

# ANNUAL REPORT 2021-2022



**FMA-Outreach for Underprivileged Women and Children  
Lumshyiap, Shillong - 79301  
Meghalaya**

**APRIL 10, 2021**

**Awareness Programme on RTE and Child Rights at Madan Pohkseh:** An awareness programme was organized by Sr. Aitihun Lawai, YAR Coordinator. A total of 150 people attended the programme, including parents, youth and children. This initiative is organised to sensitize, to educate local communities about the rights of children in society, including those who have been ignored and denied the right of Education. There were discussions about the issues and difficulties of RTE implementation, as well as its flaws. One of the problems that came to notice during the discussion was that parents and communities remain ignorant and unaware about 25% reservation for underprivileged children in schools. The discussion also stirred up some views on the issue about teachers' attendance irregularities and the standard of work in classrooms. Many suggested that we should create awareness in the communities frequently.

The speakers of the day were Sr. Garnet Sutnga, Sr. Maria Goretti Nongrum and Fatima Shadap.



**APRIL 10, 2021**

**Training of Trainers (TOTs) Programme:** A training programme was organised for 50 women leaders of the villages of Umswai and Amkachiarea in Amkachi. Jacinta Puma, the president of the women association in Amkachi gave a welcome speech and introduction of the day's program. Marylin Madar delivered the first session on '*Duties & Responsibilities of Women as Leaders in the Society*'. The second session on '*Duties & Responsibilities of Women as Mothers in the Families*' by Bibiana Maslai, which further made clearer, first of all for themselves of their duties and responsibilities both as leaders in the society as well as mothers in the families and so will be able to also in their turn empower their fellow women both from today's input sessions also from their own experience.





The third session was on 'Networking' by Molin Amsong who gave some tips how to be successful leaders by networking with other groups of people and thus be more effective in their duties and responsibilities as it allows them to come to know more and better good practices from one another. Time was also set aside for more open sessions and discussions among themselves during which they also shared the difficulties they experienced throughout the epidemic. After a brief valedictory session at 4.30 pm, tea was served for all and dispersed back to their respective villages, eager to share what they benefitted from today's sessions with the others.

### APRIL 13, 2021

**Orientation Programme of Senior Citizens Day Care Centre Project:** The orientation programme started around 10:30 a.m. at Khliehriat office with a welcome speech and an



introduction about the Senior Citizens Day Care Centre by the Superintendent Ms. Wandashisha Nongtdu. In her speech she also addressed the problems faced by the senior citizens in international, national and regional. She also emphasised the significance of the Seniors Citizens Day Care Centre and their rights to live with dignity, access to health care facilities and protection from exploitation of mental and physical violence exploitation. The Programme

Co-ordinator Mrs. Rilamon Dkhar outlined about the FMA - OUWC Development office of Senior Citizens Day Care Centre Project. She also explained about the various functions and activities provided by the Day Care Centre such as counselling, recreational, vocational, free medical check-ups, outings, religious and cultural programmes.

Following the orientation, an interaction was held in which the Programme Co-ordinator raised a question about the importance of Day Care Centre for the Senior Citizens, to which they respond that it was relevant. The Superintendent also asked the seniors citizens if the Day Care Centre is helpful and beneficial to them. Majority of the participants came to a conclusion that the Day Care centre is useful and valuable to the senior citizens.

Sr. Garnet Sutnga concluded the orientation programme with a vote of thanks. In her speech she expressed her appreciation towards the staff of the Day Care Centre and the senior citizens for their participation in the programme.



APRIL 30, 2021

**Awareness Programme on “Rights of the elderly and domestic violence of women”:**

The programme was organized in collaboration with the District Social Welfare Office of



One Stop Centre Khliehriat which was held at the Community Hall of Narwan East Jaintia Hills District and 31 women participated in it. MS Wanda Shisha Nongtdu, the Superintendent, gave a warm welcome speech in which she thanked the Deputy Commissioner of East Jaintia Hills District, as well as the Headman and Secretary of Narwan, for granting permission to hold the awareness

programme during this pandemic. She also thanked the District Social Welfare Office and the One Stop Centre Khliehriat for providing delegated resource persons for the programme.

Ms. Wandashisha Nongtdu spoke about the Senior Citizen Day Care Centre and outlined

about the different activities offered by the Centre. She also informed the participants to contact the Day Care Centre in order to receive help for the vulnerable senior citizens. She also addressed the issues that the elderly face, emphasizing that the program's goal is to educate participants on their rights and empower them to take legal action in preventing violence. Beautiful Shabong, the Programme Centre Manager of One Stop Centre



delivered a speech about their rights in Article 41 of the constitution, which guarantees senior citizens' access to jobs, education, and public assistance. She went on to say that Article 46 of the constitution mandates the protection of the educational and economic rights of the elderly. She mentioned on Section 88b and 88d of Income Tax Act of India allow Senior citizens to claim a discount in tax. She explained Section 20 of the Hindu Adoption and Maintenance Act 1956 and maintenance and welfare of Parents and senior Citizens Act, 2007 Section 125 of CrPC 1973 makes a person having sufficient means to maintain his parents. She also emphasized that under the National Policy for older persons 1999, all Indian citizens above 60 years are entitled to 30% concession in trains and 50 % in Indian Airlines.

According to the policy there should be construction of *old age homes and day care centers* for every 3-4 district. She expressed that everyone should be aware of their legal rights in order to pursue justice and protect themselves. Yohi Kyndiah a Police Protection Officer explained that One Stop Centre provides integrated



support and assistance to women affected by violence in private and public space under one roof. She explained about the services offered in One Stop Centre and expressed that

there should be gender equality should be prioritised, with the focus beginning at home in order to prevent discrimination. The vote of thanks was proposed by Mrs. Rilamon Dkhar. She concluded by expressing that we help those who help themselves by empowering the elderly women to fight for their rights. She advises them to seek help from the Day Care Centre for their well being. Following the vote of thanks light refreshment was served to the participants.

### MAY 2021

**Story Telling:** The staff Wanshwa Syih had a session on storytelling with the elderly of Day Care Centre Khliehriat through telephone contact. The staff found that the elderly are comfortable during the session when they shared their stories. During the session the elderly were interested as it reminds them about their childhood memories. The staff found that the elderly memory is very good as they can still remember some of the folk stories.

After the session the elderly shared that they enjoy the storytelling session. Due to COVID-19 and lockdown, the elderly shared that they have to stay at home for their safety but they were happy to participate in the session.

**Teaching Alphabets:** The staff Wanshwa Syih had a session on teaching the elderly on alphabets. Before the lockdown the staff had taught some of the elderly of Day Care Centre Khliehriat on writing of the English Alphabet. So the staff decided to contact the elderly and ask them to continue practicing the alphabets in their note book that was given to them from office. The staff also asked the elderly to read the alphabets through the phone so that the staff will hear and help them when they make a mistake.

The staff found that the elderly were interested during the session. The elderly shared that they wanted to visit the Day Care Centre as they enjoy learning from the centre but due to COVID-19 they have to stay at home for their safety.

### JUNE 5, 2021

**Awareness on Environment Day to the elderly through telephonic contact:** Due to COVID-19 pandemic the government has imposed lockdown and restrictions in all the district of Meghalaya. Therefore the staff decided to contact the elderly through telephonic audio call and video call to give awareness on the occasion of World Environment Day on the 5th June 2021. The staff contacted 21 elderly to participate in the telephonic session.

The staff discussed the reason to celebrate Environment Day is to preserve and protect the nature. The staff highlighted that industries such as cement factories and practicing of deforestation and mining are harmful to the environment. Since the theme of Environment Day in 2021 is Ecosystem Restoration, the staff asked the elderly to share their experiences and





opinions relating to the environment in the past and current situation. Majority of the elderly responded that there is a huge gap as the environment was cleaner and safe compared to the present surrounding. The elderly shared that in the past, the river was clean to drink, there was plenty of trees and people was engaged in farming. The elderly expressed their concern towards the environment for the future generations and wanted to recreate their safe environment. The staff shared that to protect our environment we should first practice in our home by educating the younger generations to clean and plant trees in our surroundings. The staff concluded by suggesting the elderly to plant trees in their home in order to participate on the occasion of environment day.

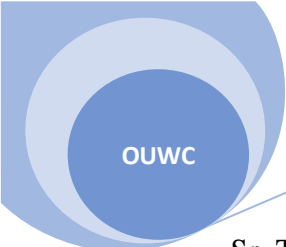
### JUNE 9, 2021

**Orientation for report writing:** The report writing orientation was held online on June 9 from 11:00 a.m. to 1:00 p.m., with 11 participants organised by NDF. Fr. Joseph Xavier SJ was the resource person. It was organised to educate participants on the abilities of report writing. The orientation began with an introduction of the participants, which was followed by a prayer. Fr. Joseph orientated the attendees with a presentation on report writing procedures. He highlighted how the major focus of a case study is on the beneficiaries' outcomes and the quality of change. He highlighted that the material should reflect 75 percent positive change of the recipients' lives and 25 percent of the organization's initiatives. He emphasised that the story's approach should be detailed and motivating, and that the title should be catchy in order to entice readers. Fr. Joseph also stressed the need of obtaining the person's permission before photographing or filming them. He emphasised the importance of taking action-oriented photos rather than posed photos. He went on to say that the tales should be shared via newsletters, yearly reports, and donor reports in order to excite and encourage others. Following the presentation, there was an interaction between the speaker and the attendees to ensure that everyone understood the topic and cleared up any questions about the report writing. Participants expressed their appreciation towards Fr. Joseph for his valuable contribution in the much-needed online orientation.

### JUNE 30, 2021

**COVID Relief Work:** The present situation of the pandemic is an unprecedented challenge to the economics of poor people, who are at risk of falling into extreme poverty as the lockdown continues. Many people especially the daily labourers in the interior villages are deprived of basic necessities of life. Auxilium Girls' School Nandanagar, expressed the love towards our needy brothers and sisters by reaching out to 675 families in the different villages of Tripura. On June 30 Sr. Merciful Nongsiej, Sr. Yowanka Lyngdoh and





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Sr. Trisha Sangma along with teachers went to the villages of Sabarpara a village which is around 40kms a way to distribute dry ration to eighty one (81) families.

## JULY 27, 2021

**Online Meeting:** At 11:00a.m, NDF hosted an online meeting, which began with a prayer invoking the Lord's presence. The National Social Development Coordinator, Sr. Selvie Arokia, welcomed all participants. The purpose of the meeting was to discuss the implementation of the altered Program for Children. During the discussion, the participants were highlighted on the Children for National Leaders. It was decided that a virtual meeting of children would be held, but the date has yet to be determined. Each province will select five Children Parliament members to participate in a two-day virtual meeting, after which they will assist the others. This will prepare the children for the third wave of COVID-19. During this pandemic, it is extremely difficult to reach out to people so we are trying to find out ways to help out the children. Helena Puwei, Sr. Sr.Helena Puwein, Sr. Garnet Sutnga and Sr. Aitihun Lawai participate in the meeting.



## AUGUST 21, 2021

**Orientation:** The National Forum Development (NDF) organised an orientation programme on the Altered Children Programme in order to create a National Platform for NCP members for Sisters and staff in charge of the children pgm. Sr Garnet Sutnga, Sr Aitihun Lawai and Rilamon Dkhar participated. Sr. Azarias Arokia Mary Selvi, the National Social Development Coordinator began the programme with a prayer moment and welcome all the participants as well as the resource person, Mr Andrew Sesuraj. The resource person discussed the Dos and Don'ts in the children's parliament while assisting the youngsters. He also discussed how to build Federations at various levels, emphasising the need of creating a safe atmosphere for youngsters. The floor was opened for open debate toward the end of the session. It was determined at the end of the conference to update the model of the children's parliament and to localise it.



The National Forum Development (NDF) organised an orientation workshop on the Altered Children Programme in order to establish a National Platform for NCP members who are in charge of the children's programme. Sr Garnet Sutnga, Sr Aitihun Lawai, and Rilamon Dkhar were among those who took part. Sr. Azarias Arokia, the National Social Development Coordinator, Mary Selvi, opened the event with a prayer moment.

AUGUST 27 – 28, 2021

**NDF-Training-Altered Children pgm:** For sisters, employees, and children, the NDF arranged a two-day training session. On the first day, Sr. Garnet Sutnga, Sr. Aitihun Lawai, and the Mawkyndeng children's parliament took part, but on the second day, just Sr. Garnet took part. Mr. Andrew Seruraj, the resource person for this training session, described how to start the Children Parliament step by step straight from the Neighbouring Parliament to District Level Federation. He helped the youngsters during the session by providing them five topics to discuss.



- What do you want to learn from the District Level Federation?
- What do you want to contribute to other NCPs?
- What are the protection relevance required when travelling at Federation Level?
- Design a model-how you want the District Level Federation to be represented?
- Design a model-how you want the State Level Federation to be represented?

The children enthusiastically participated in the training by responding to the five questions posed by the resource person. Toward the end of the event, the resource person requested that just the sisters and staff remain to discuss on the model of Children Parliament on; How the Children Parliament should be represented to the District Level Federation

- How to nominate the representatives?
- Who should represent?
- What is the frequency of meetings?

At the end of the programme Sr. Garnet Sutnga delivered a vote of thanks for the two-day programme.

SEPTEMBER 9, 2021

**Welcoming:** We formally welcomed Sr. Maria Goretti Nongrum as the Supervisor and Sr. Rosilin Wahlang as the Mulsti Task Staff to Day Care Centre at Khliehriat today. Rilamon Dkhar, a programme coordinator gave a short welcome speech to both of them



for joining the office. Sr. Helena Puwein, Secretary of FMA-Outreach for Underprivileged Women and Children, welcome them and introducing them to the work and activities with assurance of collaboration with readiness to assist whenever a need arises. Sr. Helena Puwein and Rilamon Dkhar don a shawl on both of them as a sign of a welcome. We are delighted that they

have joined the office, and look forward to working and growing together.



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SEPTEMBER 23, 2021

**Free medical check- up:** A free health camp was organized by Maria Goretti Nongrum a supervisor of the Day Care Khliehriat. The camp was exclusively organised for the elderly and 11 came for the same. Dr. Januarius Nongtdu came to render a free service to the centre and the elderly appreciated the centre very much for its service.



OCTOBER 20-25, 2021

**FMA- NDF 17<sup>th</sup> Annual Meet:** The Seventeen FMA- NDF Annual Meet, entitled “*Sustainability practice and environmental stewardship towards to reduce COVID-19 impacts*”, took place at Kolkotta Sevakendra from 21-25 October 2021. It brought together over 27 representatives of all the 7 FMA Indian Provinces that work with the Social Work. As every year the in charge of social work representatives come from around the seven provinces to explore ways to support the Social Development through information sharing and reporting of the activities. From Shillong Province (INS) Sr. Helen Puwein, Sr. Garnet Sutnga and Jennyfa Nongbet went to Kolkata for FMA- NDF 17<sup>th</sup> Annual Meet at Kolkata. It was a formal meeting which is held once a year.



The Annual Meet addressed the 5-year plan, Revisiting Child Protection Policy, Up scaling NCPs into District, State and National level Federation, National Directory for Social Ministry and NDF Website.

**NOVEMBER 15-17, 2021**

**Module Training:** Sr. Garnet Sutnga and Sr. Lucy Sangriang went to ARO Guahati for two days training in module preparation. Sr. Azarias Arokia Mary Selvi, the National Social Development Coordinator was the trainer for this training. There were seven participants from 2 provinces took part in the training.

**DECEMBER 23, 2021**

**Advance Christmas:** Sr. Maria Goretti Nongrum, Sr. Rosaline Wahlang, Mrs. Rilamon Dkhar, and Miss. Purity Swer, staff of the Day Care Centre, went door to door among the Senior Citizens a week before the Advance Christmas celebration to personally invite them to the Advance Christmas get-together, which will be held in the Day Care Centre's office on December 23, 2021 at 10 a.m.

The staff arrived at the office early on the 23rd, along with the other workers, to check on the cooking and other preparations before the programme began. Mrs. Rilamom Dkhar, the Program Coordinator, gave a welcome address at

11:15 a.m., followed by a song performed by the children in our neighbourhood. Dr. Januarius Nongtdu, a doctor who collaborates with the Centre in free medical check-ups, spoke about the reasons for growing old, how we must take care of ourselves as we grow older by eating properly, sleeping well, and coming to the Centre's monthly for free check-up, and how we must accept our old age. Ripaya Passah, the District Social Welfare Officer, expressed her gratitude to our Day Care Centre and told the Senior Citizens that she is very happy to see them enrolled in this group as members of the Senior Citizens, and that if you are in a group like this, you will get a lot of joy, encouragement from the



Centre and from one another, as well as a lot of information about your age. She reminded them about the old age system and the documentation they needed to prepare, as well as the Social Welfare health scheme. In addition, she discussed the Senior Citizens Act. Sr. Maria Goretti reminds the older citizens of the importance of this Day Care Center and its activities. One of the Senior Citizens, Mrs.

Veronica Syih, gave a vote of thanks, and a Christmas gift was given to all of them; we can see the joy of being recognised and respected by the Centre. Before the meal, the senior most, Mrs. Monika Tlang, cut a Christmas cake, and then all share the joy of having cake followed by lunch. A Christmas gift was given also to Dr. Januarius Nongtdu and Smt. R. Passah. Due to heavy rain in the previous day some of them were unable to come but a gift was reached to all of them.



**February 15 – 18, 2022**

**Food Processing Training:** It was held from the 15th to the 18th of February 2022 for the novices and kitchen girls of Mary Our Help Training Centre, Bellefonte, Shillong. It was interesting, educative, and informative event. Mr. Chitaranjan Behera, an adept chef and one of the experienced cooks from the Polo Tower Hotel in Shillong, was the trainer.

At 12:30 p.m., the programme was officially launched. The Chef was introduced to the audience by Sr. Janicia Nongrum. Sr. Elizabeth lit the lamp and gave a short statement to commemorate the program's launch, emphasising the relevance of culinary art and the importance of the diet department in the communities. The novices then gave a short statement and sang a welcoming song to welcome the resource person.



The trainees were ready with their aprons after the inauguration, demonstrating their willingness to learn the skill of cooking. All of them meticulously recorded the recipes for various cuisines and food products. Three varieties of Italian dishes, including cream of tomato soup, grilled fish with lemon butter sauce, and fresh fruits crawl, were prepared and displayed on the first day. The first day's encounter was awe-inspiring for everyone. The event left everyone of them satisfied and delighted.

The excitement of the first day's new experience enthused everyone to anticipate the second day with passion and anticipation. The trainees in the course eagerly awaited the chef, Sir Chitaranjan Behera, to begin a new recipe. He went to the kitchen on the second day and began preparing fresh foods. He was inspired to begin his demonstrations with increased zeal after seeing the participants' enthusiasm and eagerness. He exposed the trainees to Italian food on this day. Everyone took part with a sense of wonder and zeal.

The following are the items of the day: Veg. soup, Grilled chicken, hot rice, spaghetti, omelette (5 different ways of preparations)

In a nutshell, it was an educational and eye-opening event for all. Culinary arts are unquestionably significant and indispensable skills to nurture and master. This is an art that everyone should learn and practise.

Surprisingly, the chef displayed and made Chinese foods on the third day of the course. It was genuinely fantastic to observe the diversity and richness of the many food products and meals, as well as to learn about the various methods of preparation used by other countries and cultures. However, we are





familiar with some of the meals because they are available in restaurants even here in our area, such as momo, chilli chicken, vegetable fried rice, chicken fried rice, chicken spring roll, and so on. We saw how simple the technique was, how little ingredients were required, and how easy it was to prepare in our own kitchen.

The art and manner of serving the food on the plate is the most beautiful component of the preparation and cooking process. The plate decoration for various items was incredible. Cooking is not only a job, but also an art, as seen by this art of presentation. The trainees learned a lot from this programme: it is not enough to just complete a task; each task must be completed flawlessly.

On the fourth and the last day, the chef taught 7 food items: vegetable samosa, palakpuri, plain chapatti, chicken dum biryani, pohaupama, fish curry home style, vegetable pakoda and onion pakoda. The resource person is diligent, systematic and accurate.

At the end of the program, everyone expressed their contentment of being part of this training. Then the trainees, thanked the resource person of the training solemnly and expressed their gratitude to Sr. Helena, the organizer of this program and thanked the community for having given them this opportunity to learn.

### March 8, 2022

**International Women Day Celebration:** This day brings many things for women – a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired.

To honour womanhood, FMA-Outreach for Underprivileged Women and Children network with Meghalaya State Legal Services Authority to celebrate the International Women's Day on Tuesday, 8th March, 2022 in Bellefonte Hall. The event took place in the presence of Shri. T.T.M. Sangma, Meghalaya State Legal Services Authority Officer on Special Duty, Ma'am Larisha Kharjana, SI Laitumkhrah Shillong, the speakers of the event.



Teachers from Valley View School, St Joseph Secondary School, St. Nanak Secondary School, St Jerome Higher Secondary School, St Claret Higher Secondary School, St. Bading Secondary School, and women from Mawpat, Pynthorumkhrah, Lumshyiap, Nongmysong, and others attended the programme.

The programme was extremely beneficial and enlightening for all of the ladies in the neighbourhood, as some of them were unaware of certain rights linked to the challenges that women face in society and 71 women took part in the event. The programme was started with welcoming words by Sr. Janicia Nongrum, Vice Principal of Bellefonte

Community College (BCC). The resource persons include Shri. T.T.M. Sangma, Meghalaya State Legal Services Authority Officer on Special Duty, Ma'am Larisha Kharjana, SI Laitumkhrah Shillong, Ma'am Wanda from MSLSA, and MSLSA officers are among the resource persons. As a result of this celebration, women get a tremendous lot of knowledge and experience. The gathering was really beneficial and enlightening for all of the women in the neighbourhood, as some of them were new to the area.

Ma'am Larisha Kharjana, SI Laitumkhrah Shillong, spoke about issues that are very much faced by women in this current context, as some women are discriminated against in the family, society, and are also abused in various ways, so she explained that if certain things

affect them, they should take one step forward and stand for it. Shri T.T.M. Sangma, MSLSA Officer on Special Duty, emphasises the importance of Fundamental Rights, he further stated "Treat your sons and daughters equally and without discrimination," adding to that he said "raising awareness of certain rights is necessary so that we may live in a safe society." There are a number of rights that women should be aware of, including equal



pay for equal work and the right to privacy. There is also a short poem about environmental awareness written by Sara Khylliat, a Bellefonte Community College (BCC) student, in which she mentions the lovely creatures that once roamed the state of Meghalaya, and how we should be the one to protect the environment. After that, Sr. Garnet Sutnga the Joint Secretary of FMA-Outreach for Underprivileged Women and children (OUWC) gave a vote of thanks, she thanked the host, the organizer and the participants for their presence and contribution to an event which was followed by a refreshments outside the hall.

On this same day celebration was organised in Khliehriat on the same theme in Collaboration with the District Legal Service Authority, East Jaintia Hills District. It was held in the village Hall of Khliehriat East. The programme began at 11.15 a.m and there were 63 participants who came for this program. Refreshment was served to everyone. The Celebration was also celebrated in Chieruphi in collaboration with the Social Welfare, Umdang conducted by Sr. Dorathy Khaduit, and Nongkohlew by Sr. Bernadeth Sangriang.

### **Participants:**

Bellefonte: 71

Chieruphi: 150

Khliehriat: 63

Umdang: 60

Nongkohlew: 152