

WOMEN'S CELL: REPORTS ON ACTIVITIES (2016 – 2019)

1. A **Popular Talk** on “Work –Life Balance”, was organized by Women’s Cell, Shillong College, on the 9th of December, 2016, in the Conference Hall of the college. The main objective of the programme was to provide a forum for insightful discussion on the challenges that women face when work and family responsibilities collide, and to come out with meaningful suggestions that may enable women to maintain a healthy work-life balance. The Resource Person for the programme was Mrs Valentina Pakyntein, Department of Anthropology, NEHU, Shillong. Padmashree Theilin Phanbuh, Chairperson, Meghalaya State Commission for Women, was the Chief Guest.



2. Self Defence Training Programme

A Self Defence Training Programme for girl students was organized by Women’s Cell, Shillong College, in collaboration with Meghalaya School of Martial Arts, Shillong, on the 17th August, 2017. Forty four students participated in the Training Programme. A team of five coaches, headed by chief coach Mr Donny Ranee, imparted self defence training to the students. The following are the names of students who participated in the Training Programme:

Sl.	Name	Class
1	Menoma T Sangma	5 th Sem BA
2	Decoryna D Sangma	3 rd Sem BA
3	Terimchi M Marak	3 rd Sem BA

4	Phiwanpynkmen Gatphoh	1 st Sem BBA
5	Wandari Thongni	1 st Sem BBA
6	Naibansabet Lyngdoh	1 st Sem BBA
7	Daphi larisa Khonglam	1 st Sem BBA
8	Liliosa M Kharmalki	3 rd Sem BA
9	Aiuda M Sohshang	3 rd Sem BA
10	Rida Mary Sohshang	3 rd Sem BA
11	Nanrupa Mawrie	3 rd Sem BSc
12	Gracefully Kharkongor	5 Sem BA
13	Rongjali Moshari	1 Sem BCA
14	Heva A Sangma	1 Sem BCA
15	Sengme A Sangma	1 Sem BCA
16	Balakyrmen Khongnoh	5 Sem BA
17	Merialda Syiemiong	5 Sem BA
18	Menthwlad Khongliam	3 Sem BA
19	Bajita L Lyngkhoi	3 Sem BA
20	Mary W Marboh	3 Sem BA
21	Philarisa Tang	5 Sem BA
22	Lashaibansuk Nonglang	5 Sem BA
23	Daphiralin Pakyntein	5 Sem BCom
24	Pinky N Lyngkhoi	5 Sem BCom
25	Deigratia Kharbyngar	5 Sem BA
26	Lolabimai Pala	5 Sem BA
27	Sheba Dkhar	5 Sem BA
28	Elisnora Khongsdier	3 Sem BSc
29	Sonam Singh	3 Sem BA
30	Rikynti Nongsiej	3 Sem BA
31	Nika Emi Dkhar	1 Sem BCA
A	Phindarisha Mawrie	1 Sem BCA
33	Kynjailang Lytep	1 Sem BCA
34	Kabita Yobin	1 Sem BA
35	Glory Lotha	1 Sem BA
36	Balajoplut Nongdhar	1 Sem BA
37	Roshli Lisu	1 Sem BA

38	Larisha Kharsati	XI Arts
39	Anisha Basaiawmoit	XI Arts
40	Banisha Sawkmie	XI Com
41	Nabada K Munai	XI Com
42	Juban Dahun Marbaniang	XI Com
43	Evashisha Lyngkhoi	XII Arts
44	Ibakordor Kharphuli	XII Arts



Self Defence Training vdo 2.MTS

3. Workshop on Online Safety

A Workshop entitled “Online Safety” was organized by Women’s Cell, Shillong College, in collaboration with Center for Social Research, New Delhi, an NGO working for the rights of women and children, on the 18th of August, 2017 . Ms. Arnika Singh, Project Officer, Media Division at Centre for Social Research, New Delhi, was the Resource Person for the workshop. A discussion was held on online safety mechanisms devised to control the information shared by the users in the virtual space. Information and solutions to concerns like cyber bullying, harassment, fake news, etc., were discussed with the students, many of whom constitute the major force of social media users today.



4. Women's Cell, Shillong College participated in the one day **“State level Consultation on Human Trafficking of Women and Girls in Meghalaya”** organized by Meghalaya State Commission for Women, Government of Meghalaya, on the 10th of July, 2019. A team of 12 participants, comprising of 2 teachers and 10 students attended the programme.(Names enclosed).

The following topics were discussed at the above said programme - “Global and National Insights on Human Trafficking”, “Role of Police in Human Trafficking” and “How to prevent and tackle the problem of Human Trafficking”. A documentary entitled “In the Shadows-Voices of victims of Human Trafficking” was also screened on the day.

The following are the names of the participants:

Teachers: Mrs. I.S.Warjri
Miss. S.Khongwar

Students: 1.Vicky Chettri
2.Ramchenfella Chhakchhuak
3.Lalvehima Tochwng
4. Roshmi Thakur
5. Pallavi Gohain
6.Dipika Ralte
7. Kynmawlang Khongmen
8.Queen Kharmyndai
9.Rilang Pala
10.Bakhraw Pohlynjar

