



**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
(Permanently affiliated to M.U. Included in 2(f) &12(b) of U.G.C.Act.)

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## **ACADEMIC YEAR 2019-2020**

**Extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.**

*Dr. M. Memlembi Devi*  
Principal  
Regional College  
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Regd.No.264 (Imphal) 1986  
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**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
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SL.No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity
1	Social Service regular programme NSS	Regional College, Lilong Chajing	11 <sup>th</sup> -September-2019
2	Participation in Manipur university inter College Kabaddi Men/Women Tournament 2019-20 Organised by Manipur College	Manipur College	23 <sup>rd</sup> – 24 <sup>th</sup> September, 2019
3	Manipur university inter College Shooting Men/Women Tournament 2019-20 Organised by Regional College	Regional College, Lilong Chajing	28 <sup>th</sup> -29 <sup>th</sup> November, 2019

*Dr. M. Momboti Devi*  
Principal  
Regional College  
Lilong (I/W) Manipur

**REGIONAL COLLEGE**



**COLLEGE**

**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
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Date: 4<sup>th</sup> September, 2019

NOTICE

The commencement of the National Service Scheme (NSS) regular programme for the academic year 2019-2020 is hereby announced. This programme is designed to develop your personality through community service and to instill a sense of social responsibility.

- **Date:** September 11, 2019
- **Venue:** College Auditorium for the inaugural session
- **Time:** 10:00 AM

All interested students are encouraged to participate. Participation in NSS will not only contribute to your overall development but also enhance your resume and provide valuable experiences.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

Principal  
Regional College  
Lilong Chajing, Imphal West, Manipur  
**Principal**  
**Regional College**  
**Lilong (IW) Manipur**





2019.09.11 12:29

*Dr. M. N. K. K. K. K.*  
Principal  
Regional College  
Imphal (NW) Manipur

**REGIONAL COLLEGE**



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**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
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Date: 16<sup>th</sup> September 2019

NOTICE

We are excited to announce our participation in the Manipur University Inter-College Kabaddi Men/Women Tournament 2019-20, organized by Manipur College. The tournament will take place on September 23rd and 24th, 2019.

**Key Details:**

- **Dates:** September 23-24, 2019
- **Venue:** Manipur University
- **Time:** 09:00 a.m

We encourage all interested students to join our team and showcase their skills in this exhilarating sport. Let's demonstrate our college's spirit and sportsmanship as we compete against other colleges in the region.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

Principal  
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**Principal  
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Lilong (I/W) Manipur**



Inter-college Kabaddi Men/Women Tournament 2019-2020



*Dr. M. Mamtombai Devi*  
Principal  
Regional College  
Lilong (M) Manipur



**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
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Date: 18<sup>th</sup> November 2019

NOTICE

We are delighted to announce our participation in the Manipur University Inter-College Shooting Men/Women Tournament 2019-20, organized by Regional College. The tournament will take place on November 28th and 29th, 2019.

**Key Details:**

- **Dates:** November 28-29, 2019
- **Venue:** Regional College, Lilong Chajing, Imphal West, Manipur

Interested students are request to join our shooting team and showcase their marksmanship skills. Let's represent our college with pride and strive for excellence in this prestigious tournament.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

Principal  
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Lilong Chajing, Imphal West, Manipur

**Principal**  
**Regional College**  
**Lilong (I/W) Manipur**



Inter-college Shooting Men/Women Tournament 2019-2020



NH202, Khurai Thoudam Leikai, Imphal, Manipur 795010, India

Imphal  
Manipur  
India



28°C

82°F

2019-09-29(Sun) 01:33(PM)

*Dr. M. Mamtombé Devi*  
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## **ACADEMIC YEAR 2020-2021**

**Extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.**

*Dr. M. Memtembe Devi*  
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SL.No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity
1	Distribution of food items to the old aged women, disabled girls and poor families	Regional College, Lilong Chajing	18 <sup>th</sup> September, 2020
2	Covid 19 Mass Vaccination	Regional College, Lilong Chajing	30 <sup>th</sup> January, 2021
3	Covid 19 Mass Awareness Campaign	Regional College, Lilong Chajing	10 <sup>th</sup> April, 2021

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Date: 10<sup>th</sup> September, 2020

NOTICE

Distribution of food items to the old aged women, disabled girls and poor families in the surrounding area, Programme will be held on 18<sup>th</sup> Sept., 2020.

**Details:**

- **Date:** 18<sup>th</sup> sept. 2020
- **Time:** 9:00 AM - 5:00 PM

Faculty, and staff are encouraged to participate in the Programme, your participation is crucial in our collective effort to combat the pandemic and ensure the safety and well-being of our community.

N.B: Faculty and staff are directed to followed covid appropriate behaviour.

*Dr. M. Mamtombi Devi*  
(Dr. M. Mamtombi Devi)

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Lilong Chajing, Imphal West, Manipur

Principal  
Regional College  
Lilong (I/W) Manipur

**Action Taken Report (ATR) on distribution of essential food items**

<b>College Name:</b> Regional College Lilong, Imphal West Manipur	
<b>Event Overview:</b> The event involved the distribution of essential food items to elderly women, disabled girls, and poor families in the surrounding area of Regional College Lilong, Imphal West, Manipur.	
<b>Event Name</b>	Distribution of food items to the old aged women, disabled girls and poor families
<b>Event Date</b>	18 <sup>th</sup> September 2020
<b>Event Description</b>	On 18th September 2020, Department of Manipuri, Regional College Lilong, Imphal West, Manipur, and the Emoinu Nupi Sintha Silhenbi Organization of Lilong Bazar (NGO) organized a community outreach program focused on distributing food items to vulnerable populations, including elderly women, disabled girls, and poor families. The event was spearheaded by M. Basanti Singha, Assistant Professor in the Department of Manipuri at Regional College Lilong, who is also the president of the Emoinu Nupi Sintha Silhenbi Organization of Lilong Bazar, Imphal West. The initiative was funded by M. Basanti Singha and conducted in collaboration with the NGO.
<b>Total Days of Event</b>	One (1)
<b>Location</b>	Surrounding area of Regional College Lilong, Imphal West Manipur
<b>Plan of action</b>	The event was meticulously planned to ensure smooth and impactful execution. The primary objectives were to identify the beneficiaries, procure and package the food items, and organize a distribution mechanism that adhered to COVID-19 safety protocols. The team from Department of Manipuri, Regional College Lilong and volunteers from the Emoinu Nupi Sintha Silhenbi Organization conducted a survey to identify the most needy individuals in the surrounding areas. Following the identification, they coordinated the collection and packaging of essential food items. The distribution was scheduled in a nearby area of the college to ensure accessibility and sufficient space for social distancing.
<b>Action Report</b>	On the day of the event, the distribution was carried out in an orderly manner, with strict adherence to COVID-19 guidelines. Volunteers and college staff ensured that all participants wore masks and maintained appropriate physical distance. The event commenced with an opening address by M. Basanti Singha, who highlighted the importance of community support during the pandemic. Following the speech, the food items were systematically distributed to the pre-identified beneficiaries. Each recipient received a well-prepared package that was sufficient to support a small family for a few weeks.
<b>Outcomes/Impact of the activity</b>	The distribution event had a significant positive impact on the community. Approximately 150 elderly women, disabled girls, and impoverished families received essential food supplies, providing them much-needed relief during the challenging times of the pandemic. The beneficiaries expressed immense gratitude, and the initiative helped alleviate immediate food insecurity issues. Additionally, the event fostered a sense of solidarity and support within the community, showcasing the vital role of local institutions and organizations in addressing emergent needs.
<b>Feedback</b>	Feedback from the beneficiaries and community members was overwhelmingly positive. Many appreciated the careful organization and the quality of the food items provided. The recipients felt valued and supported, which boosted their morale during the difficult period. Furthermore, the involvement of the college and the NGO in such a humanitarian effort was highly praised, enhancing their reputation and relationship with the local community.

*Dr. M. Meantombé*

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Photos



Dr. M. Memtombi   
Principal >  
Regional College  
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<p>Future Perspectives</p>	<p>Building on the success of this event, Regional College Lilong and the Emoinu Nupi Sintha Silhenbi Organization plan to continue their collaborative efforts to support the community. Future initiatives may include regular food distribution drives, health camps, and educational support programs, particularly targeting the most vulnerable groups. There is also a plan to seek additional funding and partnerships to expand the reach and impact of these activities. The long-term vision is to establish a sustainable support system that can effectively respond to various community needs, promoting overall well-being and resilience.</p>
<p>Report Submitted by:</p>	<p>Basanti Singha, Assistant Professor Manipuri Department Regional College, Lilong, Imphal West, Manipur</p>

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Date: 21 January, 2021

NOTICE

A COVID-19 Vaccination Programme will be held on April 10, 2021. This initiative aims to educate the community about COVID-19 precautions and to provide vaccinations to eligible individuals.

**Details:**

- **Date:** January 30, 2021
- **Venue:** College Auditorium
- **Time:** 9:00 AM - 5:00 PM

All students, faculty, and staff are encouraged to participate in the awareness sessions and get vaccinated. Your participation is crucial in our collective effort to combat the pandemic and ensure the safety and well-being of our community.

*Dr. M. Mementombi Devi*  
(Dr. M. Mementombi Devi)

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Lilong Chajing, Imphal West, Manipur

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### Action Taken Report (ATR) on Seminar

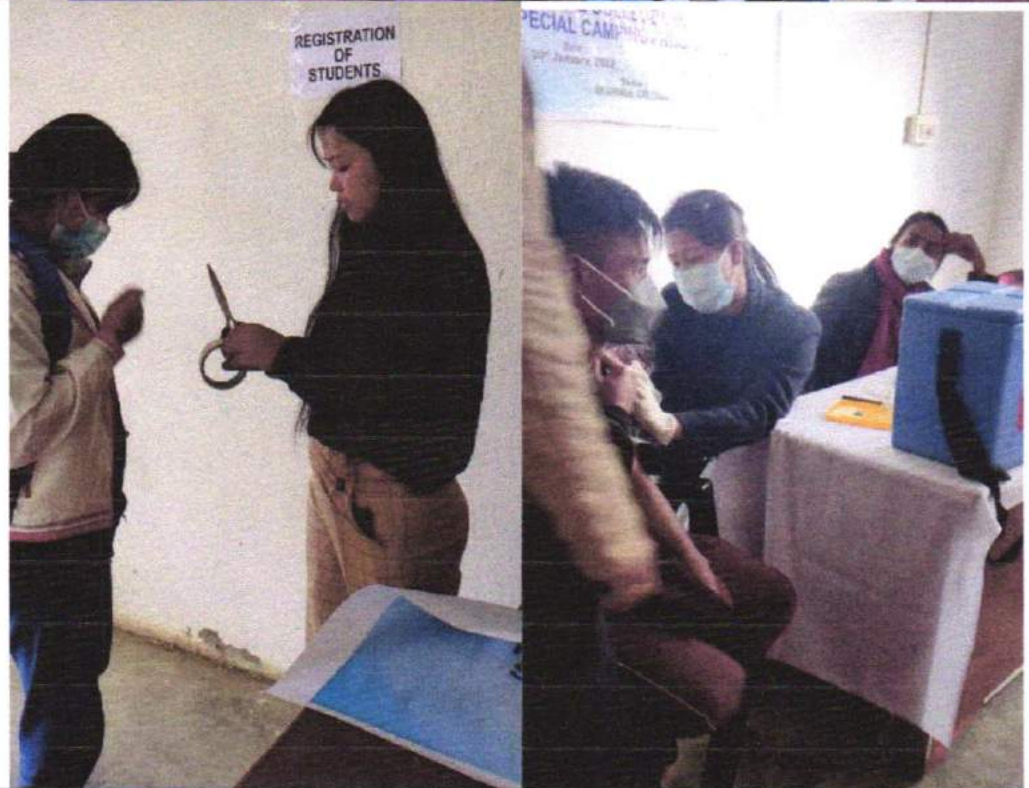
<b>College Name:</b> Regional College Lilong, Imphal West Manipur			
<b>Event Overview:</b> On January 30, 2021, the Regional College Auditorium hosted a COVID-19 Vaccination Program led by M. Basanti Singha and sponsored by the Zonal Education Office, Wangoi Subdivision, Imphal West. Supported by a medical team from RIMS Imphal, the program vaccinated faculty, staff, students, and community members. The well-organized event included registration, vaccination, and post-vaccination observation, successfully promoting health and safety in the community. Positive feedback highlighted the efficient organization and educational value of the program, with plans for future vaccination drives and expanded outreach.			
<b>Event Name</b>	COVID 29 Vaccination program at Regional College Auditorium		
<b>Event Date</b>	30 <sup>th</sup> January 2021		
<b>Event Description</b>	On January 30, 2021, the Regional College Auditorium hosted a COVID-19 Vaccination Program, sponsored by the Zonal Education Office, Wangoi Subdivision, Imphal West. The event was led by M. Basanti Singha, an Assistant Professor in the Department of Manipuri at Regional College Lilong, and supported by a medical team from RIMS Imphal. The program aimed to vaccinate faculty, staff, students, and community members to combat the spread of COVID-19 and promote public health.		
<b>Total Days of Event</b>	One (1)		
<b>Participants' Details</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
	75	40	815
<b>Location</b>	Lilong Boys Junior School in Lilong Chajing Awang Leikai		
<b>Plan of action</b>	The plan for the vaccination program involved meticulous coordination between the sponsoring body, medical team, and college administration. The preparation phase included setting up registration desks, arranging waiting areas with proper social distancing measures, and ensuring the availability of necessary medical supplies. The event schedule included an initial briefing on the vaccination process, followed by the administration of vaccines in designated stations. Post-vaccination observation areas were set up to monitor recipients for any adverse reactions. Educational materials about the vaccine and COVID-19 safety protocols were distributed to attendees.		
<b>Action Report</b>	On the day of the event, M. Basanti Singha inaugurated the program with an address highlighting the importance of vaccination in the fight against COVID-19. The medical team from RIMS Imphal efficiently managed the vaccination process, ensuring that all protocols were followed. Participants registered and received their vaccinations in an orderly manner, guided by volunteers who facilitated the flow and provided information. Post-vaccination, individuals were monitored in a designated observation area for any immediate side effects. The event ran smoothly, with a significant number of individuals vaccinated.		
<b>Outcomes/Impact of the activity</b>	The vaccination program had a substantial impact on the local community, significantly contributing to the health and safety of participants. By vaccinating faculty, staff, students, and community members, the program helped to reduce the risk of COVID-19 transmission within the college and surrounding areas. The event also served to educate the community about the benefits of vaccination, addressing any concerns and encouraging broader participation in vaccination efforts. The successful execution of the program demonstrated effective collaboration between educational institutions and healthcare providers.		
<b>Feedback</b>	Feedback from participants was overwhelmingly positive. Many appreciated the efficient organization and the professionalism of the medical team. Attendees felt reassured by the thorough explanations provided about the vaccine and the post-vaccination observation process. The informational materials were well-received, with participants expressing a better understanding of COVID-19 and the importance of vaccination. Suggestions for future programs included organizing follow-up vaccination drives and extending such initiatives to other educational institutions and communities.		

*Dr. M. Meenteembe*

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Lilong (IW) Manipur



Photos



Dr. M. Memtombi Devi

Principal  
REGIONAL COLLEGE  
Litong (IW) Manipur



<p>Future Perspectives</p>	<p>Building on the success of this program, future initiatives will focus on organizing additional vaccination drives to ensure comprehensive coverage. Plans include follow-up events for second doses and continuous community education on COVID-19 and vaccination. The Regional College aims to collaborate with more local health organizations to expand the reach and impact of these programs. Future efforts will also explore partnerships with other schools and community centers to facilitate wider access to vaccines and health education.</p>
<p>Report Submitted by:</p>	<p>Basanti Singha, Assistant Professor Manipuri Department Regional College, Lilong, Imphal West, Manipur</p>

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Dr. M. Montandi  
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**LILONG CHAJING (IMPHAL-WEST) MANIPUR.**  
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Date: 5<sup>th</sup> April, 2021

NOTICE

A COVID-19 Mass Awareness Campaign and Vaccination Programme will be held on April 10, 2021. This initiative aims to educate the community about COVID-19 precautions and to provide vaccinations to eligible individuals.

**Details:**

- **Date:** April 10, 2021
- **Venue:** College Auditorium
- **Time:** 9:00 AM - 5:00 PM

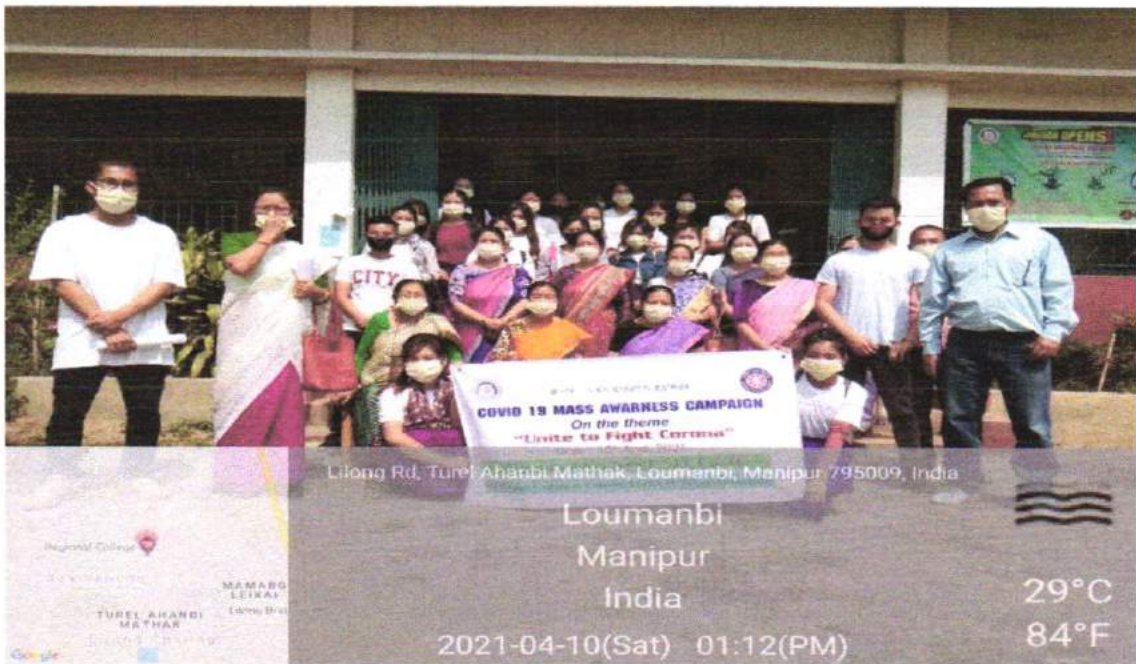
All students, faculty, and staff are encouraged to participate in the awareness sessions and get vaccinated. Your participation is crucial in our collective effort to combat the pandemic and ensure the safety and well-being of our community.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

Principal  
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# COVID AWARENESS



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**Extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.**

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SL.No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity
1	Blood Donation Camp	Regional College, Lilong Chajing	June 14, 2022

*Dr. M. Menthombi Devi*  
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Date: 13<sup>th</sup> June,2022

NOTICE

A Blood Donation Camp will be held on June 14, 2022. This event provides an opportunity for students, faculty, and staff to contribute to saving lives by donating blood.

**Key Details:**

- **Date:** June 14, 2022
- **Venue:** College Auditorium
- **Time:** 10:00 AM - 4:00 PM

All are encouraged to participate and help make a difference. Remember to eat a healthy meal and stay hydrated before donating. Donors are required to bring a valid ID.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

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**Blood Donation**



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## **ACADEMIC YEAR 2022-2023**

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SL.No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity
1	Mass tree Plantation Programme at Heibok Ching	Regional College, Lilong Chajing	11 <sup>th</sup> August, 2022
2	Manipur university inter College Archery Men/Women Tournament 2022-23 Organised by Regional College	Regional College, Lilong Chajing	7 <sup>th</sup> November, 2022
10	Guinness World Record(Attempt)	Regional College, Lilong Chajing	03 <sup>rd</sup> February, 2023
11	Digital: Innovation and Technology for gender equality	Regional College, Lilong Chajing	13 <sup>th</sup> March, 2023
12	Observation of 53 NSS Day, 2022	Regional College, Lilong Chajing	24 <sup>th</sup> September, 2022

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Date: 4<sup>th</sup> August 2022

NOTICE

A Mass Tree Plantation Programme will be held at Heibok Ching on August 11, 2022. This initiative aims to promote environmental conservation and enhance the greenery of our surroundings.

**Key Details:**

- **Date:** August 11, 2022
- **Venue:** Heibok Ching
- **Time:** 8:00 AM - 12:00 PM

All students, faculty, and staff are invited to participate in this eco-friendly event. Please wear suitable outdoor clothing. Saplings and necessary tools will be provided.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

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Tree Plantation



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Tree Plantation



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Date: 1<sup>st</sup> November,2022

NOTICE

The Regional College is proud to announce the organization of the Manipur University Inter-College Archery Men/Women Tournament for the academic year 2022-23. This event aims to promote sportsmanship, teamwork, and healthy competition among college students.

***Key Details:***

- **Date:** November 7, 2022
- **Venue:** Regional College
- **Time:** 9 am

Interested students are requested to participate in this prestigious tournament. Both men and women are encouraged to showcase their archery skills and represent their college with pride.

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Archery Men/ Women Tournament



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Date: 19<sup>th</sup> September, 2022

NOTICE

The 53rd NSS Day will be observed on September 24, 2022. This significant day commemorates the remarkable contributions made by the National Service Scheme (NSS) in fostering community service and social responsibility among students.

**Key Details:**

- **Date:** September 24, 2022
- **Venue:** College Auditorium
- **Time:** 10:00 AM - 1:00 PM

We cordially invite all students, faculty, and staff to join us in celebrating this milestone. The event will feature inspirational speeches, presentations highlighting NSS achievements, and recognition of outstanding volunteers. Your presence and active participation will contribute to the success of this commemoration.

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(Dr. M. Memtombi Devi)

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Date: 30<sup>th</sup> January, 2023

NOTICE

We are thrilled to announce an ambitious Guinness World Record Attempt scheduled for February 3, 2023. This event promises to be a momentous occasion, showcasing our collective determination and spirit of excellence.

**Key Details:**

- **Date:** February 3, 2023
- **Venue:** Auditorium Hall
- **Time:** 10 AM

We invite all members of our community to participate and contribute to this historic endeavor.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)

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**GUINNESS WORLD RECORD (ATTEMPT)**



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**NOTICE**  
10<sup>th</sup> March 2023

It is hereby notified to all concerned that the Department of English in connection with the Department of Manipuri is organizing an “DigitALL: Innovation and Technology for Gender Equality” on the 13<sup>th</sup> of March 2023 in the College Seminar Hall at 11:30 am. All are requested to reach the college on time and participate in the event.

*Dr. M. Memtombi Devi*  
(Dr. M. Memtombi Devi)  
Principal,  
Regional College Lilong Chajing  
**Principal**  
**Regional College**  
**Lilong (I/W) Manipur**




# Action Taken Report

**College Name: Regional College, Lilong Chajing**

## EVENT OVERVIEW

Event Name	DigitALL: Innovation and Technology for Gender Equality		
Event Date	13 <sup>th</sup> March, 2023		
Total Days of Event	1 day		
The Number of Students Participating in the program	MALE	FEMALE	TOTAL
	20	25	45
Number of Faculty & Staff who participated in the program	TEACHING	NON-TEACHING	TOTAL
	59	7	66
Location	Seminar Hall, Regional College, Lilong		
Description of the event	The event began at 11:30 am with the active participation of the teachers, students and non-teaching staff. Speeches were delivered by the dignitaries on the theme. Different valuable insights were shared by them.		
Plan of action	Importance of gender equality and the role of women in society		
Action Report	DigitALL: Innovation and Technology for Gender Equality was organized by the Department of English, Regional College Lilong Chajing at the college premises in connection with the IQAC on 13 <sup>th</sup> March 2023. Shri N Joykumar Singh, Vice President, Governing Body; Dr. M. Memtombi, Devi Principal, Regional College, Lilong; Yumnam Sunil Singh, Secretary, Governing Body graced the function as the Chief Guest, President and Guest of Honor of the Observation respectively. The event was successfully concluded with the active participation of the teachers and students of the departments of the college.		

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Outcome/Impact of the activity	The event gave us extensive information and ideas on the upliftment of women to the participants and made them aware that it can also be propagated through modern technologies and social media platforms viz. Facebook, WhatsApp, Twitter, Instagram etc.
Feedback	The event makes the participants aware of the significant role of women in society; its importance and equality in various aspects of life.
Event photos	 <p>The event photos section contains two photographs taken with a GPS Map Camera. The top photograph shows a group of approximately 15 people, including men and women, standing together in front of a banner. The bottom photograph shows a woman in a yellow sari speaking at a podium in a room with a whiteboard and other people seated at a table.</p>
Future Perspective	Participants vowed to spread the awareness of gender equality and work more diligently and honestly in spreading awareness, organise and involve in organising such events in the future which will impart more knowledge of the role and importance of women.
Report Submitted by	Department of English, Regional College Lilong Chajing, Imphal West, Manipur

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