

FMA-OUTREACH FOR UNDERPRIVILEGED WOMEN AND CHILDREN (OUWC)

2022-2023 ANNUAL REPORT



DEVELOPMENT SOCIETY OF SALESIAN SISTERS, SHILLONG PROVINCE INS
FMA-OUTREACH- LUMSHYIAP, SHILLONG 793001-MEGHALAYA



Istituto Figlie di Maria Ausiliatrice

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Shillong- India



Best wishes and warm regards from Auxilium Provincial House, Shillong

I am happy to present to you the Annual Report of '*FMA Outreach for Underprivileged Women and Children*' for the year 2022-2023 highlighting the various aspects and social outreach that the organization targeted and achieved at during the span of this year.

It is amazing to witness that the world is accelerating at a very faster rate more than we could even imagine in these recent years. Along with it, every society with its values, norms, traditions, customs, culture, etc. are continually being analysed, recognized and interpreted for a more wholesome social development to be able to respond more adequately to social situations of our times. It is apt to take note of the valid contribution made in this regard by various organizations and interested individuals in our society today.

The changing scenario of our world and society today has spurred every individual and social organization to cope up with the demands of the times in which new ways of confronting life in all its aspects has become a necessity to enhance the quality of life of a society in its totality. In this area, I would like to place on record the yeoman service that the staff of '*FMA Outreach for Underprivileged Women and Children*' are trying to reach out to the people in need to stabilize their life in line with the growing trends and to provide an outlet for rapidly changing events and pressing needs facing developing individuals and the society at large.

The special themes covered by this Report on skills training, awareness programmes, Children's parliament, medical camps, day care centre, etc are some of the salient areas that highlight the sector's effort to reach out to the fundamental need of our society today, to curb the growing social problems and to keep abreast with the growing social demands of our times.

I implore God's blessings upon every staff of '*FMA Outreach for Underprivileged Women and Children*' that their generous service of reaching out towards the needy society be fruitful and effective to bring about wholesome development in the lives of individuals and a society characterized by peace, justice, freedom, tolerance, equality, equity, and solidarity.

Affectionately,

Sr. Elizabeth George FMA
Provincial

INTRODUCTION

FMA-OUWC is a development Office of the FMA Shillong Province run by the Salesian Sisters since 2000. It is a registered, non-profit, secular, charitable Society and non-political organization. It started after identifying the problems through PRA (participatory Rural Appraisal) studies in various parts of the regions where we are working. It is a private non-profit indigenous organization that aims at involving as many people as possible to improve the socio-economic condition of underprivileged women and children of the numerous families in the states of Meghalaya, Karbi Anglong, (Assam) Tripura and Mizoram, through community Building such as self-help groups for men and women, Job-placement, Career Guidance and NIOS (National Institute of Open School) for school drop-outs. It aims at enhancing them to become self-reliance and to discover the indigenous values, which are unfortunately forgotten due to poverty and illiteracy. The primary focus of the organization is for the up-liftment of the women and children from socially and economically disadvantage section of the society. It works towards the promotion of sustainable development.



Mission

To promote environment, quality education, training, health status, employment and networking through appropriate strategies for the marginalised groups in the operational areas.



Vision

We commit to work for the integral and sustainable development of the marginalized groups to promote and empower their potentials in an environment of which upholds the value of human rights and dignity, eco-friendly, lobby and advocacy, justice and peace in a spirit of solidarity.

FMA-OUWC Activities during the Year 2022-2023

LEGAL AWARENESS PROGRAMME

The objective of this programme is to create awareness among the children about their rights and protection and to empower them of their rights. FMA-OUWC looks forward to disseminate legal knowledge by organizing awareness programmes on various laws. These seminars were opportunities for the students and children to develop a deeper understanding of the contents and implications of child rights in India. It was an eye-opener to most of the children and they are aware of their rights though they are small yet their rights are not mini rights. Empowering children, to ensure their Rights to survival, protection, development and participation. Children acquired knowledge on UNCRC, Juvenile Justice (Care and Protection) Act and POCSO ACT. The Integrated Child Protection Scheme, and other child protection Acts were discussed in the programme for children.



PUBLIC AWARENESS PROGRAMME

FMA-OUWC held a public awareness programme on Drug Abuse & Addiction in Lumshyiap on 29 November, 2022 in collaboration with Bombay Teen Challenge. Miriambell Wahlang from New Hope De-addiction cum Counseling Center and Amon Immanuel project director of Bombay Teen Challenge were the speakers. The purpose of the programme was about educating the public on the causes and nature of the disease of addiction and how to reverse the epidemic. Substance use disorder devastates the lives of individuals, families, and communities. Big number of audience gathered together in the roadside to listen to the speakers. It left an impact on the audience.

Place/Venue	Topic Discussed	Participants	Target Group
Sacred Heart Hr. Secondary School-Lamyrsiang	POCSO Act & Child Rights	400	School Children
Umjarasi	POCSO Act & Child Rights	85	NCP
Iew Mawlong	POCSO Act & Child Rights	53	NCP
Lum Shyiap	Public Awareness on Drug Abuse & Addiction		Public

SKILL TRAINING PROGRAMME

FMA-OUWC conducted Skills Trainings for the young people to upgrade quality based skill Training programme for the youth especially unemployed youth. The main objective of the programme is to train unemployed and under-employed youth with employable skills sets to economic self-reliance and increased self-dependence. Under this initiative, we have done the following skill trainings:

- Computer Training
- Advance Tailoring& Embroidery Training
- Food processing Training
- Eri Spinning

LEARNING ABOUT CHINESE FOOD

The Chinese Base Cooking Training was officially opened at FMA-Outreach on 16 August 2022. The Chief Guest of the day was the Additional Deputy Commissioner (ADC) Mrs. Dahunlang V. Lyngdoh, MCS. The event was graced by the presence of Mr. Rangksan Richad Khongwir, Trainer, Sr. Gemima Pohrmen Provincial Economist, Sr. Happyline Shadap, Superior of FMA-Outreach and the trainees.

Sr. Helena Puwein welcomed the gathering and briefed them out about the training. She also expressed her gratitude to the DC of East Khasi Hills for the financial assistance of this training, which is exclusively for the youth of the district under the VAF Scheme of the Government of Meghalaya. The ADC, in her speech inspired the trainees to actively participate in the training and benefited much. The two weeks training programme concluded on 2 September 2022 and the 32 trainees received a course of completion certificate from FMA-OUWC in the presence of Shri A.D Camble Director of KVIC and other invitees.



Sl. No	ACTIVITIES	Numbers	PARTICIPANTS
1	Computer Training	3 centres	112
2	Advance Tailoring& Embroidery Training	8 Centres	302
3	Food processing Training	1	32
4	Eri Spinning	1	3

TRAINING OF FACILITATORS

The Children Parliament facilitator training was conducted with the sisters, staff and intern from Martin Luther Christian University in the FMA-Outreach Hall on May 3-5, 2022. A total of 43 people attended the training programme. The programme began with a prayer service led by Sr. Beltiful Kharsnar, followed by the opening ceremony. Sr. Elizabeth George, provincial was the chief guest of the event. The ceremony was attended by Sr. Gemima Pohrmen, Provincial Economer, Sr. Elizabeth Thannimoothil, superior of Mary Our Help Training Centre, and Sr. Happyline Shadap, superior of FMA -Outreach. Sr. Helena Puwein, Director of FMA-OUWC, delivered a welcome address before lighting the lamp.



Following the inaugural ceremony Mr. Job Puthenpura, the trainer then opened the session inquired the expectations of the participants from the training. He then outlined the purpose of the training explained as learning to understand the process involved in the formation of Children's Parliament and its possibilities. The training contained inputs sessions on Formation of Children's Parliament and Leadership qualities. He further explained the concept of NCP, what are the rights and its history, the stages of Children's parliament, the concept of equality, the necessity of celebrating the differences in children's parliament, the Gender discrimination and the history of Child rights. The trainer organized a motivational game in between the sessions which encouraged the participants to think outside the box. The three- days training came to an end with evaluation in the presence of Sr. Elizabeth George, Sr. Happyline Shadap and Mr. Job. It was indeed an enriching sessions with very relevant and knowledgeable inputs.

LEADERSHIP SKILLS TRAINING

The coordinators of different sectors participated in a two- days Leadership skills Training Programme on February 22 and 23 at FMA-Outreach, there were 18 participants attended the training. The program began with a prayer led by Sr. Garnet Sutnga and the lighting of a lamp to mark the auspicious beginning. The prayer instilled a sense of positive energy among the participants, setting the tone for the rest of the day. Sr. Helena Puwein, Director of FMA-OUWC gave a welcome note to everyone present.

Eva Thabah, the trainer took up the session immediately after the inaugural ceremony, and the main goal of this training is to establish leadership traits in the coordinators who would eventually be in charge in their particular centres. The Programme was divided into numerous sessions, including an interactive session where the trainer interacted with the trainees and delivered a lecture on a range of topics linked to enhancing leadership skills and several activities were carried out to engage the trainee more. The trainer asked the participants to send their feedback post training through Google form to have a better follow up.



NEIGHBOURHOOD CHILDREN'S PARLIAMENT (NCP)

Neighbourhood Children's Parliament (NCP) is indeed a great means to assist children helping them to claim their rights and develop their leadership and social responsibility. Children get the chance to express their thoughts, recommendations, and opinions throughout NCP activities. Once a month, meetings are conducted to discuss local concerns and minor issues and to find solutions. The youngsters are followed up by the facilitators. In partnership with a right-based approach, awareness programmes were carried out in various units to enhance children's wellbeing, their relationships with peers, and their dedication to study. This year FMA-OUWC form 13 units of NCP with 508 members in total.

OATH TAKING CEREMONY

The Oath taking ceremony is a solemn occasion where the children were all prepared to don the mantle of leadership and carry out the responsibilities entrusted upon them. To inculcate the leadership qualities in children and to give them a feel of leaders and a sense of responsibility.

- The oath taking ceremony of Neighbourhood Children parliament(NCP) was conducted on 15 December, 2022 at Iewmawlong in the presence of Ms. Lalchan Dami K. Marak, the Junior Rural Development Officer of Umling Block as Chief Guest, Ms. Aprelia Ruth Rani the representative from the District Child Protection Unit (DCPU) office, as Guest of Honour, Ms. Deity Kordor, the Center Coordinator Childline Nongpoh, as special Invitee, the Headmen, Sr. Helena Puwein the Director of Social Development Office of the province, Sr. Garnet Sutnga, Sr. Luigina Duia, superior of Saiden



community, Sr. Deihok Mukhim, the local Co-coordinator of NCP, the Sisters and many representatives of men and women from the four villages of Umjarasi, Mawdiangum, Pahamsyiem and Iewmawlong, where the children come from. Currently, 2 units from Umjarasi, and one unit each from Mawdiangum, Pahamsyiem and Iewmawlong villages took oath on this day.

- On 16 December, 2022 the NCP of Bellefonte unit had the oath taking ceremony cum pre-Christmas celebration was held at Social Development Hall. The oath taking for the president and the prime minister was lead by Shri. Jubanlang Kharbihkhiew, local independent candidate for MLA (Member of legislative Assembly), while the oath taking for the other representatives was lead by the president of the Children's Parliament.

REPUBLIC DAY CELEBRATION

The Republic Day celebration was celebrated with the NCP in Saphai. The chief guest, distinguished guests, invitees and parents were warmly welcomed by the NCP Speaker. The chief guest said on the occasion that students should be brave and face all the challenges with courage. One exciting moment for children was the distribution of gifts for all the members of the Children's Parliament who secured first, second and third rank during the examination of 2022. During this event the children showcase their unique abilities through performances, speeches and other activities. We found that this is the best way to identify

any children's capabilities. Sr. Marvella Shangpliang urged all the students to exercise responsibility so that they can fulfill their role as good citizens and mould the young minds, preparing them to lead the country towards development. 130 children came for the celebration.



ANNUAL MEET

FMA-OUWC Children Parliament held its annual meet on February 1, 2023 at Mary Our Help Training Centre. The event was attended by 430 children from Saphai, Saiden, Khliehriat, Mawlai and Bellefonte unit. Sr. Elizabeth George, Provincial graced the occasion as the Chief Guest and other invitees were present. Shngain Chyne Child protection Officer from District Office and sr. Garnet Sutnga were the resource persons of the day on the topic Child rights and Protection.

In the Key note address of Sr. Elizabeth George, provincial emphasised the role/ function of the Children's Parliament, opined that Children Parliament is one of the best platform for children to train their leadership skills. Sr. Gemima Pohrmen, Provincial Economer exhorted the children to identify the concerns that affect them and voice it out in the right platform in Children Parliament.

The main objective of this gathering is to give children a sense of belongingness, to inspire them to express themselves confidently. Children were aware of their rights and other matters pertaining to their well being during the sessions. Children from different units showcase their talents in dancing and singing to make the occasion lively and enjoyable. Lunch was served to everyone at the end of programme and after lunch, all proceeded to Golf link for an exposure.



ADVANCE CHRISTMAS CLEBRATION

Christmas is a time of celebration for many people, whether it is religious or cultural. Decorating Christmas trees, baking cakes and other goodies, stringing up lights, exchanging gifts, and sharing food, stories,

laughter and love are all part of the celebration. Wishes and Blessings has picked some of the best ways to make the most of Christmas. This year, FMA-OUWC celebrated advance Christmas

- 16 December, 2022 in FMA-Outreach with the NCP of Bellefonte Unit. A person dressed up as Santa Claus paraded through the crowd and distributed sweets to children. At the end of the programme there was a cutting of cake and refreshment was served to everyone.
- 23 December, 2022 in Day Care Centre Khliehriat advance Christmas was celebrated with the senior citizens. Serafina Dkhar coordinated the programme and a note of welcome by Sr. Maria Goretti Nongrum the superintendent of Day Care Center. There were a variety of performances by the elderly and by the NCP as well. They were applauding, singing Christmas tunes, and exchanging handshakes with everyone. Sr. Helena Puwein, Director of Social Work, and Sr. Garnet Sutnga presented everybody with a Christmas gift. At the end of the presentation, there was a cake cutting and lunch together.



MEDICAL CAMP

Health Care programs leave a significant impact to the marginalized sections of our society, especially the elderly. We have conducted Health camp with following objectives and activities.

- To bring affordable healthcare and identify the common health problems of the senior citizens in order to address them.
- To create awareness on the need for personal hygiene in prevention of serious disabling diseases
- To create awareness on our Day Care centre activities to the localities.

With the assistance of a doctor from Civil Hospital Khliehriat, a series of free medical health check up camp for our elderly were organized. Our Day Care Centre offered free physical examinations as well as medication to the 50 beneficiaries. The medical camp provided opportunities to us to give extend our services to the community.



Sl. No	ACTIVITIES	Numbers	PARTICIPANTS
1	Health Camp	10	50

ENVIRONMENTAL CARE

FMA-OUWC celebrates the World Environment Day on the theme “Only One Earth” Living sustainably in harmony with the nature in St. Joseph Higher Secondary School. The main aim of the event was to increase

awareness among students about the importance of the environment and the need to protect it. Students were asked to prepare projects, make models or decorate the class with Environment Day theme. This programme acts as a platform that helps create awareness about various issues that have adverse effects on the environment, like global warming, overpopulation, pollution, and crime against wildlife.

The programme for the 3 schools of Bellefonte Community College (BCC), St. Anne Secondary School and St. Joseph Higher Secondary School, has been able to reach over 500 children through painting exhibitions, singing and dancing competition. The same was organized in Khliehriat on the same day through Tree plantation and cleaning Drive of the locality and 46 men and women took part in the event.



INAUGURATION

The Blessing and inaugural ceremony of the renovated Social Development Office on January 20, 2023 at FMA-Outreach commenced with a word of welcome to all the distinguishing guests by Sr. Garnet Sutnga. She formally welcomed all the dignitaries present and to all the participants. The invitees present on the occasion were Sr. Elizabeth George, Provincial, Fr. Paul Olphindro Lyngkot, provincial SDB, Jaba Chakraborty, Manager of Small Scale Development Bank (SIDBI), Pamela Pyngrope, State Manager at

Social Mobilization and Institute Development DAY-NULM, Siewspah Kurbah, City Manager at Shillong Municipal, Sr. Gemima Pohrmen, Provincial Economer, other invitees, sisters and novices attended the ceremony to inaugurate the office. This event marked a fresh approach to social services that we are giving.

Sr. Helena Puwein, Director of FMA-OUWC briefed about the significance of the office and its aims followed by a prayer of blessing by Fr. Paul Olphindro Lyngkot then followed by the cutting of ribbon by Jaba Chakraborty, and Sr. Elizabeth George and Fr. Paul bless the office. The Children's Parliament of Bellefonte unit performed a song "Ka Mei Mariang". Sr. Elizabeth George then gave a brief address in which she conveyed her appreciation to everyone who had attended the event. Smt. Pamela Pyngrope, outlining the Social Mobilization and Institutional Development Day-NULM and Jaba Chakraborty, gave a brief introduction about SIDBI and its collaboration with the FMA-Social Development in the past.

To conclude with Sr. Helena Puwein expressed gratitude to each and every invited guest and participant for honouring the event with their warm presence. She thanked everyone for gracing the occasion by their solemn presence.



TRAINING ON FARMER'S CLUB

On September 16, 2022, Bellefonte Community College BCC hosted a one-day course on farmers' clubs. Fr. Cyril Turkey SDB served as the training's resource person. Sr. Helena Puwein gave a brief introduction to the training before handing the session over to the resource person. For the training, there were eight participants. The course was really beneficial to the participants' experience.



COMMUNITY MOBILISATION

FMA-OUWC firmly believes in the empowerment of the underprivileged therefore one of the first interventions in their development is through Community mobilization for the formation of Farmers' Club. Topics range from seed and soil to organic farming. Community mobilization program was conducted in Mawpat-Mawier and Nongmysong village by the Miss Liphidia Kharbuki, staff, through door to door outreach. The primary objective of the program was to raise awareness and promote the establishment of Farmer's club in the selected areas.



As the result of the outreach, 30 households in Mawpat-Mawier were successfully mobilized

and expressed interest in forming the Farmer’s Club. Additionally, four farmers in Nongmynsong Wahkdait were also identified.

The program’s outcome highlights the potential effectiveness of community mobilization in promoting farmer’s club and fostering agricultural development. The program’s success can be attributed to the efforts made by the Staff and the willingness of the community to engage and participated in the program. This approach can serve as the model for the other communities seeking to established farmer’s club and promote sustainable rural development.

Date	Place/Venue	Participants
18 Nov 2022	Mawlong	27
1 Dec, 2022	Khliehriat Pamrapathlu	30
11 Feb & March 3, 2023	Mawpat-Mawier	30
13 & 14 February 2023	Nongmynsong Wahkdait	4

FMA-OUWC Resource Team



Helena Puwein



Gemima Pohrmen



Garnet Sutnga



Happyline Shadap



Cynthia Kharwaniang



Liphidia Kharbuki

Centre Coordinator

Sr. Lucy Sangriang

Sr. Monica Kharkongor

Sr. Lida Mary Kharkongor

Sr. Deihok Mukhim

Sr, Janicia Nongrum

Sr. Igina Kharjana

Sr. Albina Phangchopi

Sr. Hamdiaw Suchiang

Sr. Manosha Lyngdoh Nonglait

Sr. Risalin Lyngdoh Marshillong

Sr. Joycy Mary Nongbsap

Sr. Daphira lawai

Day Care Centre Staff

Sr. Maria Goretti nongrum

Sr. Opaia Tyngkan

Serafina Dkhar

Purity Swer

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For more information log on to <https://fmaoutreachshillong.in>