



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956 & approved by NCTE)
Senapati - 795106, Manipur, India

Motto : "Ever Forward"

Criterion 3

3.4.1

Supporting Document

Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years.



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto : 'Ever Forward'

EDUCATIONAL CAMPAIGN

Event Name	Educational Campaign
Date of the Event	4 th December, 2021
Organized by	Mount Everest College
Venue	Namlee Village, Kamjong District
Number of Volunteers	4
Activity Report	The team organized an interaction programme with the local people of the village accompanied by the village authority members on the values of education and the scope to get into higher studies.
Programme Outcome	Create awareness on the importance of education and the means to get into higher education.

Event Pictures



[Signature]
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: Ever Forward

VACCINE MAHOTSAV FESTIVAL

Event Name	Vaccine Mahotsav Festival
Date of the Event	11 th – 14 th April, 2021
Organized by	NSS Unit 1, MEC
Venue	Oinam Village, Senapati & Taphou Phymai, Senapati
Number of Student Volunteers	32
Activity Report	<ul style="list-style-type: none">• A door to door awareness campaign on covid-19 vaccination conducted by the volunteers.• The volunteers were divided into four groups for easy coverage of the two villages which was further divided into 4 areas.• The volunteers interacted with every households on the importance of vaccination to make our society immune to covid 19.• Free face mask was distributed to the local people of the village.• The volunteers further encouraged the local people to vaccinate themselves from the district hospital of Senapati.
Programme Outcome	<ul style="list-style-type: none">• A sense of awareness was created to both the local people and the students to vaccinate.• The local people are made aware of the importance of vaccination to fight against covid 19.• The how and where to vaccinate was made known to the local people and the students.


Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

Event pictures




Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

FIT INDIA FREEDOM RUN

Event Name	Fit India Freedom Run
Date of the Event	16 th August, 2021
Organized by	NSS Unit 1, MEC
Venue	Senapati Town
Number of Student Volunteers	18
Activity Report	The team organized freedom run from Excise station, Senapati to College campus under the banner "Fit India Freedom Run" under Azadi ka Amrit Mahotsav. Under this, the local people of Senapati town were also allowed to participate. In the process, the volunteers interacted with the local people and spread the vision and mission of "Fit India Freedom Run".
Programme Outcome	Promote fitness and freedom from anxiety.

Event Picture



M.E.
Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

Awareness Campaign

Event Name	Awareness Campaign on "Hazards of Plastic Wastes cum Social Work".
Date of the Event	4 th December, 2021
Organized by	Co-Curricular Committee, MEC
Venue	Taphou Namthan Villaga, Senapati
Number of Volunteers	24
Activity Report	The team conducted a campaign on the hazards of plastic wastes in the village. After which, accompanied by the village authority members and youths of the village a cleanliness drive was conducted and the collected plastics were disposed carefully.
Programme Outcome	Methods to dispose plastic materials learnt and creating plastic free village.

Event picture



MJC
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

NATIONAL GIRL CHILD DAY

Activity Name	National Girl Child Day
Event Description	Create awareness amongst the community people about the potential of a girl child to contribute in the society.
Organized by	NSS Unit 1, Mount Everest College
Venue	Taphou Phyamai Village, Senapati.
Event Date	24 th January, 2022
Number of Students Participated.	Male - 10 Female - 19 Total - 29
Number of Faculties Participated	Teaching - 1 Non-Teaching - 1 Total - 2
Activity Report	<ul style="list-style-type: none">• The students and teachers gathered at college compound at 9.30 A.M. After briefing about the activity, the team moved out from the college compound at 10 A.M.• The team reached Taphou Phyamai Youth Office at 11 A.M. After brief interaction with the members of the Taphou Phyamai Youth Office, the team proceeded with door to door awareness campaign in the village accompanied by the members of the Youth Office.• The door to door awareness campaign continued for 3 days consecutively on the theme "<i>She can do anything</i>".• In the course of this awareness campaign the team interacted with local community people raising the issue of inequality and unfair treatment towards the girl child in our society and the potential of girl child to contribute in our society if given the opportunity.• The team also identified four best girls from the village who excel in the field of music, academic, arts, sports etc and gifted a token of appreciation to be a model and encouragement to the girls in the society.• The activity ended on the 3rd day i.e. 26th Jan, 2023 with a short gathering and discussion in the Taphou Phyamai Youth Office with its members and the team.
Programme Outcome	<ul style="list-style-type: none">• The outcome of this programme taught the volunteers and the community people about the importance of girl child in our society and the role they play.• The programme inculcate a sense of gender equity in respect to opportunity to the volunteers and the local people.

Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Event Picture

Motto: Ever Forward



MJE
Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"




Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

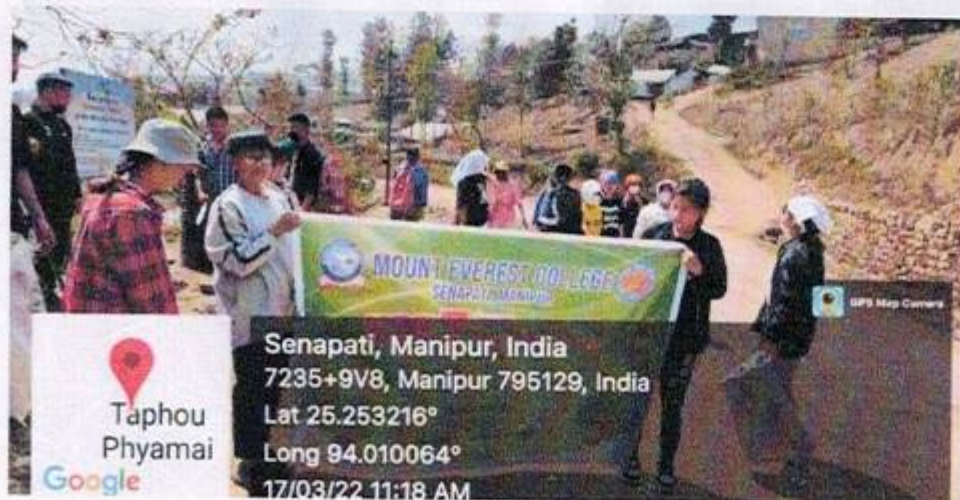
(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

CLEANLINESS DRIVE

Event Name	Cleanliness Drive
Date of the Event	17 th March, 2022.
Organized by	NSS Unit 1, MEC & Taphou Phyamai Youth & Students Organisation (TPYSO)
Venue	Taphou Phyamai, Senapati
Number of Student Volunteers	36
Activity Report	The volunteers and members of TPYSO cleaned the village pathways, waiting shed and Church compound of Taphou Phyamai.
Programme Outcome	<ul style="list-style-type: none">• A sense of cleanliness and civic responsibility inculcated amongst the local community and students.• Making clean and plastic free environment of the village.

Event Pictures



[Signature]
Principal
Mount Everest College
Senapati, Manipur

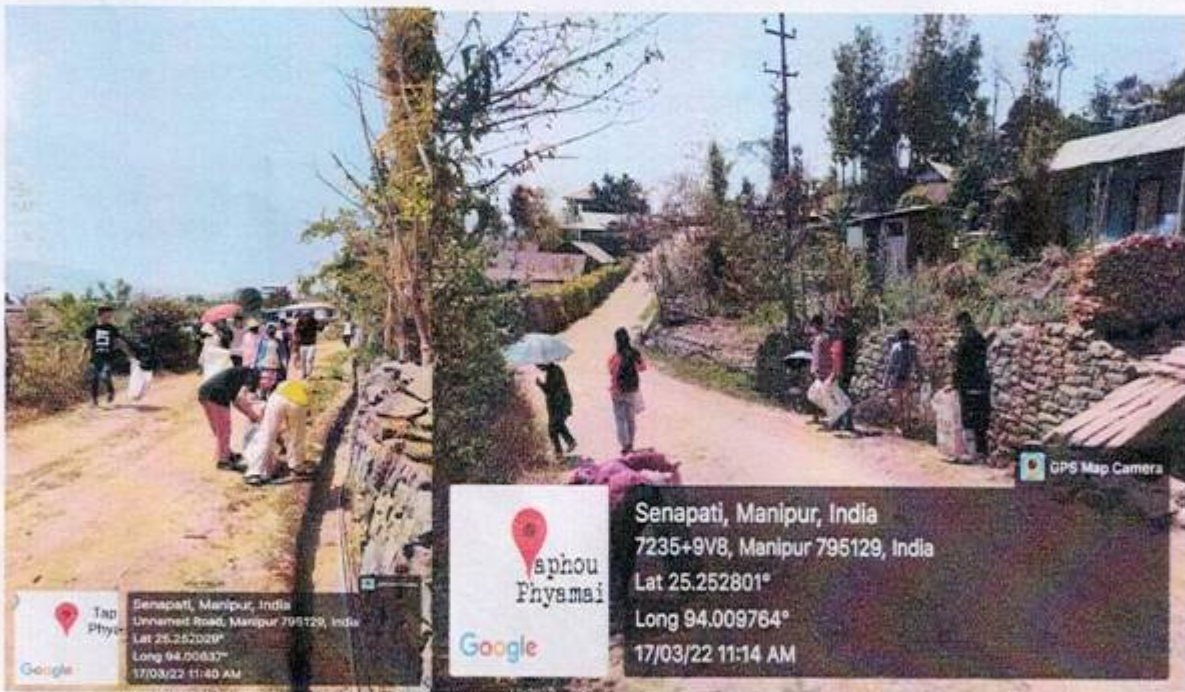
Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"



[Signature]
Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

INTERNATIONAL FOREST DAY

Event Name	International Forest Day
Date of the Event	21 st March, 2022
Organized by	NSS Unit 1, MEC
Venue	Taphou Phyamai Village, Senapati
Number of Student Volunteers	24 Students
Activity Report	NSS Unit 1 of Mount Everest College organized an awareness programme at Taphou Phyamai village in relation to "International Forest Day". The volunteers interacted with the village people to create awareness on the importance of reservation of forest, tree plantation, rain water harvesting and wildlife conservation to help protect our environment and mitigate global warning.
Programme Outcome	<ul style="list-style-type: none">• It made the local people aware of the deteriorating climate and environment condition.• It introduced the local people to the importance of afforestation and various means to protect the environment.• The local people encouraged the volunteers to organize more of such awareness programme.


Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Event picture

Motto: *Ever Forward*



Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: 'Ever Forward'

WORLD ENVIRONMENT DAY

Event Name	World Environment Day
Date of the Event	5 th June, 2022
Organized by	NSS Unit 1, MEC
Venue	Taphou Kuki, Taphou Phymai & Poonem Ground
Number of Student Volunteers	27 Students
Activity Report	The programme mainly focus on 'Living sustainably in harmony with nature', as it calls for collective and transformative action on a global scale to celebrate, protect and restore our planet. As part of this global goal the Mount Everest College NSS Unit- 1 volunteers initiated a small contribution in plantation of Bamboo in the Landslide prone areas of Taphou Kuki, Taphou Phymai and Poonem Ground. They also planted different varieties of trees and fruits in and around the campus. This will not only strengthen our ecosystem but also will benefit the community as it will provide food and shelter to many birds and animals and which will enable to live sustainably in harmony with nature.
Programme Outcome	<ul style="list-style-type: none">• Awareness on saving the ecosystem created around the villages.• Initiative on providing a sustainable environment executed by planting trees and plants for the villages.


Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

Event Pictures




Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

MEGA BLOOD DONATION CAMP

Event Name	Mega Blood Donation Camp
Date of the Event	1 st July, 2022
Organized by	NSS Cell Manipur University, Regional Institute of Medical Science (RIMS) and Rotary Club, Imphal.
Venue	Manipur University
Number of Student Volunteers	8 Students
Activity Report	All the volunteers donated blood.
Programme Outcome	<ul style="list-style-type: none">• Increase in the blood bank of RIMS.• Free availability of blood for patients needing urgent blood.

Event Pictures



M. J.
Principal
Mount Everest College
Senapati, M.



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: 'Ever Forward'

Extension Programme

Event Name	Cleanliness Drive
Date of the Event	27 th September, 2022
Organized by	Anti-Litter Club, Mount Everest
Venue	Apfii Saliki Market, Senapati.
Number of Student Volunteers	47
Activity Report	The team led by two teachers picked waste materials in and around the market and dispose in proper place. After which, the team also conducted awareness campaign by interacting with the public in the market on waste management.
Programme Outcome	<ol style="list-style-type: none">1. Create awareness on waste management to the public.2. Maintaining the market clean.3. Instill civic sense and responsibility to the team and the public to maintain public property and clean environment.

Event Picture



[Signature]
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

CLEAN INDIA CAMPAIGN

Event Name	Clean India Campaign
Date of the Event	22 nd October, 2022
Organized by	NSS Unit 1, MEC
Venue	Taphou Phyamai
Number of Student Volunteers	15
Activity Report	The NSS unit 1, Mount Everest College conducted a cleanliness drive under the banner of Clean India Campaign in relation to Swachh Bharat at Taphou Phyamai. The volunteers picked garbage in and around the village and dumped in garbage pit and dispose by burning.
Programme Outcome	Inculcate civic sense to the local people and the volunteers as well and create awareness on cleanliness through the mission of Swachh Bharat.

Event Picture



[Signature]
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: Ever Forward

INTERNATIONAL DAY OF FOREST

Event Name	International Day of Forest
Date of the Event	21 st March, 2023
Organized by	NSS Unit 1- MEC
Venue	College Campus & Taphou Phymai
Number of Student Volunteers	50
Activity Report	An awareness programme was conducted in the college with Asst. Prof Niomchung Jatak as the resource person. Afterwhich, the volunteers went to the adopted village Taphou Phymai and conducted a door to door awareness programme. The volunteers interacted with the local members on the importance of conserving forest.
Programme Outcome	Spread awareness on sustainable forest management and biodiversity conservation to the local communities.


Principal
Mount Everest College
Senapati, Manipur

The People's Chronicle

Mt Everest College observes Forest Day

CORRESPONDENT

SENAPATI: Mount Everest College NSS Unit-1 observed International Forest Day, 2023 under the theme "Forest & Health" on Tuesday at the smart class hall of the college.

As resource of the observance, IQAC Coordinator and Department of Physics assistant professor Niomchung Jatak Chiru reminded that forests are good for physical and mental well-being of the people as it helps boost the immune system, lowers blood pressure and promotes relaxation. From cleansing the air to serving as natural cooling system and providing fresh water, forest supports people's health in many ways, he added.

Globally, 10 million hectares of forest are lost each year, but we can turn the tide of this negative trend through sustainable forest



management and ecosystem restoration, he maintained, while informing that 60 per cent of infectious diseases and 75 per cent of all emerging infectious diseases are Zoonotic, which originate from the transfer of pathogens from animals to human due to the clearing of natural landscape of the forest (animal habitat) by human activities.

Planting trees and restoring forest will shield the people from future pandemics, he added.

Meanwhile, NSS volunteers, who participated in the programme, reached out to Taphou Phymai village (adopted village) and spread awareness in order to ensure sustainable forest management and biodiversity conservation.

ThePeoplesChronicle Edition
Mar 22, 2023 Page No. 3
Powered by : eReleGo.com



Senapati, Manipur, India
Mt. Everest College Chapel, AH2, Manipur 795129, India
Lat 25.253022°
Long 94.012469°
21/03/23 10:28 AM GMT +05:30



Senapati, Manipur, India
7237+J3H, Senapati, Manipur 795129, India
Lat 25.253728°
Long 94.012812°
21/03/23 10:50 AM GMT +05:30

[Signature]
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

CLEANLINESS DRIVE

Event Name	Cleanliness drive
Date of the Event	1 st May, 2023
Organized by	Extension Committee MEC, Anti-Litter Club MEC, Sociology Dept. MEC & Lungnila Elizabeth College.
Venue	Willong Village
Number of Student Volunteers	46
Activity Report	<ol style="list-style-type: none">1. Visit the Willong Megalith2. Install dustbins with college name inscribe on it.3. Collect waste materials around the Megalith area and dispose in proper place.
Programme Outcome	Maintaining of tourist place with historical importance.


Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

Event Pictures



M. J.
Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

EXTENSION PROGRAMME

Event Name	Extension Programme
Date of the Event	1 st May, 2023
Organized by	Extension Committee MEC, Sociology Dept. MEC, Anti-Litter Club & Lungnila Elizabeth College.
Venue	Yangkhullen Village
Number of Student Volunteers	46
Activity Report	<ol style="list-style-type: none">1. Blood group identification,2. Women sanitation and hygiene awareness and distribution of sanitary pads to women in the village,3. Distribution and installation of dust bins inscribed with the college name in the village,4. Visiting and recording the preserved historical past and magnificent traditions of the village.
Programme Outcome	Sensitize the local people as well as the volunteers on the importance of cleanliness, health and hygiene of women and sanitation.

Event Pictures




Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"



Principal
Principal
Mount Everest College
Senapati, Manipur



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"

CLEANLINESS DRIVE AND CAMPAIGN

Event Name	Cleanliness Drive and Campaign
Date of the Event	29 th September, 2023
Organized by	NSS Unit 1, Anti-Litter Club & Extension committee in collaboration with Senapati District Olympic Association Manipur.
Venue	Astro Turf Senapati Ground
Number of Student Volunteers	65
Activity Report	Cleaning drive was carried out in and around the venue. An awareness campaign was also carried by announcing to the public regarding the littering and disposal of waste. Pamphlets of "Mission Earth & Earthlings" were also distributed to the public.
Programme Outcome	Maintenance of clean environment in Astro Turf Senapati Ground and sensitization of the public to be responsible in maintaining the public properties.

Event Pictures



[Signature]
Principal
Mount Everest College
Senapati, Manipur

Office - 8132882102
e-mail : mteverestspt@yahoo.co.in



Mount Everest College

(Affiliated to Manipur University, Govt. Aided and
Recognised by UGC under 2(f) and 12(B) of UGC Act, 1956)
Senapati - 795106, Manipur, India

Motto: "Ever Forward"



[Signature]
Principal
Mount Everest College
Senapati, Manipur

Declaration:

I hereby declare the details and information given above are complete and true to the best of my knowledge and belief.

Dr. Laishram Vijaya Devi
Principal
Mount Everest College
Taphou, Senapati, Manipur