



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 – 7

Institutional Values and Best Practices

Additional Information for Metric 7.1.1

Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years

1. Equal gender enrollment in academic: Mount Everest College promotes diversity, inclusivity, and ensures equal opportunities for all genders to access education and succeed.

MOUNT EVEREST COLLEGE, SENAPATI

1	Name of College:	Mount Everest College
2	Full Address of the College	Taphou, Senapati
3	Name of Principal Mobile Number	Dr. Samson S. Chiru
4	Email: Website:	mteverestspt@yahoo.co.in/ mounteverestcollegespt@gamil.com https://mounteverestcollege.ac.in/
5	Distance from MU:	66 Kms
6	Year of permanent affiliation:	2005
7	Status:	Co-education
8	Subject(s)/Course(s) provided:	B.A., B.Sc., B. Com., B. Ed (General & Honours)
	General Course	Honours Course
	English (Elective), Political Science, History, Sociology, Economics, Education, Home Science, Physics, Chemistry, Zoology, Botany, Mathematics, Computer Science, Anthropology, Commerce, B.Ed.	History, Political Science, English, Sociology, Physics, Chemistry, Zoology, Botany, Mathematics, Commerce. B.Ed.

2018-2019

Class	General		ST		SC		OBC		Total		Total
	M	F	M	F	M	F	M	F	M	F	
B. A.-1 st Semester	3	2	98	69	2				103	71	174
B. Sc. 1 st Semester	4	4	18	17					22	21	43
B. Com.-1 st Semester	4	5	1						5	5	10
B. A. -3 rd Semester	2	2	56	36					58	38	96
B. Sc. 3 rd Semester	1	5	6	8					7	13	20
B. Com.-3 rd Semester	1	2	6	1					7	3	10
B. A.-5 th Semester	4	3	52	48					56	51	107
B. Sc. 5 th Semester	3	1	22	22					25	23	48
B. Com.-5 th Semester			8	2					8	2	10
B. Ed. 1 st Semester	04	01	28	66			01		33	67	100
Grand Total	22	24	299	270	02		01		324	294	618

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2019-2020

Class	General		ST		SC		OBC		Total		Total
	M	F	M	F	M	F	M	F	M	F	
B. A.-1 st Semester	02	01	78	51					80	52	132
B. Sc. 1 st Semester	04	03	26	26					30	29	59
B. Com.-1 st Semester			15	7					15	7	22
B. A. -3 rd Semester	03	01	85	71					88	72	160
B. Sc. 3 rd Semester	04	03	23	17					27	20	47
B. Com.-3 rd Semester			04	04					04	04	08
B. A.-5 th Semester	02		45	32					47	32	79
B. Sc. 5 th Semester	01	05	03	10					04	15	19
B. Com.-5 th Semester	02	02	05	01					07	03	10
B. Ed. 1 st Semester	01		35	63	01				37	63	100
B. Ed. 3 rd Semester	04	01	28	66			01		33	67	100

Grand Total	23	20	347	344	01		01		372	364	736
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2. Equal enrollment of gender in clubs/committees to fosters diversity, ensures fair representation, and enhances collaborative decision-making and inclusive community development.

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2020-2021

Class	General		ST		SC		OBC		Total		Total
	M	F	M	F	M	F	M	F	M	F	
B. A.-1 st Semester	03	02	107	53					110	55	165
B. Sc. 1 st Semester	13	09	39	33				01	52	43	95
B. Com.-1 st Semester	04	02	21	03					25	5	30
B. A.-3 rd Semester	01	01	64	45			01		66	46	112
B. Sc.-3 rd Semester	04	03	26	25					30	28	58
B. Com.-3 rd Semester			15	07					15	07	22
B. A.-5 th Semester	03	01	85	71					88	72	160
B. Sc.-5 th Semester	05	01	22	19					27	20	47
B. Com.-5 th Semester		04	04						04	04	08

2021-2022

Class	General		ST		SC		OBC		Total		Total
	M	F	M	F	M	F	M	F	M	F	
B. A.-1 st Semester	02	03	66	68					68	71	139
B. Sc. 1 st Semester	09	06	33	29					42	35	77
B. Com.-1 st Semester	05	03	15	07					20	10	30
B. A.-3 rd Semester	03	02	107	53					110	55	165
B. Sc.-3 rd Semester	13	09	39	33				01	52	43	95
B. Com.-3 rd Semester	04	02	21	03					25	05	30

B. Ed. 1 st Semester	05	05	29	60				01	34	66	100
B. Ed. 3 rd Semester	01		35	63	01				37	63	100
Grand Total	36	30	447	379	01	01	02	01	486	411	897

B. A.-5 th Semester	01	01	64	45			01		66	46	112
B. Sc. 5 th Semester	04	03	26	25					30	28	58
B. Com.-5 th Semester			15	07					15	07	22
B. Ed. 1 st Semester			03	32	63			02	32	68	100
B. Ed. 3 rd Semester	05	05	29	60	01			01	34	66	100
Grand Total	46	37	447	393	01	01	04	04	494	434	928

2022-2023 Cultural Club members

Sl. No.	NAME	SEX	Roll No.	Phone No.	Triop
1	L.S. BEBAE	F	117	979994100	KUKI
2	B.D. Debra	F	142	983228953	NEPALI
3	YERRINDI SANKU MATEMARI	F	140	7641893200	NEPALI
4	P.P. SURESHINI	M	18	985146408	
5	A. HARI	M	20	88322197	KUKI
6	P. KANU	M	24	845500442	NAGA
7	A. ZARPOU	M	11	986295217	NAGA
8	L.J. VEILDORU	M	03	985502153	NEPALI
9	RANJU RAI	F	53	819946379	
10	Mithun Chatterjee	F	86	600953303	NAGA
11	CH. RAH	F	61	911231636	KUKI
12	T.P. POUNJARI	F	30	708519929	KUKI
13	PRO. PROZINE	F	49	951217091	NEPALI
14	T. BETTY BUNH	F	23	609221977	NAGA
15	R. RIZINE BUNH	F	4	853583513	NAGA
16	PH. RANIE	F	55	883492141	NAGA
17	TH. RAVULA	F	21	818249185	NAGA
18	N. TARALO ALLIROSE	F	40	9852425179	NAGA

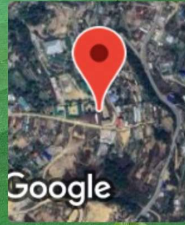
2022 - 2023 Cultural Club Members

Sl. No.	NAME	SEX	ROLL NO.	PHONE NO.	
19	S.M. TALAVELU	F	97	9863978807	NAGA
20	YINGAMA NINGSHEA	F	32	8115445534	NAGA
21	YULU DORAI	F	29	8132039752	NAGA
22	K. KRISHAKU RACHAI	F	20	6009117700	NAGA
23	Mithun Nammam	F	106	8837315919	NAGA
24	Shigga	M	82	924788314	NEPALI
25	Thangin Ram	M	2	785481143	KUKI
26	Jyothsna Jyotsna	F	31	9360502163	NAGA
27	Mithun Lalita	F	25	800983644	KUKI
28	VEDYING DORUO	M	14	600987328	NAGA
29	LATHINA	M	19	8468210	
30	LATHILU PACHAI	F	15	818151038	NAGA
31	RAHEL GANJAI	F	02	813207136	NAGA
32	SOUKANYA SANKU	F	48	986394497	NAGA
33	N. VAREENI	F	07	986366506	NAGA
34	NINA SUBOI	F	21	831734421	NAGA LI
35	LIVENAI ANA. RR.	F	22	986392807	NAGA

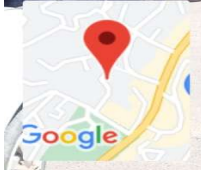
Cultural Club Members
(2022-2023)

36	LISHINAI	F	B-Con 3 rd Sem	24	6009190367	NAGA
37	Getsemane Kishene	F	BA 1 st Sem	16	9366290014	NAGA
38	Mithun Abanmai	F	BA 1 st Sem	33	9366014921	NAGA
39	Almonay Shupa	F	BSc 1 st Sem	03	7005896814	Nepali
40	Mithun Gyanmi	M	B-Con 5 th Sem	27	8837991972	Naga
41	Shigga	F	BA 3 rd Sem	09	7033835983	
42	Pamba Shupa	M	BSc-3 rd Sem	35	986328189	
43	Anrit Rai	M	BSc-3 rd Sem	53	76289983734	
44	Akash Gurai	M	BSc-1 st Sem	07	7628083316	
45	Nina Shupa	F	BSc-1 st Sem	42	8118902981	
46	Bishal Tomong	M	BSc-1 st Sem	07	9863016089	
47	Pratik Joseph	F	B-Con 3 rd Sem	17	8882148960	Poumai





Senapati, Manipur, India
Mt. Everest College Chapel, AH2, Manipur 795129, India
Lat 25.252887°
Long 94.0128°
01/03/23 01:08 PM GMT +05:30



Senapati, Manipur, India
72F-G+P83, Senapati, Manipur 795106, India
Lat: 25.274173°
Long: 94.02571°
27/09/22 10:36 AM GMT +05:30

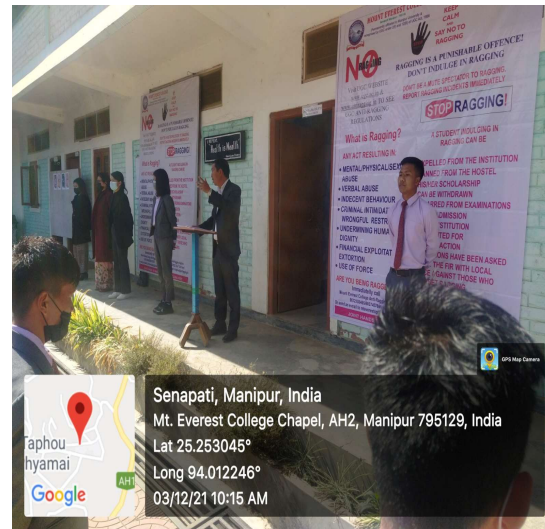
3. Anti- Ragging club and activities for promoting safety, respect, and equality, preventing harassment and ensuring a supportive environment for all students.

REPORT ON ANTI-RAGGING AWARENESS PROGRAMME
(2021-2022)

To ensure compliance as per the Ugc Regulations on curbing the menace of ragging in higher educational institutions, 2009, the Anti-Ragging Committee of Mount Everest College, Senapati, Manipur organized One Day Anti-Ragging Awareness Programme on 30th December, 2021 at 10:00 am. Vice Principal of the college, Mr. Mithuanlungkhar Gomei chiefly highlighted to the students about the Prohibition of Ragging Act. He also pointed out that Ragging is completely prohibited in Mec and strict action will be taken against the students who indulge in such activities. He informed about Anti Ragging committee and squad members of the institute.

He further added that all students must fill their anti-ragging undertaking affidavit and submit through Ugc web portal.

For the said Programme, The Anti-Ragging committee and Squad members along with other Members of Teaching & Teaching Staff were participated. Students from every streams and Semesters were present.



5

ANTI-RAGGING AND ANTI-INTOXICANT AWARENESS PROGRAMME

Date: 19th August, 2023

Time: 10:00 am

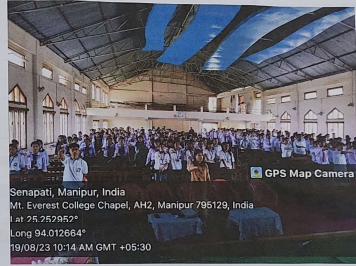
Venue: College Auditorium

Organised by: Anti-Ragging and Intoxicant Cell, MEC
Resource Person: Mr. Jangminthang, Asst. Prof. Sociology, MEC

The Anti-Ragging and Intoxicant Cell of Mount Everest College, Senapati organised a 'One Day Anti-Ragging and Anti-Intoxicant Awareness Programme' on the 19th August, 2023 at the college auditorium.

The programme was organised to give awareness and sensitise students about the evils of ragging and its prevention in the college, so also to maintain healthy interpersonal relations and to refrain from partaking their internal body environment with any form of intoxicants and overall to ensure disciplined environment in the college.

Towards the end of the programme, a mass-spectrum pledge was delivered by the gatherings of 300 students and staffs of Mount Everest College.



14/10/2021 Five Teachers attended Online Training in relation to "Child Sexual Abuse" organised by Department of Psychiatry JNIMS in partnership with Ministry of Law and Justice, Govt. of India.

Teachers participants are:

- ① L. Lungkhila Ngime (Zoology)
- ② R. L. Khoy Rong (Zoology)
- ③ K. Kateri (Botany)
- ④ Donkaoling Malangmei (English)
- ⑤ W. Duttakumar Singh (Botany)

Resource persons:

- ① Zevina Chanu, Clinical Psychologist
- ② R. K. Babina Devi, SI, Women Police, IE
- ③ Dr. Janet Konthoujam, SR, JNIMS.

4. CCTV camera on the premises to enhance security, deter misconduct, and ensure a safe learning environment.

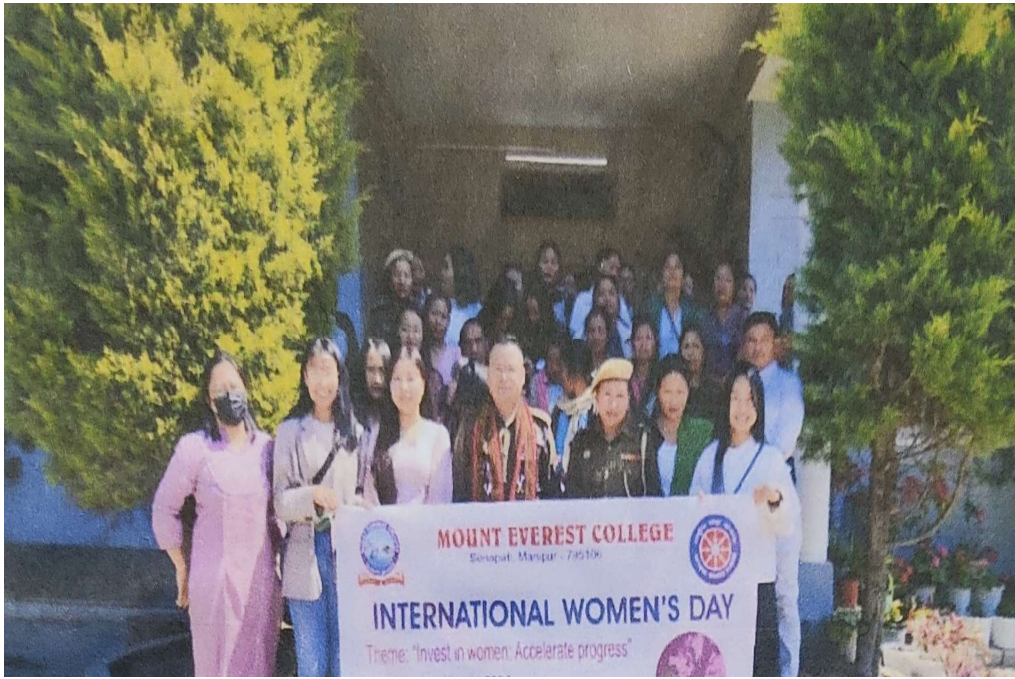


5. Women's Cell activities and amenities provided including workshops, support sessions, advocacy for women's rights, awareness programs, and fostering a safe, inclusive campus environment.









6. Extension activity on gender issue and hygiene

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Motto: "Ever Forward"

Event Picture

Senapati, Manipur, India
 Unnamed Road, Manipur 795129, India
 Lat: 26.250116°
 Long: 94.008804°
 24/01/22 01:06 PM

Senapati, Manipur, India
 Mt. Everest College Campus, Atq,
 Manipur 795129, India
 Lat: 26.250116°
 Long: 94.008804°
 24/01/22 12:48 PM

Senapati, Manipur, India
 Unnamed Road, Manipur 795129, India
 Lat: 26.250116°
 Long: 94.008804°
 24/01/22 02:03 PM

Principal
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Yangkhullen, Manipur, India
 GW05-678 Yangkhullen, Manipur 795150, India
 Lat: 26.220079°
 Long: 93.860682°
 01/05/23 11:58 AM GMT +05:30

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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	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



Mu
Principal
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Senapati, Manipur

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7. The college works on ensuring equal gender representation in class and sports week promotes inclusivity, diversity, and fair opportunities for all students, enhancing collaboration, mutual respect, and a balanced, supportive educational environment.

MTC SPORTS 2022-2023

March 17th Friday 2023 The teachers incharge along with the six semester students elected the following students as sports officials for 2022-2023.

Chairman - Anesara Longhung Hunggo
 vice chairman - Ch. Hriikuni Choro (M)
 General secretary - Lakshoni Gyacas (F)
 vice secretary - Rishaliu Ngennamai (F)

Recorder - X. Athikho (Male)
 Recorder - Pounkambou Marenmai (Male)
 Recorder - A. Zhaihou (Male)

Captains - A. Hriizhio (Male)
 S. Jengyem (Male)
 Ch. Kambambou (Male)
 Dzikipanho (Male)

Asst Captains - Maminziliu Desinamai (Female)
 Thachuteu Pamei (Female)
 X.P. Jeynich (Female)
 Dikimlu Makuimai (Female)

MOUNT EVEREST COLLEGE
SPORTS OFFICIALS
FOR
Sports' Week, 2022

SPORTS OFFICIALS

Chairman : Duanthuilung Pamei, B. Com. 6th Semester (21) - 88 372 71 791
 Vice Chairman : KH. Hrangao Benjamin, BA 6th Semester (87 80 91 47 49
 Secretary : R.H. Dorina, B. Sc. 6th Semester (51) 708 538 99 37
 Asst. Secretary : 1. Z. Lunglianglu, BA 6th Semester (5) 708 5212 508
 2. Pfokreho Losa, B.Com. 6th Semester (4) 690901 9341
 Joint Secretary : 1. Pankaj Kumar Jaiswal, B. Sc. 6th Semester (41) 7005181718
 2. Letjunlen Kipgen, B.Sc. 6th Semester (8) 8132045085
 3. J. Pulou, B.Sc. 6th Semester (33) 88 3 70 5 4 2 48
 4. RK Maning John, B.Sc. 6th Semester (2) 98 6 80 7 3 2 96
 5. S. Kaine, BA 6th Semester (76) 87 300 197 78

HOUSE CAPTAIN

Red House : H Dapunii Freeson (C) B.Com. 6th Semester (20) 9366772590
 Anjali Chhetri (VC) B.Sc. 6th Semester (26) 7269934641
 Blue House : P Hriipuni Rhamai (C), B.A. 6th Semester (109) 8729 898 298
 R. Ngambila Maram (VC) B.Com. 6th Semester (17) 8732055977
 Yellow House : L. Diakho (C), B.A. 6th Semester (82) 8014737464
 K.T. Rangala (VC), B.Com. 6th Semester (15) 9362108891
 Green House : Avavei James (C), B.Com. 6th Semester (02) 8782875238
 Prescilla Pamei (VC), B.A. 6th Semester (2) 7629085155

Date: 16/07/2019

Selection of Class Representative s

Class	Name	Roll No.	Sex
B.A. 1 st /2 nd Semester	Ms. Hriilane Vemai	18	F
	Ms. Selina Rakhangmi	58	F
	Mr. K. Pazio Osanah	46	M
	Mr. L. Dakho	82	M
B.Sc. 1 st /2 nd Semester	Mr. Th. D. Kenedy	34	M
	Ms. Loli Maneni	02	F
B.Com. 1 st /2 nd Semester	Mr. Sathan Inkah	12	M
	Ms. Rangala	15	F
B.A. 3 rd /4 th Semester	Mr. Kiran Thapa	26	M
	Ms. Kane Pukhomai	05	F
B.Sc. 3 rd /4 th Semester	Mr. K. Abraham	06	M
	Ms. Jyoti Bhardwaj	48	F
B.Com. 3 rd /4 th Semester	Mr. K N Jeremiah	06	M
	Ms. Reshma Devi	04	F
B.A. 5 th /6 th Semester	Mr. E. Benjamin	08	M
	Ms. H. Kina Lucy	103	F
B.Sc. 5 th /6 th Semester	Mr. Phameithui Shelly	22	M
	Ms. Mamta Limbu	12	F
B.Com. 5 th /6 th Semester	Mr. Rohit Shrestha	10	M
	Ms. Preity Rai	1	F

Date	Events
6/9/2022	Class Captains Elected 2022-2023
B.A 1 st Sem	Name Roll Phone No.
(1) Pol. Sc. Core	(1) Wenchurin Ruitah 39 9383118037 (2) Chamchanya 33 9362427883
(2) English Core	(1) Ng. Thabo Titus 24 8119878614 (2) N. Roslin 20 9362925093
(3) Socio Core	(1) Mark Thailak 17 7630724583 (2) Dikiila Kampuinami 2 8131748644
(4) Hist Core	(1) Sujoy 7630901588 (2) Maitry 9362507377
Commerce	(1) Sraplunga 15 9863452721 (2) Shrangpili 1 8730833854
(5) Botany Core	(1) Ramkato Jojo 9 8119906323 (2) Rachel Gongmi 2 8132099136
(6) Zoo Core	(1) Kho Raith 14 9863660803 (2) Xugaina Thaimi 18 9362378276
(7) Physics Core	(1) Job Chawang 20 8794471990 (2) Naina Kimmahi 4 9362837887
B.A 3 rd Sem	(1) Wisambou Chawong 06 9863208664 (2) Chompipem Khamrang 43 9612786130
B.Sc 3 rd Sem	(1) P.F. Ashikho 75 8131818951 (2) Anju Baral 5 9366152983
B.Com 3 rd Sem	(1) Bijay Kimbu 6 8132078802 (2) M. Rajuipam Thangol 11 7085667069
(12) Pol. Sc 5 th /6 th Sem	(1) Ch. Hailani Chho-141 690907246 (2) Raikhame Grace 127 690993166
(13) English 5 th /6 th Sem	(1) Japu Kyapaomai 103 8837080299 (2) Maningtilui Dihinamai 73 9863508551
(16) Socio 5 th /6 th Sem	(1) Ch. Zingabeu 102 70868386 (2) Thachwile Pamei 18 89749327
(17) History 5 th /6 th Sem	(1) Hedumhingbeung 10 81198647 (2) Samane Vemou 05 98630884
(18) Comr 5 th /6 th Sem	(1) R.P. Sheemathis 18 986314040 (2) Lam Boichang Choulei 17 9862141270

	Name	Roll	Phone No.
(19) Rotary 5 th /6 th Sem	(1) M. Rakoni Tao	56	7085632781
	(2) L.P. Jykhich	67	7612900733
(20) 200 5 th /6 th Sem	(1) Pou hian guibem Makenmai	71	986349588
	(2) Donguila Kothnyre Maguipuinamai	47	9366679457
(21) Physics 5 th /6 th	(1) Daniel K		9366181321
	(2) Luckylin		8119944166

Declaration:

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

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