

ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland – 797 001 (Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com NAAC Grade A (CGPA: 3.12)

3.6.2 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community year wise during the last five years

| Name of the activity | the activity Organising unit/ Forum/ collaborating agency Date of the act DD-MM-YYY | | | | | | | |
|--|--|------------------------------|-----|--|--|--|--|--|
| | Year- 1 | | | | | | | |
| Extension activity at Relief Camp, Henbung Village, Kangpokpi District, Manipur | SABS Study House, St. Joseph's College (Autonomous) Jakhama | 12-06-2023 | 3 | | | | | |
| Extension activity at Changoubung Village, Kangpokpi District, Manipur | SABS Study House, St. Joseph's College (Autonomous) Jakhama | 07-06-2023 | 4 | | | | | |
| Social extension programme organised at Govt. Primary School Zhodi Colony, Jakhama | Department of BBA, St. Joseph's College (Autonomous) College, Jakhama | 17-05-2023 | 51 | | | | | |
| Cleanliness Drive | NSS Unit, St. Joseph's College (Autonomous) Jakhama | 17-05-2023 | 30 | | | | | |
| Outreach Programme at Jakhama Village | Women's Forum, St. Joseph's College (Autonomous) Jakhama | 13-05-2023 | 16 | | | | | |
| Awareness programme on Ill Effects of Tobacco Consumption at Government High School, Jakhama | NSS Unit St. Joseph's College (Autonomous) Jakhama in collaboration with National Tobacco Control Programme (NTCP) | 12-05-2023 | 30 | | | | | |
| NSS Special Camp organised at Jakhama Village | NSS Unit, St. Joseph's College (Autonomous) Jakhama | 11-05-2023 to 14- 05-2023 | 50 | | | | | |
| Sociology Gives Back organised at Jo Foundation Inclusive School, Kohima. | Dept. Of Sociology, St. Joseph's College (A) Jakhama | 06-05-2023 | 155 | | | | | |
| Extension programme on "Polycystic Ovarian Syndrome" at St. Joseph's Hr. Sec School, Viswema, Loyala Hr. Sec. School Jakhama & Little Flower Hr. Sec. School, Kohima | Department of Botany, St. Joesph's College (Autonomous) Jakhama | 294 | | | | | | |
| Awareness Programme organised at Kezo Basa Village | NCC Senior Wing, St. Joseph's College (Autonomous) Jakhama | College (Autonomous) | | | | | | |

| NCC Senior Wing, St. Joseph's College (Autonomous) Jakhama | 29-04-2023 | 15 |
|---|---|--|
| Philanthropic Association, St. Joseph's College (Autonomous) Jakhama | 29-04-2023 | 45 |
| Department of English, St. Joseph's College (Autonomous) Jakhama | 29-04-2023 | 36 |
| Red Ribbon Club, St. Joseph's College (Autonomous) Jakhama in collaboration with Blood Bank Department of Naga Hospital, Kohima | 50 | |
| Philanthropic Association, St. Joseph's College (Autonomous) Jakhama | 09-03-2023 | 4 |
| NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama in collaboration with Junior Wing Cadets Little Flower Higher Secondary School, Kohima | 22-02-2023 | 25 |
| NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama | 07-02-2023 | 15 |
| Philanthropic Association, St. Joseph's College (Autonomous) Jakhama | 23-01-2023 | 5 |
| Government of Nagaland | 02-11-2022 | 40 |
| Post Graduate Teachers, St Joseph's College (Autonomous) Jakhama | 14-10-2022 | 8 |
| Student's Council SJC(A) Jakhama in collaboration with Letters Run | 06-10-2022 | 400 |
| NSS Unit St Joseph's College (Autonomous) Jakhama in collaboration with the Office of the Child Development Project Officer, Jakham | 17-09-2022 | 70 |
| Department of Physics, St. Joseph's College (Autonomous) Jakhama | 30-08-2022 | 58 |
| Department of Physics, St. Joseph's College (Autonomous) Jakhama | 30-08-2022 | 94 |
| | College (Autonomous) Jakhama Philanthropic Association, St. Joseph's College (Autonomous) Jakhama Department of English, St. Joseph's College (Autonomous) Jakhama Red Ribbon Club, St. Joseph's College (Autonomous) Jakhama in collaboration with Blood Bank Department of Naga Hospital, Kohima Philanthropic Association, St. Joseph's College (Autonomous) Jakhama NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama in collaboration with Junior Wing Cadets Little Flower Higher Secondary School, Kohima NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama Philanthropic Association, St. Joseph's College (Autonomous) Jakhama Philanthropic Association, St. Joseph's College (Autonomous) Jakhama Government of Nagaland Post Graduate Teachers, St Joseph's College (Autonomous) Jakhama Student's Council SJC(A) Jakhama in collaboration with Letters Run NSS Unit St Joseph's College (Autonomous) Jakhama in collaboration with the Office of the Child Development Project Officer, Jakham Department of Physics, St. Joseph's College (Autonomous) Jakhama Department of Physics, St. Joseph's College (Autonomous) | College (Autonomous) Jakhama Philanthropic Association, St. Joseph's College (Autonomous) Jakhama Department of English, St. Joseph's College (Autonomous) Jakhama Red Ribbon Club, St. Joseph's College (Autonomous) Jakhama in collaboration with Blood Bank Department of Naga Hospital, Kohima Philanthropic Association, St. Joseph's College (Autonomous) Jakhama NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama in collaboration with Junior Wing Cadets Little Flower Higher Secondary School, Kohima NCC Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama Rocy Girls Senior Wing, St. Joseph's College (Autonomous) Jakhama Or-02-2023 Post Graduate Teachers, St Joseph's College (Autonomous) Jakhama Government of Nagaland O2-11-2022 Post Graduate Teachers, St Joseph's College (Autonomous) Jakhama Student's Council SJC(A) Jakhama in collaboration with Letters Run NSS Unit St Joseph's College (Autonomous) Jakhama in collaboration with the Office of the Child Development Project Officer, Jakham Department of Physics, St. Joseph's College (Autonomous) Jakhama Department of Physics, St. Joseph's College (Autonomous) Jakhama Department of Physics, St. Joseph's College (Autonomous) Jakhama |

| Han Chan Tinanga Campaign at | NCC unit of Ct. Loganh's | 13-08-2022 | |
|------------------------------------|--------------------------------|-------------------|-----|
| Har Ghar Tiranga Campaign at | NSS unit of St. Joseph's | 13-08-2022 | 50 |
| Jakhama | College (Autonomous) | | 50 |
| | Jakhama | 12.00.202 | |
| Har Ghar Tiranga Campaign at | NCC Senior Wing, St. Joseph's | 13-08-2022 | |
| Jakhama and Phesama Village | College (Autonomous) | | 53 |
| | Jakhama | | |
| Community Outreach Programme | Department of Economics, St. | 06-08-2022 | |
| at Kevi Orphanage Home | Joseph's College (Autonomous) | | 24 |
| | Jakhama | | |
| Blood Donation Drive at Referral | St. Joseph's College NCC | 07-07-2022 to 17- | _ |
| Hospital | Senior Division | 07-2022 | 7 |
| Combined Annual Training Camp- | 1 NL Girls' BN NCC, Kohima | 25-06-2022 to 04- | |
| 35 was organized at St. Joseph's | I INL OHIS BIN INCC, Rollinia | 07-2022 | 401 |
| | | 07-2022 | 401 |
| College (Autonomous), Jakhama | | | |
| | Year- 2 | | |
| Plantation of Trees in the College | NCC Senior Division, St. | 05-06-2022 | |
| Campus | Joseph's College (Autonomous) | | 11 |
| | Jakhama | | |
| Plantation and Cleanliness Drive | NSS unit of St. Joseph's | 05-06-2022 | |
| conducted at Mima village | College (Autonomous) | | 42 |
| Č | Jakhama | | |
| Commemoration of World | NCC Senior Division, St. | 05-06-2022 | |
| Environment Day by planting of | Joseph's College (Autonomous) | 03 00 2022 | 35 |
| trees | Jakhama | | 33 |
| Participated in the Swachata cum | NSS Cell, Nagaland, | 14-05-2022 | |
| = | _ | 14-03-2022 | |
| Yoga Program | Department of Youth | | 19 |
| | Resources and Sports, Govt of | | |
| | Nagaland | 12.05.2022 | |
| Community Outreach Programme | Post Graduate (PG) section of | 13-05-2022 | |
| was organised at Government | St Joseph's College | | 33 |
| Middle School, Mitelephe | (Autonomous) Jakhama | | |
| Extension activity conducted at | Philanthropic Association, St. | 08-05-2022 | |
| Kevi Children's Home, Kohima. | Joseph's College (Autonomous) | | 40 |
| , | Jakhama | | |
| Outreach Programme at St. | Womens Forum, St. Joseph's | 03-05-2022 | |
| Andrew's School, Jotsoma | College (Autonomous) | | |
| Timere w a seriooi, votsoma | Jakhama & Jericho Movement | | 50 |
| | Members | | |
| Extension Service on "Awareness | Womens Forum, St. Joseph's | 03-05-2022 | |
| on Menstrual Hygiene, Violence | College (Autonomous) | 03 03-2022 | |
| and Harassement" conducted at St. | Jakhama | | 50 |
| | Jakilailia | | |
| John' Bosco School, Khonoma | Dont Of Coninters Ct | 20.04.2022 | |
| Sociology Gives Back conducted at | Dept. Of Sociology, St. | 30-04-2022 | 105 |
| Jakhama Village. | Joseph's College | | 105 |
| | (Autonomous) Jakhama | 20.04.2022 | |
| Extention activity program and | Department of Botany, St. | 30-04-2022 | |
| demonstration of Mushroom | Joesph's College (Autonomous) | | |
| Cultivation organised at Viswema, | Jakhama | | 48 |
| Jakhama, Mima and Kigwema | | | |
| village. | | | |

| Extension Programme organised on "Fun with Maths" at Loyola Higher Secondary School, Jakhama. | Department of Mathematics, St. Joseph's College (Autonomous) Jakhama in collaboration with Loyala Higher Secondary School, Jakhama | 29-04-2022 | 3 |
|--|---|------------|----|
| Community Outreach Programme conducted at Morning Star Children's Home, Wokha. | Philanthropic Association, St. Joseph's College (Autonomous) Jakhama | 29-04-2022 | 41 |
| Extension programme on 'Teenage Pregnancy' at Loyala Hr. Secondary School, Jakhama | Department of Zoology, St. Joseph's College (Autonomous) Jakhama | 28-04-2022 | 21 |
| Extension programme on 'Teenage Pregnancy' at Little Flower Hr. Sec. School, Kohima | Department of Zoology, St. Joseph's College (Autonomous) Jakhama | 26-04-2022 | 21 |
| Extension Programme on 'Teenage Pregnancy' at Sacred Heart School, Khuzama | Department of Zoology, St. Joseph's College (Autonomous) Jakhama | 25-04-2022 | 21 |
| Extension Programme on "Science in Everyday Life" conducted at Sacred Heart High School, Khuzama. | Department of Chemistry, St. Jospeh's College (A) Jakhama | 25-04-2022 | 11 |
| Extension Programme on "Fun With Maths" conduted at St. Joseph Higher Secondary School, Viswema. | Department of Mathematics, St. Joseph's College (A) Jakhama in collaboration with St. Joseph's Higher Secondary School, Viswema | 22-04-2022 | 3 |
| Extension Programme on "Science in everyday life" conducted at Govt. High School, Jakhama | Department of Chemistry, St. Jospeh's College (A) Jakhama | 22-04-2022 | 12 |
| Extension Programme on "Fun With Maths" conduted at Government High School, Jakhama | Department of Mathematics, St. Joseph's College (A) Jakhama in Collaboration with Government High School, Jakhama | 21-04-2022 | 4 |
| Extension Programme on 'Teenage Pregnancy' at Govt. High School, Jakhama | Department of Zoology, St. Joseph's College (A) Jakhama | 21-04-2022 | 20 |
| The ANO (SW) and 35 SW Cadets of the College conducted Puneet Sagar Abhiyaan at Kezo Basa Village, the adopted village of the college. The team spread awareness on waste management and plastic recycling and on cleaning water bodies to the village council officials through talks and rally. 42 dustbins made with waste materials like tin, bamboo, wire, card board and plastic waste were donated to the village | 1 NL Girls' BN NCC-Kohima & NCC Senior wing, SJC | 02-04-2022 | 36 |

| NSS Republic Day Parade Camp | National Service Scheme, | 01-01-2022 to 30- | |
|--------------------------------------|--|-------------------|-----|
| 2022 in New Delhi. | Ministry of Youth Affairs and | 01-2022 | 1 |
| | Sport, Government of India | | |
| 'Biodiversity Walk to Kigwema | North East Network & NSS | 11-02-2022 | |
| | Unit St. Joseph's College | | 16 |
| | (Autonomous) Jakhama | | |
| Outreach Programme at Wokha for | Philanthropic Association, St. | 24-12-2022 | |
| the Old Age (Widows) | Joseph's College (Autonomous) | | 10 |
| | Jakhama | | |
| As part of the Clean India | 1 NL Girls' BN NCC-Kohima | 23-10-2021 to 30- | |
| Campaign the cadets cleaned World | & NCC Senior wing | 10-2021 | |
| War II Tank Park, Lerie Junction, | St. Joseph's College (A), | | |
| Phesama Junction, SJC Canteen & | Jakaham | | 64 |
| Bus Parking Area, SJC Road, NH- | Delta Coy, PL 10 & 11 | | 01 |
| 29 Jakha Town, and Jakhama Sumo | 1 Nagaland Girl's Battalion | | |
| Stand Area by picking up plastic | NCC | | |
| wastes and sweeping | Kohima- Nagaland | | |
| Spreading awareness about the | 1 NL Girls' BN NCC-Kohima | 24-09-2021 | |
| Government of India Welfare | & NCC Senior wing St. | | |
| schemes for the citizens and the | Joseph's College (A), Jakhama | | 12 |
| benefits of Environmental | | | |
| Protection | | | |
| NSS training program on | NSS unit of St. Joseph's | 09-09-2021 to 11- | |
| Leadership and Personality | College (Autonomous) | 09-2021 | 40 |
| Development through Life Skills | Jakhama | | |
| Freedom Run 2021 | Ministry of Youth Affairs & | 14-08-2021 | |
| | Sports, Govt. of India and | | |
| | Nagaland Unit of NSS & NSS | | 75 |
| | Unit St. Joseph's College | | |
| | (Autonomous) Jakhama | | |
| Webcast for National Youth Award | Ministry of Youth Affairs & | 12-08-2021 | 110 |
| 2021 | Sports, Govt. of India | | 110 |
| Cadets participated in Azadi Ka | NCC Senior Wing, SJC | 10-08-2021 to 14- | |
| Amrit Mahotsav for Rashtragaan | | 08-2021 | 55 |
| (audio online) | | | |
| Plantation of tree saplings in the | NSS unit of St. Joseph's | 01-07-2021 to 07- | |
| adopted villages (Jakhama, Mima | College (Autonomous), | 07-2021 | 26 |
| and Viswema) | Jakhama | | |
| | Year-3 | | |
| | Ministry of Vouth Affairs and | 30-06-2021 | |
| | Ministry of Youth Affairs and Sports, CBSE, YuWaah | 30-00-2021 | |
| Completion of 5 task under Young | (Generation Unlimited India) | | 200 |
| Warrior Campaign | and UNICEF India | | |
| The SJC Covid -19 Task Force | St. Joseph's College (A) | 24-06-2021 | |
| members have extended helping | Jakama | 24-00-2021 | |
| hand to twenty-three Covid-19 | - Junumu | | 10 |
| families affected in Jakhama village | | | |
| | | 21-06-2021 | |
| | | 21 00 2021 | 17 |
| Virtual celebration of International | National AYUSH Mission and | | 1 / |
| Day of Yoga | NSS Cell, Nagaland | | |

| Cleanliness Drive conducted in Jakhama Village | St. Joseph's College NCC Senior Division | 05-06-2021 | 20 |
|---|--|------------------------------|----|
| | Year-3 | | |
| On the occasion of Anti-Terrorism Day, message through a video of pencil sketch and a video of a dance relevant to the day was spread | NCC Senior Wing, SJC | 21-05-2021 | 4 |
| "Mask-Up India" Campaign | NCC Senior wing, St. Joseph's College (Autonomous), Jakhama | 17-05-2021 | 5 |
| World Earth Day | NCC Senior wing, St. Joseph's College (Autonomous), Jakhama | 22-04-2021 | 40 |
| Cleanliness drive conducted at Kohima Catholic Cathedral and St. Joseph's College (Autonomous), Jakhama | NCC Senior wing, St. Joseph's College (Autonomous), Jakhama | 12-12-2020 to 14- 12-2020 | 30 |
| Outreach Program at Gref Camp, Jakhama | Ave Maria Girls Hostel, St. Jospeh's College (Autonomous), Jakhama | 06-12-2020 | 25 |
| Community Outreach Program to Eden Garden, Khuzama Orphanage | Ave Maria Girls Hostel, St. Jospeh's College (Autonomous), Jakhama | 04-12-2020 | 30 |
| Posters of photos on COVID-19 made by 04 cadets, poem videos on Digital India by 02 cadets and 2 minute speech videos on experience in Online Ek Bharat Shreshtha Bharat Camp by 02 cadets were sent to the official whatsapp of the Unit for inauguration of Digital Forum App | NCC Senior wing, St. Joseph's College (A), Jakhama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 27-11-2020 | 8 |
| Spreading awareness on "Sabki Yojana Sabka Vikas" | NCC Senior wing, St. Joseph's College (Autonomous), Jakhama | 02-10-2020 | |
| NCC girl cadets of the college donated 200 handmade masks, 200 bottles (500 ml each) of hand-wash, 200 mini Swiss Rolls (snacks) for the youth volunteers and the elderly of KezoBasa Village | NCC Senior wing St. Joseph's College (A), Jakhama | 08-07-2020 | 40 |
| | Year- 4 | | |
| On the occasion of International Day of Yoga, Cadets participated in making videos of performing Yogic asanason the Yoga theme of the year, "My Life, My Yoga" | NCC Senior wing, St. Joseph's College (A), Jakhama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 14-06-2020 to 21- 06-2020 | 17 |

| NCC girl cadets of the college observed World Environment Day by donating and distributing 500 paper bags to green grocers and street vendors at PR Hill, IOC and Mhonkhola to promote eco-friendly environment and non-plastic products | NCC Senior wing St. Joseph's College (A), Jakhama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 05-06-2020 | 50 |
|---|---|------------------------------|----|
| Cadets contributed 1,000 self-made paper bags for the green grocers and vendors. The eco-friendly paper bags were handed over to Kovi Meyase, Administrator, Kohima Municipal Council, Kohima | NCC Senior wing St. Joseph's College (A), Jakhama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 14-05-2020 | 12 |
| The club visited Eden Garden, Khuzama and conducted programme and donated some essential items | Philanthropic Association, St. Joseph's College (A) Jakhama | 14-03-2020 | 37 |
| Outreach Programme to Bright Morning Star Children Home, Kohima | Philanthropic Association, St. Joseph's College (Autonomous) Jakhama | 07-03-2020 | 13 |
| Cleanliness Drive conducted at Kohima. | The Department Of Sociology in Collaboration with the College Community Outreach, The Green Team Kohima, and The Environment Conscious Children's Organization (ECCO) | 29-02-2020 | 48 |
| Outreach programme at Samaritan Old Age Home, Meriema, Kohima | Women's Forum, St. Joseph's College (Autonomous) Jakhama | 01-02-2020 | 50 |
| North East Youth Festival at Tura | Regional Directorate of NSS, Guwahati in collaboration with Don Bosco college, Tura & St. Joseph's College (A) Jakhama NSS Unit | 20-01-2020 to 24- 01-2020 | 16 |
| Cleanliness drive under the theme "We care, Go clean" in partnership with One Voice club at Tuensang | NSS unit of St. Joseph's College (Autonomous), Jakhama | 07-01-2020 | 28 |
| Participated in the "Run For Health" awareness Campaign organised by NCC Group Headquarter Kohima | St. Joseph's College NCC Senior Division | 23-11-2019 | 20 |
| Participated in the Blood Donation Day with the theme "Give Blood Save Life." Cadets donated blood at the Naga Hospital, Kohima | St. Joseph's College NCC Senior Division | 22-11-2019 | 9 |

| Awareness Rally themed "Run for a Plastic Free Nagaland | Ministry of Youth Affairs & Sports, Govt. of India & NSS unit of St. Joseph's College (Autonomous) Jakhama | 02-10-2019 | 10 |
|---|---|------------------------------|-----|
| Outreach program conducted at Kohima Orphanage | NSS unit of St. Joseph's College (Autonomous) Jakhama | 21-09-2019 | 102 |
| Outreach Programme at Bright Morning Star Orphanage Home, Kohima. | Philanthropic Association, St. Joseph's College (A) Jakhama | 07-09-2019 | 31 |
| NCC Cadets attended the TSC Camp at Jorhat | St. Joseph's College NCC Senior Division | 16-08-2019 to 22- 08-2019 | 6 |
| Cleanliness drive conducted at the College Campus | NSS unit of St. Joseph's College (Autonomous) Jakhama | 20-07-2019 | 150 |
| | Year-5 | | |
| Awareness programme on Tobacco was conducted staging a shop-to- shop campaign at BOC and NSF Martyrs' Park areas in Kohima | NCC Senior wing St. Joseph's College (A), Jakhama | 30-05-2019 | 11 |
| Commemoration of World Water Day | NCC Senior wing St. Joseph's College (A), Jakhama | 22-03-2019 | 41 |
| Sociology Gives Back conducted at Cradle Ridge Hospital, Sethogie, Kohima | Department of Sociology, St. Joseph's College (Autonomous) Jakhama | 15-03-2019 | 80 |
| Community Outreach Programme at Old Age Home, Meriema. | Community Outreach, St. Joseph's College (Autonomus) Jakhama in collaboration with the Dept. of Sociology, St. Joseph's College (A) Jakhama | 09-02-2019 | 147 |
| Cadets participated in Swasth Bharat Yatra at Kohima and took part in Cyclothon from Kohima to Dimapur, besides other activities of spreading awareness | NCC Senior wing , St. Joseph's College (A), Jakahama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 04-11-2018 to 06- 11-2018 | 7 |
| Extension Programme on Plastic Waste Management and disposal and recycling of e-waste at St. Mary's Cathedral HSS, Trinity School, Kohima. | NCC Senior wing St. Joseph's College (A), Jakhama Delta Coy, PL 10 & 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | 11-10-2018 to 13- 10-2018 | 68 |
| Cleanliness Drive was conducted in and around the surrounding of the College | NSS unit of St. Joseph's College (Autonomous) Jakhama | 29-09-2018 | 70 |
| Swachhta Hi Sewa was observed with conduct of various kinds of cleanliness drive in and around the vicinity of the College. | NCC Senior wing St. Joseph's College (A), Jakhama Delta Coy, PL 10 & | 15-09-2018 to 30- 09-2018 | 67 |

| | 11 1 Nagaland Girl's Battalion NCC Kohima- Nagaland | | |
|------------------------------------|--|------------------------------|----|
| Thak Sainik Camp of NCC, New Delhi | Director General National Cadet Corps (DGNCC) | 14-09-2018 to 27- 09-2018 | 4 |
| Annual Training Camp (ATC) | Livingstone Higher Secondary School, Dimapur | 16-07-2018 to 24- 07-2018 | 27 |

Dr. Fr. George Keduolhou Angami
Principal
Principal
St. Joseph's College (Autonomous)
Jakhama Nagaland





ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland _ 797 001
(Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018)
0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

SABS STUDY HOUSE St. Joseph's College, Jakhama

On June 12 2023, **3 Sisters** from SABS Study House, St. Joseph's College (Autonomous) Jakhama, distributed notebooks, uniforms, food and stationery items to 60 refugees residing in Henbung village Relief camp Kangpokpi District, Manipur. The displaced students were from different Kuki villages from Imphal, Manipur.









Dr. Sr. Thresiamma V.G.
Warden
SABS Study House
SABS Study House
Jakhama, Nagaland



ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland _ 797 001 (Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

SABS STUDY HOUSE St. Joseph's College, Jakhama

On June 7, 2023, 4 sisters from SABS Study House, St. Joseph's College (Autonomous) Jakhama, helped 68 students residing in Changoubung Relief Camp by distributing clothes, sanitary items, and food items like sugar, cold drinks and biscuits to the refugees held at Changoubung Village under Kangpokpi District, Imphal.





Ahresiamore: Dr. Sr. Thresiamma V.G. Warden SABS Study House SABS Study House

Jakhama, Nagaland

WOMEN'S FORUM

St. Joseph's College (Autonomous), Jakhama: Nagaland





The Jericho Movement, under the aegis of Women's Forum of St. Joseph's College (Autonomous), Jakhama, organized a visit to the houses of elderly women aged 80 and above in Jakhama village on 13th May, 2023. The purpose of the visit was to provide emotional support, companionship, and promote the importance of maintaining good hygiene among these women.

As part of the initiative, Mekhalas were distributed to the elderly women as a symbol of respect and cultural heritage. The elderly women expressed their gratitude for the gesture by offering prayers for the team members. The visit to the houses of elderly women in Jakhama village exemplified their dedication to creating positive change, irrespective of age or social status.

Total number of Participants: 16



Report Submitted by

KHRIEBUNO NAGI

29/06/2023

Director, Women's Forum,

SJC (A), Jakhama, Nagaland



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

| Ref. | ٨ | lo | | | | | | | | | | | | | | |
|------|---|----|------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | | | |

Date 18/5/23

Activity report on Cleanliness Drive 17th May 2023

NSS Volunteers conducted a cleanliness drive within the college campus on 17th May 2023. 30 Volunteers participated in the event and collected plastics wrappers, papers, bottles, unwanted materials were picked and disposed safely.





PROCINAL OFFICER 18/5/23
Nectional Service School
St. Joseph's College
(Autonomous) Jelchane



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Date: 13/05/2023

The NSS Unit St. Joseph's College (Autonomous) Jakhama organized an awareness program on ill effects of tobacco consumption at Government High School, Jakhama in collaboration with National Tobacco control Programme (NTCP) on 12th May, 2023.

Number of NSS Volunteers: 30



Totano chishe

Ms. Tokani Chishi Program Officer National Service Scheme

St. Joseph's College (Autonomous) Jakhama



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

| Ref. No | Date |
|---------|------|
| | Date |

NSS Special Camp, 2023

Location: Jakhama Village

Date: 11th -14th , 2023

ARRIVAL REPORT

11th May,2023, the NSS members reported at 2:55 pm at the NSS office and directly headed to camp site which was located at the former government primary school in Jakhama Village. The volunteers, consisting of 47 members along with 3 program officers after reaching the Venue at 4:00 pm had a short briefing session with the Jakhama students about the do's and don't 's and other things about the village. This was then followed by a brief orientation. The first day came to close with an interaction session. The inmates of the former school were very hospitable and assure their help whenever necessary. The volunteers cooked their own food and made all the necessary adjustments for accomodation. The first day ended up with a mass prayer.

ACTIVITY: GROUP WISE REPORT

DATE: 12 MAY, 2023

GROUP- A

Visit to GMS (Govt. Middle School Jakhama, Village)

- Our group consisted of 15 members which were assigned to GMS School Jakhama.
- The experience was overwhelming from the first impression and was much impressed by the environment i.e the surrounding and cleanliness of the School area
- The School consisted from class nursery to class 8
- Had a really good interaction with the students. We taught them song, stories etc. for the other upper class, we took a session on tobacco and effects of tobacco
- We should say that this GMS Jakhama was far better than any other Government School
 in terms of managing and administrating the School and its building structure.

The over all experience was overwhelming, worthy and it was also benefit for us and we
are very grateful of this wonderful opportunity and that we do had gain so much of
knowledge and wisdom.

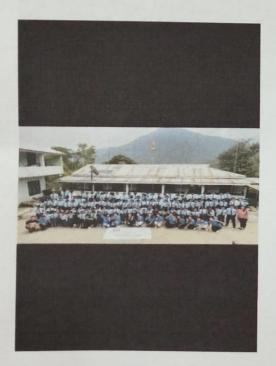
GROUP-D

DATE: 12TH MAY, 2023

Place: Health Care Centre, Jakhama

Work Report: Started Moving at around 3:00 pm. Assisted and old lady with her goods till her field. Clean the surroundings and dispose both the inner and outer garbage. Clean the road wile coming back. Help the ladies carry their fire wood to their house.

Total team members: 11 members.











NATIONAL SERVICE SCHEME

St. Joseph's college (Autonomous), Jakhama

Special Camp Valedictory Programme

Date: 14th May 2023

Place: Jakhama Village Time: 1:00 PM

Chairperson: Mr. Thepfiiriili Riilu

Invocation : Ms. Timreiwon Phungchum

Speech : Mr. Zeneikho Pfukha

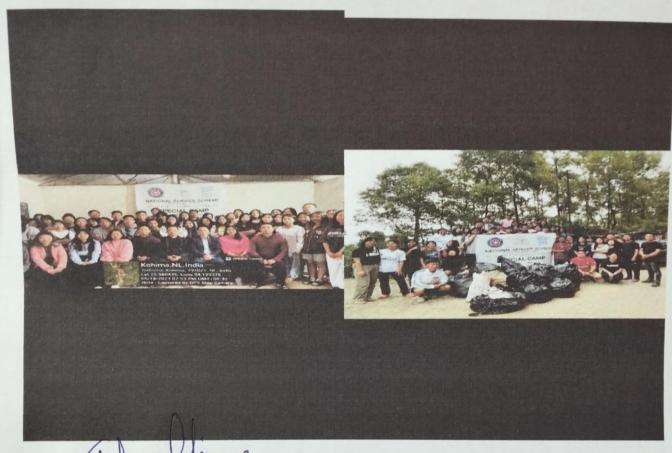
SNO, NSS Cell, Directorate of Youth and Sports affairs

Govt of Nagaland

: Jakhama Village Council

Vote of Thanks : Mr. Salvius Yanthan

Boy Leader, NSS SJC (A)



PROGRAM OFFICER
Notional Sarvice Schame
St. Jacophi's College
Antisacmonal Jakhama



DEPARTMENT OF SOCIOLOGY ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, KOHIMA, NAGALAND

| Ref. no.: | <i>Date</i> : <u>06/05/2023</u> |
|-----------|---------------------------------|
| | |

The Department of sociology St. Joseph's College (A) Jakhama conducted their annual 'Sociology gives back' a charity drive with the final year students of the department from both Postgraduate and Undergraduate studies.

Five teachers and 150 students from the department visited Jo Foundation Inclusive School Agri Colony Kohima on 6th May 2023. During the short program conducted at the school the Administrator of the school, Miss Kheyokhole Ltu gave a brief sharing on the school and why it is important to have an inclusive school while Mrs. Alibo Achumi, Assistant Professor SJC(A) spoke on the vision and purpose of the Sociology gives back initiative. While acknowledging the efforts of the students, she also stated that this initiative is one of the best practises of their department.

She added that over the years, the department was able to help many NGOs, namely, bright morning Star orphanage, Akumdong welfare fund for cancer Patient, cradle Ridge for HIV aids patient, old age home, Youth Net, operation rescue, Nagaland, cancer patients in Naga Hospital, people, living below poverty line, orphans, with us and destitutes in Jakhama Village, poor students and parents of a department and 4th gade staffs of St. Joseph College and many more.

This year they identified three beneficiaries based on their needs, visions and missions. They were

- 1. Miss Imkonglemla, a 6th semester student of their own department suffering from fourth stage breast cancer. A sum of Rs.15.000 was donated towards her treatment.
- 2. The Miraculum society, Nagaland. A recently formed NGO founded by a student of their own department again Miss Vikuonuo Sachu, who was also former Miss Nagaland in 2020-2021, whose vision was to work for child support, education, youth empowerment and community development. A sum of Rs.25,000 was donated towards the NGO and
- 3. Thirdly, the Jo Foundation inclusive school that started with a vision to care and nurture the differently abled children and integrate them with normal society, empowered with skills and knowledge to face any challenges that comes their way. A sum of Rs. 50,000 was donated towards the school infrastructural development fund.

Ms. Thejanguno Lese presented a special performance during the programme representing the department and a special song was also presented by the students of Jo Foundation Inclusive School. Miss Vikuonuo Sachu introduced her NGO The Miraculum Society to the School and the members present in the programme and highlighted about the nature of the work and charity project the NGO is currently undertaking. The team further headed to Botanical Garden, Kohima for the lunch.





Report Submitted by:

Har

Dr. Medonuo Pienyu Head, Department of Sociology SJC (A), Jakhama



DEPARTMENT OF ZOOLOGY ST. JOSEPH'S COLLEGE(AUTONOMOUS), JAKHAMA, NAGALAND

Email: zoodeptsjc@gmail.com | Phone: 8730865723

REPORT OF EXTENSION PROGRAM ON

"Awareness program on polycystic ovarian syndrome" 2nd- 3rd May 2023

Organised by: Department of Zoology

SJC(A), Jakhama

Day 1:

Date: 2^{nd} May 2023 Time: 9.00am-11.00am

Venue: St. Joseph Hr. Sec School, Viswema

<u>Day 2:</u>

Date: 3rd May 2023 Time: 9.00am - 2.30 pm

Venue: Loyola Hr. Sec School, Jakhama

and

Little Flower Hr. Sec School, Kohima

Targeted participants: 10th and 12 students

Participant details: 63 students from class 10th, St. Joseph Hr. Sec School, Viswema

87 students from class 10th & 12th, Loyola Hr. Sec School, Jakhama

129 students from class 10th & 12th, Little Flower Hr. Sec School, Kohima

Names of the student who gave awareness (Zoology

6th Semester): Khani Daihrii, Roguotuo Terhase, Lempisela Y Sangtam, Thejavizo Zecho,

Pounamdiliu Kc, Nothon Khatso, Seveinai Leo, Minishe P Swu, Biseto,

Khieya,

Mhasizokho Keyho, Kevisenuo Khezhie, Deepbhiyani Lama

Name of the Assistant: Dr. Ramita Sougrakpam

Professor incharge Ms. Nzanti Ngulli

Type of program: The awareness was carried out in one session on Day 1 and in two sessions on Day 2. It was full one- hour program in each session

Objective of the workshop:

- 1. To give awareness to both the girls and boys of school going students to common and prevailing syndrome which can threatened life and fertility in our society.
- 2. To help students with various information about polycystic ovarian syndrome
- 3. To train our college students to stand in front of crowd and be confident in teaching

Outcome: The students come to know about polycystic ovarian syndrome. The important knowledge of various symptoms, causes and how to take care when the syndrome is seen in the body. They come to know the importance for early treatment and also various healthy way of living to ease the syndrome.

Total number of Participants: 294

Damiter Sougralipm

Recorded by: Dr. Ramita Sougrakpam

Assistant Professor

Department of Zoology

St. Joseph's College Autonomous, Jakhama

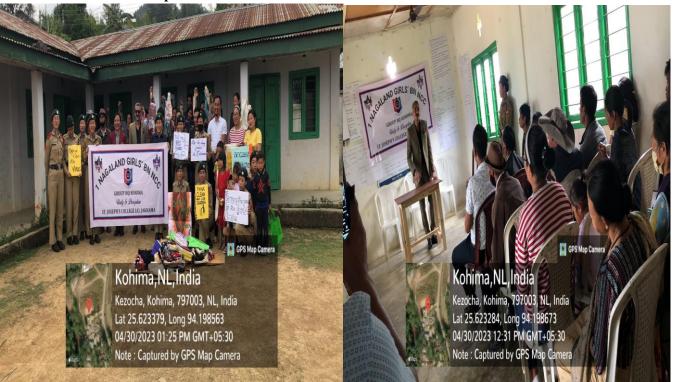


NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

On 30th Apr, 2023, NCC Senior Wing of the college under 1 NL Girls' BN NCC visited its adopted village, Kezo Basa Village, and conducted an awareness programme at the Village Council Hall as an activity of social service and community development of NCC. The team composed of 12 cadets, 1 Associate NCC Officer and 1 PI staff along with Col. Manjeet Katoch, CO.

SGT Nosezonu Lothu began the programme with an invocation followed by Col Manjeet's address. JUO Visakhono Yakhro, SGT Kevekhulu Thisa and Cdt Ambikali R. Mech delivered an awareness talk on Government Schemes for rural areas, Health and Hygiene, and Environment Protection respectively. CPL Rekuyiheule I. Mbung chaired the programme and Punisal Naki, Gaon Bura, Kezo Basa and Capt. Regina Razousinuo, ANO, SJC (A), concluded it with a note of gratitude. Savi Thami, President, Kezo Basa Women Society, **04 Village Council officials and 30 residents attended the programme**. The team distributed application forms of government schemes such as Pradhan Mantri Jeevan Jyoti Bhima Yojana and Pradhan Mantri Suraksha Bhima Yojana to the villagers and also contributed 150 self-made bags to the village for use as marketing/lunch bags when they go to fields. The bags were made from waste materials such as used flexes, sacks, clothes and plastic waste.

Total Number of Participants: 49





OFFICE OF THE KEZO-BASA VILLAGE COUNC

Kohima: Nagaland 797001

Date:.....

.....

The Principal St. Joseph's College (Autonomous) Jakhama-Kohima

Sub: Acknowledgement Letter

Dear Sir,

On behalf of Kezo Basa Village, I express a note of gratitude to the NCC Senior Wing of St. Joseph's College (Autonomous), Jakhama under 1 Nagaland Girls' Battalion NCC/NCC Group-Kohima for the social services rendered to the villagers. A team of 12 NCC cadets, I Associate NCC Officer and 1 PI Staff along with their Commanding Officer (Col Manjeet Katoch) visited our village on 30th April, 2023 (Sunday) and organized an awareness programme on government schemes for rural areas, health & hygiene, and environmental protection. Further, the NCC cadets and their Associate NCC Officer contributed 150 self-made bags for Kezo Basa Village and distributed application forms of some govt. schemes to the villagers. The village remembers the contributions of the NCC cadets of the college made in the past. In July, 2020, during the pandemic time, they donated 200 handmade masks, 200 bottles of handmade hand-wash and 200 Swiss Rolls for the youth volunteers and the elderly of the village. On 2nd April, 2022, the NCC team spread awareness on waste management, plastic recycling and cleaning water bodies to the Village Council office bearers through Puncet Sagar Abhiyaan, and donated 44 dustbins (made by own hands with waste materials) to the village.

I extend my heartfelt gratitude to the NCC Senior Wing team of the college for all the kind deeds to the village. I wish them all success in their future endeavors.

With regards,

Medovi Yongo (Chairman) Council Chairman Medovi Yongo Pasa Village

St. Joseph's College (Autonomous) Jakhama : Nagaland

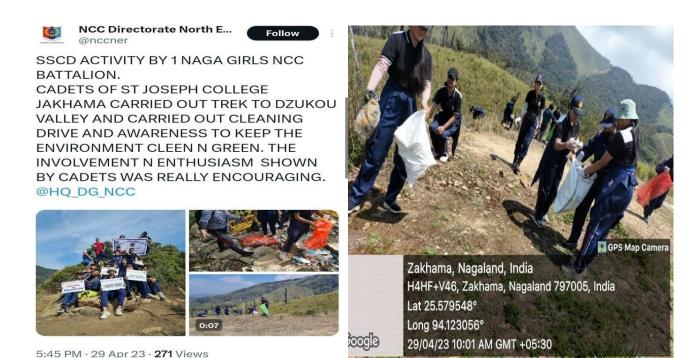
Capt. Regina Razousinuo

Associate NCC Officer (SW)



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

On 29th April, 2023, Initiated by Col Manjeet Katoch, CO, 1 NL Girls' BN NCC, Kohima, 13 NCC SW cadets of the college along with their Associate NCC Officer and 02 PI Staff undertook a trek cum plogging to Dzukou Valley.



No. of Participants: 15

Capt. Regina Razousinuo Associate NCC Officer (SW)

PHILANTHROPHIC ASSOCIATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA





On 29-04-2022, the 4 Staff Director alone with 41 active member of Philanthropic Association, St. Joseph's College (A), Jakhama visited MORNING CHILDRENS HOME, WOKHA. The association conducted a short program and also donated basic amenities to the children.



Total No of Participants: 45

Mr. Renthungo C Humtsoe

Director, Philanthropic Association

SJC(A) Jakhama



ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland _ 797 001

(Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

On 24 April 2023, the English Department under the supervision of Sr. Sunitha D'Souza with support of the Class Representative Berila the Generic Elective students had an outreach program for the children of GREF workers. **35 students** of 4th semester participated in this program.

Students collected Rs.100 each and bought basic needs and ration for the kids and some stationary things. Students also conducted some games for the kids. The kids performed dance and sang beautiful songs in return to the students. It was enriching experience for all of us. It was indeed a beautiful day spent with them.

Total No of Participants: 36



H4PC+4CW, Zakhama, Nagaland 797005, India

29/04/23 10:48 AM GMT +05:30

Lat 25.584877 Long 94.121356°



Lat 25.584904°

Long 94.121355°

29/04/23 10:23 AM GMT +05:30

H4PC+4CW, Zakhama, Nagaland 797005, India

PHILANTHROPHIC ASSOCIATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

Motto: "Service to men is service to God"

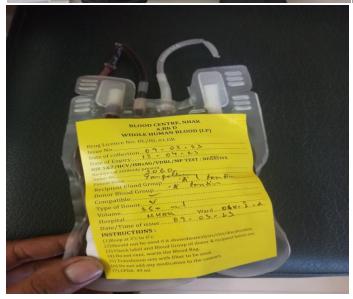


On 9th March, 2023, Members of Philanthropic Association, St. Joseph's College (Autonomous) Jakhama, donated blood to a Cancer patient admitted at Naga Hospital, Kohima

Number of blood doners from the club: 4







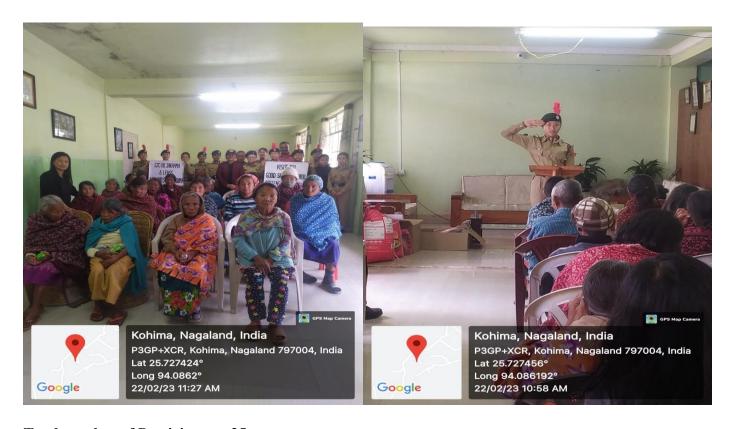


Mr. Renthungo C Humtsoe Director, Philanthropic Association SJC(A) Jakhama



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

On 22nd February, 2023, 13 senior wing cadets of the college along with 8 junior wing cadets Little Flower HSS, Kohima, 2 ANOs (SW & JW) and 2 staffs of 1 NLGirls Bn NCC, Kohima visited Good Samaritarian Citizen's Home at Meriema in Kohima under the aegis of NCC Group-Kohima. A short programme for the senior citizens was organized along with an interaction with them. Essential items such as dal, rice, cooking oil, milk, juice, biscuits, wafers, fish, eggs and detergent were presented to the inmates and staffs of the Home.



Total number of Participants: 25

OFFICE OF THE GOOD SAMARITAN WOMEN SOCIETY

Meriema, Below High Court: Kohima - 797 001, Nagaland Regd. No. H/RS. 116 Dated: 31" July '98 ②: 9436065806 (M)

Ref. No....

Date 22/02/23

To

The NCC (Senior Wing) St. Joseph's College (Autonomous) – Jakhama 1 NL Girls' BN NCC Kohima- Nagaland

Subject: Acknowledgment Letter

Dear Sir/ Madam,

I am pleased to acknowledge the NCC (Senior Wing) St. Joseph's College (Autonomous)- Jakhama 1 NL Girls' BN NCC Kohima- Nagaland for their visit to the Good Samaritan Senior Citizen's Home, Meriema run by the Good Samaritan Women Society and had fellowship with the Senior Residents on dated 22nd February 2023. I appreciate the Social Services rendered and honouring seniors in the society.

I wish them all the best in their future endeavour.

Regards

Neithonuo Liegise (Chairperson) Good Samaritan Women Society

Chairperson
Good Samaritan Women Society
Kohima, Nagaland

09

Capt. Regina Razousinuo Associate NCC Officer (SW)



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

On 7th February, 2023 an activity of Puneet Sagar Abhiyan in the form of cleaning waste from Weiza Dziiyie (Weiza stream) at Jakhama was conducted. There were 14 cadets and the ANO (SW) in the activity.



Total Number of Participants: 15

Capt. Regina Razousinuo

Associate NCC Officer (SW)

PHILANTHROPHIC ASSOCIATION





Motto: "Service to men is service to God"

On 23rd Jan, 2023, Philanthropic Association, St Joseph's College (Autonomous) Jakhama, sponsored admission and semester fee for student of economically weak family.

Participants: 5





Mr. Renthungo Humtsoe Staff Director

Philanthropic Association

St. Joseph's College (Autonomous) Jakhama



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Date: 03-11-2022

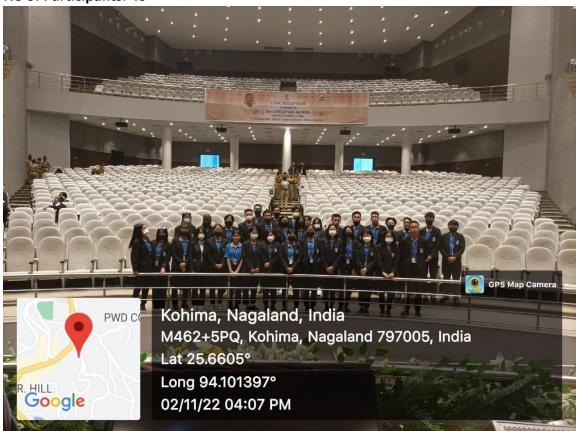
Activity Report

Activity: Civic Reception of the President of India

Description

40 Volunteers of NSS Unit St. Joseph's College (Autonomous) Jakhama attended the Civic Reception in honour of Smti Droupadi Murmu, Hon'ble President of India on 2nd November, 2022 at Capital Cultural Hall, Kohima, Nagaland.

No of Participants: 40





Mr. Imtipong Longkumer

Program Officer

National Service Scheme

St. Joseph's College (Autonomous) Jakhama



ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland _ 797 001

(Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

ONE DAY CAREER GUIDANCE CUM COUNSELLING SEMINAR

organized by

Post Graduate Teachers, SJC (A), Jakhama in collaboration with

Government High School, Kigwema

Date: 14th October, 2022

Time: 10:00am

Venue: Government High School, Kigwema

Programme

Leader : Mr. James H.K. (Head, Dept. of English)

Invocation : Mr. Mesehol Kweho

Message 1: Dr. Fr. Pezalhoukho George (P.G. Co-ordinator, SJC (A), Jakhama).

2 : Ms. Kevitsiano Luho (Headmistress, Gov't. High School, Kigwema)

Vote of thanks: Mr. Reimaya Muinao, (Co-ordinator, Dept. of History)

Resource Persons

1. Dr. Mhonthung Yanthan (Asst. Prof. & Head, Dept. of Political Science)

2. Mr. Antidong Jamir (Asst. Prof. Dept. of Physics)







ROOM -1

Classes VII and VIII

Leader: Ms. Apukheno Yano

Resource persons

1. Dr. Mhonthung Yanthan

Asst. Prof. & Head, Dept. of Political Science Topic:

"Career prospects in studying Arts Subjects"

2. Mr. Antidong Jamir Asst. Prof.

Dept. of Physics

Topic: "Career prospects in studying Science Subjects"

ROOM - 2

Classes IX and X

Leader: Ms. Vikhono Zhasa

Resource persons

1. Mr. Antidong Jamir Asst. Prof.

Dept. of Physics

Topic: "Career prospects in studying Science Subjects"

2. Dr. Mhonthung Yanthan

Asst. Prof. & Head, Dept. of Political Science

Topic: "Career prospects in studying Arts Subjects"

A glimpse of Government High School, Kigwema

Government High School, Kigwema, is about 14 km away from Kohima. It was established in the year 1946. Presently, the school has the enrolment of 127 students (58 boys and 69 girls). This school has consecutively produced cent percent results in HSLC examinations for the past two years and hoping that the current 36 students of Class 10 will keep up that tradition during their HSLC Examination next year 2023.

The students in this school are helped and taught by a group of dedicated staff (16 teaching and 10 non-teaching staff) who come regularly for their duties. All the teaching faculty members from St Joseph's (Autonomous), Jakhama, who made a visit to this school today were greatly impressed by the way these teachers help and teach their students under the capable leadership of the Headmistress, Madam Kevitsiano Luho. The days' programmed started with the combined session in the GHS, Kigwema assembly hall. The combined session was chaired by Mr James HK, Head, Department of English. Mr Mesehol

Kweho invoked God's blessing upon everyone and for success of the days' programme. This was followed by messages from Dr Fr Pezalhoukho George and Madam Kevitsiano Luho, the Headmistress of Government High School, Kigwema. After the vote of thanks from Mr Reimaya Muinao, the Coordinator, Department of History, the students were divided into two groups according to their respective classes. The resource persons of day, Dr Mhonthung Yanthan and Mr Antidong Jamir addressed to the students in two different rooms simultaneously, whereas Fr Pezalhoukho George sat in the third room and offered counselling service to some of the students.

The day's programme came to an end with a group photo.



Number of participants from the College: 8

Dr. Fr. Pezalhoukho George

PG Co-ordinator

St. Joseph's College (Autonomous) Jakhama



OFFICE OF THE STUDENTS' COUNCIL, ST. JOSEPH'S COLLEGE (AUTONOMOUS) Jakhama, P.B. No. 39 Kohima, Nagaland-797001

Report on Book signing event

Time : 1:00 p.m.

Date: 6 October, 2022

Venue: Indoor Stadium

The Student's Council in collaboration with the 'Letters Run' Team organised a Book signing event for the Book entitled "Once Upon a Time in Kohima", a debut novel of Konaei Shongdok. The event was initiated with the motive of artistic promotion and cultural care.

Ten students from each class were selected to attend the Book signing program. Readers and students who enjoy the art of stand up comic and violin enthusiasts were a part of the event. Approximately, **400 students** showed up for the program.

The program started off with an invocation by Tangsoi, the President of BBA Department which was followed by addressal by the Student's Council President. A poetry on "why I write.." was read aloud by Lideno Kikon after which the audience was highly elated by the opening satire made by Sam with his comic punch lines. Jonthonnye Kemp and Rokonguno Zashumo presented some euphonious pieces which were pleasing to the ear. Konaei Shongdok who is the author of the book "Once Upon a Time in Kohima "narrated his stories on how he started writing books and summarised on why he wrote this book. He stated that it took him 94 days to complete this very book. It was an encouragement to the students especially to the ones who aspires to be an author someday. There was questions and interaction session where many students came up with various questions which apparently showed the students zeal to learn something. Aphong Konyak closed the event with another comedic performance. A word of gratitude was expressed by the host and the program concluded with the signing of the Book "Once Upon a Time in Kohima". The program ended with a great success.

Total Number of participants: 400

(Kenlumle)

General secretary

Students Council

St. Joseph's College (Autonomous) Jakhama



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Date: 18-09-2022

Activity Report

Activity: Rashtriya Poshaan Maah 2022 Description: NSS Unit St Joseph's College (Autonomous) Jakhama in collaboration with the Office of the Child Development Project Officer, Jakhama celebrated Rashtriya Poshaan Maah (National Nutrition Month) 2022 at Panchayat Hall, Jakhama Village on 17th September, 2022 under the theme Anemia'. 20 Volunteers participated and assisted the Programme. Mr Thejaseu, Counsellor ICTC, Dept. of Health and Family Welfare was the resource person. The Programme was followed by Anemia Screening. Around 50 women and children were screened.

Number of participants from college: 20 Number of participants from outside: 50









OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER. JAKHAMA CELEBRATION

OF

RASHTRIYA POSHAN MAAH, 2022 Theme: 'ANEMIA'

Date: 17th September 2022

Time : 11:00 AM

Venue: Panchayat Hall Jakhama Village

Order of the Programme

Chairperson : Diethovino Lhoushe (Supervisor)

Welcome Address : Neitsilie Nakhro (Supervisor)

Invocation : Nokehiele Khatso

Short Speech : i) Zubemo Jami CDPO Jakhama

ii) SRLM iii) If Any

Resource Person : Thejaseü Counsellor ICTC, Department of H & FW.

Vote of Thanks : Kikrukhrielie Nagi (Block Poshan Co - ordinator)

Followed by Anemia Screening

-Refreshment-

Totano chishe

Ms. Tokani Chishi Program Officer

National Service Scheme

St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF PHYSICS ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, NAGALAND

NAME: Extension program on Physics Model Demo

DATE: 30-08-2022 **TIME**: 12:40 pm

VENUE: Baptist Higher Secondary School, Kohima, Nagaland

1. PARTICIPANTS DETAILS:

| | TOTAL NUMBER | | | |
|-----------------------------------|-------------------------------------|--------------------------------|-------------------------------|--------------------|
| NUMBER OF MALE PARTICIPANTS | NUMBER OF FEMALE PARTICIPANTS | PARTICIPANTS FROM SJC(A) | PARTIPANTS FROM OUTSIDE | OF PARTICIPANTS |
| 4 | 4 | 8 | 86 | 94 |

- 2. NAMES OF THE RAPPORTEURS: Miss Nuklaienla Jamir.
- **3. PURPOSE OF THE ACTIVITY:** To give hands-on learning experience to students on important physics principles and give awareness on the importance of studying physics. Also to provide a platform for the students to interact with young graduates.
- **4. OUTCOME OF THE ACTIVITY:** Various basic principles on physics were clarified through the demonstration and also the students were encouraged to take up physics. The overall performance of the program was a very great experience and quick thinking ability practice. The enthusiastic response from the Baptist Higher secondary school students made the program more fun and exciting with their inquisitive minds.











PHYSICS MODEL DEMONSTRATION

30th August, 2022

Organised by

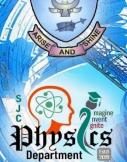
The Departments of Physics St. Joseph's College (A), Jakhama

@

Baptist Higher Secondary School, Kohima

Models

- # Newtonian Telescope
- # Electromyography Device
- # PID Controlled Heating
- # Electronics
- # Laser Experiments













Report on Physics Model Demonstration at Baptist Higher Secondary School, Kohima, Nagaland.

On 30th august 2022 the department of physics SJC(A) under the supervision of Fr. Peter Solo the Dean of Science organised an extension program on Physics Model Demonstration at Baptist Higher secondary school, kohima. Selected students were chosen for the programme from the department two from 5th semester- Sister Angelle Shingnaisui and brother Anand dungdung, four from 3rd semster- Mary Yanlem, Chumbise Sangtam, Mairitadbo Abonmai and Nuklaienla Jamir. They were each given a table for their respective experiments. As the program was for basic physics principle and basic scientific experiment, students from science stream were chosen, particularly the 12th standard science students were invited for the programme.

To start the extension program, introductory note was given by Miss Sakurepla Assistant Professor, Department of Physics SJC(A) and brief about the model as well. Then, sister Angelle took the platform, to introduce St. Joseph College (Autonomous) Jakhama and about physics department SJC(A), through power point presentation. The number of student that attend the demonstration were 86 in total. Student were divided into 5 groups where they visited each of the 5 experiments one after the other group. There were five experiments in total- The Newtonian Telescope which was place outside the building and adjusted to capture the beauty of Kohima Town of which it was done by brother Anand Dungdung. The laser experiment was demonstrated by Mary Yanlem followed by next table i.e., PID controlled Heating which was explained in detail about the maintaining of temperature by Chumbise Sangtam, the basic principle of electronic i.e., OR and AND gate was explained and demonstrated by Mairitadbo Abonmai. Nuklaienla Jamir demonstrate about expansion and contraction of muscles on one of the student hand by an Electromyography device. The overall performance of the program was a very great experience and quick thinking ability practise. The enthusiastic response from the Baptist Higher secondary school students made the program more fun and exciting with their inquisitive minds.

Taking a step in physics, in education in general is committed towards raising the leaders of tomorrow. The immense enthusiasm and zeal in the students to learn is proof enough that is the main driving factor.

Ms. Sakurepla Asst. Professor

Sakwapla

Department of Physics

St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF PHYSICS ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA,NAGALAND

NAME: Extension program on Physics Model Demo

DATE: 30-08-2022 TIME: 9:30 pm

VENUE: St. Mary's Cathedral Higher Secondary

School, Kohima, Nagaland

1. PARTICIPANTS DETAILS:

| | TOTAL NUMBER OF | | | |
|-----------------------------------|-------------------------------------|----------------------|--------------------|--------------|
| NUMBER OF MALE PARTICIPANTS | NUMBER OF FEMALE PARTICIPANTS | PARTICIPANTS FROM | PARTIPANTS FROM | PARTICIPANTS |
| PARTICIPANTS | PARTICIPANTS | SJC(A) | OUTSIDE | |
| 4 | 4 | 8 | 50 | 58 |

- 2. NAMES OF THE RAPPORTEURS: Mr. Anand Dungdung
- **3. PURPOSE OF THE ACTIVITY:** To give hands-on learning experience to students on important physics principles and give awareness on the importance of studying physics. Also to provide a platform for the students to interact with young graduates.
- **4. OUTCOME OF THE ACTIVITY:** Various basic principles on physics were clarified through the demonstration and also the students were encouraged to take up physics. Overall, the extension program was enriching and a great learning experience both for the demonstrators as well as the students of St. Mary's Cathedral Higher Secondary School.













Extension Program

30th August, 2022

on

PHYSICS MODEL DEMO

Organized by the department of Physics, St. Joseph's College (A), Jakhama at St. Mary's Cathedral Higher Secondary School, Kohima











Models

Newtonian Telescope Electromyography Device PID controlled heating Electronics Laser Experiments

Report on Physics Model Demonstration at St. Mary's Cathedral Higher Secondary School, Kohima, Nagaland.

The department of physics, St. Joseph college (Autonomous) Jakhama under the supervision of Fr. Peter Solo the Dean of Science organised an extension program on Physics model demonstration at St. Mary's Cathedral Higher Secondary School, Kohima on the 30th of August, 2022. A total of 6 students namely Mary Yanlem, Chumbise, Mairitadbo, Nuklaienla Jamir, Sr. Angelle Shingnaisui, and Anand Dungdung, went to demonstrate the models along with the Dean of Science, Fr. Peter Solo and Ms. Sakurepla, Assistant Professor Department of Physics, SJC(A). The models were successfully demonstrated.

The students of Physics Department prepared the models under a meticulous supervision of Mr. Antidong Jamir, Assistant Professor, Mr. Seyienizo Benupfuno, Assistant Professor, Ms. Thejano (HoD), Mr. Melekho Chuzho, Assistant Professor, Ms. Sakurepla and with much guidance and assistance from the Dean of Science.

The extension program started at 9:30 am with a welcome address by the principal of St. Mary's Cathedral Higher Secondary School, Kohima, in their Physics lab. It was followed by an introductory note by Ms. Sakurepla, where she briefed the models. Then Sr. Angelle Shingnaisui presented a glimpse of St. Joseph's College Campus and also talked about the relevance of Physics in the fast developing world. The models, subsequently, were demonstrated to the 11th and 12th standard students of St. Mary's school. The laser experiment was showed up by Mary Yanlem, the model on electronics was exhibited by Mairitadbo, the PID control heating was displayed by Chumbise, the electromyography Device was demonstrated by Nuklaienla Jamir and the Newtonian Telescope was demonstrated by Anand Dungdung. The students saw and listened to the demonstration with utmost curiosity and enthusiasm. At the end, they bombarded the demonstrators with a good number of logical questions. The demonstration was successfully concluded at 11:30 am. As a whole, the entire extension program was enriching and great learning experience for the demonstrators as well as for the students of St. Mary's school, Kohima.

Ms. Sakurepla Asst. Professor

Sallwapla

Department of Physics

St. Joseph's College (Autonomous) Jakhama



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

| Ref. No | Date 14.08.2022 |
|---------|-----------------|
|---------|-----------------|

NSS REPORT ON PRABHAT PHERIS

The National Service Scheme Unit of St Joseph's College (Autonomous) Jakhama, Kohima organised 'Prabhat Pheris' on 13th August, 2022 in view of 'Har Ghar Tiranga' campaign to commemorate the 75th year of India's Independence, initiated under the supervision and guidance of the Programme Officers, Miss Tokani L and Mr. Kelengol Neikha.

A brief introduction on the significance of National Flag and Prabhat Pheris, was given by the Programme Officers and the march was initiated. A total number of **50 NSS volunteers** started the march at 5:30 AM at Science Block. The volunteers then marched around the college campus and Jakha town with the National Flags. The volunteers also hoisted the National Flags in the college campus, distributed and hoisted the National Flags in some homes in Jakha Town, and in their respective home and hostels. The volunteers along with the POs also pin the National Flags on https:// harghartiranga.com and received a certificate of appreciation.

Fr. Obed Yimchunger, Vice Principal (Student's Affairs), also joined the volunteers at the concluding part of the march and exhorted them to further spread the awareness in and around.

The NSS volunteers along with the POs and the VP concluded the "Prabhat Pheris" by singing the national anthem at the College Gate, instilling the sense of patriotism and unity among the volunteers and the community as a whole.

Total Number of Participants: 50



JAI HIND.

Reported by: 1418 122

Ms. Tokani L.

PO, SJC(A)



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

Date: 14/08/2022

On 13 Aug., 2022, Har Ghar Tiranga Campaign was carried out by taking Prabhat Phereis at SJC Campus where 52 cadets along with the ANO (SW) were involved and door-to-door flag distribution and campaign were done at Jakhama and Phesama villages. Yiedikha Stream at Jakhama was cleaned as an activity of Puneet Sagar Abhiyaan. A video of the activities of the day was made by SUO Kenlumle. Total number of participants: 53

Capt. Regina Razousinuo

Associate NCC Officer (SW)

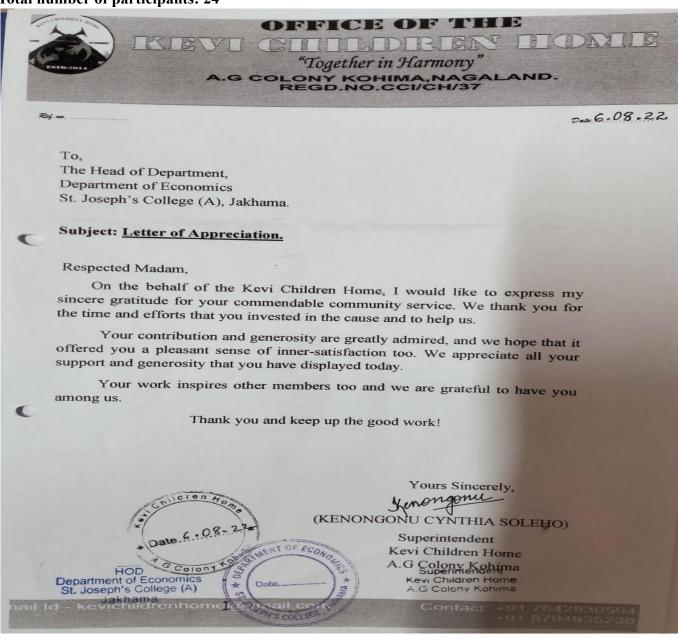
DEPARTMENT OF ECONOMICS



St. Joseph's College(Autonomous), Jakhama (Autonomous granted by UGC notification No. E2-1 (AC) Dtd. 11th Oct. 2018)

P. B. No. 39, Kohima, Nagaland 797001 Email: Sjcaeconomics@gmail.com

6th Aug, 2022: The Deaprtment of Economics, SJC(A) Jakhama conducted a Community Outreach programme at Kevi Children Home, Kohima where cash and kitchen materials were given as a donation. **Total number of participants: 24**





HoD
Department of Economics
St. Joseph's College (Autonomous) Jakhama



24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

Cadets attended the CATC organized by the 24 Nagaland (I) Coy NCC, Kohima held at Vidhya Bhawan Hr. Sec. School, Dimapur on 7-17 July, 2022. During this camp, 7 Sd Cadets of Senior Division St. Joseph's College (Autonomous) Jakhama, volunteered for Blood Donation Drive at Referral Hospital.





CAPT. AVIZO RICHA Associate NCC Officer (ANO)



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA **DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND**

Combined Annual Training Camp-35 was organized at St. Joseph's College (Autonomous), Jakhama by 1 NL Girls' BN NCC, Kohima under the aegis of NCC Group, Kohima from 25th June, 2022 to 7th July, 2022. It is a 10-day training camp for NCC cadets which is held within the state. The main focus of the camp is to develop qualities of character, comradeship, discipline, secular outlook, spirit of adventure, sportsmanship, ideals of selfless service and develop personality and get a glimpse of a regimented way of life.

Participants: 401 (19 Staff & 372 Cadets)





NCC Combined Annual Training Camp-35 concludes



NCC Cadets and officers during the Combined Annual Training Camp-35 at St Joseph's College (Autonomous), Jakhama.

NCC Cadets and officers durilege (Autonomous), Jakhama

JAKHAMA, JULY 4

(MEXN): The Combined
Annual Training Camp-35
for National Cadet Corps
(NCC) cadets was conducted at St Joseph's College
(Autonomous), Jakhama by
1 Nagaland Girls' Battallon
NCC, Kohima under the aegis of NCC Group-Kohima.

The ten-day training
camp began on June 25 and
concluded on July 4, a press
release informed on Monday. Two officers, eight Associate NCC Officers/Caretakers, 19 PI Staffand 372 cadets
from 1 Nagaland Girls' BN
NCC and 24 NL (I) Coy NCC
of NCC Group, Kohima are
part of the camp, it said.

According to the release, the main focus of the
camp is to develop qualities
of character, comradeship,

discipline, secular outlook, spirit of adventure, sportsmanship, ideals of selfless service and develop personality and get a glimpse of a regimented way of life.

In his opening address on Iune 26, Col Abdul Hameed Khan, Commanding Officer of 1 NL Girls' BN NCC, Kohima and Camp Commandant, enlightened the cadets on the aims of NCC; particularly to develop qualities of character, leadership, discipline, camaraderie, courage, sportsmanship, spirit of adventure and ideals of selfless service. He urged the cadets to cultivate self-discipline which, he said, is the key to success and prosperity.

Brig Praveen Singh Sangwan, Group Commander, NCC Group-Kohima, made

his official visit to the camp on June 27. He is said to have urged the cadets to take advantage of their NCC Exam Certificates and avail job opportunities in armed forces and central armed police force. He also encouraged them to avail the various government schemes available for business start-ups/entrepreneurship, the release stated.

On June 29, a special prayer along with a talk on spiritual health was delivered by Dr Fr George Keduolhou Angami, Principal, SIC (A), Jakhama.

The cadets were being trained in weapon handling, drill, map reading, field-craft & battle-craft, firing, as well as public speaking and how to carry out sentry duties.

Capt. Regina Razousinuo Associate NCC Officer (SW)



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

REPORT ON: Plantation and cleanliness drive at Mima village on 4th June, 2022

As a part of the celebration of World Environment Day, on the 4th of June 2022, 40 NSS volunteers and 2

programme officers, Mr. Vikato swu and Mr. Imtipong Longkumer from NSS unit of St. Joseph's College

(Autonomous), Jakhama participated in the program.

The Program began at 10:00 am with a welcome address by Mr. Imtipong Longkumer, Programme Officer,

NSS, St. Joseph's college (Autonomous), Jakhama. Short speeches were delivered by Mr. Zeneikho-O

Pfukha, SNO, Nagaland, Mr. Khamo, Chairman, Mima Village Council and Mr. Neingutuo, President, Mima

Students' Union.

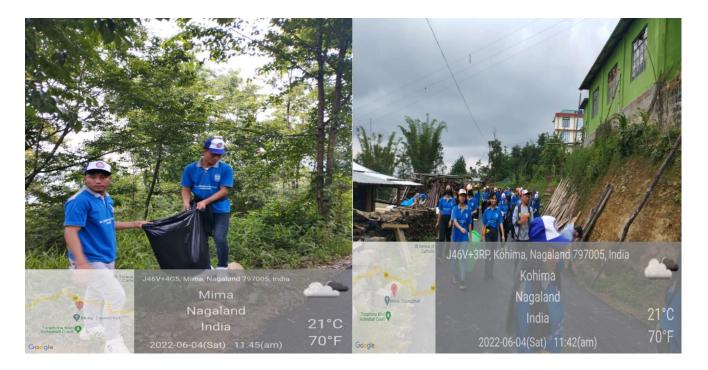
After the opening program, the plantation drive began. The NSS unit planted the following trees in the

village; Olive tree, Maple tree, Dorset Apple tree, Japanese cherry and silver berry. The volunteers then

proceeded to the various parts of the village and proceeded with the cleanliness drive. The program ended at

2:30 pm.

Total number of participants: 42





Male

Mr. Imtipong Longkumer

Program Officer

National Service Scheme,

St. Joseph's College (Autonomous), Jakhama



NCC SENIOR WING ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA COY, PL 10 & 11 1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

Cadets and ANO (SW) participated in World Environment Day celebration in and around the College on 5th June 2022.

Number of Participants: 11



Capt. Regina Razousinuo Associate NCC Officer (SW)



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Swachata cum Yoga Program was held on 14th May 2022 at JCC Kigwema organized by NSS Cell, Nagaland, Department of Youth Resources and Sports, Govt of Nagaland in collaboration with Japfu Christian College, Kigwema. **19 Volunteers from NSS Unit St Joseph's College participated in the event.**





Ms. Tokani L Chishi Program Officer National Service Scheme

St. Joseph's College (Autonomous) Jakhama



(Autonomous status granted by UGC notification No.F.22-1(AC) Dtd.11th Oct.2018)
P.B. No. 39, Kohima, Nagaland – 797 001
0370-2231009 (O), 2233022 (Principal), 9436437544 (M), Fax: 2231022

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com NAAC Grade A (CGPA: 3.12)

Ref. No: SJC/PG/A-1/2022 Date: 13/05/2022

P.G Staff & Students of St. Joseph's College (Autonomous) Jakhama visit to Government
Middle School, Mitelephe

An outreach programme was organised by the Post Graduate (PG) section of St Joseph's College (A) Jakhama to Government Middle School, Mitelephe on the 13th of May 2022. The aim of the programme was to impart and spread knowledge among the young minds in the school. The CRs and VCRs of four departments (Economics, History, Political Science and Sociology) of the 4th semester along with their HODs, Coordinators and Dr. Fr. Pezalhoukho George, the PG Coordinator went for this outreach programme.

It was learnt that this School was established in the year 1972 and upgraded to Government Middle School in 2015. At present the strength of the School is 24 students with 9 teachers with Ms Vilehole Rhetso as the present Head Teacher. During the visit a programme was conducted by the PG Staff and Students. Ms Virano Motonyü was the master of ceremony for the programme. Dr. Mhonthung, the main speaker delivered a very thoughtful insights and suggestions for the teachers and students. The P.G Students presented a song "We build together" which was followed by a short speech by Dr. Fr. Pezalhoukho George. The PG staff and PG students of SJC Jakhama appreciated the teachers of GMS, Mitelephe for their dedication and untiring service rendered to the students in order to impart value education despite lacking the basic necessities and equipments. After the formal programme there was an informal programme where apprised and interactions took place between the teachers and students of the school. The teachers of GMS, Mitelephe expressed their gratitude and shared their happiness of this visit from one of the most reputed colleges in the state. They also expressed their hope that they would be able to take their students to visit the St Joseph's College, Jakahama one day.

St. Joseph's College Jakhama (Autonomous)

PG Students' Visit to Mitelephe Village

Date ~ 13th May 2022

Venue ~ Government Middle School, Mitelephe Village

Master Of Ceremony ~ Miss Virano Motonyu

"Order Of The Programme"

☆We Are Gathering Together

☆Speaker ~ Dr.Mhonthung

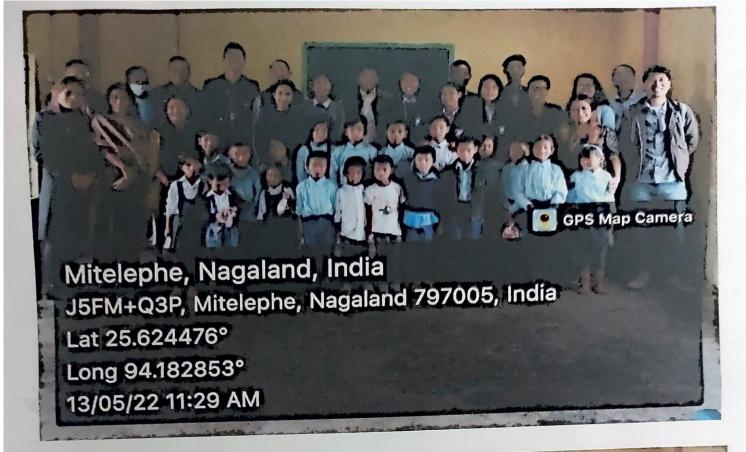
☆ We Build Together ~ M.A Students

☆Speech ~ Dr Fr. George Pezalhoukho Rino

☆Apprise By Teachers/Villagers

☆Interaction Time

"Spread love wherever you go. Let no one ever come to you without leaving happier." Mother Teresa







The visit to Government Middle School Mitelephe was an enriching experience for the PG Staff and students. It was a nostalgic moment for the lecturers as well as a new experience for the students.

Pievolhoutuoii
Pievolhoutuo-ü Agnes
VCR Pol. Science,
4th Semester, SJC

GOVERNMENT MIDDLE SCHOOL MITELEPHE KOHIMA, NAGALAND.

This is to acknowledge that on the 13th of May 2022, the post Graduate Students of St. Joseph's College, Jakhama along with Dr. Fr. Pezalhoukho Rino and some Esteemed Assistant Professors visited our School under the Community Outreach Program. They had a fruitful session with the staffs and the students of the school and the Villagers where they shared valuable wisdoms for the betterment of the children and the village and also provided school uniforms for to our students.

We really valued their wisdoms and encouragements given to us and also look forward for their guidance in the days to come.

I, on behalf of the teachers and students as well as the Village convey my sincerest gratitude to them all for their kind and generous deeds to this humble village, also wish the St. Joseph's College a grand success.

(VIREHOLE RHETSO)

Head Teacher Government Middle School Mitelephe

Head Teacher
Government Middle School
Mitelephe





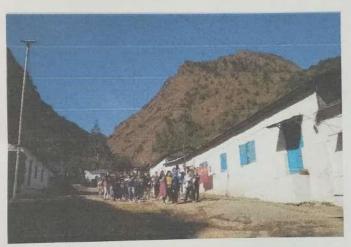
ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland _ 797 001 (Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com NAAC Grade A (CGPA: 3.12)

On December 6, 2020, the Ave Maria Hostel students along with the Religious of Jesus and Mary (RJM) had an Outreach Program for the GREF worker's children outside St. Joseph's college gate. Hostel Students sacrificed their Christmas cake and shared the joy of Christmas with the poor children. There were 15 students who were studying Neary by schools. The hostel students specially the third-year students the outgoing batch 25 of them sang Christmas carols for the children and shared with them Christmas gifts. They were given ration and some personal gifts. The group cut the Christmas cake and shared it with the kids of GREF workers.













ST. JOSEPH'S COLLEGE

JAKHAMA

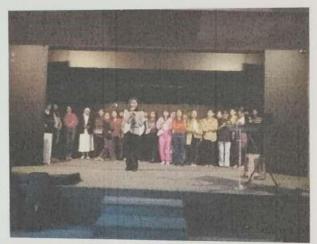
P.B. No. 39, Kohima, Nagaland _ 797 001 (Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11 th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephe@gmail.com NAAC Grade A (CGPA: 3.12)

On 4th December 2020, the Ave Maria Hostel girls had an Outreach Program to 'Eden Garden' Kuzama Orphanage. The hostel students performed a music piece for the kids. On the occasion of the Feast of the Foundress of the Congregation of the Religious of Jesus and Mary with the hostel motto "Draw out the Best" 30 Ave Marians the outgoing batch participated in this outreach program.

The hostel supported 250 students with some ration, basic needs, and stationaries along with some cash which was handed over to Fr. Raymond D'Souza the director of Eden Garden. After the performance hostel students also had a friendly match with Eaden Garden boys and girls. It was an enriching and heart rendering moments spent with the little kids.













ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA PHILANTHROPHIC ASSOCIATION.





On 8th May, 2022, the executives, members, and two Directors of the Philanthropic Association, St. Joseph's College (A), Jakhama visited KEVI CHILDREN'S HOME, KOHIMA and observed MOTHER'S DAY. The association also extended helping hand towards the home and donated basic amenities.





Number of participants: 40

Mr. Renthungo Humtsoe

Staff Director,

Philanthropic Association

St. Joseph's College (Autonomous) Jakhama

WOMEN'S FORUM

St. Joseph's College, (Autonomous), Jakhama: Nagaland





Date: 04-05-2022

Staff Directors of Women's Forum, St, Joseph's College (Autonomous) Jakhama, along with Executives and Jericho Movement members conducted an extension service to St. John Bosco School, Khonoma on the theme "Awareness on Menstrual Hygiene, Violence and Harassment" on 3rd May 2022. Stationery items as well as sanitary pads were distributed to the Students.

Total number of participants: 50



Report Submitted by

KHRIEBUNO NAGI

Director, Women's Forum,

SJC (A), Jakhama, Nagaland



DEPARTMENT OF SOCIOLOGY ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, KOHIMA, NAGALAND

Sociology Gives Back 2022

30th April 2022: <u>Sociology Gives Back:</u> The department faculties along with the BA 6th Semester students visited the Jakhama villagers as a community outreach programme under the theme "Sociology Gives Back" an annual activity of the department. The department organised such programmes as it is one of the objectives and also to in still the values of serving the society among the staff and students. The students as well as the faculties donated in cash and kind to the Jakhama villagers and also helped an NGO – Operation Rescue, Dimapur Nagaland with whom the department sign an MOU.

The beneficiaries of this year's Sociology Gives Back was selected through careful deliberation by the department on need base. Twenty Household living below poverty level i,e widows, destitute and orphans were selected from Jakhama Village with the consultation and recommendation of the Village authority and the Student Union of Jakhama Village. The group was divided into 6 teams and each visited 3 to 4 households and a sum of Rs. 3000 was given to each household in cash along with prayers and words of encouragements from the teachers and students.

A sum of Rs. 30,000 was given to the second beneficiary 'Operation Rescue', a child care project based in Dimapur. This NGO provides free education and meal to the children belonging to the poor families.

The main source of income generated for the project was done through the fund raising activities carried out by the students and teachers alike. The aim of this activity is to teach the students the value of helping and serving the community and spread love by helping the downtrodden thereby moulding them to be a good citizen of the society in the process.

Total number of participants: 105













austin

Mrs. K. Alibo Achumi
Co-ordinator
Department of Sociology
SJC (A), Jakhama



DEPARTMENT OF BOTANY ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA, NAGALAND

Email: deptofbotsjac@gmail.com

Phone: 8731065074

NAME OF THE ACTIVITY: Innovative undertaking on mushroom spawn cultivation

DATE: 25th April, 2022

VENUE: Botany Lab, Science Block.

1. PARTICIPANTS DETAILS:

| PARTICIP | TOTAL NUMBER OF PARTICIPANTS | |
|--------------------------------|----------------------------------|----|
| NUMBER OF MALE PARTICIPANTS | NUMBER OF FEMALE PARTICIPANTS | 48 |
| 28 | 20 | |

2. NAME OF THE TEACHER IN CHARGE: Dr. THEJASENUO JULIA KIRHA

3. OBJECTIVE OF THE PROGRAM:

- To enable students to develop skills and acquaint themselves with the techniques involved in production of mushroom spawns.
- To enable the students to explore the vast potentials of mushroom cultivation for future income generation and employment.

4. OUTCOME OF THE PROGRAM:

- The students learnt the detailed process of mushroom spawn preparation.
- They could also identify the numerous prospects of mushroom cultivation in the food industry as well as to take it up as a career option in the future.



St. Joseph's College (A), Jakhama

INNOVATION



Mushroom Spawn Cultivation

An Innovative undertaking on Mushroom Spawn production by the Department of Botany

Mushroom cultivation, an environmentally friendly farming has played an integral part in agriculture. Being one of the ideal food items, mushroom needs to be explored for its impact in the economy, medicinal and nutritional properties and in the maintenance of health. There are about 2000 species of mushroom and only a small percent has been exploited the world over. Role of mushroom in sustainability and food security makes mushroom cultivation an important area to be discussed and practiced in a large scale.

Oyster Mushroom

The *Pleurotus* spp. derives their name due to the oyster-like shape. It has a wide range of temperature adaptability making it resilient to climatic conditions and therefore, available almost round the year.

Spawn production

Spawn comprises of mycelia of the fungus profusely multiplying on a substrate such as wheat or paddy grains. For the production of good quality spawn, supplies such as paddy grains, sterile laboratory conditions with laminar air flow and storage temperature of about 25±2°C were taken into considerations to avoid any contamination.



Students inoculating mycelium from pure culture media

Pure culture preparation

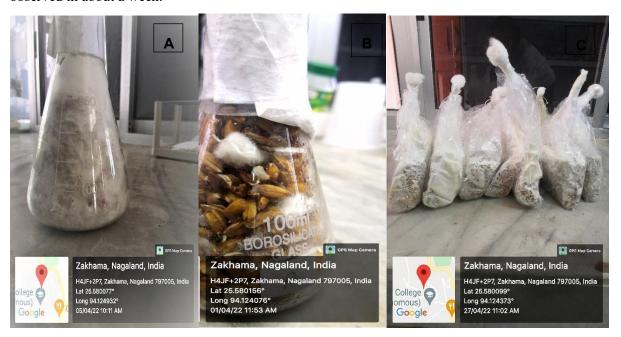
Pure culture of Oyster mushroom was obtained using Potato Dextrose Agar (PDA) media. The mycelia plug is placed on the petri plates containing the media and incubated at a temperature of 25±2°C. In about a week or two mycelium is observed on the entire surface of the media ready to be inoculated.



Mycelium growth of Oyster mushroom in PDA media Spawn preparations

Paddy grains as a suitable substrate is washed and pressurized to open the husk grains. After excess water is drained, about 20g of calcium carbonate (CaCO₃) is mixed with per kg of grains to increase the pH suitable for the rapid growth of spawn. The mixture of about 200g is filled in a polypropylene bag and plugged with cotton plugs, autoclave for about 1 or 2 hours. Once the polypropylene bags were cooled, mycelium from pure culture media and tissue taken

aseptically from the stalk were inoculated inside the laminar air flow and stored in a dark room. Mycelium were observed in about a week.



A.Mycelium observed in paddy grain. B.Tissue culture. C.Spawn of Oyster mushroom.

PROSPECT

The opportunities mushroom cultivation holds can open ample doors for the benefit of people in need of employment and people in general. As food demand increases, mushroom cultivation can decrease burden on other food produce due to its inexpensive and easy availability of requirements needed for cultivation. For the health conscious, it serves as a great dietary food. The medicinal and nutritional properties can be explored creating more avenues. Production of good quality spawn in itself is a promising endeavor, which is the key factor for the success of mushroom cultivation.



Dr.Thejasenuo Julia Kirha Assistant professor

Department of Botany

St. Joseph's College (A), Jakhama



Angela.

Ms. Neithongunuo Angela Belho Head Department of Botany St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF MATHEMATICS

St. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA KOHIMA, NAGALAND GRADE-A Ph.no: 7011217623

Ref.No- Date: 3-05-2022

Report on the extension programme on "FUN WITH MATHS"

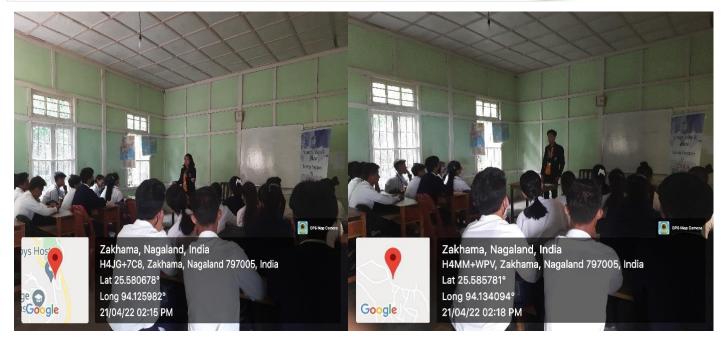
The Department of Mathematics held an extension programme to three Schools namely Government School, Jakhama on 21st April 2022, St. Joseph's higher secondary school, Viswema on 22nd April 2022 and Loyola Higher Secondary School, Jakhama on 29th April 2022. The purpose of the program was to motivate and instill a love of maths among the young generations and to help the students to recognise the ability to exhibit their theories into practical knowledge.

On 21st April, **4 students namely Elizabeth, Soluzu, Racha and Mercy** from 2nd semester went to Government School, Jakhama accompanied by Sir. Hosal at 2:00 pm. The program started off with "introduction and a brief discussion on the aim and history of Mathematics" by Elizabeth, followed by "the importance of Mathematics and theories" by Soluzu. After which on the topic "How can we be better at Maths" was taken up by Racha and lastly the topic "Scopes and hopes of taking Mathematics" by Mercy. Some group activities were conducted where the students took part to solve some basic mathematical concepts and learned some mathematical tricks. The session concluded with a positive and encouraging message from Sir. Hosal to the students to take up Maths.

Department of Mathematics St. Joseph's College (A) Jakhama

Extension Programme on "Fun with Maths" Government High School, Jakhama







Toshiwapang T Lemtur HOD, Department of Mathematics St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF MATHEMATICS

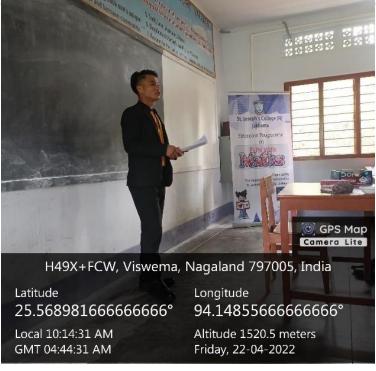
St. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA KOHIMA, NAGALAND GRADE-A Ph.no: 7011217623

Ref.No- Date: 3-05-2022

REPORT ON FUN WITH MATHS AT ST. JOSEPH'S HIGHER SECONDARY SCHOOL

On 22nd April, **3 students namely Holuvi kiba, Shamba Phom and C.Wungnaothei** from 4th semester went to St. Joseph's Higher secondary school, Viswema accompanied by Miss Chonbeni at 9:40 am. They each talked about the same topics as mentioned aboved. Had some activities where the students took part and learned some tricks and ideas how to approach and tackle maths in a fun way. The session was concluded with Miss Chonbeni encouraging the students to take up Maths as a challenge and to visit St. Joseph's college, Jakhama.









Mr. Toshiwapang T Lemtur
HOD, Department of Mathematics

St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF MATHEMATICS

St. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA KOHIMA, NAGALAND GRADE-A Ph.no: 7011217623

Ref.No- Date: 3-05-2022

On 29th April, 3 students namely Potsutho Nyusou, Keniseno M Kuotsu and Talimoa from 6th semester went to Loyola Higher Secondary School, Jakhama accompanied by Sir Toshiwapang and Sir Vinoth at 11:00 am. All the students of 8th, 9th and 10th standards of Loyola Higher secondary school were present along with their respected teachers. The program was presided over by Sir. Toshiwapang and handed over to Potsutho who gave a brief introduction on mathematics and how to improve on the way we learn maths, by sharing his own experiences and how important are class works given by teacher during class hours. It was then followed by Keniseno who interacted with the students with a small game using the BODMAS rule, and further briefly talked on the topic "real life application of mathematics". She also shared her experience from her mother who said, "Instead of hating your subject, learn to love it", and that's how she changed her attitude towards maths. Lastly Talimoa emphasized that mathematics is not just about numbers but it is a language which interacts with the whole universe. He also gave some information on the different scopes that can be chosen after taking maths which was then followed by a small activity in which the students participated to solve some basic mathematical problems. Sir. Toshiwapang gave a brief knowledge on some facts of maths and encouraged the students that anyone can get better in maths and make it easy with practise. The programme ended with vote of thanks to all the participants and audience by Sir. Mark, Staff, Loyola School, Jakhama, which was followed by refreshment arranged by the school.

Throughout this programme the feedbacks were positive from all the schools. Not only there students but our students learned a lot and had a wonderful experience.



Extension Programme on FUN WITH MATHS

to Loyola Higher Secondary School, Jakhama













Mr. Toshiwapang T Lemtur

HOD, Department of Mathematics

St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF CHEMISTRY

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA 797005
'IMAGINE AND EXPLORE'

Report on Extension Programme

"Science In Everyday Life"

The Department of Chemistry has conducted extension program on the topic "Science in Everyday Life" on 22nd and 25th April, 2022 at Govt. High School, Jakhama and Sacred Heart High School, Khuzama respectively. **Eleven (11) students participated in the activity**.

Following are the experimental demonstrations performed by the students:

- 1. Preparation of Hand Sanitizers
- 2. Detection of Adulterants in food
- 3. Synthesis of Bioplastics
- 4. Fun with chemistry

The general objective of this extension program was to influence the younger generation to change their perspective towards science particularly chemistry and encourage them to develop their interest and pursue the field. The chemistry students demonstrated the practical activities and explained with great clarity. This activity helps the students to relate the topic to themselves by performing an experiment where they have learnt to differentiate adulterated food substance from non-adulterated food, importance and making of bioplastics and preparation of hand sanitizers. They have also enlightened the high school students by playing with colours formed in different solution and explaining the chemistry behind it. It can be concluded that the extension program was successful and the objectives was achieved. Through extended learning activities students learn collaboration, teamwork, leadership skills and the importance of working together despite differences to reach their goal.

St. Joseph's College (A), Jakhama Department of Chemistry

Extension Programme to Sacred Heart High School, Khuzama



Department of Chemistry

St. Joseph's College (A), Jakhama



Mety I

Madovi David HoD, Dept. of Chemistry St. Joseph's College (Autonomous) Jakhama, Nagaland

PHILANTHROPHIC ASSOCIATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA



Served to man as Served to God ESTD - 2015

Date: 30-04-2022

On 29-04-2022, the Philanthropic Association, St. Joseph's College (A), Jakhama visited MORNING STAR CHILDRENS HOME, WOKHA. The association conducted a short program and also donated basic amenities to the children.

Participants: 41



RH.

Mr. Renthungo Humtsoe Staff Director,

Philanthropic Association

St. Joseph's College (Autonomous) Jakhama



DEPARTMENT OF ZOOLOGY ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA, NAGALAND

Email: zoodeptsjc@gmail.com | Phone: 8730865723

NAME OF THE PROGRAMME: Extension programme on "teenage pregnancy."

DATE: 21st, 25th, 26th & 28th April 2022

TIME: 12:00 pm - 2:40 pm

VENUE:

1. 21 April 2022 Govt. High School, Jakhama

2. 25 April 2022 Sacred Heart School, Khuzama

3. 26 April 2022 Little Flower Hr. Sec. School, Kohima

4. 28 April 2022 Loyola Hr. Sec. School, Zakhama

5. PARTICIPANTS DETAILS:

| PARTICIPANTS DETAILS | | | | TOTAL NUMBER OF PARTICIPANTS |
|-----------------------------------|-------------------------------------|------------------------------------|---------------------------------------|------------------------------|
| Number of Male participants | Number of Female Participants | Number of Participants from SJC(A) | Number of Participants outside SJC(A) | 21 |
| 8 | 13 | 21 | | |

- 2. NAME OF THE TEACHER IN-CHARGE: Miss Noyingbeni M. Odyuo
- **3. NAMES OF THE RAPPORTEUR:** Miss Noyingbeni M. Odyuo **4.PURPOSE OF THE ACTIVITY:**
 - To spread awareness amongst teenagers about the rising cases of unplanned teenage pregnancies and
 - To give sex education to the young curious minds while giving platform to the B.Sc. students to share as well as enhance their understanding of the same.
- **5. OUTCOME OF THE ACTIVITY/PROGRAM:** Through this extension program, the students in the various schools were educated about the different causes of teenage pregnancy, the effects of teenage pregnancy, the health risks for both the baby and the teenage mother, the role of boys/men in teenage pregnancy, laws against men committing crime against females of all ages, the mental health of a teen mother and her status in the society, contraceptive devices, preventive measures of teenage pregnancy, the negative influence of media on teenagers and the different ways to handle sexual urge. Queries and doubts from the students were addressed and the students were also enlightened about the sexual abuse and sexually transmittable diseases.

EXTENSION PROGRAM ON TEENAGE PREGNANCY

Date of Report: 29 April 2022

The Department of Zoology, St. Joseph's College (A) Jakhama, under the supervision of Ms. Noyingbeni M. Odyuo, initiated and carried out an extension program on 'Teenage Pregnancy'. 20 students were selected from VI Semester B.Sc., Zoology to speak on various topics based on the aforementioned theme alongside Ms. Noyingbeni M. Odyuo.

The objective of this extension program was to spread awareness amongst teenagers about the rising cases of unplanned teenage pregnancies and to give sex education to the young curious minds while giving platform to the B.Sc. students to share as well as enhance their understanding of the same.

Under this program, a total of four Schools were visited and the schools and students rendered enthusiastic support and participation:

- 1. 21 April 2022 Govt. High School, Jakhama
- 2. 25 April 2022 Sacred Heart School, Khuzama
- 3. 26 April 2022 Little Flower Hr. Sec. School, Kohima
- 4. 28 April 2022 Loyola Hr. Sec. School, Zakhama

Through this extension program, the students in the various schools were educated about the different causes of teenage pregnancy, the effects of teenage pregnancy, the health risks for both the baby and the teenage mother, the role of boys/men in teenage pregnancy, laws against men committing crime against females of all ages, the mental health of a teen mother and her status in the society, contraceptive devices, preventive measures of teenage pregnancy, the negative influence of media on teenagers and the different ways to handle sexual urge. Queries and doubts from the students were addressed and the students were also enlightened about the sexual abuse and sexually transmittable diseases.

Department of Zoology

St. Joseph's College (A), Jakhama

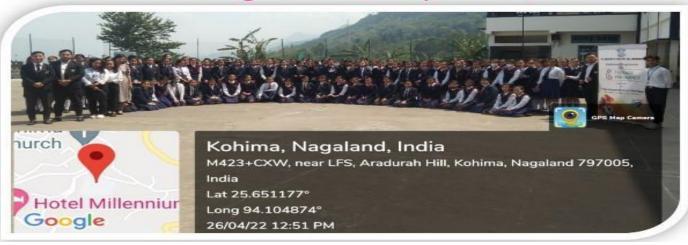


Extension Programme on

TEENAGE PREGNANCY

to

Little Flower Higher Secondary School, Kohima







Rikutalii

Ms. Rukutalu
Head of Department
Department of Zoology
St. Joseph's College (Autonomous) Jakhama



Date: 03-04-2022

On 2nd April 2022, the ANO (SW) and 35 SW cadets of the college conducted Puneet Saga Abhiyaan at Kezo Basa Village, the adopted village of the college. The team spread awareness on waste management and plastic recycling and on cleaning water bodies to the Village Council officials through talks and a rally. 42 Dustbins made of waste materials like tin, bamboo, wire, card-board and plastic wastes were donated to the village.

NCC SW Cadets of SJC conduct Puneet Sagar Abhiyaan



NCC SW Cadets of St Joseph's College (Autonomous) with village elders during the Puneet Sagar Abhiyaan at Kezo Basa Village on April 2.

JAKHAMA, APRIL 3 (MEXN): The Associate NCC Officer (Senior Wing) and 35 NCC SW Cadets of St Joseph's College (Autonomous), Jakhama under 1 NL Girls' BN NCC-Kohima carried out Puneet Sagar Abhiyaan at Kezo Basa Village, adopted village of the college, April 2. According to a press release on Sunday, the team spread awareness on waste management and plastic recycling and on cleaning water bodies to the Village Council officials of the village through talks and also through a rally.

The team also donated 42 dustbins to the village which were made by the cadets themselves with waste materials like tin, bamboo, wire, card board and plastic waste.

Medovi Zhongo, the Village Council Chairperson expressed his gratitude to the NCC team for the noble service rendered to the village, the release stated.

Total Number of Participants: 36



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALÁND P.O. NO. 39 PIN- 797001

Report on: Bio-diversity Walk

On 11th February 2022, **16 NSS Volunteer (4 Male and 12 Female)** along with one Program Officer of St. Joseph's College (Autonomous) Jakhama participated on 'Biodiversity Walk' organized by North East Network. Two 'Programme Associate' and one 'Associate Project Lead' of NEN took up a short orientation Program at Kigwema Local Ground. Lead by one elderly local guide, proceeded to the mountain side, in search of local herbs and medicine and uncultivated plants and fruits, in Kigwema Pizu forest and Akalü (Bamboo) forest. The participants came back down and made an observation review on its findings and had a short presentation session. After a short tea break the program ended with so much knowledge on finding new and unknown local herbs, medicines and uncultivated plants and fruits.



Reported by:

upoli

Mr Imtipong Longkumer Program Officer National Service Scheme, St. Joseph's College (Autonomous), Jakhama



From 23rd – 30th October, 2021, Clean India Campaign was carried out as instructed by the Office of 1 NL Girls' BN NCC-Kohima. In the week-long campaign, the cadets cleaned World War II Tank Park, Lerie Junction, Phesama Junction, SJC Canteen & Bus Parking Area, SJC Road, NH-29 Jakha Town, and Jakhama Sumo Stand Area by picking up plastic wastes and sweeping. Total quantity of plastic waste collected was 26 kgs and total strength of cadets involved in the campaign was 64.

Total number of Participants: 64



PHILANTHROPHIC ASSOCIATION ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA



Motto: "Service to men is service to God"

On 24th Dec, 2021, Outreach Programme was organised voluntarily by Mr. Rethungo Humtsoe, Staff Director of Philanthropic Association, St. Joseph's College (Autonomous) Jakhama at Wokha for the Widows. There were 10 participants in total.







RH.

Mr. Renthungo Humtsoe

Staff Director,

Philanthropic Association

St. Joseph's College (Autonomous) Jakhama



On 24th Sept, 2021, **12 SW cadets** of the college were among the 25 cadets of 1 NL Girls' BN NCCKohima along with CO visited Rusoma village to spread awareness about the Government of India Welfare schemes for the citizens and explained the benefits of Environmental Protection. SUO Mengutsino Nakhro enlightened the villagers on Government Welfare schemes for rural areas.





NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Report on NSS training program on Leadership and Personality Development through Life Skills conducted from 9th-11th September, 2021

The NSS training program on Leadership and Personality Development through Life Skills was conducted from 9th-11th September, 2021 at St.Joseph's College(A), Jakhama. The training program for the first batch was attended by **40 participants** from different schools and colleges. The college bus was provided to commute the participants.

On the first day, a short inaugural program was held at the PG Building Conference Hall at 10:00AM. The program was chaired by Mr. Kelengol Neikha, PO(NSS), SJC(A), Jakhama. The invocation prayer was pronounced by Rev. Fr. Obed Yimchunger, Vice-Principal (Students' Affairs), SJC(A), Jakhama and the welcome address was given by Rev. Fr. Dr. Keduolhou George Angami, Principal, SJC(A), Jakhama. A special number was presented by NSS Volunteer, followed by a message from Mr. Zeneikho Pfukha, State NSS Officer, NSS Cell. The inaugural program was followed by ice breaking session where the participants introduced themselves and shared their interests based on the candies they picked. A quick photo session was held, followed by a tea break.

After the break, Rev.Fr.Dr. George Rino (PG Coordinator), SJC(A), Jakhama, took up two sessions on Leadership and Personality Development. During the course of the sessions, he emphasised on the importance of Time management, ways and means to be an efficient leader, to be accountable, the importance of having an aim and direction in life, etc. He further encouraged the participants to walk the talk as leaders and talked about the big five personality traits, the acronym OCEAN, O- Openness, C-Conscientiousness, E-Extroversion, A-Agreeableness, N-Neuroticism.

In between the sessions, Mr.Avisa Chase (Physical Trainer) took some time to relive the participants through light exercises. It was then followed by Lunch Break, after which the third session on Youth Health Awareness began with Mr. Ainato Yeptho (Deputy Director, NSAAC) and Mr. Bendang Imsong as the resource persons. They emphasised on HIV/AIDs and TB and voluntary blood donation respectively. Mr. Ainato stressed on how the diseases like HIV/AIDs and TB are transmitted and the means to prevent them. He also mentioned about the AIDs Helpline No-1097 and the NACO AIDS App. Mr. Bendang Imsong, on the other hand, stressed on voluntary blood donation and encouraged the participants to donate blood to save someone's life. He also emphasised on the eligibility for donating blood. The first day of the training ended at 3:30 PM.

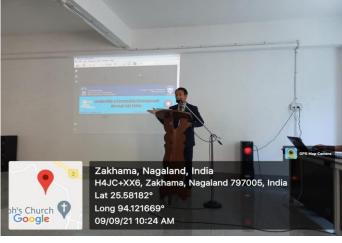
The second day of the program began at 9:30 AM, at the College auditorium with some exercises and dance. Miss. Ratna Singh was the resource person. In the first session, she gave an introduction on life skills and emphasised on the ten core life skills. In the second session, Miss. Singh conducted an interactive session on Self-Awareness, where she stressed on the importance of developing and evaluating oneself. She also laid emphasis on the importance of self-esteem and self-respect. The second session was followed by Lunch Break.

The last session was on Interpersonal Relations and Effective Communication. Here, the participants were encouraged to have more discussions. Some games and activities were also incorporated to get better insights on the topics.

The third day of the program started at 9:30AM with Mr. Avisa Chase(PT) initiating some stretches and dances, which the participants thoroughly enjoyed. The resource person for the day was Miss. Ratna Singh. In the first session, on creative and critical thinking, Miss. Singh conducted some activities encouraging the participants to think critically and be creative. The second session was on Problem Solving and Decision Making, where she explained how a person should take decisions and how taking small decisions helps a person to take major decisions in life. Ms. Singh also emphasised on how negative qualities brings more negativity in a person's life, and highlighted the importance of finding ways to solve problems in life. She also highlighted the 6Cs of Decision Making viz., construct, compile, collect, compare, consider and commit. Role-play was also initiated by dividing the participants into three groups.

Games and activities were conducted between the sessions enabling the participants to understand the topics better. The last session of the program was on Coping with Stress and Emotion. Here, Miss. Singh emphasises on bad stress and good stress, and advised the participants to control their negative thoughts and emotions, and focus on positivity. A lunch break was followed after. After the lunch break, a valedictory program was held at 2:30PM. Mr. Vikato Swu, PO(NSS), SJC chaired the program and the invocation prayer was pronounced by Mr. Rili Sangtam. Rev. Fr. Dr. Keduolhou George Angami, Principal, SJC(A), Jakhama shared words of encouragement. A special number was presented by Ms. Kevichuno Angami. Ms. Philomina (Kohima Science College), Mr. Wangshimeren Pongen (Mt. Olive College) and Ms. Ratna Singh (resource person) shared their experiences. Certificates were distributed to all the participants along with a self help book and the vote of thanks was delivered by Mr. Zeneikho Pfukha, State NSS Officer, NSS Cell. The three days program concluded on a successful note with a photo session.





upoli

Mr. Imtipong Longkumer Program officer National Service Scheme St. Joseph's College (Autonomous), Jakhama



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

REPORT ON: Freedom Run 2021 organized by the Ministry of Youth Affairs, Govt. of India

As part of the celebration of Azadi ka Amrid Mahotsav, India @75, Freedom Run was organized in 744 districts of the country by the Government of india, Ministry of Youth Affairs & sports where the National Service Scheme (NSS) and Nehru Yuva Kendra Sangathan (NYKS) was directed to organize and participate in the Freedom Run.

Therefore, the Nagaland Unit of NSS also organized and participated in the Freedom Run on the 14th of August 2021. Various institutions affiliated with NSS from Kohima along with NYKS volunteers participated in the event.

30 NSS volunteers and 30 NYKS volunteers from Kohima participated in the Freedom run long with 15 officials. The Run was flagged of by Mr. Nusieta Rhakho, Additional secretary, Home department, Kohima. At 6:30 am from Police Headquarters Junction Kohima to Kohima Local Ground.

Total number of participants: 75





Mr. Imtipong Longkumer Program officer National Service Scheme

St. Joseph's College (Autonomous) Jakhama



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Report on webcast for National youth Award 2021 on 12th August, 2021 organised by the Ministry of Youth Affairs

The NSS volunteers of St. Joseph's College (Autonomous), Jakhama attended the webcast program telecasted by the Ministry of youth Affairs where **Shri Anurag Thakur**, **Minister for Youth Affairs & Sports**, **Government of India** presented the National Youth Award to the awardees at Vigyan Bhawan, New Delhi on 12th August 2021 from 12:30 PM to 01:30 PM.

Number of participants: 110







Mr. Imtipong Longkumer Program officer

National Service Scheme

St. Joseph's College (Autonomous) Jakhama



NCC Senior Wing, St. Joseph's College (Autonomous) Jakhama, Cadets participated in Rashtragaan (audio online) on 10th-14th Aug 2021, an initiative by the Ministry of Culture to mark Azadi Ka Amrit Mahotsav.

Number of Participants: 55





Og

Capt. Regina Razousinuo Associate NCC Officer (SW)



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALÁND P.O. NO. 39 PIN- 797001

Report on Plantation of tree saplings in the adopted villages from 1st July, 2021 to 7th July, 2021

On the occasion of VAN MAHOTSAV (Forest week) 2021 the office of the State NSS officer send directives to celebrate the above by planting tree saplings in the adopted villages. The NSS volunteers of St. Joseph's College (Autonomous), Jakhama planted tree saplings in the adopted village (Jakhama, Mima and Viswema) and also in the respective homes of the volunteers.

Total Number of Participants: 26



Mr Imtipong Longkumer Program Officer

National Service Scheme,

St. Joseph's College (Autonomous), Jakhama



NATIONAL SERVICE SCHEME ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Young Warrior is a multi-stakeholder coalition to catalyze a pan-India movement to engage 5 million "Young Warriors" to combat COVID-19. It is a nationwide movement to engage 5 million young people to lead action against COVID-19 and impact 50 million people. This movement was launched on 10th May, 2021 through youth groups, field partners, social media and other mass media like TV, community radios etc. The ask from each young person is simple. Under the young warrior campaign, the NSS volunteers have the opportunity to earn a certificate after completion of 5 tasks. The Tasks are as follows:

- 1. Vaccinate a friend
- 2. Exercise a Stress Buster
- 3. Debunk a fake news surrounding the COVID 19 pandemic
- 4. Tell a COVID 19 recovery tale
- 5. Become a super #Young Warrior

Total Number of Participants: 200















CERTIFICATE

OF COMPLETION

This certificate is awarded on 17/06/2021 to the young warrior

P ENNIBENI KITHAN

for completing five tasks as part of the #YoungWarrior movement activated by the Ministry of Youth Affairs and Sports, CBSE, YuWaah (Generation Unlimited India), and UNICEF India. We thank you for playing a critical role in securing yourself, your family, and your community against COVID-19.

















CERTIFICATE

OF COMPLETION

This certificate is awarded on 19/06/2021 to the young warrior

Wutsou Thele

for completing five tasks as part of the #YoungWarrior movement activated by the Ministry of Youth Affairs and Sports, CBSE, YuWash (Generation Unlimited India), and UNICEF India. We thank you for playing a critical role in securing yourself, your family, and your community against COVID-19







Mr. Imtipong Longkumer Program Officer

National Service Scheme

St. Joseph's College (Autonomous) Jakhama



ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland – 797 001 (Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018) 0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

> www.stjosephjakhama.ac.in Email: stjosephc@gmail.com NAAC Grade A (CGPA: 3.12)

On 24th June, 2021, SJC Covid -19 Task Force extended helping hand to twenty-three Covid-19 families affected in Jakhama village. The help given were in the form of the following food grains and materials:

- 1) Rice 10 Kilo grams each
- 2) Dal 2 Kilo grams each
- 3) Onion 2 Kilo grams each
- 4) Sugar 2 Kilo grams each
- 5) Tea Leaves 500 grams each
- 6) Oil 1 Litre each
- 7) Hand sanitizers two bottles
- 8) Face Masks 1 dozen
- 9) Rampum 10 pieces each



PPE Kit was also purchased and given to the SJC Covid-19 Task Force members to utilize when it is required.



Total Number of Participants: 10

Dr. Fr. George Keduolhou Angami

Principal
Principal
Joseph's College (Autono

St. Joseph's College (Autonomous)

Jakhama Nagaland



21st June, 2021, in celebration of International Day of Yoga amid the COVID-19 pandemic, 12 Cadets participated in making videos of performing Yogic asanas on the Yoga theme of the year, "My Life, My Yoga" and 05 cadets took part in International Yoga Video Blog Competition organized by the Ministry of AYUSH.

Total number of participants: 17





24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

On account of 'World Environment Day', on 5th June 2021, NCC Boys Senior Division, St. Joseph's College (Autonomous) Jakhama, participated in cleanliness drive by cleaning in and around the Jakhama Village. A **total of 20 cadets**, NCC Senior Division, St. Joseph's College participated in Cleanliness Drive.



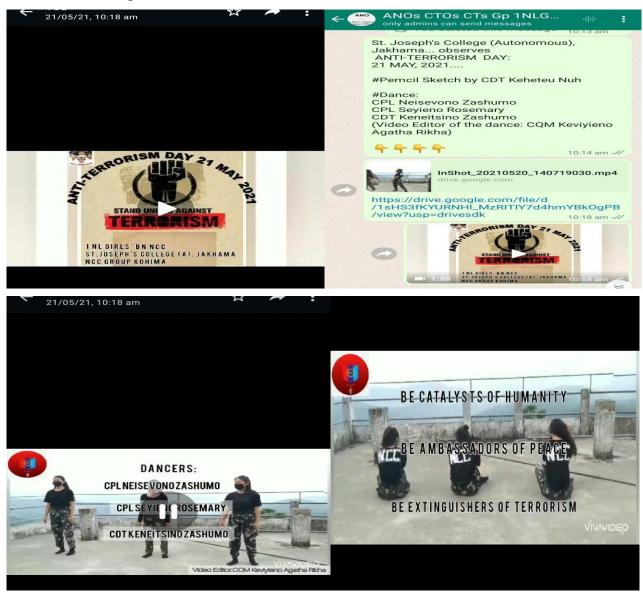


CAPT. AVIZO RICHA Associate NCC Officer (ANO)



On the occasion of Anti-Terrorism Day, the Cadets of the College sent message through a video of pencil sketch and a video of a dance relevant to the day was spread on 21st May 2021.

Number of Participants: 4



09

Capt. Regina Razousinuo Associate NCC Officer (SW)



Date: 18/05/2021

On 17th May, 2021, 05 cadets participated in "Mask-Up India" Campaign through a video displaying the precautions and measures to be taken during this prevailing COVID-19 situation. As part of the activity the Cadets also distributed hand-made face mask to some villages under Kohima District.

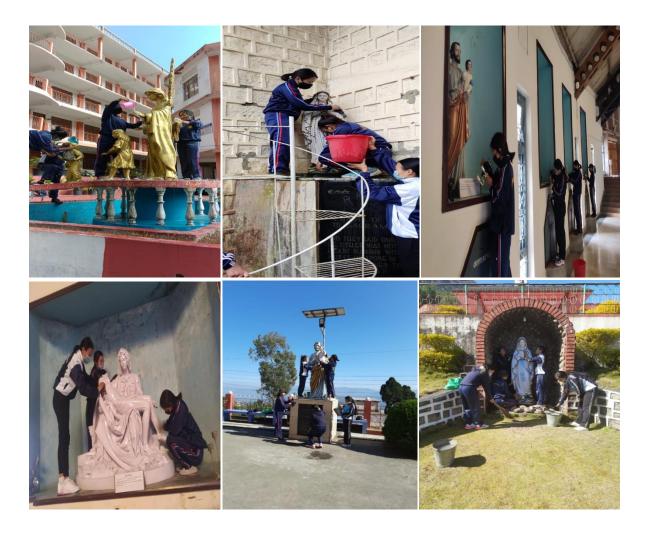
Total number of participations: 5





12th-14th Dec., 2020: As activities of Swachhta Pakhwada, cleaning of statues was carried out at Kohima Catholic Cathedral and St. Joseph's College (Autonomous), Jakhama by NCC Senior wing, SJC(A) Jakhama.

Number of Participants: 30





On 27th November 2020, Posters of photos on COVID-19 made by 04 cadets, poem videos on Digital India by 02 cadets and 2 minute speech videos on experience in Online Ek Bharat Shreshtha Bharat Camp by 02 cadets were sent to the official whatsapp of the Unit for inauguration of Digital Forum App.

Total Number of participants: 8





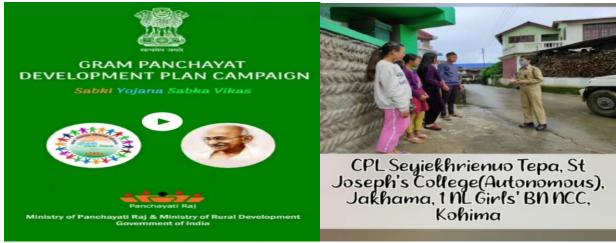






2nd Oct., 2020: In celebration of Gandhi Jayanthi and joining the launching of a campaign "Sabki Yojana Sabka Vikas' by the Rural Development Department, Govt. of Nagaland, NCC SW cadets updated people in their localities/villages on important Government initiatives, development and welfare schemes which gave them (cadets) exposure to being part of local level governance. CPL Seyiekhrienuo Tepa and CDT Elchenu Esther Kera made an awareness video each on the campaign.

Number of participants: 22







On 8th July, 2020, The Associate NCC Officer (SW) and cadets of St. Joseph's College (Autonomous), Jakhama donated 200 handmade masks, 200 bottles (500 ml)each) of hand-wash, 200 mini Swiss Rolls (snacks) for the youth volunteers and the elderly of Kezo Basa Village. Kezo Basa Village is the adopted village of NCC Senior Wing of St. Joseph's College (Autonomous), Jakhama under 1 Nagaland Girls' Battalion NCC, Kohima. (News clipping attached herewith).

Cique 200 fruervat cartriuges, one samuser in general.

Total Number of Participants: 40

NCC cadets donate protective kits

and snacks to Kezo Basa

Dimapur, July 10 (EMN): The ANO and NCC girl cadets of St. Joseph's College (Autonomous), Jakhama from 1 Nagaland Girls' Battalion NCC, Kohima, donated 200 handmade masks, 200 bottles (500 ml each) of handmade hand wash and 200 mini Swiss Rolls (snacks) for the youth volunteers and the elderly of Kezo Basa village on July 8.

Kezo Basa is the adopted village of St. Joseph's College (Autonomous), Jakhama, a sub-unit of NCC, informed an update received here.

It was informed that Capt Regina Razousinuo, ANO of SJC, Nb Sub Moawati Ao, PI staff of 1 NL (G) BN NCC and CPL Nginom M Phom, a



NCC girl cadets of St. Joseph's College (Autonomous), Jakhama give away protective kits and snacks to

cadet of SJC visited the village and delivered the materials to village council chairman Viswedel Mekro, GB Puneisa Naki, and VDB Secretary Kevisü Thuphrie.

According to the update, the associate NCC officers and NCC girl cadets of St. Joseph's College (Autonomous), Sazolie College, Kohima Science College, Modern College, Don Bosco HSS (Kohima) and Little Flower HSS under 1 NL Girls' BN NCC-Kohima have been working on hand wash and mask since last week of May, with an aim to donate to their adopted villages and to train cadets in making such protective kits.



. On 5th June, 2020, **the 50 NCC girl cadets** of the college observed World Environment Day by donating and distributing 500 paper bags to green grocers and street vendors at PR Hill, IOC and Mhonkhola to promote eco-friendly environment and non-plastic products. The paper bags were made by the NCC girls and the Associate NCC Officer (SW) from old newspapers, magazines, calendars.





along with few students and staff of the school took part. School authority also directed students to carry out plantation of fruit trees and saplings in and around their respective homes

out plantation of fruit trees and saplings in and around their respective homes.

NCC, SJC Jakhama: NCC girls of St Joseph's College (SJC) autonomous, Jakhama, under 1 Nagaland Girls Battalion NCC, NCC Group Kohima observed WED by donating and distributing 500 paper bags to green grocers and street vendors at PR Hill, IOC and Mhonkhola to promote eco-friendly environment and non-plastic products. A press release from Capt Regina Razousinuo stated that, the paper bags were upcycled by NCC girls and associate, NCC officer from old newspapers, magazines, calendars, etc available at their homes.



Capt. Regina Razousinuo Associate NCC Officer (SW)



NCC Senior wing, St. Joseph's College (A), Jakaham, Delta Coy, PL 10 & 11, 1 Nagaland Girl's Battalion NCC, Kohima- Nagaland contributed 1,000 self-made paper bags for the green grocers and vendors on 14th May, 2020. The eco-friendly paper bags were handed over to Kovi Meyase, Administrator, Kohima Municipal Council, Kohima.

Total Number of Participants: 12







Capt. Regina Razousinuo Associate NCC Officer (SW)

PHILANTHROPHIC ASSOCIATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

Motto: "Service to men is service to God"



On 14th March, 2020 the members of Philanthropic Association, St. Joseph's College (Autonomous) Jakhama, conducted an outreach programme at Eden Garden, Khuzama. The association conducted a short programme with them as well as donated amenities like, buckets, mugs, towels, toothbrush, toothpaste, washing and bathing soaps, notebooks, pen and pencils, toilet cleaner, hand sanitizers, bags of rice, potato, eggs, meat etc.

Number of Participants: 37





Mr. Renthungo Humtsoe

Staff Director

Philanthropic Association

PHILANTHROPHIC ASSOCIATION

ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA

Motto: "Service to men is service to God"



On 7th March, 2020 the Association along with the Staff Director, Mr. Renthungo Humtsoe visited BRIGHT MORNING STARS ORPHANAGE HOME, Kohima. The association conducted a short programme and also donated some amenities.

Number of Participants: 13



Mr. Bonthungo Humtage

Mr. Renthungo Humtsoe Staff Director Philanthropic Association



Department of Sociology ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, KOHIMA, NAGALAND

Date: 1st Mar, 2020

The Department of Sociology in Collaboration with the College Community Outreach, The Green Team Kohima, and The Environment Conscious Children's Organization (ECCO) kids join hands with Kohima Smart City and Kohima Municipal Council during the Cleanliness Drive along the National Highway stretch between Classic Junction and TCP Gate Junction on 29th February 2020. The Volunteers picked up litters along the sidewalks and drains. Later on they collected the plastic bottles and tobacco wrappers and then disposed in Kohima Municipal Council trash truck. Three lectures along with 45 students of BA 4th Semester 'G' participated in the Cleanliness Drive.

Total Number of Participants: 48



Report Submitted by:

Dr. Medonuo Pienyu

Head, Department of Sociology SJC (A), Jakhama

WOMEN'S FORUM





"Celebrating women and the responsibilities that come with it"

Women's Forum, SJC(A) Staff Director, Miss. Khriebuno Nagi along with executives and Jericho Movement members visited the Samaritan Old Age Home, Meriema, Kohima as part of outreach programme on 1st February, 2020. During the visit several presentations along with gifts were given to all the elderly people at the home.

Number of Participants: 50



Report Submitted by

KHRIEBUNO NAGI



Director, Women's Forum, SJC (A), Jakhama, Nagaland



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

Date: 29/01/2020

St. Joseph's College (A) Jakhama NSS Unit, participated in the North East youth Festival organized by Regional Directorate of NSS, Guwahati with the collaboration of Don Bosco college, Tura and the active support from the Tura Government College, Durama College and Phukan Memorial College, Dalu on 20th - 24th January, 2020.

Number of Participants: 16





Ms. Vilavonuo Maria Kulnu

Program Officer

National Service Scheme,



KOHIMA: NAGALÁND P.O. NO. 39 PIN- 797001

Date: 09/01/2020

On 7th January, 2020, NSS volunteer Mr. Rili Sangtam, Department of Zoology, organized a cleanliness drive in Tuensang under the theme "We care, Go clean" in partnership with One Voice Club, Tuensang. Deputy Commissioner Shri. Kumar Ramnikant, IAS was also present and gave the volunteers words of encouragement.

Number of Participants: 28





Rili

Mr Rili Sangtam Volunteer National Service Scheme,

र के को NCC

24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

Date: 25/11/2019

24 Nagaland (I) Coy NCC, Kohima, St. Joseph's College, Jakhama, participated in the "Run For Health" awareness Campaign organised by NCC Group Headquarter Kohima on 23rd November, 2019. **Altogether 20 cadets participated in the event.**





CAPT. AVIZO RICHA

Associate NCC Officer (ANO)



24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

Date: 24-11-2019

NCC Senior Division, St. Joseph's College (A) Jakhama, participated in the Blood Donation Day under the theme "Give Blood Save Life". Cadets donated blood at the Naga Hospital, Kohima on 22nd November, 2019. **9 cadets donated the blood**.





CAPT. AVIZO RICHA

Associate NCC Officer (ANO)



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

St. Joseph's College (A) Jakhama NSS Unit participated in the Awareness Rally themed "Run for a Plastic Free Nagaland" organised by Ministry of Youth Affairs & Sports, Govt. of India to commemorate the 150th birth anniversary of Mahatma Gandhi on 2nd Oct, 2019. Altogether **10 NSS member students participated** in the event.



Mil

Mr Imtipong Longkumer Program Officer National Service Scheme,



KOHIMA: NAGÁLAND P.O. NO. 39 PIN- 797001

DATE: 21st September 2019

REPORT ON: Outreach program to Kohima Orphanage

Description: NSS unit St. Joseph's College Jakhama conducted an Outreach program to Kohima Orphanage.

The Volunteers interacted with the orphans and donated some clothes, stationaries etc

No. of NSS Volunteers participated: 100 No. of Program Officer participated: 2 **Total number of participants: 102**

Shamp

Ms Vilavonuo Maria Kulnu Program Officer National Service Scheme,



24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

6 Cadets from NCC Senior Division, St. Joseph's College (Autonomous) Jakhama attended the Thal Sainik Camp (TSC) Camp organised by North East Region (NEC) Directorate NCC at Jorhat, Assam.





CAPT. AVIZO RICHA Associate NCC Officer (ANO)



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

NSS Unit, St. Joseph's College, Jakhama organized a cleanliness drive at the college campus on the 20th July 2019 from 12:00 pm onwards. Altogether **150 students participated in the event**.



Snamp

Ms. Vilavonuo Maria Kulnu

Program Officer

National Service Scheme,



World No Tobacco Day was observed with 10 cadets and the ANO (SW) staging a shop-to-shop campaign of awareness at BOC and NSF Martyrs' Park areas in Kohima on 31st May, 2019. Altogether, **there were 11 participants**



Capt. Regina Razousinuo Associate NCC Officer (SW)



Department of Sociology

ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, KOHIMA, NAGALAND

"Sociology Gives Back" is an initiative undertaken by the Department of Sociology, St. Jospeh's College (A) Jakhama since 2014. As part of the initiative, (6th Semester) students of Sociology Department, St. Joseph's College (A) Jakhama, visited Cradle Ridge Hospital at Sethogie, Kohima on 15th March 2019 under the guidance of Mrs. Alibo Achumi, Director of Sociology Gives Back 2019. The Department contributed Rs. 30,000/- in cash along with some eatable items. Later on the Department also donated Rs. 10,000/- to Akumtong Humanity Fund to help the young cancer patients. A sum of Rs. 15,000/- was donated to the Youth Net to help sponsor the post-election expenditure in Nagaland.



Number of Participants: 80

Report Submitted by:

Dr. Medonuo Pienyu

Head, Department of Sociology

SJC (A), Jakhama



Department of Sociology ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, KOHIMA, NAGALAND

On 9th February 2019, Community Outreach, St. Joseph's College in collaboration with the Department of Sociology, St. Joseph's College (Autonomous) Jakhama visited an Old Age Home in Meriema.

Five lectures, Miss. Devileno, Miss. Hormila, Sir. Seyiekhoto, Sir. Tihot and Sir. Lumchio Patton with **147 students** visited the old age home. There were 23 elderly people of whom 5 were grandfathers and 18 grandmothers. The Lectures along with the students also gave gifts to the elderly parents.





Total number of participants: 147

Report Submitted by:

Dr. Medonuo Pienyu Head, Department of Sociology SJC (A), Jakhama



On 4th-6th November 2018, 7 Cadets, NCC Senior Wing, St. Joseph's College (Autonomous) Jakhama participated in Swasth Bharat Yatra at Kohima and took part in Cyclothon from Kohima to Dimapur, besides other activities of spreading awareness.

Number of participants: 7



Capt. Regina Razousinuo Associate NCC Officer (SW)



Swachhta Samaroh was conducted on 11th-13th Oct. 2018. Cadets spoke on plastic waste management, disposal and recycling of e-waste to students at St. Mary's Cathedral Hr. Secondary School, Kohima and Trinity School, Kohima. Door-to-door campaign on cleanliness was carried out at New Ministers' Hill, Aradura and Mhonkhola areas at Kohima city. **In total 68 cadets participated in the event.**





Capt. Regina Razousinuo

Associate NCC Officer (SW)



KOHIMA: NAGALAND P.O. NO. 39 PIN- 797001

On occasion Swachh Bharat Day, 2018, the NSS Unit, St. Joseph's College, Jakhama along with the State conducted a cleanliness drive at the College Campus, approach road and National Highway on the 29th September 2018. **There were 70 student volunteers**.





Ms. Vilavonuo Maria Kulnu Program Officer National Service Scheme



On 15th-30th September, 2018, Swachhta Hi Sewa was observed NCC Senior wing St. Joseph's College (A), Jakaham Delta Coy, PL 10 & 11, 1 Nagaland Girl's Battalion NCC Kohima- Nagaland with conduct of various kinds of cleanliness drive. **In total, 67 cadets took part.**



Capt. Regina Razousinuo Associate NCC Officer (SW)



24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

Four cadets from St. Joseph's College NCC Senior Division participated at Thal Sainik Camp held at New Delhi from 14th Sep, 2018 to 27th Sep, 2018, organised by Director General National Cadet Corps (DGNCC). The aim of the Thal Sainik Camp is to give an exposure to salient aspects of Army Training, generate competitive spirit and foster sense of discipline, leadership and National Integration amongst participating cadets.

Number of SJC(A) student participation in the event: 4





CAPT. AVIZO RICHA Associate NCC Officer (ANO)

ं से के की NCC

24 NAGALAND (1) COY (NCC) KOHIMA

SENIOR DIVISION ST. JOSEPH'S COLLEGE

NCC Senior Division, St. Joseph's College (Autonomous) Jakhama attended Annual Training Camp (ATC) held at Livingstone Higher Secondary School, Dimapur from 16th July, 2018 to 24th July, 2018. **27 Cadets** from the College participated in the Annual Training Camp.



Principal
Principal
St. Joseph's College (Autonomous)
Jakhama Nagaland

