

“EDUCATING THE MIND WITHOUT
EDUCATING THE HEART
IS NO EDUCATION AT ALL.”

- Aristotle -

REPORT
2018-19



RUSA

RASHTRIYA UCHCHATTAR SHIKSHA ABHIYAN

“EQUITY INITIATIVES”



WOMEN'S CELL

KIANG NANGBAH GOVERNMENT COLLEGE, JOWAI
ESTD - 1967

REPORT

2018-20



WOMEN'S CELL

KIANG NANGBAH GOVERNMENT COLLEGE, JOWAI
ESTD - 1967

RUSA



INDEX

1. Order from the Principal	3
2. Letter to NIC	4
3. Advertisement	5
4. Letter to Principal Consultant RUSA	6
5. Minutes 14 th March, 2017	7
6. Calling Letter	8
7. Interview Photos	9
8. Order No. 27	10
9. Joining Report	11
10. Minutes 13 th July, 2018	12
11. Minutes 14 th July, 2018	13
12. Notification No. 01. 20 th July, 2018	14
13. Minutes 1 st August, 2018	15
14. Letter to the Principal	16-17
15. Letter to the Principal on Requirements	18
16. Letter to the Member Secretary of Seminar Committee	19
17. Minutes of Joint Meeting	20
18. Invitation of the Resource Person	21
19. Notification No. 02. 10 th August, 2018	22
20. Informing Letter to the Principal	23
21. Minutes 18 th August, 2018	24
22. Notification No. 03. 18 th August, 2018	25
23. Certificate Format	26
24. Photos of the Seminar on “ Personal & Social Guidance”	27
25. Report of the Seminar	28-30
26. Minutes 28 th August, 2018	31
27. Classes Photos	32-34
28. Summary Report on Personal & Social Guidance	35
29. Report on Self-Esteem	36-42
30. Report on Selfcare	43-46
31. Classes Photos on Selfcare	47-49

RUSA

**GOVERNMENT OF MEGHALAYA
OFFICE OF THE PRINCIPAL, KIANG NANGBAH GOVERNMENT
COLLEGE, JOWAI.**

ORDER 598

Dated Jowai, the 21st February, 2017

For implementation of Scheme under RUSA, an Institutional RUSA Cell has been constituted, which will undertake different activities programmes in the Institution for Equity Assurance.

To conduct one these activities, a Women Cell has been formed. The following teachers have been appointed in the Cell to carry on with the activities:-

- | | |
|--------------------------|----------|
| 1. Dr. (Mrs). B. Gashnga | Incharge |
| 2. Smt. G. Pala | Member |
| 3. Dr.(Mrs). L Lyngkhoi | Member |
| 4. Smt. W.M Dkhar | Member |

S. Choudhury.
Principal

K.N.Govt. College, Jowai

Memo No. KNGCJ/R/20/2016-17/2476-A Dated Jowai, the 21st February, 2017

Copy for information and necessary action to:-

1. The above, Teachers for information and necessary action.
2. Office file for record.

S. Choudhury.
Principal

K.N.Govt. College, Jowai

RUSA



**GOVERNMENT OF MEGHALAYA
OFFICE OF THE PRINCIPAL, KIANG NANGBAH GOVERNMENT
COLLEGE, JOWAI.**

No. KNGCJ-R/20/2017-18/1335

Dated Jowai, the 27th November, 2017

From,

Shri. O.U Lyngdoh
Principal
K.N.Govt.College, Jowai

To,

Smt. I. Rymbai
NIC, Jowai

Subject: Uploading of advertisement in the College website.

Madam,

With reference to the subject cited above, I would like to inform you that the Equity Initiatives under Rashtriya Uchchattar Shiksha Abhiyan (RUSA), a number of posts are to be advertised in the official website of the College through NIC, Jowai.

I would therefore request you to do the needful so as to place the detailed advertisement in the website latest by the last week of November, 2017. The detailed advertisement is enclosed herewith (hard & soft copy) for your ready reference.

Yours faithfully

Principal

K.N.Govt. College, Jowai

RUSA

CHRISTMAS TREE SALE

Imported Decorations -
Over 300 Varieties.
Imported Trees: 1ft - 20 ft.
Venue: Don Bosco Youth
Centre, Laitumkhrah.
23rd Nov - 22nd Dec
10 AM - 7 PM
Rush! Limited Stock.
Special Discounts

Phone No: 96157-37708.

Mawphor



Khubor Khasi

Ba Man Ka Sngi

Ba Nyngkong



VOL. XXVI (26) NO. 347 RNI REGD. NO. 70648/09

SHILLONG - 02 December (NOHPRAH) SNGI SAIJAIN (SATURDAY) 2017 www.mawphor.com

Postal Regn. No. NE - 851. 5/-TYNGKA

ADVERTISEMENT

Applications are invited for the following Posts to impart/conduct Equity Initiative Program under RUSA in Kiang Nangbah Govt. College, Jowai.

- (i) Hindi Instructor
- (ii) Career Counselor
- (iii) Music Instructor
- (iv) Counselor in women's Cell
- (v) Individuals/ Agencies for Conducting Short term Courses for Competitive Examinations
- (vi) Firms for conducting Basic Computer Courses.

Interest Candidates/ Firms/ Agencies are requested to visit the official website of the college westjaintiahills.gov.in.kngc for further details.

Sd/-

RUSA Institutional Co-Ordinator,
K.N.Govt. College, Jowai

Sd/-

Principal,
K.N.Govt. College, Jowai

Contact No. 8732074257/9436310082

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Meeting of the Women's Cell (RUSA) held on the 14th March 2018 at the Kiang Nangbah Government College premises.

The meeting was presided over by Dr (Mrs) B. Gashnga, Member Secretary, Women's Cell.

Resolutions:

1. The meeting has resolved to request the RUSA Cell to appoint a counsellor at the earliest.
2. One separate room for the counsellor is needed, preferably in the college premises.
3. It has been resolved that the Seminar cannot be conducted until and unless the counsellor is appointed.

The meeting ended with a vote of thanks from the Member Secretary.

Members present:

1. Shri. E.K Mawkhiew -
2. Dr (Mrs) B. Lyngkhoi -
3. Smt. G. M Pala -
4. Dr (Mrs) B. Gashnga -

E.K Mawkhiew
B. Lyngkhoi
G.M Pala
B. Gashnga

B. Gashnga
Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA



सत्यमेव जयते

**GOVERNMENT OF MEGHALAYA
OFFICE OF THE PRINCIPAL, KIANG NANGBAH GOVERNMENT
COLLEGE, JOWAI.**

Letter No. KNGCJ-R/20/2017-18/1788

Dated Jowai, the 14th March, 2018

CALL LETTER

To,

You are hereby invited to appear for the Interview to the post of **Counsellor in Women Cell** on the **23rd April, 2018 at 11:00 A.M** in the office chamber of the Principal Kiang Nangbah Government College, Jowai.

You are to bring all necessary documents and relevant certificates for verification.

**RUSA Institutional Co-ordinator
K.N.Govt. College, Jowai**

**Principal
K.N.Govt. College, Jowai**

RUSA

GOVERNMENT OF MEGHALAYA

Office of the Principal, Kiang Nangbah Govt. College

(Affiliated to North Eastern Hill University)

owai- 793150

West Jaiñtia Hills District, Meghalaya



सत्यमेव जयते

Shri. O. U. Lyngdoh
Principal



(O) Tel. No. 03652-22379

Email: kngc1967@gmail.com

NO. KNGCJ-R/20/2017-18/1756

Dated Jowai, the 19th March, 2018

To

The Principal Consultant,
RUSA, Meghalaya, Shillong

Subject: Interview for the posts under RUSA Scheme.

Sir,

Referring to the above stated subject, I would like to inform your good office that an interview date was scheduled on the 23rd of March, 2018, at 11:00 A.M for different posts under RUSA Scheme in the College, where you are the one of the Interview Board Members.

Secondly, a Procurement Committee meeting of RUSA is scheduled to starts right after the end of an interview.

Your kind present in to the College for the said purposes is highly expected.

Yours sincerely,

Principal

K.N.Govt.College, Jowai

RUSA



Interview Photos 23th March, 2018



**Women's Cell Committee K.N.G.College, Jowai
RUSA under "Equity Initiatives" during Interview**



RUSA

GOVERNMENT OF MEGHALAYA

Office of the Principal, Kiang Nangbah Govt. College

(Affiliated to North Eastern Hill University)

owai- 793150

West Jaiñtia Hills District, Meghalaya



सत्यमेव जयते

Shri. O. U. Lyngdoh
Principal



(O) Tel. No. 03652-22379
Email: kngc1967@gmail.com

Order No. 27

Dated Jowai the 29th May, 2018

On the recommendation of the Selection Committee **Miss. Saralin Suman Rynghlem** of Mynthong, Jowai, West Jaiñtia Hills District is appointed as a counsellor in the Women Cell on Contract Basis for the period of **1 (One) year** on a fixed payment of **Rs. 12,000/- (Rupees Twelve Thousand) only** per month.

Principal

K.N.Govt. College, Jowai

NO. KNGCJ/R/20/2018-19/354

Dated Jowai the, 29th May, 2018

Copy for information to:-

1. Director of Higher & Technical Education Meghalaya, Shillong.
2. Chief Consultant, RUSA, Meghalaya Shillong.
3. Person concerned.

Principal

K.N.Govt. College, Jowai

RUSA

Dated Jowai the 5th June, 2018

To,

The Principal
Kiang Nangbah Government College, Jowai
West Jaiñtia Hills District
Meghalaya.

Subject: Joining Report

Reference: KNGCJ-R/20/2018-2019/354

Dated Jowai the 5th June, 2018

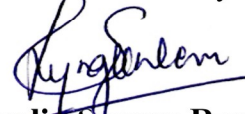
Sir,

In pursuance of the Govt. Order cited under the reference above, I have the honour to inform you that I have joined my duty as a Counselor in Women Cell on the 5th June, 2018 forenoon at Kiang Nangbah Government College, Jowai, West Jaiñtia Hills, District Jowai.

This is for favour of your kind information and necessary action.

Thanking you.

Yours faithfully



(Miss Saralin Suman Ryngkhlem)
Counselor in Women Cell
K.N.Govt.College, Jowai

RUSSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**



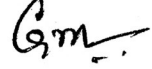

Meeting of the Women's Cell (RUSA) held on the 13th July 2018 at the Principal's Chamber Kiang Nangbah Government College.


Resolutions:

1. One Counsellor has been appointed and she has joined already w.e.f **1st July, 2018.**
2. The Counsellor is supposed to come 3 (three) days a week with office timings.
3. A Seminar to be conducted with the Counsellor as the resource person.
4. For the time being, one room is to be allotted for the Counselling.
5. A meeting of the Committee Members together with the Counsellor to be fixed.

Members present:

1. Shri. O.U Lyngdoh (Principal)
2. Mrs. W. Dkhar
3. Smt. G. M Pala
4. Dr (Mrs) B. Gashnga

- 
- 
- 
- 


Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Meeting of the Women's Cell (RUSA) held on the 14th July 2018 at Kiang Nangbah Government College Common Room


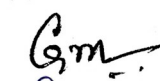

The meeting was presided over by Dr (Mrs) B. Gashnga, Member Secretary, Women's Cell.

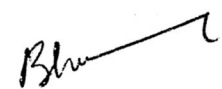
Resolutions:

- 1 The Counsellor is to come on Monday, Wednesday & Friday during office hours.
- 2 Seminar to be held on the first week of **August 2018** (tentatively on the **3rd August, 2018**)
- 3 Topic for the Seminar given to the Counsellor to choose.

Members present:

1. Dr (Mrs) B. Gashnga
2. Smt. G. M Pala
3. Ms. S.S Ryngkhlem (Counsellor)

- 
- 
- 


Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

**KIANG NANGBAH GOVERNMENT COLLEGE, JOWAI
WOMEN'S CELL COMMITTEE (RUSA)**

Dated Jowai, the 20th July 2018

NOTICE

This is to inform that, students of the college who require or wish to receive counselling can approach Counsellor **Miss. S.S Ryngkhlem** who will be available on every **Monday, Wednesday & Friday** during office hours in **Room-3**

For further details please contact **Dr (Mrs) B. Gashnga, Botany Department, Kiang Nangbah Government College, Jowai. Contact No: 9402506610.**



**Principal
KN.G.College Jowai**

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Meeting of the Women's Cell (RUSA) held on the 1st August 2018 at Kiang Nangbah Government College premises.

Resolutions:


1. Due to the upcoming election of the K.N.G.C.S.U 2018 the proposed date for the Seminar which was supposed to be on the **6th August, 2018** has been shifted to the **17th August, 2018**.
- 2 The Topic for the Seminar is on " Personal and Social Guidance"
- 3 Two Resource Persons will be involved in the Seminar.
- 4 Join meeting with the Seminar Committee will be held on the **8th August 2018**. An official letter to the Member Secretary Seminar Committee will be issued.
- 5 The estimated amount for the Seminar has been discussed.

Members present:

- | | | | |
|---|--|---|---|
| 1 | Dr (Mrs) B. Gashnga | - |  |
| 2 | Mrs. W. M Dkhar | - |  |
| 3 | Ms. S.S Rynghlem (Counsellor) | - |  |
| 4 | Shri. R. Nanghuloo
Institutional Co-ordinator, (RUSA)
K.N.G.College, Jowai | - |  |

Sl.No.	Particulars	Amount
1	Resource Persons	Rs. 3500.00
2	Flex (4mx 8m)	Rs. 1500.00
3	Note pad & Pen (250Nos.)	Rs. 4000.00
4	Printing, Stationery & Certificate	Rs. 5000.00
5	Food	Rs. 30000.00
6	Photographs	Rs. 3000.00
7	Miscellaneous	Rs. 3000.000
Grand Total		Rs. 50000.00

(Rupees Fifty Thousand) Only.


Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)

**Kiang Nangbah Government College,
Jowai**

R U S A

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Letter No.: KNGC/WC(RUSA)1

Dated. 2nd August, 2018

To,

The Principal
Kiang Nangbah Government College, Jowai.

Subject: Resolutions of the meeting of the Women's Cell (RUSA) Committee held on **1st August, 2018.**

Sir,





With reference to the subject cited above, I would like to bring to your notice that as per the meeting held by the Women's Cell (RUSA) Committee of the college on the **1st August, 2018**, the following resolutions have been arrived at.

1. Due to the upcoming election of the K.N.G.C.S.U 2018 the proposed date for the Seminar which was supposed to be on the **6th August, 2018** has been shifted to the **17th August, 2018**.
2. The Topic for the Seminar is on " Personal and Social Guidance"
3. Two Resource Persons will be involved in the Seminar.
4. Joint meeting with the Seminar Committee will be held on the **8th August 2018**. An official letter to the Member Secretary Seminar Committee will be issued.
5. The estimated amount for the Seminar has been discussed.

For your kind information and necessary action, a copy of the budget proposal for the Seminar is attached herewith. Thanking you.

Members present:

- 1 Dr (Mrs) B. Gashnga
- 2 Mrs. W. M Dkhar
- 3 Ms. S.S Ryngkhlem (Counsellor)
- 4 Shri. R. Nanghuloo
Institutional Co-ordinator, (RUSA)
K.N.G.College, Jowai

- 
- 
- 
- 

R U S A

Estimated amount for the Seminar on “**Personal and Social Guidance**” to be held on **17th August, 2018** by the Women’s Cell (RUSA) Committee, **Kiang Nangbah Government College, Jowai**

Sl.No.	Particulars	Amount
1	Resource Persons	Rs. 3,500.00
2	Flex (4m x 8m)	Rs. 1,500.00
3	Note pad & Pen (250Nos.)	Rs. 4,000.00
4	Printing, Stationery & Certificate	Rs. 5,000.00
5	Food	Rs. 30,000.00
6	Photographs	Rs. 3,000.00
7	Miscellaneous	Rs. 3,000.000
Grand Total		Rs. 50,000.00

(Rupees Fifty Thousand) Only.



Dr (Mrs) B. Gashnga
Member Secretary
Women’s Cell (RUSA)
Kiang Nangbah Government College,
Jowai

R U S A

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Letter No.: KNGC/WC(RUSA)2

Dated. 2nd August, 2018

To,

The Principal
Kiang Nangbah Government College, Jowai.

Subject: Requirements

Sir,

With due respect I would like to request you to kindly supply the following materials which are required by the Women's Cell (RUSA) committee.

1. Register – 2 Nos.
2. File Cover – 15 Nos.
3. A4 Size Paper – 2 Bundles
4. Staplers and Pins
5. Chairs – 2 Nos.
6. Curtain – 1 No
7. Almirah – 1 No

Thanking you.

Yours faithfully



Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Letter No.: KNGC/WC(RUSA)3

Dated. 2nd August, 2018

To,

Dr (Mrs) E.M Blah
Member Secretary, Seminar Committee
Kiang Nangbah Government College, Jowai.

Subject: Join Meeting

Madam,

As per the resolution of the Women's Cell (RUSA) committee held on the **1st August, 2018**, I would like to inform you that a Seminar on "Personal and Social guidance" will be held on the **17th August, 2018** at Kiang Nangbah Government College, Auditorium Jowai. In this regard the Committee has resolved to seek your advice and cooperation. Therefore I request your Committee to kindly have a join meeting with the Women's Cell (RUSA) Committee on the **8th August, 2018** at **2:00 P.M** in **Room No- 3** to enable us to discuss on the matter. Your kind cooperation is highly appreciated.

Thanking you.

Yours faithfully



Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Join Meeting of the Women's Cell (RUSA) and Seminar Committee held on the 8th August 2018 at the Kiang Nangbah Government College premises. At 2:00 P.M

Resolutions:

- 1 As the number of students is more, therefore only 5th **Semester** students (**Arts, Science & Commerce**) will participate in the Seminar
- 2 Classes for the 3rd & the 1st **Semester** will be taken separately in their respective classes.
- 3 3rd & 1st **Semester** class will be as usual.
- 4 **Ms. Hasina Kharbhih & Ms. Saralin S Ryngkhlem** will be the two Resource Person.

Members present:

- 1 Dr (Mrs) B. Gashnga
- 2 Dr (Mrs) E. M Blah
- 3 Mrs. W. M Dkhar
- 4 Mrs. S.M.F blah
- 5 Mr. V.L.P Lyngwa
- 6 Ms. S.S Ryngkhlem (Counsellor)
- 7 Smt. M. D Lakiang
- 8 Smt. D. Rymbai
- 9 Smt. G. M Pala

- *Blah*
- *Eslah*
- *Dkhar*
- *S.M.F. blah*
- *V.L.P Lyngwa*
- *S.S Ryngkhlem*
- *M. D Lakiang*
- *D. Rymbai*
- *G.M.*

Blah
Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)

Kiang Nangbah Government College,
Jowai





सत्यमेव जयते

GOVERNMENT OF MEGHALAYA
Office of the Principal, Kiang Nangbah Govt. College
(Affiliated to North Eastern Hill University)
Jowai- 793150
West Jaiñtia Hills District, Meghalaya



Shri. O.U Lyngdoh
Principal

(O) Tel. No. 03652-22379
Email: kngc1967@gmail.com

NO KNGCJ/ S / 26 /2018-19/ 759

Dated Jowai, the 8th August, 2018

To Ms. Hasina Kharbhih,
Founder and Chairperson,
Impulse NGO Network, Shillong.

Subject: **Seminar**

Sir/Madam,

I would like to inform you that the Women's Cell of Kiang Nangbah Govt. College, Jowai is conducting a Seminar on **"Personal and Social Guidance"** under the RUSA Scheme of the MHRD, Govt. Of India on the 17th August, 2018.

In this regard, we would like to invite you as a Resource Person at the Seminar. We would be happy if you would kindly accept our request.

Thanking you.

Yours sincerely,

Principal
Kiang Nangbah Govt. College, Jowai

RUSA

GOVERNMENT OF MEGHALAYA
OFFICE OF THE PRINCIPAL, KIANG NANGBAH GOVERNMENT
COLLEGE, JOWAI

NOTICE

Dated Jowai the 10th August, 2018

This is to inform that, the Women's Cell (RUSA) of Kiang Nangbah Government College, Jowai, will organise a Seminar on "*Personal and Social Guidance*" for the 5th Semester students (Arts, Science & Commerce) on the 17th August, 2018 at 11:00 A.M in the College Auditorium. All 5th Semester students are to attend the said programme. Classes for the 1st & 3rd Semester will be as usual.



Principal

Kiang Nangbah Govt. College, Jowai

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**

Letter No.: KNGC/WC(RUSA)4

Dated. 10th August, 2018

To,

The Principal
Kiang Nangbah Government College, Jowai.

Sir,

I wish to inform you that the Women's Cell (RUSA) Committee, Kiang Nangbah Government College, Jowai will be organising a Seminar on "***Personal and Social Guidance***" on the **17th August 2018** at **11:00 A.M** in the College Auditorium. In this regards, on behalf of the Committee, I request you to kindly join us on this day and also participate by delivering a short speech in this Programme.

It would be an honour to have you and we look forward to your presence.

Thanking you.

Yours faithfully



Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**



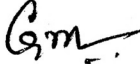

Meeting of the Women's Cell Committee (RUSA) held on the 18th August 2018 at the Kiang Nangbah Government College Jowai Teacher's Common Room at 10:30 A.M.


Resolutions:

1. The Seminar which was supposed to be held on the 16th August, 2018 has been shifted to the 21st August, 2018.

Members present:

1. Dr (Mrs) B. Gashnga
2. Smt. W. M Dkhar
3. Smt. G. M Pala
4. Ms. S. S Ryngkhlem

- 
- 
- 
- 


Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

GOVERNMENT OF MEGHALAYA
OFFICE OF THE PRINCIPAL, KIANG NANGBAH GOVERNMENT
COLLEGE, JOWAI

NOTICE

Dated Jowai the 18th August, 2018

This is to inform that the Seminar on “*Personal and Social Guidance*” which was supposed to be held on the 17th August 2018 has been rescheduled to the 21st August 2018 for the 5th Semester Students (Arts, Science and Commerce) at 11:00 A.M in the College Auditorium. All 5th Semester Students are to attend the said programme. Classes for the 1st and 3rd Semester will be as usual. Teachers who do not have class on that day are also requested to attend the programme.



Principal

Kiang Nangbah Govt. College, Jowai

Copy to:

1. All the HODs with a request to attend the Seminar on the above mentioned date and time.

Sd/-

Principal

Kiang Nangbah Govt. College, Jowai

RUSSA



KIANG NANGBAH GOVERNMENT COLLEGE, JOWAI
WEST JAINTIA HILLS DISTRICT,
SEMINAR ON PERSONAL AND SOCIAL GUIDANCE

**SPONSORED BY RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA)
MHRD, GOVERNMENT OF INDIA**

'EQUITY INITIATIVES'

*Certified that Mr./Ms.
has participated in the Seminar on 'Personal and Social Guidance'
conducted by the Women Cell, K.N.G. College, Jowai under
Rashtriya Uchchatar Shiksha Abhiyan (RUSA), MHRD, Govt. of India,
at Kiang Nangbah Government College, Jowai on the 17th of August, 2018.*

Coordinator (RUSA)
K.N.G.College,
Jowai

Principal
K.N.G.College,
Jowai



1 Registration



2 Welcome Speech
Lecturer
Mrs. G. M Pala



3 Speech by the Principal
Shri. O.U Lyngdoh



4 Smt. Hasisna Kharbhiih
Resource Person



5 Smt. Hasina Kharbhiih
Resource Person



6 Ms. S. S Rynghiem
Resource Person



7 Vote of thanks by
Dr.(Mrs). Buromlang Gashnga
Member Secretary of Women's Cell



8 Launch Break

SEMINAR ON "PERSONAL & SOCIAL GUIDANCE"

**REPORT OF SEMINAR ON “PERSONAL AND SOCIAL GUIDANCE”
CONDUCTED BY WOMEN CELL OF KIANG NAGBAH GOVT. COLLEGE, JOWAI
UNDER RASHTRIYA UCHCHATAR SHIKSHA ABHIYA
“EQUITY INITIATIVES”**

A one day seminar on “*Personal and social guidance*” was organised at the auditorium on the 21st August 2018 at Kiang Nangbah Government College, Jowai. Asst. Prof. Mrs. G. Pala welcome the participants and introduced the programme to all. Shri O.U Lyngdoh (Principal KNGC, Jowai) gave a speech on the importance of the counselling cell and regarding the topics of the seminar. Four topics were presented- stress and its effect, Difficulties in solving problems, Building students Self-Esteem, setting goals in life.

1. Stress and its effect
2. Difficulties in solving problems by Ms. Hasina Kharbih

She started with introducing Mental Health which is a common situation. She explain how its affected by cultural factors and this needs to be broken down. Stress leads to isolation and self destruction. All undergoes under stress in different forms of life. The following topic was presented .

- (i) How stress affect differently such as tension, anxiety (nervousness, worry or fear of the unknown and things we cannot control.
- (ii) The focus was also on natural, physical and emotional reactions of a person to face challenges. example Completing task, family tension/stress. Stress could cause anxiety if prolong.
- (iii) The cause of stress in common life with family such as stress in marriage preparation, tension for children in the house. With technology such as mobile phones, internet and social ways had been presented. Negative self talk such as mind trap, pessimistic thinking, self criticism and over analysing was discuss in details
- (iv) Causes of stress and all stress are not equal. It can be due to upbringing in different families parents expectations in different families parents expectations, teacher’s expectations, religious factors in terms of behaviour
- (v) Different kinds of stress such as personal, emotional, mental, behavioural, negative and acute chronic.
- (vi) Types of stress are positive stress when one perform better under stress but it varies from one to another. Negative stress is when one loses motivation in life.

- (i) Next topic was about ways to problem solving. Ability to list off different problems and solution and how to evaluate them.
- (ii) Selecting option to your solution not by force but for the overall benefit and being genuine and sincere.
- (iii) Ability to communicate and not feel shy to solve the problem.

3. Building Students Self- Esteem

4. Setting Goals in life by Ms. Saralin Suman Rynghlem.

Following on from **2018-2019** Seminar on “Building *Students Self-Esteem and Setting Goal in Life*”. The resource person was Ms. Saralin S. Rynghlem from Kiang Nangbah Government College, the counsellor in women cell under RUSA Scheme.

Linked to resilience is student self Esteem, which we know is really important for students. Thinking and believing good things about yourself lies at the heart of Self- belief and self confidence. Students with low self Esteem are often reluctant to try new things and tend to give up easily in the face of challenge. Student self esteem can be influenced by feeling valued having their achievements recognised and hearing good things about themselves.

The Seminar examined the links between pessimism and Self-Esteem, and the role of boundaries, goals and focused praise and attention in fostering good Self-Esteem. Together, the Seminar also discuss the practical strategies for encouraging a growth mindset.

- Promoting goal-setting.
- Valuing effort and achievements.
- Encouraging optimism.
- Challenging negative thinking.
- Helping Students to express ideas and make decisions.
- Appreciating difference and uniqueness.

DISCUSSION AND CONCLUSION:

The discussion on this Seminar was very practical Students were able to relate to the topics, since it was factual. Topic such as stress & Self Esteem are useful and helpful in everyday life. Some students were able to evaluate their own problems and also clarify their doubts. Most importantly they could see at what level their Self-Esteem stand. And also, how stress has been affecting their performance in the institute and personal life.

The Seminar was for both the students and teachers who wanted to be pro-active rather than waiting until there is a problem. Thought provoking with lots of opportunities for questions and discussions, the seminar was extremely well received.

R U S S A

**WOMEN'S CELL COMMITTEE
UNDER RUSA
ON "EQUITY INITIATIVES"**


Meeting of the Women's Cell Committee (RUSA) held on the 28th August, 2018 at the Kiang Nangbah Government College Jowai.

Resolutions:

1. Lectures on "***Personal & Social Guidance***" for different classes (**Arts, Science & Commerce**) will be held at their respective class room.
2. The time for the lectures will be prepared by Miss. S.S Ryngkhlem according to their off period

Members present:

1. Dr (Mrs) B. Gashnga

- 

2. Ms. S. S Ryngkhlem

- 



***Dr (Mrs) B. Gashnga
Member Secretary
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai***

RUSA



Session taken on the month of September 2018



TOPIC ON 'SELF ESTEEM'



Many Students attended the session

RUSSA



Session taken for the month of October 2018



TOPIC ON 'SELF ESTEEM'



Students were interested in the Topic

RUSSA



SESSION TAKEN FOR THE MONTH OF NOVEMBER 2018



TOPIC ON 'SELF ESTEEM' & INABILITY TO SET A GOAL IN LIFE



Positive response from the Students

R U S S A

Summary of the Personal Counselling with the Students

Counselling in Women cell , has been the first cell in the College . Due to the newness many students don't have the whole idea of its importance. However, other initiative has been taken, by conducting counselling class for all the semester for all three stream.

After all the counselling session, there was a positive sign of students coming for a personal counselling. Although the number was not high but there has definitely been an upward graph in the number of students coming for the personal session.

There are almost 20 students who had come for personal counselling and more than 3 session per students.

Some of the main Highlights of the students problems are :-

- Management of Education
- Guidance for Competitive Examination
- Challenges in their Education
- Sleep Management
- Difficulties to concentrate while studying
- Stress and Anxiety Management
- Family conflict
- Personal Conflict
- Emotionally Unstable
- Adjustment Issue with their Siblings
- Inability to set a goal in life
- Facing problem with self esteem and self confidence

Most of these students have come for session more than 3 times. As a follow up on how they are managing , I interact with them whenever possible either face to face or via messages.

Some of the students seems to have a positive impact due to the counseling session.



Ms. S.S Ryngkhlem
Counsellor

Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

Counsellor in Women cell.

Report for the month of September, October and November 2018

Since there were less students who come for an individual session. As a counsellor and with the permission of the women cell member we decided to take a class session of 45 minutes for all the classes of **1st Semester** and **3rd Semester** from Arts, Science and commerce Stream. Since we had already conducted a Seminar for the **5th Semester** in the month of **August**.

The topic of interaction with the students was Self-Esteem and Inability to set a goal in life.

The main purpose for the class is to build self-esteem among the students. Helping them to release their fear of failure .There are setbacks and failure that students has face and they get drained, tired and unmotivated and stop trying in their life.

Which is why it's important to make them realized that barrier does not really exist for their new ventures. Some students continue to see those failures in their heads as their barriers that separates them from achieving their goals. Even though there are no real barrier from where they are to where they want to go.

Next topic was inability to set goals in life. The class focus on highlighting the very important factors that leads to students not being able to follow the time table set by them. Such as setting more goals, not being specific and neglecting to see hurdles coming their way.

The session spreads awareness and gave them an idea to set realistic goals that are achievable and also to be positive and to be specific on their goals .

The class was well received, most of the students were very attentive and participated in the session.

On 17th September 2018 – 48 students participated from Arts 1st semester.

On 19th September 2018 – 29 students participated from BSc 1st Semester.

On 21st September 2018 – 73 students participated from BSc 3rd Semester life science.

RUSSA

On 24th September 2018 – 27 students participated from Physical Science 1st Semester

On 26th September 2018 – 48 students participated from Life science 1st semester

On 28th September 2018 – 38 students participated from Physical Science 3rd semester.

4th October 2018 to 29th October 2018 starting of Semester examination.

On 12th November 2018 – 36 students participated from B.Com 1st semester

On 15th November 2018 – 16 students participated from Economics 3rd semester

On 19th November 2018 – 19 students participated from commerce 3rd semester

On 21st November 2018 – 26 students participated from BSc 3rd semester

On 23rd November 2018 – 12 students participated from Khasi 3rd Semester .

On 26th November 2018 – 17 students participated from History 3rd Semester

On 3rd December 2018 – 212 students participated from political science 1st and 3rd semester.

On 5th December 2018 – 11 students participated from Education 3rd semester.

SUMMARY OF THE TOPIC

WHAT IS SELF-ESTEEM?

*self esteem is how **you see yourself** or your skills at something you think **is important.***

*every part of your life influences how you feel about yourself . **BUT** the person with the most control over your self-esteem is **YOU***

4 IMPORTANT PILLARS OF SELF-ESTEEM

- ❖ *Living Consciously*
- ❖ *Self Acceptance*
- ❖ *Self Responsibility*
- ❖ *Living Purposefully*

WAYS TO STRENGTHEN SELF-ESTEEM

- ❖ *Stop being your biggest critic*
- ❖ *make a list - great traits you possess, things that you like about yourself, compliments that others have given you and things that you have accomplished.*
- ❖ *Make realistic Goals*
- ❖ *Don't ever make comparisons*
- ❖ *Be Positive*

RUSSA

POSITIVE AFFIRMATIONS FOR SELF-ESTEEM

- ❖ *I deeply love and accept myself.*
- ❖ *I believe in myself and my abilities*
- ❖ *I feel confident and secure*
- ❖ *My family and friends love me for who I am*
- ❖ *I value and respect myself.*

FACTORS OF LOW SELF-ESTEEM

- ❖ *Experiencing Continuous Failure*
- ❖ *Being expected to perfect all the time*
- ❖ *Being Ignore or make fun of*
- ❖ *Having Physical or Emotional Punishment*
- ❖ *Getting Criticized*

RUSSA

INABILITY TO SET A GOAL IN LIFE

REASONS

DON'T

- ❖ *Having too many GOALS*
- ❖ *Undefined or Unrealistic GOALS*
- ❖ *No clear TIME TABLE*
- ❖ *Insufficient Planning*
- ❖ *Neglecting to anticipate Hurdles*

DO'S

- Set not more than TWO GOALS at a time*
- Define and SPECIFY yours GOALS*
- Include all the daily activities and make a HABIT*
- write down your Goals and EXTERNALISED*
- Hurdles are the FOUNDATIONAL BLOCKS*

RUSSA

*“The teacher has failed more times
than the student has even tried “*

OUTCOME OF THE SESSION.

The session with the students was very enlightening, it wasn't just a one-way learning where I was talking but it became a two ways learning where I got to learn a lot about the students background and understand their life's difficulties. Being able to understand them, gave me a sense of responsibility , to prepare many more topics that I can talk about to help them.

More than anything as a students they face stress in studies because of their personal conflict. Some students find it difficult to concentrate in studies because of family issues.

Most of the students that came for individual counselling are either emotional unstable or have gone through family pressure of doing well in life and unable to keep up with the expectation.

For that reason, my main Goal is to give students a therapeutic Self-care. Targeting on five areas.

They are :-

- 1) **Physical self-Care** : where I talk to them about maintaining their nutrition, exercise, water intake, medication, supplements and Breathing.
- 2) **Spiritual self-care** : where I talk to them about prayers, meditation, spiritual community, forgiveness, finding purpose and meaning. They might feel the need to practice any of the following to keep themselves calm and compose.

RUSSA

Lifestyle: I feel that in order for them to have a balance life style they need to have a structure or outline of their life, relaxation, setting goals and fulfilling their work that they have to do.

Mental or emotional selfcare : For this it is important to have positive self-talk, positive beliefs, feeling one's feeling, mood journal, a library of positive memories and working through their grief.

People support : As a human being we all tend to want someone to talk to or have someone to help us in time of crises. Letting them know that it's alright to talk about whatever they are feeling to their family , friends, support group , community service and counsellor .

By doing the above steps I hope the students will not only become confident but also balance their life in the future in every aspects.



Ms. S.S Ryngkhlem
Counsellor
Women's Cell (RUSA)
Kiang Nangbah Government College,
Jowai

RUSA

REPORT FOR THE MONTH OF FEBRUARY - APRIL 2019

The topic of interaction with the students was on **SELF CARE**.

The main purpose was to bring awareness on self care, where most of the students neglect these basic principles in their day to day life. It is important to keep in mind that self care can integrate in the over all being of the students.

The session was taken for second, fourth and sixth semester from Arts, commerce and science streams.

SUMMARY OF THE TOPIC

Self-care is intending, planning, and actually taking the time to attend to your basic physical, mental and emotional needs. It is the conscious rest which helps you recharge your batteries. It is the time when you can be present and enjoy life through simple pleasures. It is your ability to stop, smile inwardly and ask yourself: “How are you doing today? What do you need?”—and then attend to those needs with a big dose of kindness and love.

Self-care happens on three levels: **physical, mental and emotional**.

Physical Self-Care

This aspect of self-care is the most straightforward one and it comes down to making sure that your body is well-nourished and happy. Three most basic aspects of physical self-care are: good nutrition, sufficient amount of recovery time (rest and sleep), and necessary exercise. There is a metaphor that refers to body as your “real home”, “temple” or “vehicle”—the only one you have throughout your entire life, and at the same time, the most intimate one to you. Given the fact that you only have one body and that it is your means to do and experience absolutely anything in the world, you want to make sure it functions as well as possible.

You should also approach caring for your physical body holistically, because it is indeed a system that functions as one. You cannot just take care of your arms, but not legs. You cannot say that your back pain is a problem separated from everything else, and your smoking habit doesn’t have anything to do with that. Of course it does—everything in your body is connected. And, what is more, it is also closely connected to the stuff happening in your head.

RUSSA

2. Mental Self-Care

Thoughts in our heads can be a mess especially if we don't notice them. There are times when we just drift away in our thoughts, usually the anxious ones, and after half an hour we cannot even tell what we have been thinking about. All we know is that we are left feeling discomfort... but why?

Mental self-care is a **two-fold process**

The **first step** is taking time to consistently break down what you are thinking and why you are even thinking that. The moment you manage to notice your thoughts, they don't have the power of directing your life without you even noticing.

The **second step** is about cultivating those mental habits and thoughts which serve you. This can be done after you have observed your thought content for a while and you can tell which mental habits nurture your well-being, and which don't. A wide range of thoughts! Sometimes they are judgments directed at yourself or other people. Sometimes it is self-indulgence. Sometimes, "what-if" scenarios. Or resentments, tossing and turning an event from the past. But you also find appreciative thoughts about what you have in the present moment.

If you have a problem identifying your thoughts in depth, try this simple manual to start with. After you have an idea of what is going on in your head on a daily basis, you will recognize two things. First and foremost: the thoughts you are having are not "the truth". They are just interpretations of your experience created by your mind. But you don't need to treat those thoughts as reality.

Having said this, it is worth noticing that some mental habits are way more beneficial for you than other ones. Cultivating the beneficial ones is the second step of **mental self-care**.

3. Emotional Self-Care

An approach of what it means to take care of my emotional well-being is the one Michael Brown presents it in his book *The Presence Process*. The foundation of this approach is that all emotions are essentially "energy in motion." They are not good or bad. They are just energy.

We perceive them as various physical resonances in our bodies—butterflies in the stomach, waves of heat or tingling in our palms. Additionally, we have come up with standardised names for these resonances—such as anger, anxiety, euphoria or fear. We ended up classifying some feelings as "desired" and other "unwanted". However, in the end, they can all be brought down to a sensation that we experience, and this sensation on its own cannot be a "right" or "wrong" way to feel.

From what I observed in myself and other people dealing with their feelings, there are two basic ways of approaching emotional self-care. What lies at the core of both of them, however, is recognising the validity of your emotional state. You undeniably benefit from accepting how you are feeling right now, because this is something that is already happening anyway. Any attempt to hide what you feel from yourself can only bring additional tension. It is of course easier to accept some feelings over others. We usually don't have a problem embracing the resonance of peace, excitement, happiness, love or gratitude. But we need to make a conscious effort to welcome

Then, once you recognised and hopefully accepted how you are emotionally, there are two ways to go about it. You either try to alter your emotional state, or you don't. In the **first case**, you recognize your feelings and then decide to try to change them to your liking. For example, you might notice feeling “lonely” or “sad”, but you don't want to sit with this feeling. So you decide to change your circumstances in order to impact the way you feel. You look for friends' company, go watch a movie, eat a brownie, and so on.

In the **second case**, you give unconditional attention to your feelings, without any attempt to alter them. This is what Michael Brown and many other practitioners recommend, as a more productive behavior in the long run.

By being fully aware of your emotions in the present moment and detaching from their mental interpretations, you gradually can get to the root of your feeling. This means that you integrate it as a valid part of your experience—not better or worse from anything else in your life. Eventually, you no longer seek some feelings over others and you are able to accept them all as... energy in motion.

4. Self-Care Is Not Selfish

Just as our bodies are holistic, integral systems—so are human societies. In everyday interactions, we influence each other—it is more than obvious. Each individual is a part of a bigger system: a family, circle of friends, work team, community. Well-being of those systems depends on the well-being of their parts. “If you want to change the world, start with yourself,” they say. What does it mean in the context of self-care and well-being? If you want your friends, family and colleagues to be well—be the first to be well.

It can be challenging to accept at first, because the initial consequences of you putting more attention to self-care might seem to disturb your relationships. For example: You choose a good night's sleep over a party with your friends, and you may be afraid that they accuse you of neglecting your friendship. But you don't have to act on this fear. True friends who care about you will stay in your life—even if they initially don't understand what is going on and why you are doing what you are doing. Same goes for family. You may choose to act against some of their expectations, because you found out that this is what's best for you. They may initially be somewhat upset—especially if they got used to you always meeting those expectations before. Maybe they will feel that you are not giving them as much attention as before, because for 30 minutes a day you now choose to do something just for yourself. But if you do it consistently and they see how it helps you find your balance, they will be happy for you. Plus, your company will be much more enjoyable for them.

The positive influence of self-care practices on yourself is undeniable. To notice its impact on others might take a bit more time. But if you continuously **invest in time to nurture yourself**, increased well-being of your peers is just a natural consequence. Make it a daily habit to take care of yourself.

Even 10 minutes is enough. If you can make it 30, perfect. An hour even better. But it doesn't really matter how small your start. The most important is to start at all—preferably today. Commit a part of each day to take care of your most burning

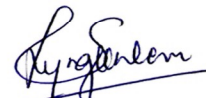
needs. And stick to this commitment no matter what – because this is a long-term investment.

I believe that by consistently showing kindness to ourselves, we can achieve miracles.

OUTCOME OF THE SESSION

Most of the students were able to relate to the topic since it's related to their day to day life. They were able to connect with the topic and were keen to understanding the importance of self care. These are some of the topics that we wouldn't talk about, in our day to day life because these have become an integral way of our life. However, the truth is I believe we need to constantly remind the students and find a way to imbibe in them these small integral things to help them shape their life and also help them build their principles and habits . This way it will also help them shape their personality. Because I believe that students are the future leader of our country and helping them shape a strong personality will help our future nation to become strong.

The students participated in the discussion and was more of an interacting session. It was a positively reaction overall.



Ms. S.S Ryngkhlem

Counsellor

Women's Cell (RUSA)

Kiang Nangbah Government College,

Jowai

RUSA



Session taken for the month February 2019



TOPIC ON 'SELF CARE'



R U S S A



Session taken for the month of March 2019



TOPIC ON 'SELF CARE'



RUSSA



Session for the month of April 2019



The Students were keen to interact



RUSSA



Design, Concept & Layout by: Anvil R. Laloo

 anritra@gmail.com

 7005163926

 9615136131