



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

Metric 7.3

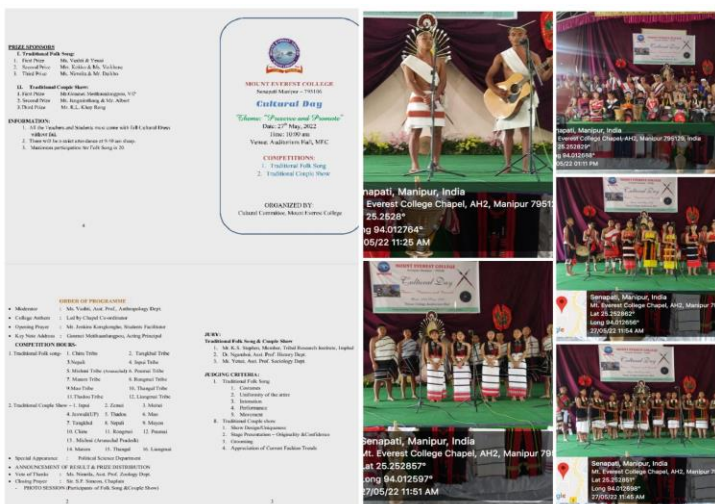
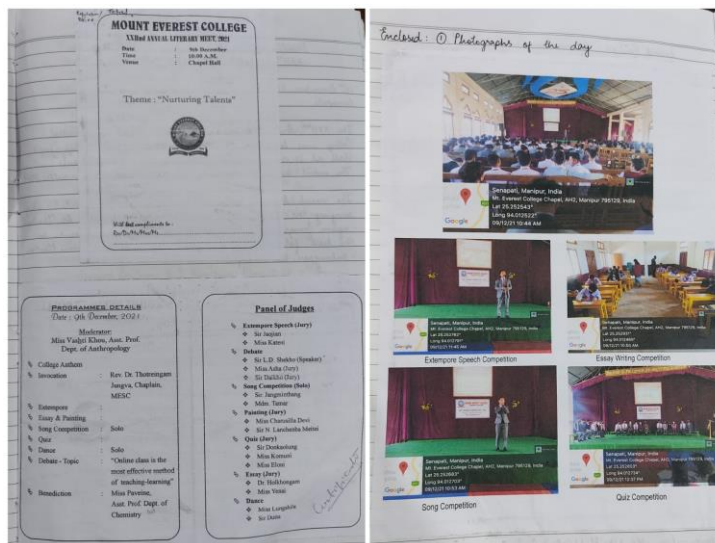
Additional Supporting documents

Portraying the performance of the Institution in one area distinctive to its
priority and thrust

Mount Everest College has several institutional distinctiveness that reflects its mission, values, strengths and vision for the future. They help to establish the college's unique identity, attract and retain stakeholders, build a strong reputation and create a lasting impact in the education sector. Mount Everest College takes pride in its educational distinctiveness and is committed to providing a transformative learning experience that empowers students to make a difference in the world. Here are some of our institutional distinctiveness that set us apart and make us a unique institution in the world of Higher education:

1) CO-CURRICULAR ACTIVITIES


The Curricular and Co-Curricular Committee at Mount Everest College plays a vital role in shaping the academic extracurricular experiences of students. This committee is responsible for designing, implementing, and evaluating the curricular and co-curricular programs that enhance the overall educational experience of our students. In addition to academic curriculum, the committee oversees the development of co-curricular programs that complement and enrich the educational experience of students. These programs may include college events like Literary Meet, Fresher's Meet, Cultural Meet, extracurricular activities, club activities, workshops, guest lectures, and community service initiatives that promote holistic development and student engagement.



2) CIER

The College follows and adheres to the Continuous Internal Evaluation Report System in assessing and evaluating the performance of the students. Combined test records, internal assessment scores are recorded in the CIER Card for each student. Mentor's feedbacks are also included in the CIER card to provide personalized support and valuable insights.

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CIER
(CONTINUOUS INTERNAL EVALUATION REPORT)

Name: W/DILUNGLIU THUMAI
ABC ID No. 7.79997E.11 D.O.B. _____ Sex: FEMALE
Programme: BA/BSc/BCom BA Roll No.: 27/22207301
Core Subject/Department: ENGLISH Year of Admission: 2022
Contact No. 9863411944 Email ID thumaiwidiengliu@gmail.com
Hobbies: _____ Strength: _____
Permanent Address: MAKULONGDI
Father's/Guardian's Name: LUNGRONANG
Contact No.: 8730920264

You Are Born To Be Great! You Can Be Better

SEMESTER	SUBJECT CODE	TITLE OF PAPERS	MARKS							
			VCCT	UT	UT	UT	IM	A	Total	
I	ECC-101	INDIAN CLASSICAL LITERATURE	7	10				17	5	18
	ECC-102	EUROPEAN CLASSICAL LITERATURE	9	13				16		
	AECG101	ENGLISH COMMUNICATION	8	12				20		
	SEC-101	TRANSLATION STUDIES	20	21				40		
	VAC-101	NGS	7	7	24			38		
	VAC-102	PERSONALITY DEVELOPMENT	10	23	10			43		
Remark:										
Class Teacher's Sign.			Parents/Guardian's Sign.							
II	ECC-203	INDIAN WRITING IN ENGLISH	14	10				13	5	18
	ECC-204	BRITISH POETRY AND DRAMATICS	7	14				13	5	18
	SEC-202	CREATIVE WRITING		12				35	5	40
	VAC-203	SOFT SKILLS						33	5	38
	VAC-204	WOMEN EMPOWERMENT	9	9				26	5	31
	AECG-201	ENVIRONMENTAL SCIENCE	9	9				14	5	19
TOTAL										
Remark:										
Class Teacher's Sign.			Parents/Guardian's Sign.							
III										
Remark:										
Class Teacher's Sign.			Parents/Guardian's Sign.							

Semester	No. Of Working Days	No. Of Days Absent	Percentage	No. Of Working Days	No. Of Days Absent	Percentage	No. Of Working Days	No. Of Days Absent	Percentage
I									
II									
III									
IV									
V									
VI									
VII									
VIII									

Mentor's Feedback

Semester	Personal	Academic	Semester	Personal	Academic
I	Very good. Attentive, Communicative and involved in all class/extra-curricular activities.	Excellent/Satisfactory. Keep up the good work.	II	Good conduct in and outside of class.	Outstanding. You can always do better and reach the zenith.
III			IV		
V			VI		
VII			VIII		

Name of the Mentor & Designation: HATMINCHONG HAKPI, Asst. Professor, Department of English

MOUNT EVEREST COLLEGE
Senapati, Manipur- 795106
DEPARTMENT OF PHYSICS

The following Bachelor of Science, Department of Physics, First Semester 2022-2023, Students are kept under the Mentorship of the underlisted Teacher till they are graduated.

The Mentor is requested to kindly see the students' obligation, assist in finding campus resources or staff assistant, provide encouragement and motivation to the students. Therefore, the Mentors are requested to kindly serve as role model, teacher, counsellor, advisor, sponsored, advocate & ally, navigating their career path and guide in their decision making to the students.

- Name of the Mentor: Ms. Lakhibai, HoD/Assistant Professor, Department of Physics
Ms. Lily, Asst. Prof. Department of Physics (T. Supervise Lakhibai)

Name of the Students	Programme	Semester	Class Roll No.
SHARON AWUNGSHI	B.Sc Physics	First	1
VEIDUO VEMAI	B.Sc Physics	First	2
R K STOIBINA BLESSY	B.Sc Physics	First	3
AKASH	B.Sc Physics	First	4
TH TAMAR	B.Sc Physics	First	5
TENTHUBOU TINGNAMAI	B.Sc Physics	First	6
AKASH CHETRI	B.Sc Physics	First	7
MANGNUHHAO SITLHOU	B.Sc Physics	First	8

- Name of the Mentor: Ms. Komoni, Assistant Professor, Department of Physics

Name of the Students	Programme	Semester	Class Roll No.
SHELYAVEI B	B.Sc Physics	First	9
CYRUS POU	B.Sc Physics	First	10
SNEHA PRADHAN	B.Sc Physics	First	11
LENGOUHAO SITHOU	B.Sc Physics	First	12
ADAHE ADAZIINI	B.Sc Physics	First	13
SUJIT KUMAR GUPTA	B.Sc Physics	First	14
UJAJAKUMARI	B.Sc Physics	First	15
SATJAHAN KIPGEN	B.Sc Physics	First	16

3) Extension Committee

The extension committee of the College a crucial role in enhancing the institutional distinctiveness of a college by fostering community engagement, promoting outreach programs, facilitating research collaborations, providing professional development opportunities, and promoting diversity and inclusion. By leveraging the expertise and resources of the college to serve the community, the extension committee showcase the unique values and mission of the institution, setting it apart from others in the higher education landscape.

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Atta: Easa Karmam

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 & Lungnia Elizabeth College, Yangkhullen Village
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

Yangkhullen, Manipur, India
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Lat 25.420277°
Long 93.895927°
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Yangkhullen, Manipur, India
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Principal
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Office - 8132882103

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Atta: Easa Karmam

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Atta: Easa Karmam

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

Senapati, Manipur, India
Mt. Everest College Chapel, AH2, Manipur 795129, India
Lat 25.252812°
Long 94.01277°
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Principal
Mount Everest College
Senapati, Manipur

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Atta: Easa Karmam

Senapati, Manipur, India
Mt. Everest College Chapel, AH2, Manipur 795129, India
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Principal
Mount Everest College
Senapati, Manipur

4) Anti-ragging cum Anti-intoxicant cell

The presence of an Anti-Ragging cum Anti-Intoxicant Cell in the College contribute significantly to the institutional distinctiveness by promoting a safe campus environment, upholding ethical standards, providing support and assistance, preventing incidents of ragging and drug abuse thereby enhancing the college's reputation and brand image. By prioritizing the well-being and safety of its students, the college has distinguished itself as a responsible and caring institution that prioritizes the welfare of its community members.

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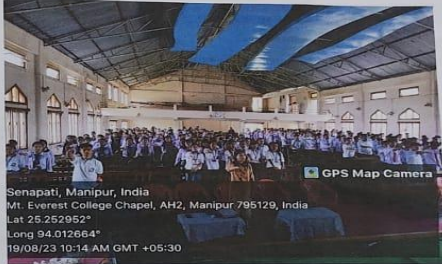
ANTI-RAGGING AND ANTI-INTOXICANT AWARENESS PROGRAMME
 Date: 19th August, 2023
 Time: 10:00 am
 Venue: College Auditorium

Organised by: Anti-Ragging and Intoxicant Cell, MEC
 Resource Person: Mr. Jamminthang, 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 polluting 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-speech poster was delivered by the gatherings of 200 students and staffs of Mount Everest College.




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Senapati, Manipur, India
 Mt. Everest College Chapel, AH2, Manipur 795129, India
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Report on One Day Awareness programme on "SAY NO TO DRUGS" (2021-22)

Anti Ragging Committee of Mount Everest College (MEC) has been constituted to ensure a drug-free campus within and outside the campus also to prevent from ragging. One day awareness programme on "SAY NO TO DRUGS" was organised on August 12th, 2022 under the direction of Ministry of Social Justice & Empowerment, Government of India. The campaign is aimed at making our students aware of the dangers involved in drug abuse and to inform about the harmful effects of new psychoactive drugs. 28 faculty and 1760 students from 3rd and 5th semesters of BA, BSc and B.Com participated the programme. The program started with a mass spoken prayer - the Lord's prayer, followed by School Anthem. Mr. S.P. Simson, Chaplain of Mt. Everest college emphasized the harmful effects and the risks associated with using alcohol and other drugs. It stressed the importance of awareness campaign about drug abuse among students. Just before the end of the programme together with the faculties present on the day, students took a pledge under the Dasha Mukti Ashrat Shikhan to make not only our community, family, friends but ourselves drug free. The programme concludes with prayer, blessed upon by the chaplain of college.



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5) Women's cell

The Women's Cell of the college contribute significantly to the institutional distinctiveness of the college by promoting gender equality, empowerment, providing support and guidance, creating a safe and inclusive environment, and enhancing the college's reputation and brand image. By prioritizing the well-being and empowerment of female members of the college community, the institution has distinguished itself as a progressive and inclusive place of learning and growth.



6) NSS

The presence of a vibrant and engaged NSS unit in the College promote community engagement, social responsibility, personal development, community partnerships, alumni engagement, and recognition. The NSS unit of the college conducts and commemorates important days like International Forest Day, World Environment Day, World Water Day, Clean India Campaign etc. By prioritizing service to society and fostering a culture of social impact, the college has differentiated itself as a socially conscious and impactful institution that prepares students to become responsible and compassionate global citizens.




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Atithi - "Eva Kumari"

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 Phiyamai & 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 Phiyamai 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




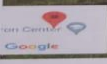
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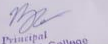
Atithi - "Eva Kumari"

Event Pictures






Taphou Kuki, Manipur, India
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Principal
Mount Everest College



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Senapati - 795106, Manipur, India


Atithi - "Eva Kumari"

CLEANLINESS DRIVE


Event Name	Cleanliness Drive
Date of the Event	17 th March, 2022
Organized by	NSS Unit 1, MEC & Taphou Phiyamai Youth & Students Organisation (TPYSO)
Venue	Taphou Phiyamai, 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 Phiyamai.
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






Senapati, Manipur, India
725+9V8, Manipur 795129, India
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Principal
Mount Everest College
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Atithi - "Eva Kumari"

CLEAN INDIA CAMPAIGN

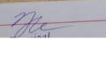
Event Name	Clean India Campaign
Date of the Event	22 nd October, 2022
Organized by	NSS Unit 1, MEC
Venue	Taphou Phiyamai
Number of Student Volunteers	15
Activity Report	The NSS unit 1, Mount Everest College conducted a cleanliness drive under the banner of Clean India Campaign in relation to Swachh Bharat at Taphou Phiyamai. 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





Senapati, Manipur, India
725+9V8, Manipur 795129, India
Lat 25.252912°
Long 94.008782°
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Principal
Mount Everest College

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e-mail - mteverestc@yashoo.co.in

7. Chapel Committee and Service

The college also has chapel service every Friday and Saturday to provide a platform for spiritual reflection, community bonding, moral guidance, and fostering a sense of shared values.



8. Skill enhancement

Skill enhancement classes are also provided in the institution for equipping students with practical abilities and knowledge beyond traditional academics. The college foster employability, adaptability, and innovation, ensuring students are prepared for real-world challenges.



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