conducted.

## AWARENESS PROGRAMME ON HIV/AIDS



Awareness Programme on prevention on HIV/AIDS was by NSS on the observance of World AIDS Day 2019 at College Auditorium. Speech was delivered by Dr. Sahiini Lehmane Veikhe under the Theme: Communities make the difference. He spoke about the mode of transmission and the steps to take measures and prevention to the students. Total of 215 Volunteers participated in this programme.

## DIGITAL SAFETY AND ONLINE SAFETY PROGRAMME

6<sup>th</sup> Nov. 2019



The Programme is a nationwide campaign to digitally empowered young girls and women. The campaign is aimed at not only sensitising women and capacity building to help navigate in the internet space but also empower them to protect themselves and actively respond to issues and incidents like cybercrimes. Addressing the gathering Miss Kaisa, Administration of Asufii Christian Institute, spoke on the importance of Digital and online safety from cyber crime.

## SWACHHTA RELATED ACTIVITIES

Report: 2017-18

Sl.no	DATE	SWACHHTA RELATED ACTIVITIES	VENUE
1	02/10/2017	Gandhi Jayanti (Cleanliness Drive)	Adopted Village, Chowainu Village.
2	30/11/2017	Swachhata hi Seva	College Campus

## GANDHI JAYANTI (CLEANLINESS DRIVE)

2<sup>nd</sup> October 2017



The NSS volunteers of Asufii Christian Institute, Punanamei have conducted one day cleanliness drive at Adopted Village, Chowainu. Principal Rev. Loli Kape told the students that cleanliness is most important for the physical well being of a person. The volunteers cleaned the drainage, the road to the Village. The cleaning drive was joined by the Villagers. It was a successful programme. The Village Chairman express gratitude to the Programme Officer and the NSS Volunteers for the selfless service. The Volunteers also segregated the solid waste from biodegradable waste.

## SWACHHATA HI SEVA

30/11/2018 -VENUE: ASUFII CHRISTIAN INSTITUTE



In connection with the mission “Swachhata hi Sewa” the NSS Unit under the Programme Officer Miss NG Mary have carried out one day cleanliness drive at the college campus. The NSS Volunteers came with necessary equipment for the drive. Total of 400 students along with NSS cleaned up the surrounding areas of College campus and road side. The volunteers also cleaned up the pot holes. College Principal in appreciation gave refreshment to the students and expressed gratitude for the service.

2018-2019

Sl.no	DATE	SWACHHTA RELATED ACTIVITIES	VENUE
1	02/10/2018	Gandhi Jayanti (Cleanliness Drive)	Adopted Village, Chowainu Village.
2	01/08'/20	Swachhata hi Seva	Rabunamei Village

## **GANDHI JAYANTI (CLEANLINESS DRIVE)**

2<sup>nd</sup> October 2018

VENUE: ADOPTED VILLAGE, CHOWAINU VILLAGE



In observance of Gandhi Jayanti, NSS volunteers carried out cleaning drive at Adopted Village, Chowainu Village. The Volunteers came with required equipments and worked in the village. The cleanliness drive of the village included the removal of plastic, plucking of weeds, preparing drainage, removing of stones on the road which was blocking the way, drainage, etc. The villagers too joined the social work and they provided tea and biscuits to the Volunteers.

## SWACHHATA HI SEVA

1<sup>st</sup> to 15<sup>th</sup> August.

The followings were the activities carried out by the NSS Volunteers during these 15 days of Swachhata hi Sewa.

1<sup>st</sup> AUGUST 2019

Inauguration of Swachhata Pakhwada and Swachhata Shapat (OATH)



## 2<sup>nd</sup> to 5<sup>th</sup> AUGUST

The NSS Volunteers of both Unit-I & Unit-II devoted 4 days for cleaning in the college Campus. Classrooms, laboratories, libraries, toilets, auditorium, lawns, etc.





## 6<sup>th</sup> to 10<sup>th</sup> AUGUST, 2019

The Asufii Christian Institute, NSS organised 3 days cleaning intensive drives to the neighbouring villages and to Sub-District Hospital.







### 10<sup>th</sup> to 15<sup>th</sup> AUGUST 2019

The NSS Volunteers devoted intensive social work, cleaning drainage, solid waste management-segregation of biodegradable and non-biodegradable at Adopted Village Chowainu. They worked to road cleaning, planting tree saplings, Cleaning water ponds, etc.



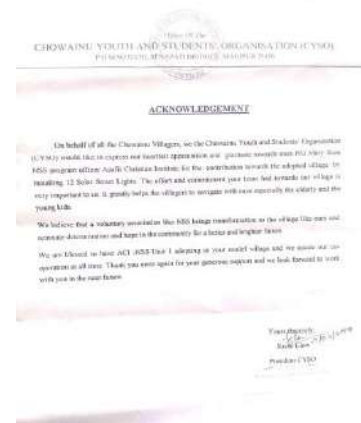
### INSTALLATION OF SOLAR STREET LIGHT (15)

Asufii Christian Institute, Punanamei NSS Programme Officer Miss NG Mary Saza have been working tirelessly towards getting solar street light for the adopted Village since there was no street light and it become difficult especially the old age people to go out. Finally he helped of Shri L. Dikho PHED and Printing and Stationary Minister, Govt. of Manipur finally 12 Street light have been successfully installed at Adopted Village Chowainu and 3 Solar Street Light at Punanamei Village. Now the street light is being very much helpful to the villagers. The Students when there is no electricity, they even go to street light to study. The Village Authority and the

Student and Youth Organisation are being very grateful to Miss Mary Saza for the light in the Village.



Solar Street Light Installation: Day and Night View.



Letters of appreciation and gratitude from Chowainu Village Council and the Students and Youth Association.

**FIT INDIA ACTIVITES**

Fit India Movement is a nation-wide movement in India to encourage people to remain health and fit by including physical activities and spots in their daily live. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi 29 August 2019, National Sports Day. Fit India Movement aims to encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle. Lifestyle diseases like diabetes and hypertension are increasing in India. Hence Fit India should be seen as a

household movement, a daily routine. “There is zero investment in Fit India Movement, returns unlimited” Fit India Movement should reach and every corner of the country.

## FIT INDIA: ASUFII CHRISTIAN INSTITUTE

29<sup>th</sup> August 2019

Sl.no	AWARENESS PROGRAMME	DISTANCE	DATE	VENUE
<b>1</b>	Fit India: Freedom Run	4 Kilometres	29/08/2019	Adopted Village Chowainu to Asufii Lawn
<b>2</b>	Self-Defense	-	25 /02/2020	College Ground

## FIT INDIA: FREEDOM RUN

29<sup>th</sup> August, 2019

The NSS Volunteers of Asufii Christian Institute witnesses the Inaugural function by Prime Minister of India Narendra Modi. Miss NG Mary Saza the Programme Officer explains about the importance of Fitness of a person. The NSS Volunteers along with the Programme Officer when on for Freedom Run for 4 Km from Adopted Village, Chowainu to Asufii Lawn.





Programme Officer Miss NG Mary Saza Participate in Fit India: Freedom Run

## FIT INDIA MOVEMENT

Self –Defence 25<sup>th</sup> February 2020

Realising the importance of fitness to stay from disease and to know to protect oneself, self –defence Programme was conducted for the NSS Volunteers. NSS Volunteer Ekhruo Kape who has participated in **NATIONAL INTEGRATION CAMP-GUWAHATI 2019** learned about the Self-Defence from the camp and he taught the Volunteers what he learns from the Camp. The Volunteers learned with zeal and discipline.



## NSS Summer Camp-2017

### 7 DAYS SPECIAL CAMPING PROGRAMME

#### Theme: Youth for Development

29<sup>th</sup> to 4 June: 2017

### TARGET OF THE CAMP:

1. Cleaning drive
2. Tree Plantation
3. Cleaning Drainage System
4. Empowerment of Youth and Entrepreneur
5. Career guidance by Shri Duna Duo, SDC Senapati
6. Learning Resume Making: Sir Kaisu Arche Asst. Prof. English Dept. ACI
7. Youth the Pillar of the Nation: D. Puni Ridzii Asst. Prof. Political Science Dept.
8. How to face Interview by Miss Kaisa Administrator, ACI.
9. Old Age home Visit
10. Sightseeing to Imphal

### FIRST DAY OF THE CAMP 29<sup>th</sup> May



On the first day of the Camp, the arrival of the campers was at 3 pm. They do the registration for the camp. The campers were total of 50 Volunteers. After the registration, Miss NG Mary Saza gave the briefing about the Camp at 5 PM after the Campers settle with their arrangement. The Campers were divided into 4. The groups were divided after the selection of the Team Leader. The group

was divided so that they could participate more by involving in various activities. Miss NG Mary Saza explains that the campers be in discipline and the villagers should not be disturb by our Camp but should learn and appreciate the work done by the Campers. Each group were assigned with duties like Mess Committee, programme Committee, Cultural Committee and Discipline committee.

### SECOND DAY: 30<sup>th</sup> May 2017

On the second day of the camp the Volunteers woke by 5.30 am which was followed by Yoga at 6.30 am. And then the Volunteers go for morning job, cleaning the camp. The Innuagural Function was at 9.30.am. Shri Duna Duo, SDC Senapati graced the occasion as the chief Guest. In his speech he emphasised about the importance of Youth in the Nation building. He expresses that NSS Volunteers were fortunate indeed to have such camp where they will learn which they have not learn in the class Text. The Volunteers did the cleaning of the surrounding and went for wash up. Ice breaking session was held from 3.30 till 5 pm. The camp fire was held and the Volunteers and they have performed some of the activities like singing, dancing and sharing of thoughts.



### DAY 3: 31<sup>st</sup> May 2017

After the regular morning Yoga and breakfast the Volunteers gathered in group and work distribution was given to the volunteers. The day is for massive cleaning drive at neighbouring village and the Adopted village. The Four groups were different responsibilities.

- 1) First Group went to clean the road to Adopted Village.
- 2) Second group went to visit old age people in the village to help them out in the household cleaning
- 3) The third group went to clean the public toilets and Public Urinal.
- 4) The Fourth Group went to clean the Drainage of the Village



## DAY 4: 1<sup>st</sup> JUNE 20217

### Tree Plantation Day



The volunteers after the Physical morning exercise, the Volunteers began their day ready for Tree Plantation at the Adopted Village to road to Paddy field. They have planted gooseberry tree saplings.

## DAY 5: 2<sup>nd</sup> JUNE 2017

### Career counselling and Resume making

The Volunteers after two continuous days of working, the 5<sup>th</sup> day was a day to learn about how to make resume and what they really want to become as they complete their graduation. The session was taking by Sir Kaisu Arche, Asst. Prof. English Dept. The volunteers learn the importance of good Resume. The after the career counselling and Resume making the session was taken by Miss Kaisa, Administer of Asufii Christian Institute. The volunteers learn with zeal on how to face Mock interview.

At the end of the day the volunteers have Cultural night where the Adopted Villagers participate in various cultural activities like folk song, narration of folk tale etc.



Mock Interview: Panels



Cultural Night: Village



## DAY 6<sup>th</sup>: 3<sup>rd</sup> MAY

Sightseeing to Imphal.

The Volunteers were very excited about the day. Many of the Volunteers have not gone out of their village, so when the information about the sightseeing was given they were so excited and eagerly waiting for the day to begin. We went to Kakching garden, Millennium Park one of the famous beautiful garden in Manipur, Singda Dam. We could not go for more places since the journey was long. We started our journey by 4 am. We reached Imphal by 8. The Volunteers have meal then we continue our journey.



Kakching Garden



Singda Dam



Millennium Park

## DAY 7<sup>th</sup> 4<sup>th</sup> June

**Closing ceremony and Departure.**

On the last day of the camp the volunteers rose up at 5.30. After the wash up we gathered in the ground and we had morning exercise followed by cleaning campus. The volunteers of 4 groups cleaned up the surrounding and it was followed by breakfast. The NSS Special camping Programme was indeed special. The Volunteers had memorable day learning through social service and experience. Having enthusiastically attended the camp, the campers left home for their holidays.



## NSS SUMMER SPECIAL CAMP 2018

### Theme: YOUTH AGAINST DRUGS

17<sup>th</sup> May to 23 May 2018

Chief Guest: SDPO Seimi Ramror, Mao Gate Police Station

#### TARGETS:

1. Cleaning drive
2. Constructing Road
3. Constructing Water Ponds
4. Building Volunteers Personality
5. Resume Making
6. Youth for Change by Miss NG Mary Saza
7. Session by Miss Heshia Asst. Prof. Dept of English, "Engaging young People in Nation Building.

#### BRIEF REPORT

The NSS Unit-I of Asufii Christian Institute, conducted its annual Special Camp from 17<sup>th</sup> May to 23 May 2018 at Chowainu Village, the Adopted Village of the Unit with a Theme: **Youth AGAINST DRUGS**". Miss NG Mary Saza, the Programme Officer coordinated the Camp. The objective of the Camp was to bring awareness about the "**Swachh Bharat Abhiyan**" where it should not be a mere name branding exercise. There is no double about the fact that changes begins at home. Every NSS Volunteers should take it upon himself or herself to make this campaign a success rather than waiting for the government to do. With this camp we hope to bring changes amongst the youth, the villagers particularly to show an example through this Special Camp Social Service. Miss NG Mary Saza gave the briefing about the Camp at 5 PM after the Campers settle with their arrangement. The Campers were divided into 4. The groups were divided after the selection of the Team Leader. The group was divided so that they could participate more by involving in various activities. Miss NG Mary Saza explains that the campers be in discipline and the villagers should not be disturb by our Camp but should learn and appreciate the work done by the Campers. Each group were assigned with duties like Mess Committee, programme Committee, Cultural Committee and Discipline committee.

## SECOND DAY: 18<sup>th</sup> May 2018



On the Second day of the camp we rose up at 5.30 which was followed by Yoga till 7:00 am. And then after the Yoga the Volunteers had their morning job for 1 hour. The Volunteers had their breakfast at 8:00 am. The Inaugural ceremony of 6 Days Special Camping Programme grace by Shri Seimi Ramror, Mao, Police Station. The Chief Guest in his Speech urges the young Volunteers to join hand in bringing about Changes. He also encouraged the Volunteers to focus on achieving the aim on one's life.

## DAY 3: 19<sup>th</sup> May 2018

### TARGET CONSTRUCTION OF ROAD

On the 3<sup>rd</sup> Day, the NSS Volunteers takes to road construction to Chowainu road. The villager always have problems in this road during rainy season. Therefore the Volunteers work for the whole day to complete the construction, filling up the deep water hole....



## DAY 4: 20<sup>th</sup> May 2018



On the 3<sup>rd</sup> day, the Volunteers as usual the Volunteers woke up 5:30 am followed by wash and morning exercise. The Volunteers went for morning exercise and get ready for the day. Miss Heshia Asst. Prof. was the guest speaker on the Topic **Youth for Change**. She spoke on the importance of youth role in bringing about change. She also spoke on youth should be the role model and the NSS is the perfect group of people to bring change, to show to the

people the good example of selfless service and how they can set an example to the community they live in.

## DAY 5: 21<sup>th</sup> May 2018

The NSS Volunteers as usual got up at 5:30 and Yoga and exercise. The day target was to go for cleaning drive at Mao Gate Bazaar. The Volunteers reached Mao Gate at 9:30 and they begin their social work. The areas includes, drainage, in front of SBI, Intouch Health Center and Public Urinal place. The Town Committee in appreciation gave light refreshment.



## DAY 6: 22<sup>nd</sup> MAY 2018

The Volunteers were excited that they were going for Monday Sightseeing to Kohima, Nagaland. Almost all of them were going out from the State Manipur for the first time. The visiting places were Secretariat Complex, War Cemetery and Cathedral Church. It was beautiful to see and the Volunteers were indeed grateful for the sightseeing.



## DAY 7: 23<sup>rd</sup> May 2018

### Closing ceremony and Departure.

On the last day of the camp the volunteers rose up at 5.30. After the wash up we gathered in the ground and we had morning exercise followed by cleaning campus. The volunteers of 4 groups cleaned up the surrounding and it was followed by breakfast. The Volunteers gathered to share about their experience. They have expressed that this was one of the best Camps they have attended and that they will remember the Camp and put it into practice what they have learned during this 7 Day Special Camping Programme. The NSS Special camping Programme was indeed special. The Volunteers had memorable day learning through social service and experience. Having enthusiastically attended the camp, the campers left home for their holidays.

## NSS SUMMER SPECIAL CAMP 2019

Theme: "YOUTH AGAINST

CORRUPTION"

19<sup>th</sup> to 25<sup>th</sup> March 2019

Chief Guest: Lohrii Dikho, Chairman of Chowainu, the Adopted Village

### TARGETS:

1. Cleaning drive
2. Constructing Water Ponds
3. Building Volunteers Personality
4. Tree Plantation
5. Cleaning Drive at Sub-District Hospital
6. Cleaning Drive at College Campus
7. Talk by Miss Kaisa, Administrator, ACI: Youth for Clean India

### BRIEF REPORT

The NSS Unit-I of Asufii Christian Institute, conducted its annual Special Camp from 19<sup>th</sup> to 25<sup>th</sup> March 2019 at Chowainu Village, the Adopted Village of the Unit with a Theme: **Youth AGAINST CORRUPTION**". Miss NG Mary Saza, the Programme Officer coordinated the Camp. The objective of the Camp was to bring awareness about the "Swachh Bharat Abhiyan" where it should not be a mere name branding exercise. There is no double about the fact that changes begins at home. Every NSS Volunteers should take it upon himself or herself to make this campaign a success rather than waiting for the government to do. With this camp we hope to bring changes amongst the youth, the villagers particularly to show an example through this Special Camp Social Service. Miss NG Mary Saza gave the briefing about the Camp at 5 PM after the Campers settle with their arrangement. The Campers were divided into 4. The groups were divided after the selection of the Team Leader. The group was divided so that they could participate more by involving in various activities. Miss NG Mary Saza explains that the campers be in discipline and the villagers should not be disturb by our Camp but should learn and appreciate the work done by the Campers. Each group were assigned with duties like Mess Committee, programme Committee, Cultural Committee and Discipline committee.

### DAY 1: 19<sup>th</sup> to 25<sup>th</sup> March, 2019

On the first day of the Camp, the Campers arrival at the spot at round 3:30 pm. Then they involve in small work of preparations for the camp. After arrival they did the registration and were followed up by social work of cleaning up the camp site and freeing the camp site from plastics and other wastes. The Principal of the College Rev. Loli Kape wishes the Campers all the very best and successful came. He expresses on how a youth

like NSS Volunteers to make use of the best from the camp. He says that NSS can bring about change in the society.

## DAY 2: 20<sup>th</sup> March 2019

### Inaugural function: Chief Guest Lohrii Dikho, Chairman of Chowainu.

On the second day of the camp, the Campers woke up with excitement. They went for exercise and after which they went for preparation after food. The Inaugural ceremony was held at 9.00 am, Chief Guest Lohrii Dikho, Chairman of Chowainu with the theme Youth for Change. The Chief Guest exhorted and expresses gratitude all the for service that NSS have been contributing toward the village. Chief guest also expresses about the importance of social responsibility apart from College learning. The Chief spoke about the dynamic leadership of NSS Programme Officer Miss NG Mary Saza for role model as selfless service for the youth in the College as well as to the Village Youth. During the inaugural function was participated by the Village youth.



### Chief Guest: Lohrii Dikho, Chairman of Chowainu, the Adopted Village

After the ceremony, the Volunteers went for Lunch and starts with carrying out work at the campus. The evening session was on ice breaking session.

## DAY 3: 21<sup>st</sup> MARCH 2019

Cleaning Drive at adopted Village, Chowainu

After the regular morning Yoga and breakfast the Volunteers gathered in group and work distribution was given to the volunteers. The day is for massive cleaning drive at neighbouring village and the Adopted village. The Four groups were different responsibilities. First Group went to clean the road to Adopted Village, Second group went to visit old age people in the village to help them out in the household cleaning, The third group went to clean the public toilets and Public Urinal, The Fourth Group went to clean the Drainage of the Village



## DAY 4: 22<sup>nd</sup> MARCH 2019

On the third day of the camp began. As usual the Volunteers woke up at 5:30 am. It was followed up by P.T. by Sir Lawori, Football Coach of Asufii Christian Institute. This was followed up by session on Youth and social responsibility by Miss Kaisa, Administrator of the College. She expressed that it is the youth who can bring about changes in the community where a person live. Since most of the Volunteers are cultivators and they were not exposed outside the respective villages, she says that life in the city and life in the village have lots of differences saying that lack of responsibility would lead destruction of the community and which will lead to chaos.

After the session the Volunteers went to meet the King of the Village.



## DAY 5: 23<sup>rd</sup> March 2019

**Special Observance for FIT INDIA MOVEMENT.**

After the regular morning Yoga and breakfast the Volunteers gathered in group and work distribution was given to the volunteers. The day is for massive cleaning drive at neighbouring village and the Adopted village. The Volunteers were excited as it will be a FIT INDIA SPECIAL where the session would be taken up by Sir Lawori, the JagJivan Football Academy. The Volunteers went to the ground and the session was taken by Sir.



## DAY 6: 24<sup>th</sup> March

### A TRIP TO DZIIKOU

Dziikou Valley which is situated at the border of Manipur and Nagaland is well known for its natural beauty, seasonal flowers and fauna, is one of the most tourist visited valley for trekking was felt needed by the Volunteers to go for cleaning drive. There were lots of plastics in the valley. The volunteers were happy to clean up the valley. It was a cleaning drive-cum- FIT India day.



**DAY 7: 25<sup>th</sup> MARCH 2019**

The Campers on the last day, very energetic and tired as well. They woke up as usual at 5:30 and get ready for day. They went for exercise and comes back for the preparation for closing ceremony. The Volunteers were given time to share about their experience during this 7 Days Camp. They expressed that it was one of the best camps they had. The campers departed after cleaning up the surrounding the camp and departed.



**REPUBLIC DAY CELEBRATIONS**

The Asufii Christian Institute, NSS celebrates Republic Days to value the Nations glories and pride.





The celebration is accompanied with cultural show and other competitions base on national unity and integrity show casing diverse culture of India by NSS Team.

