



**THE WANGJING WOMEN AND GIRLS SOCIETY
(WWAGS)**

ANNUAL REPORT
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FORWARD

The Wangjing Women & Girls' Society (WWAGS) is a non-profit organization registered in 1962 under the Societies Registration Act, 1860. It was established in the year 1958 by some social workers of Wangjing Village, Manipur under the leadership of (late) Shri Laishram Suvakumar. Since its inception, the organization has been implementing various projects related to the vulnerable and downtrodden sections of the society, mainly women and girls. The society has been successfully rendering valuable helps, services and counselling to develop the quality of life and economy of various target groups.

The organization is working tirelessly in the following sectors to assist the Government and society at large by making partnership with National and International agencies.

- *Care for aged persons under MSJ&E, Govt. of India.*
- *Micro-finance for poverty hit families*
- *Vocational / entrepreneurship /skill development training for school dropped out youths*
- *Urban Livelihood Projects*
- *Rural Livelihood Projects*
- *SHGs / Farmers Clubs Development Projects*
- *Modern agriculture & organic agriculture*
- *S.C. Development Projects*
- *ST and Minority Communities development projects*
- *Start -Up Village Entrepreneurship Programme (SVEP)*
- *Environmental Protection Project*

I am thankful to our partners for availing the necessary fund timely for the projects. My thanks goes to the concerned Ministries of Government of India, State Government machineries, NABARD, NEDFi, MRB and other Private Companies for extending their support to the beneficiaries through our Organization. I extend my warmest gratitude to all the people of the project area for giving their full cooperation and contribution. I sincerely appreciate the commendable roles and collective efforts of all my staffs who are involved in successful conduct of the work programmes.

Wangjing
The 15th April, 2025


(L. Premananda Singh)
General Secretary
Hony. General Secretary
Wangjing Women & Girls Society
Manipur-India

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PROGRAMME SECTION

7 (Seven) Senior Citizen Home for Older Women

The Wangjing Women and Girls Society (WWAGS) has been running 7 **Senior Citizen Homes for Older Women** since 1st March 2018 as a continuation project after converted from the existing DCCs into Senior Citizen Homes.

Before some decades, there was a high civility in Manipur society. Younger people used to show politeness to aged persons. But in contemporary society the attitude of politeness to the aged persons is corroding as spiritual outlook and is not headed by the people of this modern time. As a matter of fact, the children who were living with their parents by way of a union in a family have even neglected to attend upon their parents in all respect due to family separatism, their children's jobs servicing abroad or in far urban cities thereby making the aged persons suffer from many problems due to lack of adequate social security financial support, happily existing life and emotional and physical circumstances. So many aged persons neglected by their children and relatives are now living in traumatic conditions in Manipur and numbers of such aged persons in Manipur are increasing day by day. And to redress such problems of the aged persons in Manipur, the organization has implemented a project entitled as "**Senior Citizen Home for Older Women**" in 7 (seven) locations in Six Districts of Manipur State. There are 175 aged women enrolled as beneficiaries of the project by limiting 25 aged women in each centre.

Details of the Seven Senior Citizen Home for Older Women Run By WWAGS:

1. **Senior Citizen Home for Older Women, Wangjing:**

This Senior Citizen Home is located at Wangjing S.K. Leikai, Thoubal District, Manipur, India. Wangjing Village is surrounded by many villages namely, Lamding, Tentha, Sambram, Tekcham, Sapam, Khongjom, Heirok, Kairembikhok, Uyal, Wangbal, Khangabok and Sangaiyumpham. The number of beneficiaries enrolled in this centre is 25. Mushroom Cultivation is one of the main activities performed by the beneficiaries of this Sr. C. Home. Some of the products are used for preparing curry in the home. The remaining is sold to the vegetable vendors who come to collect the products in the home so that they can earn little money for their extra uses. As a outing programme, the inmates visited the temples: Marging Temples, Mondum Mahadev Temple, Lamandong Abteita and Sanamahi Kiyong.



2. **Senior Citizen Home for Older Women, Thongjao:**

Thongjao is a unique village in which most of the villagers are expert in the field of pottery. Pottery can be done by older people too as it requires skill with less strength. A senior citizen home for older women is set up at Thongjao Awang Leikai, Kakching District Manipur near the Imphal Sugunu Road. The number of beneficiaries enrolled in this centre is 25. Pottery is one of the major activities done by the elder women of this Senior Citizen Home. As a outing programme, the inmates visited the temples: Chingoi Baruni Temple, Marging Temples, Hiyangthang Lairembi Temple and Karok Mahadeva Temple.



3. **Senior Citizen Home for Older Women, Naranseina:** Naranseina village is located in Bishnupur Tehsil of Bishnupur District in Manipur, India. Naranseina village comes under Moirang Assembly Constituency and Inner Manipur Parliamentary Constituency. It is a remote area which is 12 km, away from the district head quarter of Bishnupur District. WWAGS select Naranseina village to set up a Senior Citizen Home so that the helpless, ignored or battered older women from any village or town of Manipur can come and stay in the SCHOW without any struggle. The number of beneficiaries enrolled in this centre is 25. Mushroom Cultivation is one of the main activities performed by the beneficiaries of this Sr. C. Home. Some of the products are used for preparing curry in the home. The remaining is sold to the vegetable vendors who come to collect the products in the home so that they can earn little money for their extra uses. As a outing programme, the inmates visited the temples: Mondum Mahadev Temple, Govindaji Temple, Sanamahi Kiyong Temple and Marjing Temple.



4. **Senior Citizen Home for Older Women, Ngaikhong Khullen:** Ngaikhong Khullen is a large village located in Bishnupur District, Manipur, India. The neighbouring villages of ngaikhong Khullen are Ngaikhong Siphai, Ngakchoupokpi, Toubul, Bishnupur, Khoijuman, Kwaksiphai etc. The number of beneficiaries enrolled in this centre is 25. Candle and Agarbati making are some of the activities performed by the elder women of the home. Some of the products are used in



the home and the remaining is sold for their extra uses. As a outing programme, the inmates visited the temples: Pakhangba Temples, Mahabali Temple, Iskon Temple and Kalmali Temple.

5. **Senior Citizen Home for Older Women, Gahtao Village (Khoupum):** Gahtao Village is a part of Khoupum Sub-division of the hill District Noney, Manipur, India. Most of the population belongs to scheduled Tribe of Manipur. Gahtao village is surrounded by many other hill villages and the economic condition of most of the families in these hill areas are very bad. Hence a Senior Citizen Home is set-up by WWAGS at Gahtao village (Khoupum Valley) to enable



the helpless ignored or battered older women from any village or town of Manipur to come and stay in the home. The number of beneficiaries enrolled in this centre is 25. Mushroom

Cultivation is one of the main activities performed by the beneficiaries of this Sr. C. Home. Some of the products are used for preparing curry in the home. The remaining is sold to the vegetable vendors who come to collect the products in the home so that they can earn little money for their extra uses. As a outing programme, the inmates were taken to different churches to join prayer.

6.

7. **Senior Citizen Home for Older Women, Dawrkawn:**

Dawrkawn village is a part of the hill town Pherzawl which is the head quarter of Pherzawl District, Manipur, India. Since Pherzawl town was founded by the Hmars, majority of the inhabitants are Hmar. The economic condition, transportation and communication in the neighbouring hill areas are under development. Considering all these factors, a Senior Citizen Home is set-up by WWAGS for older women who are above 60 years but helpless ignored or battered. The number of beneficiaries enrolled in this centre is 25. As a outing programme, the inmates were taken to different churches to join prayer.



8.

9.

10. **Senior Citizen Home for Older Women, Jiribam:**

Jiribam is a Municipal Council in the Jiribam district of Manipur, India. The town is located on the western most boundary of Manipur state. It is also known as the western gate of Manipur. Jiribam town is a valley area which is 200.5 km away from Imphal, the capital of Manipur. These two valley areas Jiribam and Imphal are separated by two hill districts, Noney District and Tamenglong District of Manipur. So a shelter of elderly women called Senior Citizen Home for Older Women is set-up by WWAGS at Jiribam town, ward no 9 so that older women who are above 60 years but helpless ignored or battered can come and stay at this home without any difficulty. The number of beneficiaries enrolled in this centre is 25. Candle and Agarbati making are some of the activities performed by the elder women of the home. Some of the products are used in the home and the remaining is sold for their extra uses. As a outing programme, the inmates visited the temples: Narando Temples, Ningsingkhul, Kamakhya Mandir and Sanamahi Temple.



The facilities available in the 7 centres for the aged persons are given as follows:

The facilities available in the 7 centres for the aged persons are given as follows:

1. Nutritional refreshments including lunch, dinner, tea and snacks.
2. Recreation facilities like Newspapers, Magazine, Storytelling of folk tales and vocational programmes
3. Medical check-up including eye - care and providing food supplements etc.

4. Yoga practice with the Yoga Therapist for everyday in the morning/evening.
5. Providing shelter and care of the elder women to the Aged homes
6. Outing to religious places.
7. Wari/Lairik Taba (Narration to religious story)

Vocational/Entrepreneurship Training Program for Youths

Jan Shikshan Sansthan, Thoubal

Skill development training programme is a remarkably significant programme initiated and launched by WWAGS, which was started in 2002 for the school drop-out youths in Thoubal District. The profundity and range of promise of this project is to a composite knowledge of vocational/skill development to youths with a view to enable to keep abreast of the contemporary transition phenomena of social living with a view to culture in the globe, to dispose of unemployment problems meted to budding youths to usher their happy survival sustainability.

This programme is largely limited to the youths in Thoubal District. The categories of youths who are imparted with training under this project were classified as under:

- i) Non literates
- ii) Neo-literates
- iii) Rudimentary unemployed youths.



This programme has been being implemented under the aegis of Dept. of School Education & Literacy, Ministry of Human Resource Development, Govt. of India under its flagship programme entitled as **Jan Shikshan Sansthan (JSS)** or **Institute of People's Education (IPE)** formally known as **Shramik Vidyapeeth**. The program was registered as an entity on 2nd July, 2005 to function independently and separately from WWAGS. This was done in compliance with the direction of Govt. of India. Even though it has been functioning as separate entity, it has been working in close association with WAGSS till today. Total number of 18,975 youths were registered and calculated about the inputs of Skill Development training centre around various sectors during the last 20 years.



(a) No. of youths who received Vocational trainings under JSS / IPE project :

During the last 5 years, the number of passed out trainees in each year were above one thousand with the highest figure recorded in the year 2024-25 i.e. 1820 and the figures declined in the following years.

During the last 5 years, the category of youths who had got maximum skill training were the Rudimentary youths (48.6%) which is closely followed by Neo-Literates (28%), then 12 Standard (18.9%) and Non Literates (4.6%).

(b) Sex wise distribution of trainees under JSS Program

Out of 8996 trainees who were trained in the last 5 years, female trainees were the maximum (65.7%) and male trainees were nominal (34.3%). The year-wise progresses of trainees (sex-wise) are shown below.

Years	No. of Trades	Beneficiary enrolled	Male		Female	
			Nos.	%	Nos.	%
(a)	(b)	€	(d)	€	(f)	(g)
2020-21	11	1787	516	28.8	1271	71.1
2021-22	17	1799	627	34.8	1172	65.1
2022-23	11	1799	680	37.7	1119	62.2
2023-24	11	1791	656	36.6	1135	63.3
2024-25	10	1820	610	33.5	1210	66.5
Total	60	18,996	3089	34.3	5907	65.7

I Distribution of trainees by Social Background under JSS Program.

During the last 5 years annual training, youth belonging to OBC were maximum (79.5%) followed by SC (14.9.38%) and ST (3.8%) respectively as indicated below.

Years	Total No. of Trainees	ST		SC		OBC		Others	
		Nos.	%	Nos.	%	Nos.	%	Nos.	%
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)
2020-21	1787	180	10.0	247	13.8	1206	67.5	154	8.6
2021-22	1799	40	2.2	280	15.5	1479	82.2	--	--
2022-23	1799	40	2.2	280	15.5	1479	82.2	-	-
2023-24	1791	40	2.2	240	13.4	1511	84.3	-	-
2024-25	1820	40	2.2	300	16.5	1480	81.3	--	--
Total	8996	340	3.8	1347	14.9	7155	79.5	154	1.7

(d) Distributions of trainees by Age under JSS Program

During the last 5 years annual training, youths belonging to the age group between 15 to 35 were 74.3%. There was no participant belonging to the age group between 15 and below.

Years	Total No. of Trainees	15 to 35 years		35-45 years	
		Nos.	%	Nos.	%
(a)	(b)	(c)	(d)	(e)	(f)
2020-21	1787	1468	86.6	319	17.9
2021-22	1799	1191	66.2	608	33.7
2022-23	1799	1320	73.3	479	26.6
2023-24	1791	1333	74.4	458	25.5
2024-25	1820	1370	75.3	450	24.7
Total	8996	6682	74.3	2314	25.7

(e) Distributions of trainees by Literacy under JSS Program:

During the last 5 years annual training, youths belonging to the category with some education applied maximum and got trained. Their percentage was 41.9% followed by 12th Standards youths which stands at 38.6% as shown below.

Years	Total No. of Trainees	Illiterates		Neo-literates		With some education		12 Standard	
		Nos.	%	Nos.	%	Nos.	%	Nos	%
(a)	(b)	l	(d)	l	(f)	(g)	(h)	(i)	(j)
2020-21	1787	47	2.6	429	24.0	935	52.3	376	21.0
2021-22	1799	37	2.0	286	15.8	929	51.6	547	30.4
2022-23	1799	32	1.7	279	15.5	903	50.2	585	32.5
2023-24	1791	69	3.8	236	13.1	585	32.6	901	50.3
2024-25	1820	40	2.2	300	16.5	417	22.9	1063	58.4
Total	8996	225	2.5	1530	17	3769	41.9	3472	38.6

(f) Trade wise Nos. of Trainees:

Out of 8996 trainees who were trained in the last 5 years, trainees who got training on “Electronics & Hardware (Electrical Technician)” were maximum (8%) which was followed by Handicraft (carpet weavers knotted)” Electronics & Hardware (Electrical Technician) (7.6 %) and IT-ITES (Domestic Data Entry Operator) (7.1 %) respectively as shown below.

SL. No.	Trades	Financial Years					Total	%
		2020-21	2021-22	2022-23	2023-24	2024-25		
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)
1.	Fruit, Vegetable Processing & preservation	157	--	279	280	-	716	7.9
2.	Toy Making	-	--	--	--	--	--	--
3.	Cutting & tailoring	119	--	--	--	260	379	4.2
4.	Embroidery	240	--	--	--	--	240	2.7
5.	Carpentry	79	--	--	--	--	79	0.9
6.	Radio & TV repairing	119	--	--	--	--	119	1.3
7.	Beauty culture, health care & make up	120	--	--	--	240	360	4.0
8.	Assistant Beauticians	--	--	200	200	--	400	4.8
9.	Agriculture (Beekeeper)	118	--	--	--	--	118	1.4
10.	Handicrafts & Carpets (Handmade bamboo, Agarbatti stick making)	200	--	140	140	100	580	6.4
11.	Agriculture (Mushroom Grower)	237	80	--	--	--	317	3.8

12.	Electronics & Hardware (Electrical Technician)	200	80	160	160	120	720	8.0
13.	Agriculture (Animal Health Worker)	--	80	--	--	--	80	0.9
14.	Agriculture (Poultry Farmer)	--	160	--	--	--	160	1.9
15.	Apparel, Made-ups & Home furnishing (Self Employed Tailor)	198	60	160	160	--	578	6.9
16.	Automotive (Driving Assistant)	--	160	100	100	--	360	4.4
17.	Assistant Hair Stylist	--	100	--	--	--	100	1.2
18.	Assistant Beauty Therapist	--	120	--	--	--	120	1.5
19.	Construction (Helper Construction Painter)	--	80	--	--	--	80	0.9
20.	Food Processing (Jam Jelly and Ketchup Processing Technician)	--	160	--	--	320	480	5.3
21.	Food Processing (Pickle Making Technician)	--	180	--	--	--	180	2.2
22.	Furniture (Cane Seat weaver)	--	119	--	--	--	119	1.4
23.	Furniture fitting (Assistant Carpenter Wooden Furniture)	--	140	--	--	120	260	2.9
24.	Handicrafts (Traditional Hand Embroidery)	--	120	200	200	40	560	6.2
25.	Handicrafts (Carpets weaver knotted)	--	40	200	200	240	680	7.6
26.	IT-ITES (Domestic Data Entry Operator)	--	40	160	160	280	640	7.1
27.	Plumbing - Plumber (General)	--	80	100	100	100	380	4.2
28.	Helper Wireman	--	--	100	100	--	200	2.4

(g) Nos. of youth who are credit linked under JSS

24 (Twenty four) Trained youths are linked with credit with State Bank of India (SBI) and Manipur Rural Bank (MRB) under the refinance scheme of the Micro Unit Development and Refinance Agency (MUDRA) under the Prime Minister MUDRA Yojana in the last five years. The details of achievements are shown below:-

Sr. No.	Types of Trades	2020-21	2021-22	2022-23	2023-24	2024-25
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	Applique & Patch work	3	--	--	-	4
2	Fruit Processing & Preservation	3	--	--	-	2

3	Embroidery	1	--	--	-	3
4	Kouna Mat Making	2	--	--	-	3
5	Mushroom Cultivation	1	--	--	-	14

In the year 2024-2025, 1,820 youths (610 males and 1210 females) have been enrolled as beneficiaries/trainees for different trades. They have been completed the courses of the respective trainings and distributed their participant and course completed certificates.

The numbers of beneficiaries and their respective names of trades are given below:

Sl. No.	Name of Sector/ Trades	Nos. of Target Beneficiaries	Male	Female	No. of Beneficiaries
1.	Dress Maker – Tailoring	260	-	260	260
2.	Food Processing	320	-	320	320
3.	Bamboo Craft	100	80	20	100
4.	Electrical Technicians	120	120	-	120
5.	Beauty and Wellness	240	-	240	240
6.	Carpet Weaver Knotted	240	-	240	240
7.	Hand Embroidery	40	-	40	40
8.	Wood Carpentry	120	120	-	120
9.	Plumbing	100	100	-	100
10.	IT-ITES	280	190	90	280
	Total	1820	610	1210	1820

Skill Hub Incentive (SHI).

Jan Shikshan Sansthan, Thoubal started to take up the SHI project under the Ministry of Skill Development and Entrepreneurship, Govt. of India from 1st January 2022. JSS, Thoubal is the only JSS in Manipur out of 50 JSS in India selected by the Ministry of Skill Development and Entrepreneurship from among all 304 JSS in India as PIA to implement the Skill Hub Training pilot project. After getting the approval of the project from the Ministry of Skill Development and Entrepreneurship Govt. of India, JSS, Thoubal as PIA circulated invitations to the willing and interested youths (both boys and girls) Thoubal District to participate such skill hub training courses in Bakery and Assistant Beauty Therapy that we had applied to the Ministry already. So, the JSS Thoubal has been allocated with a target of 160 trainees to run SHI (PMKVY 3.0) in this phase of implementation. 80 trainees for Bakery training and 80 trainees for Assistant Beauty Therapy are enrolled respectively.

Such training aims to enable and mobilize the neo-literate, illiterate and rudimentary youths in Thoubal District to take up skill hub training and becomes self-employable after finishing the courses. Under this scheme, monetary reward is provided to the trainees who are successfully trained, assessed and certified in skill courses. This scheme was launched in the country on 15th July 2015 by the Hon'ble Prime Minister, Shri Narendra Modiji on the occasion of World Youth Skill Day with a view to decrease the flooding masses of unemployment in the country.



Bakery: Bakery business is one of the most revenue generating sectors of the food processing industries because bakery products are very popular in all parts of the country, particularly in our state Manipur. The bakery business is very lucrative as one can start with just a small amount of money in a small space. A large number of population of the state prefers fresh bakery products from local places. The bakery products are consumed at huge quantity because of its low prices and changing tastes of the growing population.

Assistant Beauty Therapy: An Assistant Beauty Therapist should be aware of the basics of the beauty therapy, health and hygiene, safety and need to be knowledgeable about various beauty products. Assistant Beauty Therapist is expected to perform basic depilation, manicure, pedicure and basic face services. Beauty Therapist is providing advance face care services, they should have basic sufficient knowledge.



Beauty therapist perform various non-medical face and body treatments using their advanced knowledge of skin biology, skin physiology and cosmetic chemistry. They provide skin and hair removal treatments, massage therapy as well as manicure and pedicures. So, this kind of training is also a job oriented one and it can help the youths both boys and girls to rid-off the unrestful of mind about unemployment.

P.M. Vishwakarma Scheme:

Additional Scheme given to JSS (PAN INDIA): The JSS-Thoubal was assigned a target of 469 beneficiaries in the following trades under the PM Vishkarma Scheme which is an additional scheme given under the Ministry of Skill Development and Entrepreneurship (MSDE).



S.N.	Trade	Enrolment Target	
		2023-24	2024-25
1	Carpenter	127	145
2	Tailor (Darzi)	119	76

3	Brick Mason – Basic	79	302
4	Traditional Basket Maker	89	125
5.	Goldsmith	-	90

Jan Shikshan Sansthan, Chandel District, Manipur

WWAGS is awarded by Ministry of Human Resource Development, Govt. of India to facilitate Skill Development Training Programme in Chandel District under the flagship programme of the Ministry entitled as Jan Shikshan Shansthan (JSS) or Institute of People’s Education (IPE).

This programme was registered an entity on 2nd August 2021 to function independently and separately from WWAGS and JSS, Thoubal. But it is working in close association with WWAGS till today. Under this Skill Development Training Programme 6300 youths have been trained in the last four years. The details of youths who received Vocational training under JSS/IPE Chandel in the last two financial years are as follow:



Sex wise distribution of trainees under JSS Programme

Years	No. of Trades	Beneficiaries Enrolled	Male	Female
			Nos.	Nos.
(a)	(b)	(c)	(d)	(f)
2021-22	13	900	220	680
2022-23	10	1800	720	1080
2023-24	11	1800	760	1040
2024-25	10	1800	320	1480
Total	44	6300	2020	4280

Distribution of trainees by Social Background under JSS Program.

Years	Total No. of Trainees	ST
(a)	(b)	(c)
2021-22	900	900
2022-23	1800	1800
2023-24	1800	1800
2024-25	1800	1800
Total	6300	6300

Distributions of trainees by Age under JSS Program

Years	Total No. of Trainees	15 to 35 years	35-45 years
(a)	(b)	(c)	(g)
2021-22	900	548	352
2022-23	1800	1323	477
2023-24	1800	550	1350
2024-25	1820	1240	560
Total	6320	3661	2739

Distributions of trainees by Literacy under JSS Program

Years	Total No. of Trainees	Illiterates	Neo-literates	With some education	12 Standard
2021-22	900	34	324	273	269
2022-23	1800	37	691	446	626
2023-24	1800	20	220	920	640
2024-25	1820	33	250	940	577
Total.	6320	124	1485	2579	2112

Trade wise Nos. of Trainees:

SL. No.	Trades	Financial Years				Total
		2021-22	2022-23	2023-24	2024-25	
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1.	Animal Health Worker	40	-	-	-	40
2.	Musroom Grower (Small entrepreneur)	40	-	-	-	40
3.	Small Poultry	80	-	-	-	80
4.	Self Employed Tailor	80	-	180	260	720
5.	Assistant Hair Stylist	80	-	-	-	80
6.	Assistant Beauty Therapist	120	300	300	300	1020
7.	Electrical Technician	40	180	180	120	520
8.	Jam Jelly and Ketchup Processing Technician	80	-	-	-	80
9.	Pickle Making Technician	80	-	240	240	560
10.	Cane Seat weaver	80	-	-	-	80
11.	Assistant Carpenter Wooden Furniture	80	-	-	40	120
12.	Traditional Hand Embroidery	60	-	-	-	60
13.	Plumber General	40	100	100	-	240
14.	Assistant Dress Maker	-	180	-	-	180
15.	Two Wheeler Mechanic	-	180	180	-	360
16.	Wireman	-	180	180	40	400
17.	Fruit & Vegetable Processing & Preservation	-	240	-	320	560

18.	Assistant Carpet Weaver	-	180	180	200	560
19.	Bamboo Crafts	-	180	180	200	560
20.	Assistant Computer Operater	-	80	80	140	300
21.	Jute Craft	-	-	-	180	180
Grant Total		900	900	440	1080	6740

Urban Livelihood Project

The organization started livelihood project for the people in the urban area of Lilong, Imphal West Municipal Council & Lilong, Thoubal Municipal council under aegis of Manipur Urban Development Agency (MUDA) with effect from 31st December 2016. The project is sponsored by **Deendayal Antodaya Yojan – National Urban Livelihoods Mission (DAY-NULM)**. Women having similar activities were organized to form SHGs and they were provided training. They had been opened saving accounts in Banks. About 368 SHGs had been formed and their 87 SHGs had been facilitated credit linkages with loan size of Rs. 1,00,000 in each SHGs with Manipur Rural Banks and others are awaiting for credit linkages. During the month of lockdown due to COVID-19, many SHGs had also distributed free face masks designed by their own to public and also donated to district administrator. WWAGS also has registered 2 ALF (Areas Level Federation) in Lilong (Thoubal) Municipal Council.

Hand Holding Support:

Sr. No.	Types of Trades	Progress of SHGs promotion			
		April 2017	May 2017	June 2017	Total
(a)	(b)	(c)	(d)	(e)	(f)
1	Weaving	230	230	230	230
2	Kouna Crafts	90	90	90	90
3	Embroidery	48	48	48	48
Grant Total					368

Scheduled Caste (SC) Development Program through Cluster Approach (AHVY)

The total Scheduled Caste (SC) population of Manipur as per Census 2011 is 97,042 which is about 3.8% of the total population of Manipur. Majority of SC population live in rural areas of valley districts of Manipur mainly in Thoubal and Bishnupur Districts.

So this programme/project was launched by WWAGS to improve the under privileged condition of scheduled caste people in Manipur who were deprived of Govt. development programmes to eliminate their problems in the field of handicraft sector in cluster approach by means of formations of SHGs at grass root level. The SHGs were given training and were linked to Bank for credit facilities.

The project was confined to Thoubal and Bishnupur Districts only because -most people of Scheduled Caste (SC) are dwelling in these districts. 6 Clusters were instituted under the project in the rural areas of Bishnupur District.

The activities taken up under the project for about 70 SHGs formed as of 31st March 2020 as a continuous form are furnished as below;

- 1) Cane & Bamboo handicraft.
- 2) Jute Craft.
- 3) Toy and Doll Making and Hand Embroidery.

Around 1273 members had been enrolled to participate the said activities. And out of the 1273 member artisans, 10 members from each of four SHGs (engaged in Hand Embroidery activities) had achieved 30 days long skill development training programme and they had been linked with banks. The detailed cluster wise achievements are shown below:

Nos. of SHG promoted in each Clusters and strength of membership

Name of Trades	No. of SHG and No. of artisans	Names of cluster						Total SHGs	Total Artisans
		Ngangkhalawa - Awang	Ngangkhalawa - Makha	Ngangkhalawa - Mathak	Thamnapokpi Maning	Thamnapokpi Mayai	Thamnapokpi Awang		
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)
1 Machine Embroidery	SHG	--	--	--	--	--	--	--	--
	Artisans	--	--	--	--	--	--	--	--
2 Cane and Bamboo	SHG	3	3	3	3	3	3	18	--
	Artisans	77	75	75	69	68	45	--	409
3 Jute Craft	SHG	2	2	2	2	2	2	12	--
	Artisans	30	34	30	34	30	26	--	184
4 Toy Dolls Making	SHG	2	2	3	2	3	2	14	--
	Artisans	39	36	45	38	39	30	--	227
5 Hand Embroidery	SHG	4	4	5	5	4	4	26	--
	Artisans	92	76	85	75	60	65	--	453
Total								70	1273

Out of the 1273 individual member artisans, 10 members from each of four SHGs (engaged in Hand Embroidery activities) were selected and imparted 30 days long skill development training programme so that they are suited for credit link with Bank.

Nos. of SHG / Artisans provided Skill Training

Name of Trades	No. of SHG and No. of artisans	Names of cluster						Total SHGs	Total Artisans
		Ngangkhalawai Awang	Ngangkhalawai Makha	Ngangkhalawai Mathak	Thamnapokpi Maning	Thamnapokpi Mayai	Thamnapokpi Awang		
(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)
1 Machine	SHG	--	--	--	--	--	--	--	--

	Embroidery	Artisans	--	--	--	--	--	--	--	--	
2	Cane and Bamboo	SHG	--	--	--	--	--	--	--	--	
		Artisans	--	--	--	--	--	--	--	--	
3	Jute Craft	SHG	--	--	--	--	--	--	--	--	
		Artisans	--	--	--	--	--	--	--	--	
4	Toy Dolls Making	SHG	--	--	--	--	--	--	--	--	
		Artisans	--	--	--	--	--	--	--	--	
5	Hand Embroidery	SHG	1	1		1	1		4	--	
		Artisans	10	10	--	10	10		--	40	
									Total	4	40

Start-Up Village Entrepreneurship Programme

The SVEP at Keirao:

Wangjing Women and Girls Society (WWAGS) started to implement “Start-up Village Entrepreneurship Programme (SVEP)” which is launched by MSRLM at Keirao Bitra Block, Imphal East Manipur under the Ministry of Rural Development, Department of Rural Livelihood Mission (Aajeevik), for which the MOU was signed on 8th January 2019 in between Manipur State Rural Livelihood Mission (MSRLM) and Wangjing Women and Girls Society (WWAGS), the Project Implementing Agency (PIA), with a view of encouraging and promoting village entrepreneurs to set-up enterprises to avail them different additional resources of regular income to get out of poverty. Soon after the corresponding transfer of fund to the PIA, the required staffing of manpower, the required training of the staffs and preparation of Detail Project Report (DPR) had been done before the financial year of 2019-2020 so as to begin the work of SVEP, the DPR prepared by WWAGS was approved by the Ministry of Rural Development, Govt. of India on 28th November 2019 and then, Annual Work Calendar (AWC) was prepared. As per the work calendar the following activities are being done according to the schedule mentioned in the AWC.

1. Capacity Building Training and Sensitization of different entities (BRC, CBO, CRP, CRP-EPs, BMMU Community Cadre, Bank representative, Entrepreneurs etc.)
2. Performance tracking for beneficiaries (Assessment and Observation)
3. Books & Record keeping with reporting.



The progress in the implementation of the programme faced a big hindrances and disturbances from the outbreak of the life threatening Covid – 19 pandemic. But the PIA managed hardly, maintaining S.O.P. of Covid-19, to support 259 enterprises with trained active working CRP-EPs.

Besides these, the PIA conducted adequate capacity building training programmes for SHGs, CBOs, CRP-EPs and Entrepreneurs. During the training session, they had been taught basic business knowledge, accountancy and skills of business management. They had also been taught the basic ideas and technique regarding the communication skills. The experts and trainers tried to let them understand vision, scope and objectives of SVEP clearly. Thus all the participants had been sensitized the well and perfect concept of SVEP in accordance with the guidelines mentioned in the Master Circular of the SVEP project. After completion of the course of training session of the relevant courses and certificates had also been distributed to all the participants.

In the financial year 2021-22, the PIA provided the following training programmes.

1. Capacity Building training for CBOs, newly set up federations and SHGs in the training hall of BRC – Office Keirao.
2. Refresher training for whole the active CRP-Eps.
3. Refresher training of BRC Management Committees.
4. Capacity Building and Skill Development training for newly developed entrepreneurs.



So far, 720 entrepreneurs had been trained. The staffs of BRC Keirao continued Registration of enterprises to Udhayam Registration as well as Gram Panchayat. The staff of this BRC continued tracking the following;

- i. Operational modality of PTS (Performance Tracking System of the enterprises).
- ii. Financial Management and Credit Repayment of the enterprises.

As required, the following activities have been taken up in this financial year 2022-2023.

- i. Entrepreneurship Triggering and Orientation of the programme (SVEP).
- ii. Registration of Potential Enterprises through SVEP Portal.
- iii. Business Opportunity Identification Guidance (BOIG) for the entrepreneurs.
- iv. Preparation of Business Support from CRP-Eps.
- v. Appraisal of Viable Business Plan and Support Financial Loan on seed funding for the enterprises operation.
- vi. Basic EDP Training for supported Entrepreneurs.
- vii. Registration of Enterprises (Grounding), Licensing/ legal documentation support.
- viii. Performance Tracking of Enterprises (Capture of Record Keeping information).
- ix. Generation of Enterprises Operation Performance Report (Business Report) and their appraisal.
- x. Preparation of Advance development plan for the successful enterprise and their linkage with suitable Govt. schemes.



The Tentative Target as per DPR:

So far the Block has promoted 1356 Enterprises and approves their business plan and sanction their financial support loan too. In this connection the BRC has utilized the fund from the different sources (CEF, CIF, and Bank).

As continuous programme of the project and addition to the above mentioned achievements, 461 enterprises have been also promoted and approved their respective business plans and sanctioned their financial support loan. As of now, 187 enterprises have been promoted (above the target of 1800 enterprises mentioned in the DPR).

In this regard, end term evaluation studies had also been conducted by the ICM (Institute of Cooperative Management) Imphal, Manipur at the ahead of the PIA left all the functions of the programme to the BRC. It has also been reported that we have successfully completed the implementation of the project.

The SVEP in West Bengal:

The West Bengal State Rural Livelihood Mission (WBSRLM) awarded the Wangjing Women and Girls Society (WWAGS) to facilitate base line survey and prepare Detail Project Report (DPR) for implementation of Start-up Village Entrepreneurship Programme at Alipurduar – I Block, West Bengal state. WWAGS has done staffing of data collectors and local resource persons to monitor the work of data collectors.



WWAGS provided trainings for DPR oriented capacity building of SVEP to the staffs. The data collectors were assigned their respective villages for base line survey in the whole areas of Alipurduar-I Block. The local resource staffs collected the data from the data collectors and tabled to GPIS for group discussion. After analysing all the information collected from the staffs, WWAGS prepared the Detail Project Report and the prepared DPR was submitted to WBSRLM on 28th March 2021 to start implementing SVEP at Alipurduar – I Block, West Bengal state.

West Bengal State Rural Livelihood Mission continued to entrust WWAGS to facilitate base line survey and prepare DPR for to facilitate base line survey and to prepare DPR for implementation of Start-Up Village Entrepreneurship Programme (SVEP) at five blocks of West Bengal namely;

1. Matigara Block
2. Jamboni Block
3. Hilli Block
4. Prusurah Block
5. Islampur Block

Besides, WWAGS has been consented to extend for preparation of Details Project Report (DPR) of another five new Blocks in the different parts of district in state West Bengal.

The name of the Blocks and their respective places (districts) are given below:

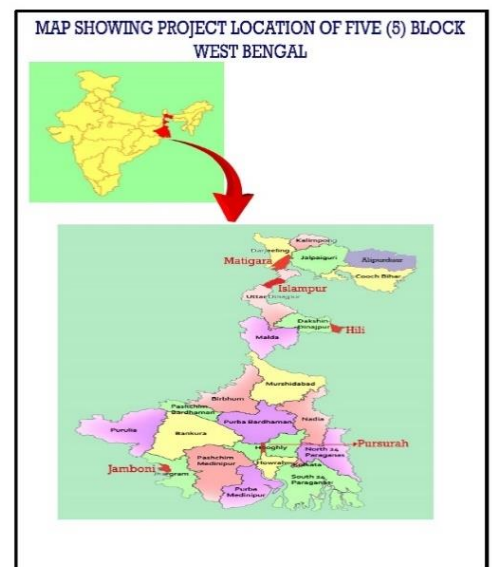
District	Blocks
1. Birbhum	Mayureswar Two
2. Hoogly	Goghat Two
3. Murshidabad	Suti One
4. Murshidabad	Nabagram
5. Purba Bardhaman	Kelugram One

Since the Detailed Project Report (DPR) for five blocks had been approved in November 2023 by the SRLM West Bengal, the PIA, WWAGS started to implement Start-up Village Entrepreneurship Programme (SVEP) simultaneously at three Blocks namely;

1. Jamboni Block
2. Prusurah Block
3. Para Block

As soon as the PIA started to implement the programme, the following activities have been taken up along with their respective achievements status.

1. BRC - MC formed with representative of CLFs.
2. BRC- Office along with required office infrastructures.
3. BRC – Capacity Building has done and functioning.
4. CRP-Eps selection and Capacity Building
5. Entrepreneurs promotion and their capacity building has been done.



The selection of CRP-EPs has been completed through prescribed follow norm. (Application, Written, Examination, Field Ability Test and Interview)

Capacity building of CRP-EPs has also been completed, comprising all the syllabus in both, theory and practical session along with field software practices.

As continuous of the programme, DPRs (Detailed Project Reports) of five blocks have been completed and submitted to the NRL, and got the approval of the NRLM.

Names of District	Names of Blocks
Murshidabad	1. Suti -1 2. Nabagram
Hoogly	3. Goghat – 2
Purba Badhaman	4. Ketugram

Birbhum

5. Mayureswar - 2

The SVEP at Machi and Tengnoupal Block

After the approval of DPR for Machi and Tengnoupal SVEP Block, Manipur on the 5th July, the following activities have been taken up along with their respective achievements status.

BRC Set-up:

1. BRC – MC formed with the representative of CLFs Eleven (11) OBs.
2. BRC Office along with required office infrastructure – stationed at Pallel.
3. BRC Capacity Building has done and functioning.
4. Engagement of CRP-Eps has dine (Signed MOU)

CRP-Eps Selection and Capacity Building:

1. CRP-Eps selection procedure has been completed through prescribed follow norm. (Application, Written examination, Field Ability Test, Interview).
2. Capacity Building of (23) CRP-EPs has also been completed through IV – Phase (25 days), comprising all the syllabus in both theory and practical session along with field software practices.
3. All the CRP-Eps started their assigned activities (Orientation of SHGs, Triggering of Entrepreneurs, Business Plan Preparation, Interaction of High Level Federations (VLFs, CLFs).

**CBOs Capacity Building:**

1. All 04 CLFs have completed their Orientation and Capacity Building Training, conducted by PIA Trainers at their respective site office.
2. From the available 50 VLFs 42 have been completed their Capacity Building Training that was conducted by PIA trainers at their respective offices.
3. For SHGs, Capacity Building and Orientation Training out of the total 382 SHGs a total number of 183 SHG have been completed and started their recommendation for nomination of potential entrepreneur registration.

**Entrepreneurs Registration:**

1. So far 76 numbers of potential Entrepreneurs have been registered.
2. Out of these 76 Potential Entrepreneurs, 41 No. of Business Plans were prepared and submitted to BRC.

As of now, 1224 potential entrepreneurs have been registered as addition to the previous achievements, and 581 business plans have been sanctioned their financial support loans. All the business plan approved entrepreneurs have been provided the basic EDP (Entrepreneurship Development Programme) training.

Out of 581 beneficiaries, 232 entrepreneurs started grounding operation their enterprises. All of them have registered their respective enterprises through UDYAM.

As required, the following activities have been taken up in the financial year 2023-2024.

1. Entrepreneurship Triggering and Orientation of the programme (SVEP).
2. Registration of Potential Enterprises through SVEP Portal.
3. Business Opportunity Identification Guidance (BOIG) for the entrepreneurs.
4. Preparation of Business support from CRP-EPs.
5. Appraisal of viable Business Plan and support financial loan on seed funding for the enterprises operation.
6. Basic EDP training for supported entrepreneurs.
7. Registration of Enterprises (grounding), Licencing / Legal documentation support.
8. Performance tracking of enterprises (capture of record keeping information).
9. Generation of enterprises operation performance report (Business Report) and their appraisal.
10. Preparation of advance development plan for the successful enterprises and their linkage with suitable Govt. schemes.

In addition to these above mentioned achievements WWAGS has completed the process of DPR (Detail Project Reports) for Thoubal and Lilong Blocks of SVEP and submitted to NRLM. For Hiyangthang block the process is going on.

SVEP in Assam

In the state Assam, WWAGS has been consented for the preparation of Detailed Project Report of eight eligible Blocks for taking up SVEP Project. As the baseline survey including qualitative and quantitative analysis with the concerned stakeholders and Focus Group Discussion (FGD), the preparation of DPR had also completed and approved by the respective SRLM as well as NRLM.

District	Blocks
1. Kamrup	Rangia Part
2. Kamrup	Bezerat
3. Nagaon	Rupahaihut
4. Nagaon	Kathiatoli
5. Jorhat	Titabor
6. Golaghat	Golaghat South
7. Lakhimpur	Dhakuakhona
8. Dhiburgharh	Joypur.

As continuous of SVEP programme in Assam, DPR (Detailed Project Reports) for 12 (twelve) blocks in different district in the state (Assam) have been completed and submitted to the NRLM and got approval of the NRLM too.

The names of the Blocks and their respective districts are given below;

Sl. No.	District	Blocks
1.	Nulbari	Pub Nalbari
2.	West Karbianglong	Rongkhang
3.	Kokajhar	Kachugaon
4.	Bishwanath	Sootea
5.	Cachhar	Silchar
6.	Bajani	Bhawanipur
7.	Chirang	Borobazar
8.	Hojai	Jugijan
9.	Heilakandi	South Heilakandi
10.	Barpeta	Barpeta
11.	Oreswar	Tamulpur
12.	Guripur	Dhubri

Besides these, the Block Evaluation Studies have been completed in three blocks. The blocks are;

Sl. No.	Blocks	Districts
1.	Sidly	Chirang
2.	Hajo	Kamroop
3.	Pubmangalodoi	Darang

Initiation of Diagnostic Study Report Preparation:

Wangjing Women and Girls Society (WWAGS), Wangjing Manipur, India started the initiation of Diagnostic Study Report Preparation for Handloom Cluster baseline survey at Hiyangthang Blocks at the last week of the financial year since (26th March 2025). There, we have conducted the programme simultaneously for both artisans (weavers) and the household survey for whole the 10 Gram Panchayats (GP) of the proposed, Hiyangthang block Handloom Cluster.

river basin on the issues of unequal water distribution as the upstream water user communities share more water for domestic and irrigation. The water in the river is highly contaminated due to various stone and sand quarries admit dry river condition. The quality of water at present is highly deteriorated and it is not recommended for drinking purposes. Considering all such circumstances, WWAGS has undertaken a pre- Project implementation phase under the support of National Agriculture Rural Bank and Development (NABARD), Regional Office, Imphal to restore ecosystem in the catchment areas and ensure water security for all requirement

Launching of Project:

Launching cum Capacity building and Community Awareness on Springshed based Watershed Development under Pre-Project Implementation Phase (PIPP) was conducted at Konaitong ST village for 3 villages to discuss the problems and immediate requirement to the solution of the deteriorating environmental conditions which have threat to further



deteriorating environment affecting the socio economic well beings of the community of the areas

in particular and people in general. The project Launching programme was conducted on 19th October 2022 at Konaitong village with Shri Thokchom Kiran , DDM, Senapati, Manipur , Representative of NABARD in the Chair. All the community Members and village leaders from other three villages were also present in the Launching of the project. During the inauguration,



he highlighted Springshed ecosystem and how the main river is fed by Springs and the small stream channels in the catchment areas. Thereafter, Capacity Building cum awareness on Springshed Development and protection measures were conducted in Thamlai, Heinoukhong and Inganglok villages with the objective to sensitize the villagers on the issues and immediate response to protect these precious resources in the villages. Dr. L. Jelshyam Singh, representative of WWAGS explained the needs of responding to the deteriorating environmental condition through springshed based Watershed Development programme in the catchment areas of Wangjing river Basin.

Project Activities under PIPP Stage:

1. Village Consultation meeting in four villages For Formation of Village Watershed Committee

- Village consultation meeting was organized at Thamlai, Henoukhong, Innglok under the chairmanship of Koshang Makunga, Mekha and M. Hemanta Singh in connection with implementation of PIPP entry points activities. A brief introduction about the project and its desired outcome were placed in the meeting. The villagers welcome the new innovative and development oriented project and also agreed to contribute 25% of the project cost as local labour contribution in the form of Shramdhan as mentioned in the contract of Agreement of the project with NABARD.

2. Formation of Village Watershed Committee (VWC):

In order to implement the Project phase-II, Village Watershed Committee (VWC) was constituted on 16th November, 2022. The constitution process of VWC was attended by representatives of Village Development Authority and women SHG members from the project villages. Giving focused on the previous village level meeting held in the project villages relating to springshed development and management of resources in catchment areas, Shri, L. Premanada Singh expressed that the catchment areas has already faced serious problems of soil erosion and deforestation due to which scarcity of water and economic insecurity in the river basin occurred. The present proposed Springshed Development in PPIP stage will help the community to sort out a planning process for developing a long term Result based Development Project to regenerate the loss forest and Environment Resources in the Catchment Areas of the river. In this stage, there is need of coordination from the people especially the people living the catchment areas and involve themselves in planning process.

3. Renovation & Protection Measures Of Spring Sources

Rainfall variability in the last 20 years coupled with other agro based livelihood support activities through Shifting and jhum cultivation impacted drying of springs channels making insecure environmental condition both in upstream and downstream dwellers. The quality of water in the downstream has been seriously affected due to continuous sand and stone mining activities in upstream areas as people erking out of it as a part of their livelihood support activities. Under such circumstances, the villagers of Thamlai, Henoukhong, Konaitong and Ingangklok discussed about the deteriorating environmental condition which are threats to the existing man environment co-existence nature, The VWC, under the technical guidance of WWAGS, initiated protection measuring plan to address these local environmental issues through renovation or construction of spring water storage tanks in the villages during the PPIP stages and also protection of spring sources in the upper hill areas. They have also agreed the **Term of References (ToR)** of the project which the villagers owe to contribute as mandatory under the project in the form Sharmadhan (voluntary labor contribution of 25%). Table below is the number of springs spotted in respective project village as reported by the villagers. A details geo-hydrological survey need to be undertaken to localize the spring spots which were once active but inactive now due to decreasing forest coverage in hills.



up

Village	No of springs	Status
Konaitong Village	5	1 active
Thamlai	3	1
Heinoukhong	4	1
Ingangklok	4	2

4. *Fencing of spring sources by locally available resources*

- Protective measures such as conservation of forest trees in the upper portion of spring sources were discussed in the village consultation meetings. It was also discussed to stop soil loosening for agricultural activities in nearby source of springs. All the four villagers have agreed to protect forests and ensure enough



water in the catchment areas. As outcome of the village consultation meeting, the village authority members come forward to participate in cleaning and fencing the spring sources in the upper areas of the hills. Their attendances in community development process are recorded as a part of local labour contribution (25%).

5. *Renovation of water harvesting tanks as a part of restoration of drinking water:*

- The Water Storage tanks constructed in villages at different point of time in different years required renovation as some of these tanks are having issues of leakages water through cracks developed on the RCC plate. It occurs in case of Konaitong and Heinoukhong when the surface near the foundation plates were damaged due to downward subduction of top surface along the slopes during heavy rainfall in the year 2015. Due to this, cracks on foundation plates and walls were developed. As such community stopped using the tanks for many years. Under such condition, VWC along with members of the villages took decisions for renovation works under PIPP stages. Two Water storage Tank at Heinoukhong and Konaitong were renovated during the period and three storage tanks were constructed at Thaimalai, Inganglok Mamang Leikai and Inganglok Tera Makhong.

6. *Three Days Capacity Building Training For SHG members of the project on Mushroom Cultivation at Ingaglok Village*

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- PIA conducted a Three-Day Capacity Building Training for women SHG members on Mushroom Cultivation as a part of enhancing skill knowledge to local women to ensure better livelihood options of 4 villages at Ingnglok from 5-7th January 2023. Shri Asem Robindro Singh, Guest Lecturer, Department of Biotechnology, Manipur University facilitated the three day training programme. The main objective of providing the skill



Capacity building training was to promote income generating economic support vocational skills to the women SHGs and make them involve in decision making process in conservation process of environment and water security plan .Shri Th. Kiran DDM, Senapati also encouraged the trainees to actively participate in springshed based watershed development project and their involvement in this development process would bring a positive change in restoration of better environmental condition ensuring co-existence of all living organisms on the earth surface. It is hopeful that Conservation of Soil and Forests in Catchment areas of River can be

achieved through promotion of economic support programme as a part of community Livelihood measures. The women SHGs also expressed more economic support programmes as an alternative measure to reduce pressure on forest and other sand quarrying activities in river bed. The water quality in the river has been considerably deteriorated due to such activities admits drying condition of water.

7. Five Days Capacity Building Training for Village Watershed Committee members on Water security and Slopping Agricultural Land Techniques

- Five days Capacity Building Training for VWC members in Village Water Security and Springshed Development and Slopping Agricultural Land Technique (SALT) was organized by WWAGS from 13-17th February 2023 as a part of Pre-implementation Phase Project (PIPP) supported by NABARD, Regional Office Imphal Manipur. The Inaugural function was presided by the president of WWAGS, S. Renubala with Th. Kiran Singh, DDM (NABARD) Senapati and Dr. L. Jelshyam Singh, Project Coordinator as the Chief Guest and Guest of Honour. L.Premananda Singh, General Secretary described the alarming condition of global warming and climate change. Deforestation is the major cause of frequent flood during rainy season and drying of springs during non-season months. Considering such alarming situations, all the stakeholders and community particularly people living in the catchment areas need to be prepared and understood the current scenarios of the environmental condition and work for alternative solution. Hence this 5 days capacity Building training is very important for VWC members to know what the alternative means are and how it can be practically carried out in the respective villages. The training has 9 sessions covering different topics of environmental issues facilitated by experts from various backgrounds.



As a part of exposure visit, a team of VWC visited the project area where VVD, Ukhrul is implementing Springshed Project under NABARD. Mr. Ramyik, VVD along with his team members took us to project areas where Springshed based watershed project is implemented. On arrival of their extension field office at Kalhang, a brief report of the project backgrounds were narrated to the visiting team of WWAGS. Later we have met members of women SHGs and learnt various socio economic programme being conducted as a part of reducing forest dependency. It was observed that the women SHGs also actively involved in planning and maintenance of forests resources. We have seen terracing of slopes by using local vegetative check dams and stones to arrest the down rolling sub soils in cultivated areas. The team felt Springshed Based Watershed project is the only way out to secure water availability both in hill and plain areas. The hardship of people particularly womenfolk in fetching water at Kalhang village during our visit was extremely felt and as such the visiting team expressed the visit is a great opportunity for the people particularly hill areas to achieve the desire goal of spring based watershed development project.



GENERAL SECTION

Awareness Programme on Mental Health:

One day Mental Health Awareness Programme was organised by the Wangjing Women and Girls Society (WWAGS), Manipur, India on the 15th April 2024 at Kakching Wairi Community Hall. The programme was participated by 53 participants including 32 female.

Shri Dr. Shantikumar Singh and Dr. M. Rajendra Singh, Retd Joint Director facilitated the programme as resource persons. The resource person, at the beginning of the program stated that mental health is an essential component of overall wellbeing, yet it is often misunderstood, neglected, or stigmatized. While physical health typically receives more attention, mental health significantly influences how individuals think, feel and behave in daily life. It affects relationships, productivity and even physical health. As societies evolve, the importance of mental health has become increasingly evident, prompting a growing global conversation about its implications and the need for accessible, effective care.

Mental health refers to cognitive, emotional and social well-being. It encompasses how people handle stress relate to others and make choices. Good mental health is not simply the absence of mental illness; it involves the presence of positive characteristic such as emotional resilience, self esteem, the ability to manage emotions and effective communication skills.

Mental illness, on the other hand are diagnosable conditions that disrupts thinking, feeling, mood or behaviour and cause distress or impaired functioning. Examples include depression, anxiety disorders, schizophrenia, bipolar disorder and post – traumatic stress disorder (PTSD). These conditions vary in severity and duration but are treatable, particularly when identified early.

The World Health Organisation (WHO) estimates that one in four people will experience a mental issue at some point in their lives. The COVID-19 pandemic significantly intensified the global mental health crisis, exposing the vulnerabilities of health system and widespread effects of isolation, stress and uncertainty. Mental Health issues are not limited to any specific age, gender or socio economic groups. Children, adolescents, adults and the elderly can all experience challenges. However each group may face unique triggers and manifestations of mental distress. For example, academic pressure social media, and identity struggles are common stressors for young people, while job insecurity, financial stress and chronic illness affect adults more frequently.

One of the major barriers to addressing mental health effectively is stigma. People with mental health issues are often unfairly labelled, judged or discriminated against. This stigma discourages individuals from seeking help, fearing rejection or embarrassment. Misconceptions - such as the belief that mental illness is a sign of weakness or a personal failure – further complicate the matter.

Educating the public about mental, health and normalising conversations around it are essential step towards breaking the stigma. Just as people would not hesitate to seek treatment for a broken bone or diabetes, they should not feel ashamed to address mental health concerns. Early diagnosis and intervention play a critical role in treating mental health conditions. Recognising warning signs – such as prolonged sadness, withdrawal from social activities, changes in eating or sleeping patterns or difficulty concentrating can lead to timely and effective support. Therapy counselling, medication and lifestyle changes can significantly improve outcomes when introduced early.

Schools, workplaces and communities can help b promoting mental health literacy and creating supportive environments. For children and adolescents, school based metal health programmes can foster emotional development resilience and early identification of issues in workplaces employee assistance programmes (EAP) mental health days, and stress management initiatives contributes to a healthier and productive workforce.

Mental health and physical health are deeply interconnected. Mental health issues can lead to physical health problems and vice versa. For instance, depression has been linked to heart disease, diabetes and obesity. Chronic illness can also increase the risk of mental health problems creating a cycle that is hard to break without holistic care. Poor mental health can impair the ability to make healthy decisions, follow treatment plans or maintain a healthy lifestyle. Conversely, regular physical activity, balance nutrition and adequate sleep contribute to better mental well-being. Therefore, health care systems must adopt an integrated health care that treats the mind and body as parts of a unified whole.

Despite the growing awareness of mental health issues, many individuals still lack access to proper care. Barriers such as cost, availability of qualified professionals, geographical location and cultural beliefs can prevent people from receiving support for identification of symptoms. So, we need to know some common mental disorders and their symptom. There are several mental health conditions that affect millions of people world-wide. The most common include;

1. Depression: Characterised by persistent feeling of sadness, hopelessness and loss of interest in activities. It can impact appetite, sleep and concentration.
2. Anxiety Disorders: These include generalized anxiety disorder, panic disorder, social anxiety, and phobias. People with anxiety disorders often experience excessive fear or worry.
3. Bipolar Disorder: Involves extreme mood swing that include emotional high (mania or hypomania) and lows (depression).
4. Schizophrenia: A severe mental disorder affecting how a person thinks, feels and behaves. It can result in hallucination, delusions and disordered thinking.
5. Post-Traumatic Stress Disorder (PTSD): Occurs after experiencing or witnessing a traumatic event. Symptoms may include flashbacks, nightmares and severe anxiety. These conditions can severely impact daily health if not addressed.

Besides these, the resource persons stated that good mental health is essential for overall well-being. It helps individuals handle stress related to others and makes healthy choices. Mental well-being fosters productivity in works and school environments, supports healthier relationships and improves the overall quality of life.

When mental health is compromise, it can lead to severe consequences such as substances abuse, social isolation, self-harm and suicide. According to the World Health Organisation, close to 800,000 people die due to suicide every year. That's one person every 40 seconds. The alarming statics underscore the need for early intervention and effective mental health care.

In our state, Manipur, we have been facing many mental and physical unrest problems since 3rd May 2023 due to ethnic clash in the state. Many internal displaced persons taking shelter in relief camps have been committing suicide persistently due to mental illness caused by these

traumatic incidents of killings of innocent people including women and children, burning of houses.

The resource person expressed further that mental health care is not only about treating mental illness, but also about promoting positive mental health. Here are some strategies to improve and maintain mental well-being;

1. Regular Physical Activity: Exercise releases endorphins, which help relieve stress and improve mood.
2. Balance Diet: Nutrition plays a key role in brain function and emotional regulation.
3. Sleep: Quality of sleep is essential for cognitive function and emotional health.
4. Social Connections: Meaningful relationships and social support can buffer against mental health problems.
5. Mindfulness and Meditation: These practices reduce stress, enhance self-awareness and promote emotional balance.

Thus the programme was closed after short interaction between participants and resource persons.

Awareness Programme on National Integration and Communal Harmony:

A one-day Awareness Programme on National Integration and Communal Harmony was organized on 17th May 2024 at Nachou Community Hall, Bishnupur District Manipur. The Awareness Programme was participated by 48 educated young persons –28 males and 20 females. Shri Dr. K. I. Meitei, Rtd. Director, ICM and Dr. Nepram Kunjo Singh, Social Activist facilitated the programme as resource person. At the beginning of the programme, the resource persons welcomed all the participants and extended his thanks for their attending the workshop in time.

The Resource Person stated that the dictionary meaning of the word “Integration” is combination of diverse elements of perception. Thus, ‘national integration’ means the process of maintaining the unity of the nation; or the will of the people who constitute a nation to live together under the same administration and owe allegiance to their state. The allegiance to the state prompts the people to fight foreign aggression unitedly for the preservation of independence of their state. If all the citizens of a state belong to the same ethnic group, profess the same religion and speak the same language, achievement of integration and unity among them is easier. It is easier also if the state is small in size and devoid of geographical differences. In the modern nation-states like India, all the conditions necessary for establishment of national integration are not present.

Every state in modern times is the home of people of different ethnic backgrounds, speaking different languages, professing different religions and having different culture and traditions. The resource person said that the concept of national integration in case of India is of unity in diversity. The Citizens of India living in different parts of the country under different climatic conditions and in different regions, expressing their thoughts through different languages, worshipping in manners prescribed by different religious faiths and tracing their origin to different ethnic stocks consider themselves as the component parts of the great Indian nation.

Problems of National Integration in India:

There are a number of hindrances in the way of establishment of a solid base for national integration in India. The factors which hamper national integration in India may be classified as historical, geographical, social, economic, political, etc.

Historical Factors:

A study of the history of the sub-continent of India shows the absence of the factors which are normally essential for promotion of integration. As the result of entry of different streams of people at different times either by invasion or through other means, it has now turned into a place of residence of Dravidians, Aryans, Sakas, Huns, Kusanas, Arabs, Turks, Parses, Nepalis, Burmese, Europeans, Hindus, Muslims, Sikhs, Christians, Budhists and Jains etc. A majority of the groups who came to India maintained their identity as the Dravidians, Aryans, Hindus, Muslims, Parsees, Europeans, Gorkhas, Burmese, Pathans and Mughals etc. Differences of the Hindus, the Muslims, the Sikhs, the Christians, the Assamese, the Bengalis, the Marathis, the Gujarati's and Hindi speaking and non-Hindi speaking were added to the already existing differences. Such differences have been the challenges to the national integration of India.

Geographical Factors:

India is a vast country with geographical differences. In India there are regions with very heavy rainfall, fertile river-valleys, Cultivable plains, less fertile hills and plateaus and barren deserts and regions with very hot climate as well as places covered with snow for the most part of the year. They have led to the extensive differences in the mode of living, standard of education and culture and trade and commerce in Indian society. As a result people of one part of India are bound to find dissimilarities from those of the other parts of the country unless they develop a sense of emotional integration.

Social Factors:

A very large number of social factors have contributed to the lack of integration in Indian Society. Religion is one such factor. The two-nation theory of Jinnah created the separate state of Pakistan for the Muslims, leading to the partition of India. After independence religious separatism, communalism, casteism and sectarianism have raised their heads. Communalism is a part of religious fundamentalism. On many occasions forces of communalism suppress the nationalistic spirit and threaten national integration. The caste system has divided Hindu Society into watertight compartments. Every caste is separated from other caste. The caste system does not allow people of one caste to marry into other caste, to take food preparation by people of a lower caste, even to drink water when touched by the untouchables. The constitution has abolished the caste system but the politicians have utilized it for their political gains by widening the gap among the various castes. In some religions there are no castes but they are also divided within themselves by sectarians. The Muslim is divided as Shias and Sunnis and the Sikhs as Nirankaris and Akalis. These different sects of the same religion are not united among themselves. Tribalism is yet another threat to national integration. The tribal living in the hills distrust the people who live in the plains and those of the plains distrust the non-tribal. In India linguistic difference is also an important factor for disintegration. Regionalism also is a social factor which may lead to disintegration. It is a very old disease in Indian society. North India or Aryavarta and South India or the Deccan is the two oldest and most conspicuous regional divisions in India. Each of these two divisions is again divided into many sub-divisions on various bases namely Hindi speaking regions and non-Hindi speaking

regions, plains areas and hill areas, northern region, north-eastern region etc. These different factors endanger the integrity of the nation.

Economic Factors:

After independence some economic movements have been taken place in India but different regions of the Country have not been able to reap the economic benefits equally. Among people also, some have achieved great economic prosperity while others have got no benefit at all and unemployment has been steadily increasing. Such feelings have thus become a powerful disintegrating force in present day of India.

Political Factors:

Political factors are also equally responsible for the rise of fissiparous tendencies in India. The British sowed the seeds disunity through their policy of “divide and rule”. They divided Indian society into many parts on the basis of religion, community, family heritage. After independence the leaders and intellectuals failed to eliminate the evils left behind by the foreign rulers. There has been foreign aggression on India. In 1962 China attacked India and Pakistan attacked twice in 1965 and 1971 to bring about India’s disintegration.

Psychological Factor:

National Integration is Psychological concept; therefore Psychological factors are bound to play a very important role in the creation of a feeling of national unity in addition to means adopted within the constitution and other measures like providing for a common national anthem, national flag, uniform civil and criminal laws for the whole of India. National integration is mainly a matter of emotional love for the people living in India.

The resource person continued to state that Communal Harmony refers to peace, tolerance and understanding among divers’ religious, ethnic and cultural communities within a society. It embodies the spirit of unity, respect and peaceful living together to promote an environment where individuals from different backgrounds can grow together It also implies mutual understanding with mutual respect among the communities for peaceful co-existence. Co-operation and coordination among the constituents of a community. He further mentioned that harmony means that people of different background live together in the society with strive to create goodwill and harmony among various communities. Thus, the resource person concluded his speech on the topic.

3 Awareness Programme on Psychoactive Substance Use

The Wangjing Women and Girls Society (WWAGS) organised one day mass awareness programme on psychoactive substances use among the youths on the 24th June 2024 at Spam Community Hall, Thoubal District, Manipur to prevent our generation from using such kind of harmful drugs and substances including alcohol. The programme was participated by 40 youths including 27 males and 13 females. Dr. Shantikumar Singh and N. Kunjo Singh facilitated the programme as resource persons.

At the very outset of his speech, Dr. Shantikumar Singh expressed his great pleasure for giving him such a chance to deliver some words regarding the topic using psychoactive substances and drugs including alcohol among the youths in our state, Manipur and its impacts in our society. The resource person expressed that psychoactive drugs are the substances that can alter the

consciousness, mood and thought of those who use them. Tobacco, alcohol, cannabis, amphetamines, ecstasy, cocaine and heroin are included in such kind of drugs and substances.

Dr. Shantikumar Singh further said that psychoactive drugs and substances impose a substantial health burden on society. Tobacco and alcohol in particular are the major cause of death and the impact of tobacco is expected to increase in other part of world. Using psychoactive drugs which may be to find pleasure or to avoid pain can harm our health and causes social problems both in the short and long term. Health effects can include disease of the liver or lungs cancer, death and injuries caused by accidents, overdose, assaults etc. Examples of social problems are quarrelling, breaking –up of relationships as well as neglecting of works and other duties of family.

Drug addiction which is also referred to as drug dependence is a disorder of the brain caused by the use of psychoactive drugs. Therefore, it may also be called an ailment. Such a drug dependent person may experience craving for the drug and difficulty in controlling its consumption, suffer from withdrawal symptoms when use of the drug is reduced or discontinued and increasing doses of the drug to feel its effects. The person may come to neglect other pleasure or interest, spend more time getting or using the drugs instead of trying to recover from it. He/she persists in using the drugs despite clear evidence that it is causing harm.

The resource person explained further that psychoactive drugs affect communication between brain cells in certain region of the brain. For instance some drugs mimic and other blocks the effect of naturally occurring molecules that carry the specific messages from one brain cell to another. He said further that drug addiction is more common among the people with mental disorders than among the general population. For example, people with mental disorders are more likely to be alcohol dependent at some stage in their lives than people without a mental illness.

Conversely drug-dependent people are more likely to suffer from mental disorders than non-dependent people. For instance, he added further, people who are dependent on alcohol or cocaine, tobacco are made likely to suffer from depression than non-dependent people. This indicates either a common basics for both affliction or an interaction of effects at some level. Drug uses may either bring about mental illness, or it may be a way of easing of the symptoms of a mental disorder or the side effects of medication. Also, since many drugs produce effects typical of some mental illness, drug dependence and mental illness may have the same neurological causes.

The resource person explained further that the most effective way to treat drug addicts is behavioural therapy which is a kind of psychotherapy. New and better treatment is currently being developed. Some medication used for the treatment of drug addiction either block the effect of the drugs or cause unpleasant reactions. Other substances can be used as substitute for a drug. For instance, methadone can replace heroin. Such substitutes act like the drugs in some ways without inducing some of the harmful effect.

The resource person explained further that drug addiction can be also treated through various behaviours. Such therapy aims to help people ‘Unlearn’ their drug taking behaviour, learn new ways to respond to craving and developing new skills to remain drug free situation.

The rapid advances in our understanding of how brain works brings with it a host of new ethical issue in both research and treatment of drug dependence. The biomedical research is guided by the moral principles such as ensuring that the benefits to society are greater than the risk to those who

consent to treatment or research participate. The ethical issues that need to be redressed include, for instance equally of access to treatment, the potential treatment of persons without their consent, public funding for treatment of dependence, public credibility of climate trials and moral questions arising from animal experimentations and generic screening.

The resource person suggested that he would like to treat such drug dependent persons very lovingly. We should not discard them at all. We the family members of an addicted person need to be close to them so that we can understand them if we are willing to eradicate all types of psychoactive drugs and substances from our society. All sections of people are to be ready to extend our maximum cooperation in struggle/war against psychoactive drugs and substances. It should be mandatory to extend our cooperation with heart and soul to root out such a terrible attack of psychoactive drugs and substances while our state government has been going on war against drugs with destroying the mass plantation of poppy plants in the state with a special view to save our natural environment as well as ecosystem of the nature. Thus, after a short interaction with the participants, the programme was concluded positively.

4 Awareness Programme On The Precautions To Be Taken-Up on Post Pandemic Of Covid-19

Wangjing Women and Girls Society (WWAGS) Wangjing, Manipur-India organized one day mass Awareness Programme on the Precautions to be taken-up during the Pandemic of COVID-19 on the 5th July 2024 at Senior Citizen Home for Older Women, Naranseina, Bishnupur District-Manipur. The programme was participated by 45 participants including 35 women. Shri Dr. Shantikumar Singh, and M. Mahendra Singh facilitated the programme as resource persons of the programme.

At the outset of his speech the resource person, Shri Dr. Shantikumar Singh expressed his warm heartedly thankful to the organisers and participants for giving him such a chance to deliver a few words regarding the issue of COVID-19. Further, he began to explain that Coronavirus is a family of viruses that can cause respiratory illness in human beings. The virus get their name "Corona" from the many crowns like spikes on the surface of the virus. Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS) and the common cold are examples of Coronaviruses that cause illness in human beings. The new strain of coronavirus, COVID-19, was first reported in Wuhan, China in December 2019. The virus has since spread to all continents including India.

The resource person Dr. Shantikumar Singh expressed further that the number of people infected increases daily. The organization that collect this information including the World Health Organisation and the Centre for Disease Control and Prevention (CDC) are getting information and continuously learning more about this outbreak.

Thus, the resource person expressed how this virus spreads from person to person. When the virus travels in respiratory droplets when an infected person cough, sneezes, talks, sings or breath near a person (within six feet) this is thought to be the main way COVID-19 is spreading. From close contact (touching, shaking hands) with an infected person, it will be high chance to infect or

communicate to others. By touching the surfaces that the virus has landed on, then touching our eyes, mouth or nose before washing our hands, it will be infected to ourselves and others.

He describes further that the people above 60 years and the children below 10 years are also in high risks of COVID-19. These groups of people should be stayed at home in safe. In this connection, the resource person suggested the participants to wash our hands frequently with soap and water, or clean with alcohol based hand rub. We should maintain at least 1 metre distance between persons. We need to stay home if we feel unwell. Face mask should be used, warm ginger tea should be taken to improve our immune system. We should also know the benefits of getting vaccinated against the terrible pandemic of COVID 19. Now, Covid-19 Vaccines are available in all District Hospital and Health Centres. Our state Government also advise the people to get vaccinated at nearest Hospitals or Health centres to prevent this dreadful pandemic compulsorily.

The resource persons said that number of infected persons seems countably decreasing. But we need to take precaution and care still as Post Covid-19 is very risky for our life. People with post COVID-19 may have their health problems even after recovering from the initial infection. Some of the symptoms of the health problems related with post COVID-19 are difficulty breath while breathing, persistent headache, sleep problem, heart related problems. Digestive problem Muscle pain or weakness, Anxiety or depression etc. So we should keep concerning with healthcare professionals if a person with post COVID suffers from any of the above post Covid symptoms. The programme was concluded with vote of thanks from Sapam Renubala after a short interaction with the participants.

5 One Day Workshop on Organic Farming

A One Day workshop on Organic Farming was organised by WWAGS on the 14th August 2024 at Langathel Community Hall. 54 (fifty four) persons attended the workshop. Dr. L. Jelshyam Singh, Asst. Professor, Thoubal College and Sh. Surmangol Singh K.V.K Thoubal graced the programme as resource persons. The resource persons said that we the farmers are habituated in using Chemical fertilizers in our traditional system of agriculture. But chemical fertilizers, while beneficial for increasing crop yield, have several disadvantages. These include environmental pollution through water and soil contamination, soil degradation and potential health risk to both human and animals. Overuse can also lead to nutrient imbalance in the soil, effecting plant growth and overall ecosystem health. Chemical fertilizers especially when overused, can disrupt the soil's natural structure and balance, making it less fertile overtime. It can be harmful to human and animals when they consume contaminated food or drinking water, or inhale during application. Some chemicals contained in chemical fertilizers can cause respiratory problems or other health issues. So it will be good to change the system of using chemical fertilizers abundantly and widely in our society.

They said that there is a system of agriculture called "organic farming". It has been being practiced since time immemorial. But it seems that we have forgotten it.

The resource persons explained about organic farming. They said that it is a sustainable agricultural system that relies on natural processes and resources, avoiding synthetic fertilizers, pesticides and genetically modified organisms. It focus on building healthy soil, promoting biodiversity and enhancing agro ecosystem health through practices like crop rotation, composting and the use of natural pest control methods. This system is based on the use of natural process and resources – no chemicals (e.g. fertilizers or pesticides) or genetically modified organism are used in order to obtain healthier and more nutritious food while protecting soil fertility, preventing the

spread of pests and respecting the environment. It focusses on building healthy soil promoting biodiversity and enhancing agro-ecosystem health through practices like crop rotation, composting and the uses of natural pest control method.

The resource persons continued that organic farming promotes biodiversity on the farm by encouraging a variety of crop and plants which supports beneficial insects and wild life. Different types of bio-fertilizer prepared from different organic masses were used. Bio-fertilizer can be prepared based on the bio-conversion of green bio-mass, monsoon weeds, hedge plants and leaves of fast growing trees. Bio-cow dung manure preparation is a scientific method of composing in which organic bio-mass soaked with cow dung slurry and covered by polythene providing optimum temperature, moisture and aeration condition for microbial activity. Ashes of briquettes after being burnt or lignite from farming.

In this system of agriculture, vermi compost can be used as manure to make the soil healthy, Vermi compost prepared from green monsoon weeds, leafy bio-mass contains more nitrogen and good humus. Vermi compost manure contains rich Micro-flora which helps in improving the health of soil and adds to the natural fertility of soil. The resource persons mentioned about the heap method of preparing bio-fertilizer. Bio-mass manure is also made at ground level heap under the tree shades and it does not required any specific structure like pits or tanks as other methods do.

Bio fertilizer is chiefly made for agricultural field from bio-mass, monsoon weeds and leaf litter with very little cow dung. Initially, bio mass is piled up in systematic layers, roughly each layer of thickness of 6' to 9 " leaflets, cut off hedge plants and tree leaves. Fully decomposed dark colour compost is prepared in 50 to 60 days.

Organic farming rely on natural methods for pest and disease control such as biological control (introducing beneficial insects), crop rotation and companion planting.

The benefits of organic Farming are:

- * Organic farming reduces pollution, conserves water resources, protects soil and promotes bio-diversity.
- * It produces healthier and more nutritional food, which is also tastier.
- * Yields are higher.
- * It reduces the number of infestations using natural means, for example, by introducing beneficial insects and birds that eat unwanted pest.
- * By saving on chemicals, organic farmers earn a higher income.

In essence, organic farming is a holistic approach to agriculture that priorities the health of the soil, the environment and the people who consume the food produced ion these farms. The resource persons appealed the participants to promote organic farming. Thus the programme was concluded after a short interaction with votes of thanks from Sapam Renubala, the president of WWAGS.

6 Mass Awareness Programme on The Maintenance And Welfare Of Parents And Senior Citizens Act 2007

A one-day Mass Awareness Programme on "The Maintenance and Welfare of Parents and Senior Citizens Act, 2007" was organized on 9th September 2024 at Senior Citizen Home for Older Women, Ngaikhong Siphai, Bishnupur District. The programme was participated by 63 ageing

persons from the different surrounding villages Bishnupur District. Shri Dr. M. Rajendra Singh, and W. Indira Devi, Lecturer facilitated the awareness programme as resource persons. At the outset of the programme the resource persons welcomed all the participants for attending the function in time. The resource person started to explain about the facilities available for the welfare of parents and Senior Citizens under "The Maintenance and Welfare of Parents and Senior Citizens Act, 2007". The Ministry of Social Justice and Empowerment, Govt. of India is the nodal Ministry responsible to formulate the policy on issues relating to ageing people. It coordinates with other stakeholders including various Ministries of the Central and State Governments, NGOs, Civil Societies, Institutions, etc. for achieving the overall goal for enhancing the quality of life of the elderly population.

1. Ministry of Rural Development:- The Ministry had implemented the Indira Gandhi National Old Age Pension Scheme under which Central assistance is given towards pension @ Rs. 200/- per month per person to persons above age of 60 years and Rs. 500/- per month per person to persons above age of 80 years belonging to a household below poverty line, which is meant to be supplemented by at least an equal contribution by the states. About 209 lakh beneficiaries were covered under the scheme during 2011-2012. The Ministry is administering the Anna-Purna Scheme under which free food grains (wheat or rice) up to 10 kg. per month per person are provided to destitute older persons of 65 years or above who are otherwise eligible for old age pension but are not receiving it.

2. Ministry of Health and Family Welfare:- Under this head, the resource person pointed out by stating that the Ministry provided separate queues for older persons in Government Hospitals and Geriatric Clinic in several Government hospitals. The Ministry has also implemented the National Programme for the HealthCare for the Elderly (NPHCE) during the XI plan starting from the year 2007-08. The basic aim of the programme is to provide separate and specialized comprehensive health care to Senior citizens at various level of state health care delivery system including outreach services.

3. Ministry of Finance:- The Ministry provides tax benefits for senior citizens as under:

- (i) Income Tax exemption for senior citizens of age 60 years and above upto Rs. 2.50 lakh per annum.
- (ii) Income tax exemption for Senior citizens of age 80 years and above upto 5.0 Lakh per annum.
- (iii) Deduction of Rs. 20,000/- under section 80D is allowed to an individual who pays medical insurance premium for his/her parent or parents, who is a senior citizen.

4. Ministry of Railways:- The Ministry provides the following facilities to Senior Citizens.

- * Separate ticket counters for Senior Citizens of age 60 years and above at various Passenger Reservation System (PRS) Centres if the average demand per shift is more than 120 tickets.
- * Provision of lower berth to male passengers of age 60 years and above and female passenger of 45 years and above.
- * 40% and 50% concession in rail fare for male and female Senior Citizens of age 60 years and above respectively
- * Wheel chairs at station for old age passengers

5. Ministry of Civil Aviation:- The Ministry provides air fare concession upto 50% for male passenger aged 65 years and above and female passenger aged 63 years and above in the National

Carrier, Air India on the date of commencement of journey and on production of proof of age (photo ID) and nationality.

6. Department of Pensions:-As per recommendation of the Sixth Pay Commission, additional pension will be provided as per given below to older persons:

Aged Group	% Pension to be added
80+	20
85+	30
90+	40
95+	50
100+	100

Besides, the resource person highlighted other facilities available under this Act for the Welfare of Senior Citizens like (1) Maintenance of parents and Senior Citizens, (2) Establishment of Old Age Homes, (3) Provisions for Medical Care of Senior Citizens, (4) Protection of life and property of Senior Citizens, (5) Offences and Procedure for trials etc. Thus, the mass awareness programme on the Maintenance and Welfare of Parents and Senior Citizens was concluded successfully after a short interaction between the participants and resource persons.

7 Observation of International Day of Older Person

Wangjing Women and Girls Society (WWAGS) Wangjing, Manipur India has been observing International Day for Older Persons every year on the 1st October with a view to raise public awareness about the opportunities and challenges presented to the ageing populations and mobilize the families, commodities groups and stakeholders to address the difficulties faced by older people.

In this regard, Wangjing Women and Girls Society, (WWAGS) observed the “Day of Older Persons” on this auspicious day of the 1st October 2024 as usual under the theme: “Ageing with Dignity, the importance of Strengthening care and support system for older persons worldwide. This theme emphasizes the need for inclusive and age friendly societies that recognize the contributions of der people and ensure their well-being. They can age with dignity and participate fully in society” for this year 2024 at WWAGS Central Hall, Wangjing Bazar. 47 participants were participated the function. Dr. M. Nara Singh, Tekcham Rame Singh Retd Teacher and M. Rajendra Singh, Retd. Joint Director Veterinary Thoubal grace the function as Chief Guest, President and Guest of Honour.

At the very outset of the function the resource persons expressed his great pleasure and thanks to the participants and organizers for giving him such a chance to grace the function & deliver a few words regarding the International Day of Older Persons.

The Guest of Honor expressed further that October 1 is observed as the International Day of Older Persons across the globe. The day was introduced by the UN General Assembly with an aim of honoring the contribution of older persons and looking into the problems that face. Older people make significant contributions to society via volunteer work, passing on experience and knowledge,

and assisting their families with different responsibilities. As today we celebrate this occasion, let's glance at its history and significance.

The UN General Assembly in 1991 approved the United Nations Principles for older person. Later in 2002, the Second World Assembly on Ageing embraced the Madrid International Plan of Action on Ageing. It was done to address challenges faced by the older generation in the 21st Century and to promote the development of a society for all ages.

In this regard, we may understand some common unpleasant conditions faced by older people like loss of hearing, cataracts and refractive errors, back and neck pain and osteoarthritis, diabetes, depression and dementia. Health issues like blindness, locomotor, disabilities and deafness are most prevalent. Mental illness arising from senility (showing poor mental ability because of odd age) and neurosis. Older people may experience social problems as a result of their illness or accident. They recognize friends and family members. Social isolation may lead to changes in behavior such as increased anger or depression.

So, we need to take a special care for the older people in all their activities. Their diet plan should be made and checked as much as possible as to prevent any kinds of ailments caused by insufficiency of care. It is also reported that dependency is high among elderly people require some form of long term care such as assisted living home nursing community care, residential care and frequent health checking. With this prevailing situation trained informal caregivers to look after elderly is a vital need. Besides, they should be taken special care for the pandemic of COVID – 19 too. We the young people of present day will become older in our future. So, we should oblige to extend helping hands towards older people lovingly.

Thus the guest of honour concluded his speech and the observation was concluded here after giving Presidential speech and vote of thanks by Sapam Renubala and M. Binoy Singh respectively.

Observation of Foundation Day of WWAGS

WWAGS observed the 65th Foundation Day of WWAGS, Wangjing, and Manipur on the 22nd December 2024 at Central Hall of WWAGS, Wangjing, Thoubal District. The function was facilitated by Tongbram Babulal Singh Dr. K.I. Meitei, , Khundrakpam Maniton Singh, Ashangbam Dhaneshwor Singh and Leishangthem Damu Singh as the Chief Gust, the President and the Guests of Honour respectively. More than 70 persons took part in the function. After the Chief Guest, the President and Guests of Honour took the chairs, special homage was given to (late) L. Suvakumar Singh, the founder, General Secretary of WWAGS by the family of the founder, invitees and staffs of WWAGS.



The programme of the function was inaugurated with welcome address and key note address by Laishram Premananda Singh, the present General Secretary of WWAGS, Wangjing- Manipur. He gave thanks to the founder Secretary (Late) L. Suvakumar Singh for his hard work to form the organisation and his hard work in implementing many projects for the people of Manipur, especially for the women section. And then, he highlighted the projects implemented in the past and the projects being implemented at present.

In the speech of the functional Chief Guest, Tongbram Babulal Singh narrated the long journey of Wangjing Women and Girls Society. He said that the participation of women in social events was very less in the past. Even now, only very few women comes out to take part in social events. (Late) L. Suvakumar Singh was one of the pioneers who really tried hard to help and improve the standard of females in this society. That was the main reason why this rightful name “Wangjing Women and Girls Society” was given to this organisation. In the speech of Guests of honour they also spoke about the hard work and dedication of the founder General Secretary. After the speech of Guests of Honour, a shawl was given to each of all the participants.

The functional President, Khundrakpam Maniton Singh, Retd. Assistant Registrar Co-operative, Govt. of Manipur shared his long experience that the founder General Secretary (late) L. Suvakumar Singh struggled to save this organisation and bring it in progress as well as the hard work of the founder General Secretary to benefit the weaker section of the society. The programme was concluded with vote of thanks by Smt. Sapam Renubala, President of WWAGS with the permission of the functional President.

Awareness Programme on Environmental Protection

Environmental Protection is very much required in today’s time. If we do not take-up some activities to save and protect our natural environment, we the human beings including earth. In this point of view, the Wangjing Women and Girls Society (WWAGS), Wangjing, Manipur – India organised one day awareness programme on the Environmental Protection on the 12th September 2023 at Khangabok Part III Khunou Leikai Community Hall. Shri. L. Jelshyam Singh Asst. Prof Thoubal College and Sh. Surmangol Singh, K.V.K Thoubal facilitated the programme as resource person.

At the very outset of his speech, the resource person expressed his pleasure and gratitude towards the participants and organisers for giving him such a chance to deliver some ideas about the topic at this occasion. So, he further stated that the environment refers to everything that is around us, including the air we breathe, the water we drink and the land that we live on. It is very important to understand the impact of human activities on the environment, as this can affect both our current and future generations. He explained further that Environment protection is an integral part of today’s society, but many people lack even basic knowledge on what they can do to help protect our environment. The destruction of the environment and the depletion of natural resources are significant issues that are ever present. In this regard, we may mention some ideas for protecting in the fight against these problems.

The resource person expressed that environmental protection can be called a practice of protecting the natural environment against the various human activities that degrade, destroy, or otherwise reduce its quality for future generations. Environmental protection has become a widespread issue in recent decades as human pressure on the environment increased exponentially.

He further mentioned that there are many ways to protect our environment. One way to protect the environment is by recycling - a way to reduce the carbon footprint and conserve natural resources. It also decreases the amount of waste that goes into landfills, which causes less pollution to water bodies. Another way is to use eco-friendly products in our life. This can contribute a healthier environment by reducing the numbers of harmful chemicals and toxins in the air, ground and water. To protect the environment, we should be conscious of what we consume it. Many factors affect the quality of our air, water and land, but it is the best to start small by always considering its impact on the environment.

Afforestation and tree plantation help in protecting our environment by reducing global warming, soil erosion, etc. We can reduce our carbon footprint through carpooling instead of driving, which is cheaper and reduces our energy usage and emissions.

The resource person describes further that our environment provides us with water, food, clean air and other vital resources for our survival. It is very important for biodiversity, maintaining ecosystems and preventing climate change. On the other hand, human activities like deforestation and pollution have created a menace by threatening this delicate balance.

Dr. L. Jelshyam expressed further that we should start conserving water which is the most essential component of life. We should also close all taps after using and should encourage rainwater harvesting to preserve water and combat the water scarcity crisis. Besides, we should manage to preserve our spring water by planting trees on the place where the Springwater has been coming from. We should think to save electricity by switching off all the lights and devices when not in use them. We may try to incorporate solar energy panels that do not cause any pollution and contribute to sustainable living. We should use public transport to reduce air pollution levels. Also, we must not throw waste into the water bodies to prevent water pollution. Recycling and uses of products must be encouraged along with the use of paper bags instead of plastic ones.

We need to promote afforestation and reforestation to increase green cover on the earth. We should not waste food and water. The food and waste hold much value to the people who do not get it easily. The resource person continued to express that over the years, we have made significant developments in agriculture, energy and health that have contributed to human well-being. However, some of these improvements in our lives have resulted in changes to the environment around us.

The good news is that politicians globally are looking at how to solve this problem of environmental crisis. The UN's Sustainable Development Goals include universal calls to action to protect life on land and in water, producing clean water and tackling climate change. Meanwhile the EU's Environmental Action Plan includes nine priority objectives that aims to ensure "we live well, within the planet's ecological limits".

It is important to conserve the environment because if we don't do it, our earth will be ruined. For example, we have to cut down trees without planting new ones to replace them. They also pollute air and water with harmful chemicals and waste. As a result, animals and plants will die, and eventually human beings will too. So, it is very important for every one of us to do our part in conserving the environment. By taking action to conserve our environment, we can protect it for

our current and future generation. Thus the resource person concluded his speech after a short interaction with the participants.

Observation of International Women's Day 2025

Wangjing Women and Girls Society (WWAGS), Wangjing, Manipur-India has been observing International Women's Day on the 8th March every year. For this year 2025, International Women's Day was observed at Senior Citizen Home for Oler Women, Thongjao, Kakching District on the 8th March 2025. The programme was participated by 58 participants including 25 inmate women and other 33 women from this locality. Kh. Maniton, Retd. ARCS, Govt. of Manipur and Smt. Th. Purnimashi Devi, Social Activist, facilitated the programme as Resource Persons.



The Resource Person expressed that International Women's Day has been being celebrated on the 8th March every year to honour women, salute their courage, celebrate their success and raise awareness about women's equity. For this year, the theme of International Women's Day is "Invest in Women, Accelerate progress " focussing to recognise social, economic, cultural and political achievement of women.

He mentioned further that in India, National Women Day has been being observed on the 13th February every year in the sweet memory of our departed women leader Sorojini Naidu, the Nightingale of India to mark her birth anniversary celebration. In our state Manipur, we have been observing the celebration on the 12th December as Nupigi Numit annually as to remember our departed women who sacrificed their live in the struggle against scarcity of rice.

For the international level, International Women's Day has been being celebrated annually on the 8th March as to remember a women called Clara Zetkin, a German Marxist theorist, communist activist and advocate for women's right. She had been involving with socialist movement in Germany since 1870 and her name frequently came up in Manchester Guardian reports on the annually International Socialist and Trade Union Congress. She was also a fervent campaigner for women's rights and universal suffrage.

Smt. Th. Purnimashi Devi said that it is a day that everyone shows appreciation, love and respect towards women. A women is said to be a beautiful creation of God. It is also fact that all the great personalities of the world are born from women's womb and have taken their initial teaching from a woman. And that is why people give due respect to women in their lives. The Resource Person further expressed that the world is moving towards gender equality. It is moving towards a balance between both men and women. A change is required and is also essential. It is observed that men have had more advantages in every sphere of life in comparison to women since ages. However, this needs a change that we all are human beings and should be treated equally with rights and opportunities. All across the world, different events take place including movements and March to observe International Women's Day. There are some countries where women are not treated

equally with men. This way of discrimination should be replaced. In this regard, protests against such kind of treatment have been observed for the liberation of women folks.

Smt. Th. Purnimashi Devi added further that women are also at the forefront of the battle against Covid-19, as frontline and health sector workers, as scientists, doctors and caregivers, yet paid 11 percent less globally than their male counterparts. In an analysis of Covid-19 task teams, 87 countries were found that only 3.5 percent of them had gender parity. When women lead, we see positive results. Some of the most efficient and exemplary response to the Covid-19 pandemic were led by women. And women, especially young women, are at the forefront of diverse and inclusive movements online and on the street for social justice, climate change and equality in all parts of the world. Yet, women representatives in the parliaments are still very low in the world wide.

That's why, this year's International Women's Day is rallying cry for gender equality.

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