

REPORT ON EXTENSION AND OUTREACH PROGRAMS

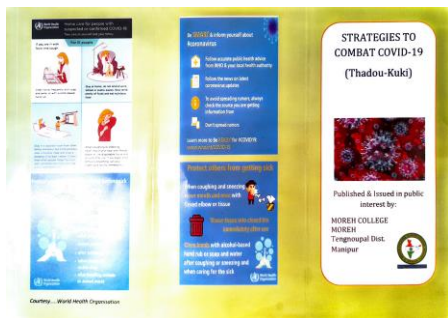
Distribution Relief Materials (Sanitization & Mask) for the Preparedness of COVID-19 Pandemic

Organized by: Moreh College Moreh

Moreh College, Moreh has taken the initiatives to fight against the Covid-19 which is based on the belief that social responsibility. The pandemic, COVID-19 has adversely affected individuals and business around the Tengnoupal District Manipur. In the light of this, collaboration is the need of the hour to protect and empower affected communities and frontline workers with essentials. Moreh College Moreh has provided the center for setting up a Quarantine Centre to fight against the Covid-19.

During this challenging phase and in line with our guiding principles, the college has launched the COVID-19 Relief Programme in the area of Tengnoupal District. Under this, the college has spent more than INR 2.8 Lacs towards the relief materials (Sanitization & Mask).

This is the contribution and collective part taken up by the college to fight the pandemic is its major part of corporate social responsibilities (CSR). The college will continue to contribute for the society in near future too.



PAMPHLETES IN DIFFERENT LANGUAGES TO COMBAT COVID-19



Distribution of Relief Materials



DC, Tengenoupal



Assam Rifle, Tengenoupal



Assam Rifle, Moreh



Govt. Quarantine Centre, Moreh



Sanitizers



Preparation of hand Sanitizers



Tamil Sangam, Moreh

FIVE DAY'S NSS SPECIAL CAMP

Organized by: National Service Scheme Cell, Moreh College Moreh,

Dated: 25th to 30th March, 2018-19

A brief report

25th March, 2018

The inaugural function of the Special Camp took place on 5th March, 2018 at the Auditorium Hall, Moreh College, Moreh with Dr. SL. Lunzapau Vaiphei Principal Moreh college, Moreh.

Soon after the camp was opened by the principal Moreh college, Moreh the NSS Programme officers brief the tentative programme to all the volunteers to be followed during the camp. Also announces some of the rules and regulations which are to be maintained strictly till the end of the camp. And the programme was ended with a word of wishes by the programme coordinator.

26th March, 2018

With the assembly of the volunteers the programme officer took the attendance and also assigned some of the teachers to assist the Programme officer as well as arrangement of work places.

Unit	Workplaces	Name of guide
I	Moreh Hospital	K. Shantikumar. Assist. Prof. Dept. of English
II	Moreh Main market	Th. Gyneshwar, Assist. Prof. Dept. Of Commerce
III	Tintong Bazaar	Hassan Choudhury, Assist. Prof. Dept. Of Chemistry.

After the arrangement of the workplaces they set forth to their respective spots and work over there for more than 2 hours and came back by 3:00 Pm sharp and wine up the programme for the day.

27th March, 2018

The arrangement of the work place for the second day assigned to the adopted village called Khudengthabi village which is located about 10 km from the college premises. To get there we arranged one bus and the team were lead by Sir Seiyang Baite Programme Officer unit II. There we cleaned all the village road sides and the surrounding of church and Community Hall of the village as well. We took two and half hours to finish the cleaning inside the village. It was quite interesting and satisfactory that the work was carried out with the village young brothers and sisters and the chief of the village also thanked the work done by the NSS volunteers every year.

28th March, 2018

On this day the assignment of the work continue to dedicated to the second adopted village which was about 20 km away from the college campus. Group – B of 35 boys and 15 girls of volunteers headed by Sir John Ngamkholun Haokip Programme officer NSS unit III were assigned to work there. It was fortunate that the villages along with the chief's son were participated in the working activities and also offered a grand feast by the chief of the village. In fact it was such a nice hospitality we received from the chief of the village which we never experienced so far.

29th March, 2018

The fifth day of the camp devoted to organised ‘**One Day awareness programme**’ at science Block Conference Hall, Moreh college, Moreh. On this day we invited two resource persons from different Department and talks about the **Cyber Crime and the youth**. Their inspiring message benefits a lot by the volunteers.

In continuation of the programme Dr. S. Kumar sing, M.O i/c Moreh Hospital delivered on the topic – Vector borne disease prone in Moreh area. In his message he appeals to the audience to initiate the utmost possible in order to make aware the local people about the spreading of diseases in the town.

30th March, 2018

On this day we organised an open Essay writing competition of the Topic of **NSS Special Camp, 2018** conducted in the college. Sir John Ngamkholun Haokip was assigned to invigilate the competition. Forty willing volunteers are participated in this competition in which they all performed well. This was followed by valedictory programme of the Special camp, 2018.

This moment was such a pleasure moment for everyone and all. As it was the final day of the camp, everyone felt with great joy and prepared for the farewell performance. The function begins with a welcome speech from Mr. Seitinthang Baite, group leader of Unit II. Soon after that there was a short report from each group leaders and was followed by Price distribution conducted by Sir Seiyang Baite Programme Officer.

Speech from Chief Guest: Dr. Dillip Sing Assistant Professor, Department of Geology. Thereafter lunch was served by the selected teachers and volunteers and the programme of NSS Special Camp 2018 came to an end.

NSS SPECIAL CAMP 2018-19

PARTICIPATION LIST OF NSS VOLUNTEERS – UNIT II (50/UNIT)

Sl. No	Name	Father's Name	Rollno	Class	Contact
1	Seiminlen Haokip	Thanglenmang Haokip	21	XI Sc.	8974988670
2	Keithellakpham Anjali Chanu	K. Ranjit Meetei	7	XI Sc.	8974154345
3	Yumgaibam Sangita Chanu	Y. Tomba Singh	36	XI Sc.	9403675282
4	Niangnunnem Baite	Thonglet Baite	8	XI Sc.	9862438081
5	Gurjeet Kaur	Manpreet Singh	85	XI Sc.	7085611019
6	Sweta Patel	Raju Patel	34	XI Sc.	7085385236
7	Anu Gautam	Maheshwor	1	XI Sc.	8118933093
8	Laldawngmalsawma Hmar	Lalthlamuana Hmar	69	XI Sc.	9862758410
9	Jangminthang Khongsai	Lunminlen Khongsai	27	XI Sc.	7085409482
10	M. Henry Manggoulal Haokip	M. Mathew Jamsei Haokip	3	XI Sc.	7628980393
11	Zokim Vaiphei	Sialzahao Vaiphei	48	XI Sc.	8974887051
12	Chongom Sanju Aimol	Chongom Alengam Aimol	73	XI Sc.	8575655817
13	Thangjam Lolen Singh	Th. Irabot Singh	23	XI Sc.	8974909451
14	Letminhao Touthang	Tongthang Touthang	7	XII Arts	9436861602
15.	Khaiginlen Baite	Jamsei Baite	77	XII Sc.	
16.	Shonminlen Haokip	Jamkhosei Haokip	50	XII Sc.	7629856027
17	Nargish	Shanu Suddin	47	XII Sc.	7085803602
18	Nengjahoi Haokip	Tongjathang	40	XII Sc.	8131818100
19	Chinneihing Touthang	Homminlal Touthang	10	XII Sc.	
20	Lamneikim Vaiphei	Pakang Vaiphei	21	XII Arts	7085334970
21	Heikham Luwangsana Meitei	H. Rajen Meitei	63	XII Sc.	8014319749
22	Khaitinmang Baite	Paothang Baite	99	XII Sc.	9862605686
23	Sonia Nivik	Chotelal Nivik	11	XII Sc.	8729827475
24	Kiran Kumari	Govin Sahani	117	XII Sc.	8415949036
25	I. Aarti Kumari	Inderjit Chauhan	72	XII Sc.	8729843886
26	Y. Rohit	Y. Leiharudding	69	BA 1 st Sem	7421836192
27	N. Nganba Singh	N. Pulindro Singh	77	BA 1 st Sem	9402950333
28	S. Rani Chanu	S. Ibohal	45	BA 1 st Sem	7423968591
29	Jamlallen Baite	Thonglet Baite	55	Bsc 1 st Sem	9774783021
30	Hoikhochin Haokip	Letthong	52	Bsc 1 st Sem	8974656333
31	Chongom Jasmine	Ch. Sana	54	BA 1 st Sem	8575655817
32	T. Yuremba Meitei	T. Iboton Meitei	52	BA 1 st Sem	8731054587
33	Md. Zakhir Hussain	Ms. Gautam Rashul	5	Bsc 1 st Sem	9612018279
34	M. Jamminthang Haokip	M. Sonjakhup Haokip	36	Bsc 3 rd Sem	7085523495
35	Lunminthang Baite	Lengkhosei Baite	5	BA 3 rd Sem	8732052752
36	Jamkholen Lupho	Jamkhomang Lupho	35	Bsc 3 rd Sem	8416047912
37	Jangkholun Haokip	Jamkhongam	33	Bsc 3 rd Sem	9862910431
38	Hatneihing Chongloi	Paojang Chongloi	13	BA 5 th Sem	8974915401
39	Lunkhosat Baite	Thangjalet Baite	48	Bsc 5 th Sem	8119903223
40	Mercy Vahmarkim Baite	Jangkhothang Baite	54	XII Sc	8132007854
41	Lily Chhetri	Ratan Chhetri	14	XI Sc	7085802383
42	L. Alphonsa Hoikholhing Mate	John Jamngam Mate	23	XI Sc	9862839275
43	Elizabeth Nenghoithem Haokip	Ngamkholun Haokip	17	BA 1 st Sem	7085156654
45	Thanglenmang Baite	Sonminthang Baite	25	BA 1 st sem	8974141435
46	Lamneihing Vaiphei	Soineimang Vaiphei	12	BA 2 nd Sem	
47	Jamminthang Haokip	Onsei Haokip	15	BA 2 nd Sem	
48	Seiminthang mate	Lhunkhomang Mate	26	BA 2 nd Sem	
49	Jaminlen guite	Satmang	27	BSc 3 rd	940378679
50	Letmang	Sosei	18	BA 1 st Sem	8974141453



INAUGURATION OF NSS SPECIAL CAMP 2018



NSS VOLUNTEERS



NSS VOLUNTEERS GETTING INSTRUCTION



CONSTRUCTION OF PUBLIC URINAL AT KWATHA (ADOPTED) VILLAGE

FIVE DAY'S TRAINING ON "LIFE SKILLS, LEADERSHIP & PERSONALITY DEVELOPMENT"

**Organized by: National Service Scheme Cell, Manipur University (In Collaboration with
Regional Director of NSS Guwahati)
Dated: 23rd to 27th Sept, 2017**

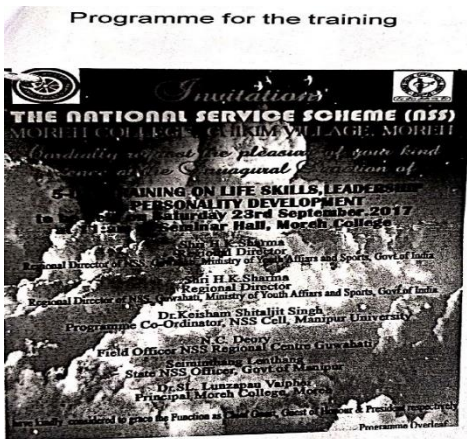
A Brief Report:

No of Participants: 102

Venue: NSS Cell, Moreh College Moreh

A five day's training on "Life Skills, Leadership & Personality Development" was held at Moreh College Moreh from 23rd -27th Sept' 2017 was organized by NSS Cell Moreh College Moreh and in collaboration with National Service Scheme Cell, Manipur University & Regional Director of NSS Guwahati, Under the Ministry of Youth Affairs & Sports ,Govt. of India.

The inaugural day was chaired, speech & concluded by H K Sharma, Regional Director of NSS, Guwahati(Ministry of Youth Affairs & Sports ,Govt. of India),Dr Keisham Shitaljit Singh, Programme Co-Ordinator, NSS Cell Manipur University, N C Deory, Field Officer, Govt. of Manipur & Dr SL Lunzapau Vaiphei, Principle Moreh College Moreh respectively. The above depilatories delivered the speech on the necessary of life skills, problem solving, Time management, personality development in day today life. The event continued by different lectures on the various area by different resource persons. The training programme was attended by 144nos. of volunteers from Moreh College Moreh & Govt. Higher Secondary Schools Moreh. The programme schedule of the training mentioned below.



5-Day Training on Life Skills, Leadership & Personality Development
(23rd - 27th September 2017)
Venue: Moreh College, Chikim Village Moreh
Organized by National Service Scheme Cell, Manipur University
In Collaboration with Regional Directorate of NSS, Guwahati

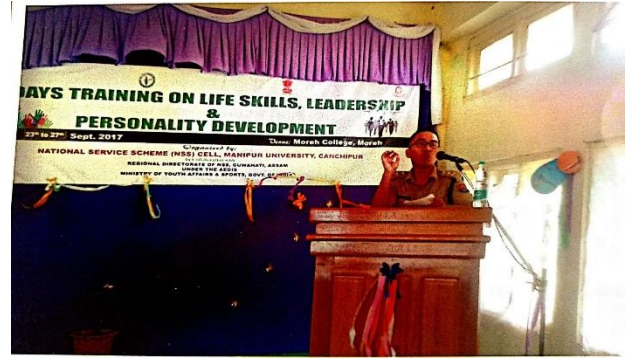
Lecture Programme

Sl.No	Time	Resource Person	Topic
1	10:00-11:00 am	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self-Motivation
2	11:00-12:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	General Awareness, Leadership, Time Management
3	12:00-1:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Banking and Financial Management
4	1:00-2:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Legal Awareness
5	2:00-3:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Managing life skills in youth
6	3:00-4:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self
7	4:00-5:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self
8	10:00-11:00 am	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	How to build up self confidence
9	11:00-12:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Leadership and Responsibility
10	12:00-1:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Importance of Sports
11	1:00-2:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Electricity for all
12	2:00-3:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Art and Handicraft
13	3:00-4:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Non-work systems
14	4:00-5:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Non-work systems
15	10:00-11:00 am	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Developing of youth's skill
16	11:00-12:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Value to day to day life
17	12:00-1:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Importance of maintenance fund
18	1:00-2:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self
19	2:00-3:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self
20	3:00-4:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self
21	4:00-5:00 pm	Dr. Keisham Shitaljit Singh, Deputy Manager, NSS Moreh	Self

Principal
Moreh College, Moreh



Programme inaugurated by Chief Guest



Resource person delivering speech



Volunteers who attended the training



A dance performance by nss volunteers



NSS volunteers with their guard

List of the Volunteers who attended the training

5-Days Training on Life Skills, Leadership & Personality Development
 23rd - 27th September, 2017
 Organised by: National Service Scheme Cell, Manipur University
 in Collaboration with Regional Directorate of NSS, Guwahati
 Venue: Moreh College, Moreh

VOLUNTEERS' ATTENDANCE SHEET

Date: 25th Sept, 2017

Session: Morning - I

Sl. No.	NAME	SEX(M/F)	CLASS	SIGNATURE
1.	Pamkholun Dipho	M	BSc 3 rd Sem	Pamkholun Dipho
2.	Jangkholum Harkip	M	BA 2 nd Sem	Jangkholum
3.	M. Henry Mangpaul Harkip	M	XI Sc	M. Henry Harkip
4.	Jamkholum Guite	M	XI Arts	Jamkholum Guite
5.	Alta Seizaulin Baite	M	XI Arts	Saizaulin Baite
6.	Lalbakhang Gangte	M	XI Arts	Lalbakhang
7.	Lalmihao Tonthang	M	XI Arts	Lalmihao
8.	Shoaminlen Harkip	M	XI Sc	Shoaminlen
9.	H. Luwangama Meiba	M	XII Sc	Luwang.
10.	W.Y. Rohif	M	BA 1 st Sc	Rohif
11.	Samuel Mangkhokai	M	XI Arts	Samuel Mangkhokai
12.	N. Ngula Singh	M	BA 1 st Sc	Ngula Singh
13.	Naldangnabawasa Hma	M	XI Sc	Naldangnabawasa
14.	M.J. Imtijyas Khan	M	XI Sc	Imtijyas
15.	Jangminthang Khongrai	M	XI Sc	Jangminthang
16.	Jamhellen Baite	M	BSc 1 st	Jamhellen

Principal
 Moreh College, Moreh

Sl. No.	NAME	SEX(M/F)	CLASS	SIGNATURE
17.	Samuel Khomminthang Baite	M	XI Sc	Samuel Khomminthang Baite
18.	Khai gulum, Baite	M	XI Sc	Khai gulum, Baite
19.	Thang Mohan Khongrai	M	XI Art	Thang Mohan Khongrai
20.	Paromithang Kipgen	M	XI Sc	Paromithang Kipgen
21.	Neohram Tomsana	M	XI Sc	Tomsana
22.	Mangjamdalen	M	XI Sc	Dalen
23.	Zokim Vaiphei	F	XI Sc	Zokim Vaiphei
24.	Changjia Aimal	F	XI Sc	Changjia Aimal
25.	Nangpukim Khongrai	F	XI Arts	Nangpukim
26.	Lhongmeimoi Harkip	F	XI Sc	Lhongmeimoi
27.	Lhongmei kat Harkip	F	XI Arts	Lhongmei kat Harkip
28.	Hattkhohing	F	XI Arts	Hattkhohing
29.	Channeikim Baite	F	XI Arts	Channeikim
30.	Channei Baite	F	XI Arts	Channei
31.	Tukkhohat Khongrai	F	XI Arts	Tukkhohat
32.	K. Aphorsa Viskhokim	F	XI Sc	Aphorsa maki
33.	Hakho chin Harkip	F	B.Sc	Hakho chin Harkip
34.	Tannuhai Guite	F	XI Arts	Tannuhai Guite
35.	Mangjai Harkip	F	XI Sc	Mangjai Harkip
36.	Mangjam Khomminthang Baite	F	XI Sc	Mangjam Khomminthang Baite

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Principal
 Moreh College, Moreh

Sl. No.	NAME	SEX(M/F)	CLASS	SIGNATURE
37.	Nangnunrem Baite	F	XI Sc	Nangnunrem
38.	Lily chhetri	F	XI Sc	Lily
39.	Khan kurani	F	XI Sc	Khan Kurani
40.	SONIA NIVIK	F	XI Sc	Sonia Nivik
41.	Nargish	F	XI Sc	Nargish
42.	Pathan Rubida	F	XI Sc	Pathan Rubida
43.	Chin mei Uingitvhang	F	XI Sc	Chin mei Uingitvhang
44.	Channeikim Vaiphei	F	XI Arts	Channeikim
45.	Chimeilam Hma	F	XI Arts	Chimeilam
46.	Amy Gautam	F	XI Sc	Amy Gautam
47.	Suzeta Patel	F	XI Sc	Suzeta Patel
48.	Gurjit Kaur	F	XI Sc	Gurjit Kaur
49.	Mangjam Lan Tonthang	M	XI Arts	Mangjam Lan Tonthang
50.				
51.				
52.				
53.				
54.				

Principal
 Moreh College, Moreh

ther Relevant Documents



**NATIONAL SERVICE SCHEME (NSS) CELL
MANIPUR UNIVERSITY: CANCHIPUR - 795003**
Motto: "Net Me But You"

Reference No.01/NSS/MU/LS/2017-02

Date: 21/09/2017

To

The Principal/ NSS Programme Officer
Moreh College, Moreh

Sub: request for providing venue in your college for organizing 5 Days Training Programme on Life Skill, Leadership and Personality Development for NSS Volunteers

Respected sir,

It is pleased to inform you that the National Service Scheme (NSS) Cell Manipur University, Canchipur would like to organize 5 Days Training Programme on Life Skill, Leadership and Personality Development for 50 NSS Volunteers from your college and Secondary Schools in the surroundings of Moreh at your college from 19th September to 23rd September 2017 in collaboration with the Regional Directorate, NSS Guwahati.

Therefore, I request you to kindly accept my humble request so that this training programme can be organized in your college.

I am looking forward for your kind consideration and anticipation.

Thanking you.

Yours sincerely,

Principal
Moreh College, Moreh



মহা মহাশয়, সীমানা গঠিত, মহা
MOREH COLLEGE, CHIKIM VILLAGE, MOREH

Affiliated by University of Manipur.
Chandel District, Manipur Pin - 795 131

মহা মহাশয়, সীমানা গঠিত, মহা
Dr. S.L. Lunzapau Valphel
Principal,
Moreh College, Moreh

Ph. : 03872 - 284591

Ref. NO-46/MC/NSS/98-99.

Date 22/08/2017

To
The principal
Moreh Govt. Higher secondary school
Tengnoupal District, Manipur.

Sub- Request for sending of fifteen (15) active NSS volunteers to join "5 DAY TRAINING ON LIFE SKILLS, LEADERSHIP AND PERSONALITY DEVELOPMENT" at Moreh College, Moreh.

Respected sir/Madam

With reference to the above mentioned subject we are to inform you that the National Service scheme (NSS) of Moreh College is organising the "5 day Training on life skills, Leadership and Personality Development" under the Ministry of Youth Affairs and Sports Government of India from 23rd - 27th September, 2017 at Moreh College, Moreh.

Therefore you are informed to send at least 8 boys and 9 girls to be participated in the said training without fails as this short of training would be benefited by the students to enrich their personality to a great extend.

Thanking you

Moreh/ Dated
12/9/17

yours faithfully

- 1) Dr. S.L. Lunzapau Valphel
Principal
Moreh College, Moreh
- 2) Selyang Baite
NSS Programme Officer
Moreh College, Moreh

Principal
Moreh College, Moreh



মহোদয় কলেজ, সীজিম গাঁও, মহোদয়
MOREH COLLEGE, CHIKIM VILLAGE, MOREH

Affiliated by University of Manipur.
Chandel District, Manipur Pin - 795 131

মহোদয় কলেজ, সীজিম গাঁও, মহোদয়

Dr. S.L. Lunzapau Vaiphei
Principal,
Moreh College, Moreh

Ph. : 03872 - 264591

Ref. NO-46/MC/NSS/98-99.

Date 22/08/2017

To
The principal
Moreh Govt. Higher secondary school
Tengnoupal District, Manipur.

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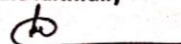
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1) Dr.S.L Lunzapau Vaiphei
Principal
Moreh College, Moreh

2) Seiyang Baite
NSS Programme Officer
Moreh College, Moreh